



Head of the Lagoon Regatta Packet

November 12th – 13th, 2022

The Head of the Lagoon Regatta is run over a 2 day weekend. On Saturday, November 12th, only Masters, Collegiate, Open and Jr1x rowers are invited to race. On Sunday, November 13^h, there is ONLY junior racing. On both days, the Venue opens at **6:15 AM** to athletes and coaches. Please do not arrive before 6:15 AM.

DRONE POLICY: The City of Foster does not allow drones during public events. The End.

REGISTRATION: Regatta registration is done on Regatta Central. Entries close on 11/5/22. There are no race day registration.

Packet pickup for completed entries, opens at 7:30 am each day and are organized by team. One packet per team no matter who registered. In each packet, there will be a bow number and two paper numbers (one for cox/stroke and one for bow person) for each racing boat. Teams will only receive a packet if line-ups are complete and entries are paid. You must be cleared by USRA to race. For 2022 – there will also be wristbands in the regatta bag. One set of numbered bands for each athlete that is registered on RegattaCentral and another set of wristbands for coaches. Only persons with a wrist band will be allowed in the Launch Dock area.

SAFETY EQUIPMENT: Every boat must have a bow clip, bow ball and heel restraints for all shoes. Each boat will be inspected for safety **each** time it is launched.

COACHES/COXSWAINS MEETING: There will be a Saturday meeting and a Sunday meeting @ 7:30 am. Before the meeting please watch the regatta video on YouTube.

WEIGH-INS: There are no weigh-ins at Head of the Lagoon. Coxswains do not need to weigh-in.

Frosh/Novice Events: The Frosh/Novice races are for rowers who began their freshman year in high school (or below) as of **September 2022**; as well as for those who, on regatta day, are in their first year of rowing. Coxswains for the Frosh/Novice events can be of any age or classification. Put a safe coxswain in the seat.

RACE COURSE: The course starts at the southern end of the Lagoon and traces a path shaped like the numeral '2', passing under three bridges, along the boardwalk at Central Lake and finishing before Port O' Call Shopping Center, a distance of 5 kilometers. The course is clearly marked with 120+ large orange BEMA buoys. Racing begins with rolling starts with a 10-20 seconds interval between boats. The buoys are there for safety and do not give you a race advantage.

RULES OF RACING:

Passing: Boats may pass slower boats under Bridge #1 and #2 only. This means if two boats are approaching the same arch (there are two arches of race traffic under each of the 3 bridges), you may only pass a slower boat under Bridge #1 and #2. There is **NO PASSING** under Bridge #3-Foster City Blvd. This means you need to find your LANE OF OPPORTUNITY before you get to the bridge OR else wait until all boats are out of the bridges safely. Yelling and screaming like a maniac is not finding your LANE OF OPPORTUNITY.

Assessed penalties are as follows:

1. Crews will be assessed a **30 second penalty** for failing to yield to an overtaking crew. An overtaking boat has the right of way and slower crews must yield and move to the outside of any curve OR move to where you are instructed by the overtaking crew.
2. Crews will be assessed a **1' penalty** for interference on the course.
3. Crews will be excluded for rowing in an unsportsmanlike manner, this includes profanity.
4. Crews will be assessed a **10 second penalty** for crossing a buoy with oars.
5. Crews will be assessed a **30 second penalty** if their hull crosses the buoys.
6. Passing a boat under bridge #3 results in a **30 second penalty**.
7. **Crews will be excluded for rowing through the incorrect arch of any of the 3 bridges. This means rowing through the arch of oncoming traffic. In the race direction, all 3 bridges have 2 arches to choose from: a safe arch and an arch that takes skill. Both arches are available for racing. The 3rd arch of oncoming traffic is not available for racing.** This is a safety concern as doing so can cause a head-on collision.

At the Finish: Crews must continue rowing at least 50-100m beyond the finish line. There is a finish chute of buoys that all boats must clear before stopping and turning.

