

Head of the Port, West Sacramento

Sunday, October 11, 2009

Hosted by River City Rowing Club

REGATTA INFORMATION

Entry Information

Entry Deadline:

Boat lineups and fees must be received by Friday, October 2, 2009. Registration online at: regattacentral.com (see Registration Information below).

Late Entries:

Late entries will be accepted until Wednesday, October 7, 2009 AND a 50% additional late fee will be assessed. There will be NO refund of fees for scratches. No fees and no late entries will be accepted on race day.

Waivers:

All participants must have a signed waiver on file on race day. USRowing waivers are accepted for this event and can be signed online. Preferably, check waiver compliance with registration on RegattaCentral.

Masters Handicapping:

This event uses the USRA handicap algorithm. A course length or multiplier of 5.0 is used.

NCAA rules apply. Collegiate women's entries will not be accepted for events not listed as "collegiate."

All crews must check in to receive their bow numbers. Check-in is located near the RCRC Boathouse. Check-in will be from 6:00 AM – 9:00 AM on Sunday, October 11, 2009. All crews must check in by 9:30 AM or you will be scratched.

Registration Information

Registration is on-line at www.regattacentral.com. Regatta updates will be available by adding Head of the Port to your RegattaCentral calendar. **ALL ENTRIES MUST BE COMPLETED VIA REGATTACENTRAL.** Entries can be paid by credit card (Visa, Mastercard, Discover), PayPal, or check.

Payment Method:

- If paying by credit card or PayPal, follow the instructions to finalize payment.
- If paying by check, use the mailing address below. **Please print the invoice at RegattaCentral and include it with your check.** If paying by check, checks must be received by Tuesday, October 6 (entries are still due online by October 2). All entries must include payment in full.

Make checks payable to:

River City Rowing Club (or RCRC)

Mailing address:

HEAD OF THE PORT
River City Rowing Club
PO Box 980401
West Sacramento, CA 95798

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ENTRY FEES:

Boat Class	Received by October 2, 2009	Received after October 2, 2009 (Late fee = 50%)
8+	\$80	\$120
4+/4x	\$50	\$75
2-/2x	\$30	\$45
1x	\$22	\$33

Lineup changes:

If lineups change after the entry deadline (October 2nd), please e-mail new lineups (WITH average age) to: HeadofthePort@gmail.com before October 7th. After October 7th, fill out a "Crew Change" form at time of registration on race day.

Schedule

The race schedule can be viewed online and at RegattaCentral.com.

The **Coaches / Coxswains / Scullers Meeting** will be held at 7:10 AM, Sunday, October 11, 2009, at the two-story boathouse near the RCRC Boathouse.

Weigh-ins

There are no coxswain weigh-ins.

Equipment

Every shell must have a protective ball on the bow and heel restraints attached to the foot stretchers in a way that allows for quick exit in case of emergency. Boats will not be allowed to launch without proper safety gear.

Entry numbers will be provided. Please bring a BOW MARKER (WITH CLIP ON BOAT) so that we can attach a new number to it. It is your responsibility to provide a bow marker that the entry number will be affixed to. The entry number must be in your bow marker correctly and visible to the officials on both sides of the course. **Crews without bow markers may not have their times recorded.**

Boat Storage

Small shells (1x, 2x) may be stored in the designated area next to the RCRC boathouse. Large shells may be stored on the gravel parking lot in front of the UCD Crew facilities.

Course

The Head of the Port traffic pattern is available on-line and at check-in. **PLEASE MAKE SURE ALL CREWS/SCULLERS FOLLOW THE POSTED TRAFFIC PATTERN.** The five Kilometer (5K) race course starts 3.5 Kilometers west of the RCRC boathouse and finishes past the turning basin in the "locks" area. The finish line is **500 meters past** the Industrial Blvd bridge. While racing, pass under the **middle** span of the Industrial Blvd bridge.

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Please allow at least 40 minutes for rowing to the start area. Roll call in the start area will happen five minutes prior to the start of each event. All crews will be started in numerical order. Crews arriving late may be disqualified. Allow at least 15 minutes after the completion of the race to return to the dock when evaluating hot-seating options.

Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat.

Please row through the finish line. Do not stop until you are at least 100 meters past the finish and your boat is well clear of all other race traffic. Watch for racing crews when turning.

When returning to the dock from the finish line, stay to the right-hand shore. Pass under the **right-hand** span of the Industrial Blvd bridge.

Parking

Parking near the boathouse/launch site is very limited this year. No parking will be allowed in the parking lot in front of the UCD boathouse or on the gravel road connecting the boathouse and upper parking lot.

