

SACRAMENTO STATE **AQUATIC CENTER**

Presents

The Head of the American Saturday October 29, 2016

Race: 5k fully buoyed Head race for all! **NEW Traffic Pattern and "HereNow" Timing**

Location: Nimbus Flat State Park / Lake Natoma, Gold River, CA 95670

(Note: **No boat trailers or shells may be stored at the Aquatic Center.** All crews will launch from the finish line area. There is a \$10 parking fee per car toppers imposed by the State Park. The State Park bus fee has increased to \$100/day. The State Park gates will open at 6:00am. Trailers and trailer tow vehicles are free with HOA parking permit obtained at the Aquatic Center. Only buses and car toppers will be able to park at Nimbus Flats on Race day. Race day parking will be available offsite for a fee of \$10. A shuttle will take you into the park. (See "#9 Parking" for details.)

Course Length: 5000 Meters (this may be slightly shorter with the new traffic pattern)

REGATTA INFORMATION

Entry Deadline: Received by 2300 (11:00 PM), FRIDAY, October 21, 2016.

1. Entries

- a. You must register using Regatta Central; www.regattacentral.com
- b. **Entry Deadline: Boatings and Fees Due By 11:00 PM, Friday, October 21, 2016.**
Payments should be made through Regatta Central.
- c. **Event Changes** will be accepted if room is available until Tuesday October 25, 2016 AND a 25% additional change fee will be charged. There will be NO refund of fees for any boat choosing to scratch. If an entry is uncertain and cannot be made before the entry deadline, you may still choose to enter using the "late fee" option. Please enter all boats AND pay the standard fee BEFORE the entry deadline has expired AND/OR use the "late entry" for the last minute boat changes. No fees and late entries will be accepted on race day. Sorry, no regatta cancelation refunds.

2. Regatta Meeting

- a. 7:15AM on Saturday October 29 at the Finish Line Tent.

3. Check In

- a. All Crews must check in to receive their bow numbers.
- b. Check in will be open Friday from 10:00 pm to 5:00 pm at the Sac State Aquatic Center and Saturday from 06:15 am to 10:00 am at the Finish Line Tent.
- c. **ALL COMPETITORS MUST CHECK IN BY 10:00 AM ON SATURDAY OR YOU WILL BE SCRATCHED.**

4. Weigh-ins

- a. Will be held on SATURDAY ONLY from 07:30 am to 12:30 pm at the Finish Line Tent.
- b. Crews must weigh in together.
- c. Competitors shall be weighed in racing uniform.

***If lightweight crews/scullers do not make weight they may race for an “unofficial” time in their event, THEY CANNOT SWITCH TO THE CORRESPONDING OPEN EVENT.

Collegiate and Master Men: 165 pounds maximum, no averaging

Jr. Men: 155 pounds maximum, no averaging

Women: 135 pounds maximum, no averaging

Coxswains: NO weigh-ins

5. Traffic Pattern **“NEW CHANGE FOR 2016” – no more chute crossing!!**

- a. The Head of the American traffic pattern will be available on-line and at check in.
- b. Please make sure all crews/scullers follow the posted traffic pattern.
- c. Any crew found in violation of the traffic pattern will be disqualified.
- d. Course map is attached at end of packet.

6. Race Information

- a. Please allow adequate time to get to the starting line, about 45 minutes.
- b. All crews will be started in numerical order. Boats not starting in sequence will be assessed a **one-minute penalty**. A crew that arrives late for the start **may**, at the discretion of the starter, be allowed to start at the end of the event and a **one-minute penalty** will be assessed. Crews that miss the start of their event will not be placed. Crews that miss the start of their event may, at the starter’s discretion, be allowed to row for time only.
- c. Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat. Failure to yield the right of way may result in a **one-minute penalty or disqualification**.
- d. **All race traffic must row through the finish line. Do not stop until your boat is well clear of all other race traffic coming through the finish area. Crews shall turn around 100 meters beyond the finish at the red buoy. Stay clear of the Nimbus Dam! There is a 100 meter safety zone mandated in front of the Nimbus Dam.**
- e. NCAA rules apply. Collegiate women’s entries will not be accepted for events not listed as “collegiate.”
- f. Launching and Landing areas must be kept clear of Oars and athletes articles of clothing.