For Spectators: For HOTL 2022, there are no spectators allowed in the launch dock area. Wristbands will be given to athletes, coaches, and LOC/referees each day. The regatta has volunteers and referees at each bridge to remind spectators that you may only view racing from UNDER the bridge NOT on top of the bridge. FCPD will be called if you stand on top of the bridge as you will be in a lane of traffic. Best viewing is from Catamaran Park OR Dog Park/Bounty Rd Boat Park --all walkable from the Regatta HQ site.

AGE HANDICAP: Time USRA handicapping for age will be used.

Bow Numbers: You do not need to bring bow numbers, they will be provided. Please make sure they are returned after racing. Lost bow numbers will be charged \$5.

Launching/Recovery: There will be 4 large docks and one small dock for singles and doubles. Make sure your boats have people following to carry oars to the dock. Parents will NOT be allowed in the dock area. Max 2 coaches per boat for oar carry only.

AWARDS: Custom medals will be awarded to first place. If there are more than 6 boats entered, then second and third place medals will also be awarded. Events must have at least two boats to run. We will not run an event with only one entry at the time of the draw.

FOOD & BEVERAGES: No personal BBQ's, coal or propane, will be allowed on the regatta site. This means anything with an open flame, or anything that needs propane. This is a direct mandate from Foster City. Vendors will be on site with regatta t-shirts.

QUIET ON THE LAGOON: Please remain quiet on the Lagoon before 9:00 a.m. Use common sense, as this is a quiet residential neighborhood and you are rowing through people's backyards.

COURTESY AND COMMON SENSE: The Community Recreation Center is a public facility paid for by the tax dollars of the residents of Foster City. We must keep all doorways and sidewalks clear of tents, athletes, boats and oars. **There are a few bronze statues in the launch area and around the main building, please do not touch, set up camp near or hang bags on these statues. This is a direct MANDATE from Foster City.** There is also no public urination allowed anywhere, Foster City, or any other Peninsula city. If there is a line for the toilet, please keep your uni-suit on.

DIRECTIONS AND PARKING INSTRUCTIONS

Approved Parking Areas for Saturday 11/12 and Sunday 11/13 ONLY

1065 E. Hillsdale - Bank of America Parking Lot

610 Foster City Blvd. - Foster City City Hall

There is NO parking at the Foster City Library as they have their normal weekend schedule of events. Please do not take away a parking spot from a family visiting the library. Foster City Police Officers have been hired to help with parking, car control and people crossing streets in the crosswalks.

PARKING: **Parking on Friday is city streets only. The Regatta parking approved sites are for Saturday and Sunday only.**

There is **NO** parking will be available at the Community Recreation Center, Tennis Courts or [Senior Wing Parking](#) lot (located closest to Leo Ryan Park and closest to the intersection of Hillsdale and Shell Blvd) for participant vehicles.

For out of town trailers arriving on Friday: Trailers much call or email with their arrival time and then may park at the regatta site after 1 PM.

Saturday racing teams may practice from 2 PM - 5:30 PM on Friday. You must be **OFF** the water at 5:30 PM and have bow and stern lights on. Boats without lights will not be allowed to launch after 4:00 pm.

Last launch is at 4:30 PM. This is a waterway for boats other than rowing and it is not illuminated.

Friday Only: There is NO athlete parking at the Rec Center. Please park on the street at the intersection of Bounty and Foster City Blvd.

Friday Only: Friday is a holiday so tents/tables/slings and boats maybe set up after 2 PM

Bus Drop-Off: There will be a bus drop off area across the street from the trailer lot on the WEST side of Shell Blvd near the light and crosswalk. Buses are encouraged to drive to the site using Foster City Blvd exit. Turn Left off HWY 92, go down Foster City Blvd, Turn RIGHT on Bounty, then turn right on Shell Blvd and pull over across from the trailer lot for drop off and pick ups. This is for BUSES only.

