



Saturday, October 11, 2014
Host: The Stanton Rowing Foundation, Inc.
A not for profit 501(c)(3) Organization

You are cordially invited to join the competition and fun of the
26th Annual First Coast Head Race.

In this brochure you will find information on the 26th Annual First Coast Head
Race, events and instructions on how to participate.

If you have any questions or need information, please contact
Regatta Director Steve Hitchcock at: sthitchcock@hotmail.com or 904-553-9374

Please check the website below for changes and updated information:
www.fchr.org



General Information

Regatta Location (GPS Address): 5920 Arlington Expressway, Jacksonville, FL 32211

Registration Deadline:

Regatta Central – October 4, 2014

Payment and ALL paperwork – October 6, 2014

Entry Method

Step 1

Register entries and your team's information on the Regatta Central Website.

www.regattacentral.com

Pay online at Regatta Central or mail a check with your paperwork.

Step 2

Entry packets must include the following forms and other paperwork.

1. Copy of Registration Confirmation Email/Invoice from Regatta Central
2. Payment if sending a check (payable to **Stanton Rowing Foundation**)
3. Alphabetical list of competitors
4. Medical information form in event order

Step 3

MAIL all the paperwork and check to:

First Coast Head Race
Stanton Rowing Foundation
ATTN: Steve Hitchcock
P.O Box 351586
Jacksonville, Florida 32225-1586

Completed entry packets must be received no later than October 6, 2014.

Entry Changes

Any changes that need to be done after registration closes can be requested by sending an email to the Regatta Director: sthitchcock@hotmail.com

Race Fees

Registration Fees and Completed Packet must be received by October 6, 2014. Due to site limitations, the local organizing committee has placed a cap on the number of teams and/or the number of boats that can be entered. All entries will be taken on a first-come first-served basis. When your entries are received and accepted, an email will be sent to the contact person listed.

Entry Fees

Singles:	\$40
Doubles:	\$60
Fours/Quads:	\$75
Eights:	\$90

CAP: \$1000.00 for team/club entries received on the same registration form.
Make checks payable to **Stanton Rowing Foundation**.

Scratch Policy

Scratches made after the coaches and coxswains meeting should be reported to registration at least one hour prior to the start of the race. A \$25.00 scratch fee will apply to each entry scratched after the meeting. Crews that are no-show at the starting line will also be charged \$25.

NCAA Compliance

Colleges should review the event categories with their NCAA Compliance Office to assure collegiate athletes are in compliance with NCAA rules.

Handicapping

Masters handicapping will follow US Rowing guidelines. A factor of 4.8 will be used for the full course and a factor of 2.8 will be used for the short course.

Shortening the Course

Should bad water conditions at the start occur, we will shorten the course for safety. Typically the starting line would be moved approximately 500 meters north of the University Blvd. Bridge, shortening the course by about half.

Multiple Entries

When making entries in an event, a team's fastest boat shall be designated 'A' and so forth.

2014 First Coast Head Race Schedule of Events – Times are Approximate

Time	Event	Description	Categories		Time	Event	Description	Categories
8:00	1	M1X	Championship		11:00	40	M4+	Championship
	2		AA Master			41		Youth
	3		Master			42		Youth Ltwt
	4		Senior			43		Master
	5		Veteran			44		Collegiate Novice
	6		Youth			45		Youth Novice
	7		Youth Ltwt					
	8		Open Novice					
	9		Youth < 15					
8:30	10	W1X	Championship					
	11		AA Master		1:00	46	Mixed 2X	Adaptive - AS
	12		Master			47	Mixed 2X	Adaptive - LTA
	13		Senior		1:30	48	Mixed 8	Open
	14		Vet			49		Master
	15		Youth			50		Alumni
	16		Youth Ltwt			51		Youth
	17		Open Novice		1:45	52	Mixed 4X	Open
	18		Youth < 15			53		Master
9:00		Break				54		Youth
9:15	19	W4X	Championship		1:45	55	Mixed 2X	Open
	20		Master			56		Master
	21		Youth			57		Youth
9:30	22	M4X	Championship		2:00	58	Mixed 4+	Open
	23		Master			59		Master
	24		Youth			60		Youth
9:45	25	M2X	Championship		2:15	61	W4+	Championship
	26		AA Master			62		Youth
	27		Master			63		Youth Ltwt
	28		Youth			64		Master
	29		Youth < 15			65		Collegiate Novice
10:00	30	W2X	Championship			66		Youth Novice
	31		AA Master		3:00	67	M8+	Collegiate Novice
	32		Master			68		Youth Novice
	33		Youth			69		Master
	34		Youth < 15			70		Youth
10:15	35	W8+	Collegiate Novice			71		Championship
	36		Youth Novice					
	37		Master					
	38		Youth					
	39		Championship					