Since parking is limited, you are encouraged to carpool. We highly encourage spectators to park at one of the following locations:

- Street parking is available on Halyard Blvd. and Beacon Blvd. outside of the Port of Sacramento. Follow the directions to the RCRC Boathouse, but after turning right onto Industrial Blvd, take the next right onto Halyard Blvd. and park. Carefully walk across Industrial Blvd and follow the winding road to the boathouse. This is probably about 1 mile from the launching area.
- We suggest that spectators view the regatta at the Barge Canal Recreational Access. This park is along the levee by the finish line (you can walk or bike to any point along the entire race course from here, too). Spectator Parking will also be available here. The Barge Canal Recreational Access park is located at 2100 Jefferson Blvd. To get to the park, follow the directions to the RCRC boathouse, but instead of turning right onto Industrial Blvd, turn LEFT onto Industrial Blvd. Follow Industrial over the bridge and continue to Jefferson Blvd (two stoplights after the bridge). Turn left onto Jefferson and then at the third stop light on Jefferson turn left into the Barge Canal Recreational Access parkway.

Trailer Parking

Trailer parking will be in a new location just north of the RCRC boathouse. If you are planning to bring a trailer, please contact us at: HeadofthePort@gmail.com by Thursday, October 8th. We will reserve a spot for your trailer, and provide you with further directions and parking information.

BBQ Lunch & Awards

River City Rowing Club invites you to a BBQ lunch following the racing. The BBQ will be held at the UCD Boathouse beginning at 12:00 Noon. Awards will be presented at the BBQ. Entry fees include BBQ lunch. Additional non-competitor lunch tickets may be purchased in advance for \$5.00 during the registration process.

Awards will be presented to the top boat in each category with 3 or more boats in it.

Race T-shirts

Head of the Port t-shirts (designed by Rex Babin) will be available on race day. Long sleeve (\$25) and short sleeve (\$20) styles will be available in small, medium, large, X-large and XX-large.

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Hotel Information

Ramada Plaza Harbor Inn 1250 Halyard Drive West Sacramento, CA 95691 (916) 371-2100 Reservation: 1-800-371-2101 Fax: (916) 373-1507	Holiday Inn Express 2761 Evergreen Avenue West Sacramento, CA 95691 (916) 372-6900 Reservation: 1-877-865-6578 Fax: (916) 372-6306	Motel 6 1254 Halyard Drive West Sacramento, CA 95691 (916) 372-3624 Reservation: 1-800-466-8356 Fax: (916) 372-0849
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More Information

E-mail HeadofthePort@gmail.com or visit the RCRC web page at www.rivercityrowing.org

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SCHEDULE

Time	Event Letter	Event
		Coach, Coxswain, and Sculler meeting (at the two-story boathouse)
7:10 AM		
8:30	01	Men's: Open 8+
8:30	02	Men's: Masters 8+ (27+)
8:30	03	Men's: Novice Club 4+**
8:35	04	Men's: Junior 4+
8:40	05	Men's: Open 1X
8:40	06	Men's: Masters 1X (36-49)
8:40	07	Men's: Masters 1X (50+)
8:55	08	Women's: Open / Collegiate 8+
8:55	09	Women's: Masters 8+ (27+)
8:55	10	Women's: Novice Club 8+**
9:05	11	Women's: Junior 4+
9:20	12	Women's: Open / Collegiate 1X
9:20	13	Women's: Masters 1X (36+)
9:40	14	Men's: Open 2X
9:40	15	Men's: Open 2-
9:50	16	Men's: Junior 8+
10:00	17	Men's: Open 4+
10:00	18	Men's: Masters 4+
10:10	19	Men's: Masters 4X
10:40	20	Women's: Open / Collegiate 2X
10:40	21	Women's: Open / Collegiate 2-
10:50	22	Women's: Junior 8+
11:00	23	Women's: Open / Collegiate 4+
11:00	24	Women's: Masters 4+
11:00	25	Women's: Novice Club 4+**
11:10	26	Women's: Open 4X
11:15	27	Mixed Open 8+***
11:15	28	Mixed Masters 8+ (27+)***
12:00		Lunch and Awards Ceremony at UCD Boathouse

Women's Open events in which there are collegiate entrants are closed to high school participants (**NCAA Bylaw 13.11.1.2**)

** Novice Club category = less than 1 year rowing and average age 27+ and no minimum age and Handicapped.

*** At least four of the rowers of the crew must be women.