Athlete Drop off: There will be an athlete drop off area on Shell Blvd in front of the tennis courts. This is drop off only, with no parking available. Please drop off and proceed to Approved Parking. Please see the Parking Map under Venue.

For cartopper boats: There is also a turnaround lot just south of the tennis courts on SHELL BLVD for cartoppers and to unload and park. Only cartoppers will be allowed

to park **and must display their Regatta parking permit on their dashboard.**

For hospitality wagons & cars: For those towing a Hospitality wagon. Those wagons maybe parked in the Senior Parking Lot. The tow vehicle must unhook and park in approved parking. Please park one wagon per spot and tightly. For those people in cars that need to drop off food or water, please use the athlete drop off area on Shell Blvd, in front of the tennis courts just south of the Trailer lot. You will need to drop and go, there is no parking or standing or waiting. If helpers are not available when you arrive, you will still need to drop and go and then park in **Parking Approved Areas**

For collegiate/master/open trailers arriving on Saturday Morning: Trailers (please call ahead) may park directly at the regatta location at 650 Shell Blvd. Please see Approved Parking Areas for your athletes. All the Parking Areas are a 5-7 min walk to the Regatta HQ location.

For Junior trailers arriving on Saturday: Trailers (please call ahead) may come to the regatta site at 3 PM. Please check Twitter @headofthelagoon for any delays or early entrance. You may set up slings, boats, tents, chairs and tables at Regatta HQ after 3 PM for Sunday racing clubs. If there is room at 650 Shell Blvd before 3 PM we will let you know via twitter @headofthelagoon .

For Junior trailers arriving on Sunday: Please call ahead and try to arrive by 7:00 AM. Please add extra time, so you don't get frustrated with the amount of people and boats and then do something you will regret.

For All Teams: The Community Recreation Center and Senior Center parking lot will be used as a storage area for boats and +trucks only. We are also asking teams to set up their boats in the big, luxurious Leo Ryan Park, located on the north side of the Rec Center. There is grass and an amphitheater for great viewing. Please be courteous. There is a TON of space in the big, green lawn area. The walk is not far. Don't be afraid to use the lawn area. There will be bathrooms in the Main Lot AND in the grassy lawn of Leo Ryan Park. The main lot is for trailers only. We must leave all the handicap stalls open for people with handicap placards, even on Sunday. We also must leave a lane around the parking lot open for emergency vehicles. Do not block the walking paths or whack FC residents in the head while they are walking on the walking path.