7. Bow Markers and Bibs

- a. The Aquatic Center will provide you with your bow number. It is your responsibility to return your bow card at the conclusion of your event. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. Crews without bow markers may not have their times recorded. Lost bow cards will be charged to your team.

8. Race schedule

- a. A preliminary start order will be posted on Regatta Central the **WEDNESDAY** prior to the event. Changed entries will be added to the end of the starting order.
Master’s 1x races will be separated into age categories and medals given to each grouping if there are more than 10 entries. (11-20 entries – 2 medals given; 21-30 entries – 3 medals given).

9. Parking:

- a. At the time of this mailing the following fees are applicable in Nimbus Flat State Park Day use - \$10/day for car tops ONLY, Buses \$100/day. These are California State Park Fees and we must abide by State Parks regulations if we wish to have regattas at Lake Natoma.
- b. Athlete/spectator parking is located at Gold Point Office Complex, located at the end of Tributary Point Road for \$10. Free Shuttles are available for athletes and spectators.
- c. Trailers must be parked in the "normal" trailer parking (unpaved area) located around the perimeter of the main parking lot in Nimbus Flat State Park. Trailers are not permitted in the back parking lot or in any paved parking spaces. No parking is permitted in "loading zones."
- d. **Trailers must arrive on Friday October 28, 2016 between 7:00 am and sunset. (Contact the AC if you need special arrangements). The park will close at dusk (sunset is at 6:10pm). See 10d. for additional parking options on Friday.**
- e. **No boat trailers or shells may be stored at the Aquatic Center. All crews will launch from the finish line area @ Nimbus Flat State Park. All trailers must arrive prior to park closing on Friday, October 28. No Saturday arrivals.**

10. Practice

- a. Crews may practice on the race course the Friday prior to racing from 10:00 AM to 5:00 PM. LAST LAUNCH IS SET AT 4:15 PM. Please make sure you have checked the posted traffic pattern prior to practicing. Crews may be disqualified if not in the traffic pattern during practice.
- b. Be prepared for Control Commission. All boats must have their heel ties and bow balls checked by approved personnel. Pre-checks will help speed up launching on race day.
- c. Reminder – pop-up private shade tents are not allowed. Please see the tent reservation form on the next page in you would like to provide shaded areas for your team.
- d. **Overflow parking for Friday Practice will be located Mine shaft parking lot 2300 Mine Shaft Lane Rancho Cordova CA 95742 (off of Folsom Blvd.)** A shuttle will take you to the State Park.

11. Directions

Directions from Highway 50: Heading West from Lake Tahoe or East from Sacramento or San Francisco take the Hazel Ave. (Exit 21). Go North onto Hazel Ave. Make the first right hand turn in to Nimbus Flats California State Park. Or if lot is full follows signs to overflow parking.

Directions from Highway 80: Heading West from Auburn or east from North Sacramento take the Sierra College Blvd. exit (in the City of Rocklin) and turn South on Sierra College Blvd. In about 6 miles Sierra College Blvd. becomes Hazel Ave., continue South through the town of Orangevale and finally across the American River. The first left after the river is the Aquatic Center. The entrance to Nimbus Flat is a small left hand turn pocket after the Gold Country Blvd. /Nimbus Rd signal. Make the next left into the Nimbus Flats California State Park. Or if lot is full follow signs to overflow parking.

12. Novice Definitions

Juniors – has not raced prior to June 1, 2016

Masters – has not begun rowing prior to October 1, 2014.

PLEASE CHECK REGATTA CENTRAL FOR STARTING ORDER.

TENT RESERVATION
2016 Head of the American
Hosted by the Sac State Aquatic Center
Saturday October 29, 2016

The Sac State Aquatic Center is proud to be hosting the 2016 Head of the American. **If your program is interested in having a hospitality tent for this year's regatta please complete this form on line by October 13, 2016. Tents will be assigned on a first come first served basis and there is a limited number.**

Please Print

Name of Institution: _____

Contact Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Fax: (_____) _____

E-mail: _____

Please select **one**:

_____ 20 x 20 Tent with 2 tables and 20 chairs @ \$425.00

_____ 20 x 40 Tent with 4 tables and 40 chairs @ \$850.00

_____ # of extra tables for tent (\$12.00 per table)

_____ # of extra chairs for tent (\$2.00 per chair)

We hereby contract with the Sac State Aquatic Center for a hospitality tent space at the 2016 Head of the American to be hosted by the Sac State Aquatic Center on Lake Natoma in Sacramento, CA on October 29, 2016.