Categories

- **Championship**
The top-level boats that may be entered by clubs, colleges or elite programs. **No Youth Rowers.**
- **Collegiate Novice**
1st year collegiate rowers.
- **Youth**
A competitor who does not attain the age of 19 during 2014, or who has been continuously enrolled this academic year in at most a secondary school program, seeking a diploma. No collegiate rowers.
- **Youth Lightweight**
Women: 130 pounds or less Men: 150 pounds or less
- **Youth < 15**
Rowers 14 and under, born after October 11, 1999.
- **Novice**
Rowers with less than one year sculling and/or sweep experience. Coxswains need to be experienced for this course, so coxswains are exempt.
- **Mixed**
50% Male and female rowers in the same boat
- **Open**
Any Rower
- **Alumni**
Persons who attended the same academic institution (named at the time of entry application) who are not currently enrolled at the institution in question.
- **AA Master**
21 – 26 years of age. Inclusive as of December 31, 2014
- **Master 1X, 2X, 2-, 4X***
27 – 42 years of age, inclusive, as of December 31, 2014
- **Master 4+ and 8**
21 years of age and up, inclusive, as of December 31, 2014
- **Senior Master***
43 – 59 years of age, inclusive, as of December 31, 2014
- **Veteran Master***
60 years of age and above, inclusive, as of December 31, 2014

***You Can Not Row Down**

****Experienced Coxswains may run novice boats****

****Novice coxswains should not attempt this course****

Check In

Check in will begin Friday, October 10, 2014, 4:45 pm – 6:30 pm, and continue on Saturday, October 11, 2014 beginning at 6:00 am. A team coach must check in for the entire team. Masters' Clubs, please notify your members of this.

Waivers

All competitors must sign the **FSRA liability waiver** from NOARA. Competitors under the age of 18 must sign **and** have a parent or guardian sign a minor's waiver. Please sign your waiver online by following the link below. We cross reference your list of athletes at the online verification site so we **MUST** have a list of your athletes prior to registration with your paperwork due on October 6, 2014. **This is the only acceptable waiver for the First Coast Head Race.** If your team is not in the database, choose "unaffiliated" from the drop down menu. http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic

Friday Practice

Trailers may not enter the site until 4:30 PM. The site will be available for practice (weather permitting) Friday afternoon starting at 5:00 pm. Only teams that have cleared the registration process will be allowed on water. Make sure all your forms are in. All boats must be off the water by 6:45 pm. No Exceptions. Teams will be assessed a warning for returning late to the dock. **Each Boat** of a warned team will start the race day Saturday with a warning!

Lightweight Weigh-In

Weigh-in for members of lightweight crews will take place on Saturday, 6:30 a.m. to 8:30 a.m. for the morning events. Scales will re-open from 12 p.m. to 1 p.m. for the afternoon event. The entire boat must be present for weigh-ins. Please have your completed lightweight forms at weigh-ins. Coxswains do not have to weigh in. Reweigh allowed only if rower(s) is within one pound of maximum.

Coaches, Coxswains, and Scullers Meeting

The Coaches, Coxswains, and Scullers Meeting is set for Saturday, October 11th at 7:00 am near the registration tent.

Bow Cards and Back Numbers

Bow cards and Race Bibs for Bow-seat and the Coxswain will be provided. Bow Cards must be returned at the completion of the race. Lost Bow Cards are subject to a \$10.00 fee. Boats racing without Bow Cards will be disqualified. Tape them on. Race bibs are not required for the Coxswain or Stroke in a Bow-coxed Four; **tape the race bib to the stern deck instead.**

Seeding

Seeding of Races will be at the discretion of the LOC. Factors to be considered include, but are not limited to, last year's finish in the First Coast Head Race and the 2014 spring regattas including the national, regional, state, and local races. All "A" entries should be fastest boats and will precede "B" entries and so on. There will be no rearrangement of teams in an event for coaches' preference or need, including **Hot Seating.**

Awards

Medals will be given for 1st, 2nd, and 3rd place finishes. Medals will be available near the registration area after official results for the event are posted, unless the race is protested. Only coaches may sign for and pick up team medals.

Events with two boats – Gold Only

Events with three boats – Gold and Silver

Events with four or more boats – Gold, Silver, and Bronze

Trailer Parking / Boat Storage

The State of Florida Children and Family Services Parking Lot will be used for Boat Storage. Please plan on arriving after 4:30 pm Friday. **No trailers or vehicles may enter the site until after 4:30 pm Friday.** There is limited room near the race site to wait for the correct time to enter. Please plan your travel accordingly. Trailers will be placed in the site on a first come – first served basis. After parking the trailer, **tow vehicles must unhook and move to the adjacent parking lot.** For the safety of all participants, all trailers must remain until the end of racing on Saturday. Security will be provided Friday night; however, leaving boats, including car-topped boats, is at your own risk.