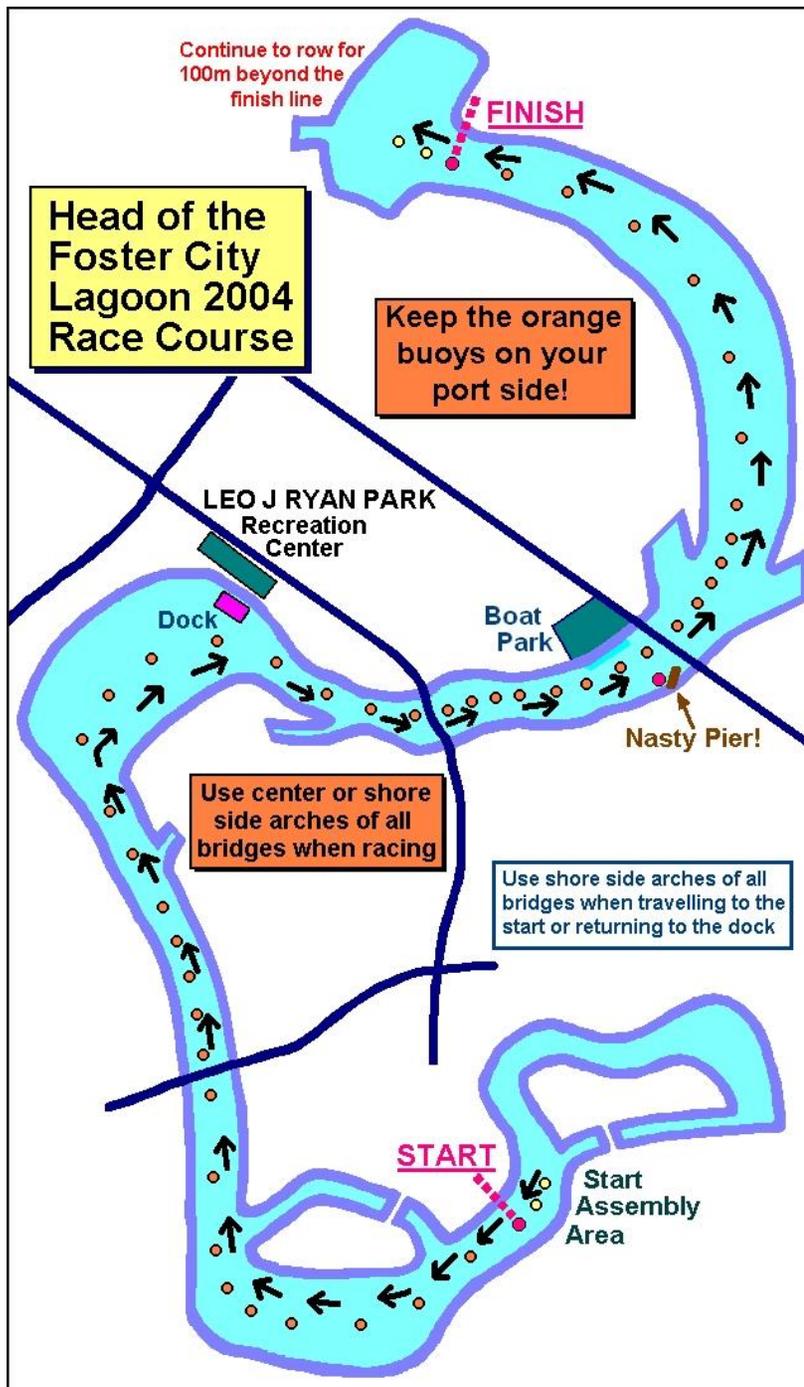
You MAY NOT stake tents in any grass area -- there is an underground sprinkler system and your stakes might find the main pipe. The grass maybe soggy, so we are asking you not to put tarps and what-not on the grass so that we do not ruin the grass.

The Rec Center building **WILL BE** open to any competitors this year after 9 AM.

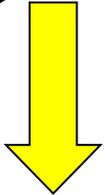
VENUE MAPS



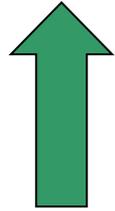
(Aerial Shot Courtesy of Aaron Kudatsky)



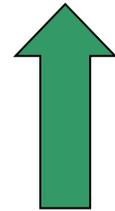
Beach Park Blvd, Bridge #1



Warm-up to Start
ONLY



Race Direction

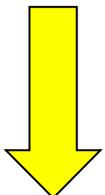


Race Direction

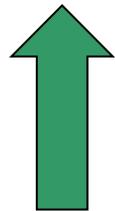
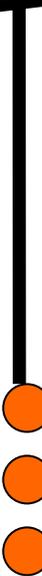


Not

Shell Blvd Bridge #2



Return to Launch
Area, ONLY

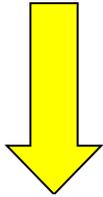


Race Direction



Race Direction

Foster City Blvd, Bridge #3



Return to Launch Area, ONLY



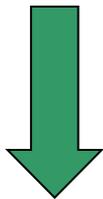
Race Direction

This is a tricky arch for 8+'s

Nasty Pier on Starboard



Starting Line and Chute



Start and Timers on Starboard

Finish Line and Chute



Finish and Timers on Starboard