While the Sac State Aquatic Center recognizes that fundraising is a legitimate function of each institution, any items being sold from within a hospitality tent must be approved by the Sac State Aquatic Center.

Accepted by (signature): _____

Print Name: _____ Date: _____

Title: _____

Make checks payable to: **Sac State Aquatic Center – 1901 Hazel Ave – Gold River – CA – 95670**

*****Return CONTRACT and PAYMENT must be made by October 13, 2016**

If you have any questions please contact:

Sac State Aquatic Center
aquaticcenter@csus.edu
(916) 278-2842
(916) 278-1105 Fax

THE HEAD OF THE AMERICAN

SACRAMENTO STATE AQUATIC CENTER

Saturday, October 29, 2016

Tentative Time	Event #	Event Name	2015 Entries
9:00 AM	1	Men's Junior 4x	12
9:00 AM	2	Men's Master 4x	6
9:00 AM	3	Women's Master 2x	10
9:00 AM	4	Women's Junior 2x	26
9:15 AM	5	Men's Novice Junior 8+	22
9:30 AM	6	Women's Novice Junior 8+	21
9:45 AM	7	Men's Open 4+	20
9:45 AM	8	Men's Lightweight 4+ (8a-open/8b-junior)	12
9:45 AM	9	Men's Masters 4+	4
9:45 AM	10	Women's Masters 4+	9
10:00 AM	11	Men's Novice Collegiate 8+	16
10:00 AM	12	Men's Master Novice 4+	1
10:15 AM	13	Women's Novice Collegiate 8+	12
10:15 AM	14	Women's Master Novice 4+	3
10:30 AM	15	Women's Master 4x	9
10:30 AM	16	Men's Open 1x	16
10:30 AM	17	Men's Masters 1x	10
10:30 AM	18	Men's Masters Lightweight 1x	6
10:30 AM	19	Men's Junior 1x	15
10:45 AM	20	Men's Open 2-	21
10:45 AM	21	Women's Collegiate 2-	39
10:45 AM	22	Women's Open 2-	1
10:45 AM	23	Women's Master 2-	0
11:00 AM	24	Women's Open 4x	0
11:15 AM	25	Men's Junior 8+	40
11:30 AM	26	Women's Junior 8+	38
12:00 PM	27	Men's Masters 2x	9
12:00 PM	28	Women's Masters 1x	6
12:00 PM	29	Women's Masters Lightweight 1x	6
12:15 PM	30	Women's Masters Novice 8+	2
12:15 PM	31	Women's Junior 4x	7
1:15 PM	32	Men's Open 8+	19
1:15 PM	33	Men's Junior Lightweight 8+	18
1:15 PM	34	Men's Masters 8+	7
1:30 PM	35	Men's Open 2x	6
1:30 PM	36	Men's Junior Lightweight 2x	4
1:30 PM	37	Men's Junior 2x	14
1:30 PM	38	Mixed Masters 2x	6
1:45 PM	39	Women's Collegiate 8+	25
1:45 PM	40	Women's Lightweight Open 8+ (no collegiate entries)	6
2:00 PM	41	Women's Masters 8+	16
2:15 PM	42	Men's Junior 4+	30
2:30 PM	43	Women's Junior 4+	33
2:45 PM	44	Women's Collegiate 1x	0
2:45 PM	45	Women's Open 1x	8
2:45 PM	46	Women's Junior 1x	17
3:00 PM	47	Women's Collegiate 4+	13
3:00 PM	48	Women's Open 4+	1
3:15 PM	49	Mixed Collegiate 8+	1
3:15 PM	50	Mixed Masters 8+	5
3:15 PM	51	Mixed Masters 4X	5
3:15 PM	52	Mixed Masters Novice 8+	4

HEAD OF THE AMERICAN COURSE INFORMATION Lake Natoma, Ca

OCTOBER 29th, 2016

Reminders:

- Boats must remain in motion while in route to start line.
- Passing boats have the right of way.
- You must stay in race order and maintain proper intervals while in the staging area.
- If one or more athletes are ejected the affected crew must stop and remain with those individuals until they are safely out of the water.