Team Tents

Team tents are **not** permitted on the grassy area near the launching/landing dock area and the adjacent shore. The area directly along the river will be kept clear for spectators. The tent area is limited to a first come – first served basis. **Team grills are not allowed. No Open Flames.** No team or parent vehicles or food trailers will be allowed to enter the tent area. All supplies must be carried in. Food trailers will be required to park in the spectator / bus parking lot. Volunteers will be onsite Friday and Saturday to help direct tent placements. The Local Organizing Committee has the final authority to have tent moved or removed.

Spectator / Bus Parking

Directions to the site are available on the website. A \$5.00 parking donation will be collected for Spectator and Bus parking next the Race Site, as a donation to Brooks Adaptive Sports.

Merchandise Sales

Sale of merchandise will be permitted only by advanced arrangement with the Stanton Rowing Foundation. For your merchandise to be sold you must contact Steve Hitchcock at sthitchcock@hotmail.com for requirements, forms, and fees. You must also meet any Local, State, or Federal requirements. See those entities for details.

Cancellation Policy

If, in the opinion of the race management, weather or other unforeseen events cause the race course or venue to become unfit or unsafe, the regatta or specific races / events will be cancelled. No refunds will be given.

2014 First Coast Head Race - Regatta Rules

Course

This course is a mirror image of the Head of the Charles; the skill required is very high. This challenging three mile (4.8K) course begins on the St. Johns River and winds down the Arlington River passing under three bridges. This is **not** a course for novice coxswains. Residential neighborhoods and marshes protect the majority of the race waters. A Course map defining traffic flow will be available at Registration and on the website.

Call of Events

All times are subject to change. Final times will be distributed to registered teams and posted at the Regatta Headquarters.

Events will be called 1 hour prior to the start of the race. It is the responsibility of the crew to be at the marshalling area prior to the published start time. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only, or be excluded from the race at the starter's discretion.

Changes to Events

Stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events based on the number of entries received, or changes in weather conditions. The committee also reserves the right to delay or advance the starting times for any event.

Hot Seating

A minimum of 2 hours for hot seating rowers or equipment is **required**. Plan accordingly. Crews late to the start may be penalized or disqualified.

(See Penalties)

Dock Area

The Dock master has absolute authority in the dock area and the course crossover area. Failure to follow instructions will result in assessed time penalties. There will be floating docks and a wet launch/landing area. Be prepared to launch or land at either site. The Organizing Committee will try to make sure the wet launch/landing area is clear of debris; however, please wear boat shoes to be safe.

All boats will be inspected prior to launching. Inspection will include bow balls, bow cards, and shoe heel tie downs. We will be following Rules of Rowing for the length of tie downs. A boat entered in multiple events will be inspected each time it is launched.

Equipment Adjustments

All equipment adjustments must be made in the staging area prior to launching.

Team Launch/Land Support

No oars are to be staged in the launch area or left in the landing area. Coaches and team members must support the launching and landing of each team boat.

Launching

Launching occurs at the race course Crossover Area between the second and third bridge (about the 2 mile point). The dock master or official will inform you when and where to cross the course. Failure to follow the instructions will result in a time penalty of 60 secs.

Course Markers

Orange buoys, yellow buoys, flags and banners mark the course. The bridge spans are marked on the columns or overhead (except the Mathews Bridge). Go between the marked columns and through the marked spans. Orange buoys to port and yellow buoys to starboard will form a chute at the approach to each bridge, and at the start and finish. The orange buoys will be on the Coxswain's left (port side) and yellow buoys will be on the Coxswain's right (starboard side) for the entire course. Although the course itself moves from the port to the starboard shore between the 2nd (University) and 3rd (Cesery) bridges, the orange buoys will remain to port after the Cesery Bridge. Cutting or missing any Orange or Yellow buoys will result in an assessed time penalty of 30 seconds.

Starting

Follow the clockwise circle pattern in the warm-up area. The Starter/Marshall will arrange the crews to cross the starting line at approximately 10 second intervals. Crews should remain near the Start Marshall to hear commands to the start line. A crew must yield to another crew being summoned to the starting area. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only, or be excluded from the race at the starter's discretion.

Right of Way

A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead. On those portions of the course that are straight, a crew being overtaken shall move to the right and allow the overtaking crew to pass. Where the course turns, a crew being overtaken shall move to the outside of the turn and allow the overtaking crew to pass along the shorter path. In the event a crew does not yield, a 30 second penalty will be assessed. Passing is not allowed, nor is the crew being overtaken required to yield, in cases where the overtaking crew's position clearly prevents safe passage or where there is insufficient room to yield.

Passing

Passing is allowed along the entire course **except** the 90 degree turn by the Episcopal dock, or in any unsafe condition, such as the same bridge span. A 60 second penalty will be assessed for unsafe passing. Passing that results in cut buoys will be penalized.

Return

Quickly clear the finish line, turn and hug the starboard shore. Remain in single file to the launch/landing site. A 30 second penalty will be assessed if you do not move out of the finish line area quickly. At launch/land area you will be directed to a landing spot.

Protests

Protests for a race must be filed on water at the finish line with an official. You will have one hour from the end of your race to file the written protest with regatta headquarters (near registration) and pay the required \$50 fee (cash only).

**FIRST COAST HEAD RACE
2014**

PENALTIES

- 1. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only or be excluded from the race at the Starter's or Marshall's discretion.**

- 2. A crew that fails to yield to a crew being summoned to the starting area, or that otherwise interferes with the staging area, shall be penalized 10 seconds by the Starter or Marshall.**

- 3. A crew that crosses the starting line without its required bow number will be penalized 60 seconds. Be prepared for rough water. Tape the bow marker with duct tape.**

- 4. A crew that fails to yield to a crew having the proper right of way shall be penalized 30 seconds.**

- 5. Where Orange and Yellow buoys mark the boundaries of the course, and, in particular, mark turns on the course, a crew shall be penalized 30 seconds for each buoy the crew passes incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy. Oars may cross the buoys without penalty.**

- 6. A crew that fails to adhere to the Dock master's instructions while their boat is on the water, especially in regard to crossing the race course, shall be penalized 60 seconds.**

- 7. Any crew that passes or tries to pass at the Episcopal turn, or any other unsafe passing area (such as under the same bridge span), shall be penalized 60 seconds.**

- 8. Any crew that fails to clear the Finish Line immediately will be penalized 30 seconds.**

First Coast Head Race –October 11, 2014 Medical Information Form

Organization Name: _____

Contact / Coach's Name and Phone Number: _____

	Last Name	# and Event	Seat	Condition
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

- This form must be turned in at registration.
- Please list all conditions that the officials / staff need to know about in event order.
- If you change a lineup and change the seat or event of someone on this list, please inform the Regatta Headquarters.
- A team with no medical conditions should turn in this form with "None" written on it.
- Use multiple sheets if needed.
- For your crew to be cleared to race, please turn this sheet in at registration.

These are all the rower medical conditions that I know of.

Contact Signature: _____

First Coast Head Race October 12, 2014

Competitor Listing Form

Alphabetically list all athletes and cross reference with your online waivers to make sure all your athletes have signed the waiver through NOARA.

Use additional sheets as necessary.

Name	Name
1.	31.
2.	32.
3.	33.
4.	34.
5.	35.
6.	36.
7.	37.
8.	38.
9.	39.
10.	40.
11.	41.
12.	42.
13.	43.
14.	44.
15.	45.
16.	46.
17.	47.
18.	48.
19.	49.
20.	50.
21.	51.
22.	52.
23.	53.
24.	54.
25.	55.
26.	56.
27.	57.
28.	58.
29.	59.
30.	60.

Organization Name: _____

Contact / Coach's Name: _____

Contact Phone: _____

Contact / Coach's Signature: _____

First Coast Head Race

October 12, 2014

LIGHTWEIGHT WEIGH-IN FORM

FILL OUT AND BRING THIS FORM WITH YOU TO WEIGH IN.

Weigh-in Guidelines

1. Weigh-in begins at 6:30 am and ends at 8:30 a.m. for the morning events. The scales will re-open from 12 p.m. to 1 p.m. for the afternoon race.
2. Team coach or adult representative must be present during weigh-in.
3. Reweigh allowed only if the athlete is within 1 pound of the event maximum.
4. The whole boat weighs in at the same time. Coxswains are excluded from weigh-in.
5. Each Athlete will weigh-in wearing racing uniform.
6. No weight allowance given for items athlete is wearing during weigh-in.
7. Alternates will weigh in with the team.
8. The weigh-in official will notify the regatta director of those who do not make weight.
9. **Boy's weight, 150 lbs., No Average. Girl's weight 130 lbs., No Average.**

Event Number/Name _____

Team _____

Please print or type competitor's names.

First Name

Last Name

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

Alternate _____

Alternate _____

THIS COMPLETED FORM IS REQUIRED AT WEIGH IN.

