



Saturday, October 15, 2016  
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  
28th Annual First Coast Head Race.

In this PDF you will find information on the 28th Annual First Coast Head Race,  
events, and instructions on how to participate.

If you have any questions or need information, please contact  
Regatta Director Chris Register at: [SRBRowingCoach@gmail.com](mailto:SRBRowingCoach@gmail.com)

Please check the RegattaCentral link below for changes and updated information:

[https://www.regattacentral.com/regatta/index.jsp?job\\_id=4865&org\\_id=0](https://www.regattacentral.com/regatta/index.jsp?job_id=4865&org_id=0)



## General Information

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

**Registration Deadline:**

**Regatta Central – October 9, 2016**

**All payments, scratches, waivers and changes to lineups are due October 12, 2016.**

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. It will be the responsibility of each program's coach/contact to make sure that each of their competing athletes has completed the NOARA waiver. Each organization will be required to provide an alphabetical list of competitors and a statement signed by the program's coach/contact at check in. **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. Some College and Masters programs can be found in the drop down menu listed as "Unaffiliated - *your team name*"

[http://www.noara.org/index.php?option=com\\_chronocontact&chronoformname=waiver\\_fl\\_scholastic](http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic)

## Entry Method

### Register

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

[https://www.regattacentral.com/regatta/index.jsp?job\\_id=4865&org\\_id=0](https://www.regattacentral.com/regatta/index.jsp?job_id=4865&org_id=0)

Pay online at Regatta Central.

### Check In

Entry packets must include the following forms and other paperwork.

1. Payment (if by check - payable to **Stanton Rowing Foundation**)
2. Alphabetical list of competitors
3. Medical information form in event order

### Questions

Send an email to the Regatta Director: [SRBRowingCoach@gmail.com](mailto:SRBRowingCoach@gmail.com)

## Race Fees

Registration must be completed by October 9, 2015. 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:	\$30
Doubles:	\$50
Fours/Quads:	\$70
Eights:	\$90

**CAP: \$1100.00** 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. In the event that the regatta organizers make the decision to shorten the course for weather/safety reasons, the starting line will be moved to our secondary short-course chute approximately 750 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.

**2016 FCHR Schedule of Events**

**[time and order of events subject to change]**

<b>#</b>	<b>Start</b>	<b>Event</b>	<b>#</b>	<b>Start</b>	<b>Event</b>
	6:45 AM	Coaches/Coxswains/Scullers Meeting	37	11:00 AM	Women's Collegiate Novice 4+
1	8:00 AM	Men's Championship 1x	38	11:05 AM	Men's Championship 4x
2	8:03 AM	Men's AA Master 1x	39	11:08 AM	Men's Youth 4x
3	8:06 AM	Men's Master 1x	40	11:13 AM	Men's Master 4x
4	8:09 AM	Men's Senior 1x	41	11:18 AM	Women's Championship 2x
5	8:12 AM	Men's Veteran 1x	42	11:23 AM	Women's AA Master 2x
6	8:15 AM	Men's Youth 1x	43	11:26 AM	Women's Master 2x
7	8:18 AM	Men's Youth Ltwt 1x	44	11:31 AM	Women's Youth 2x
8	8:24 AM	Men's Novice 1x	45	11:35 AM	Women's Youth < 15 2x
9	8:27 AM	Men's Youth < 15 1x	46	11:40 AM	Mens Adaptive 2x
10	8:30 AM	Women's Championship 1x	47	11:45 AM	Womens Adaptive 2x
11	8:33 AM	Women's AA Master 1x	48	11:50 AM	Mixed Adaptive 2x
12	8:36 AM	Women's Master 1x	49	1:05 PM	Mixed Open 8+
13	8:39 AM	Women's Senior 1x	50	1:10 PM	Mixed Master 8+
14	8:42 AM	Women's Veteran 1x	51	1:15 PM	Mixed Youth 8+
15	8:45 AM	Women's Youth 1x	52	1:20 PM	Mixed Open 4x
16	8:48 AM	Women's Youth Ltwt 1x	53	1:25 PM	Mixed Master 4x
17	8:52 AM	Women's Novice 1x	54	1:30 PM	Mixed Youth 4x
18	8:55 AM	Women's Youth < 15 1x	55	1:35 PM	Mixed Open 2x
19	9:15 AM	Men's Championship 8+	56	1:40 PM	Mixed Master 2x
20	9:20 AM	Men's Youth 4+	57	1:45 PM	Mixed Youth 2x
21	9:25 AM	Men's Youth Ltwt 4+	58	1:50 PM	Mixed Youth <15 2x
22	9:30 AM	Men's Collegiate Novice 4+	59	1:55 PM	Women's Championship 4+
23	9:35 AM	Men's Youth Novice 4+	60	2:00 PM	Women's Collegiate Novice 8+
24	9:40 AM	Men's Master 4+	61	2:05 PM	Women's Youth 4+
25	10:00 AM	Women's Championship 4x	62	2:10 PM	Women's Youth Lightweight 4+
26	10:05 AM	Women's Youth 4x	63	2:15 PM	Women's Youth Novice 4+
27	10:10 AM	Women's Master 4x	64	2:20 PM	Women's Master 4+
28	10:15 AM	Women's Championship 8+	65	2:30 PM	Men's Collegiate Novice 8+
29	10:18 AM	Women's Youth 8+	66	2:35 PM	Men's Youth 8+
30	10:23 AM	Women's Master 8+	67	2:40 PM	Men's Youth Novice 8+
31	10:28 AM	Women's Youth Novice 8+	68	2:45 PM	Men's Master 8+
32	10:35 AM	Men's Championship 2x	69	2:50 PM	Men's Championship 4+
33	10:40 AM	Men's AA Master 2x			
34	10:45 AM	Men's Master 2x			
35	10:50 AM	Men's Youth 2x			
36	10:55 AM	Men's Youth < 15 2x			

## Categories

- **Championship**  
The top-level boats that may be entered by clubs, colleges or elite programs.  
No Youth Rowers.
- **Collegiate Novice**  
1<sup>st</sup> year collegiate rowers.
- **Youth**  
A competitor who does not attain the age of 19 during 2016, and who has been continuously enrolled this academic year in at most a secondary school program, seeking a diploma. No collegiate rowers.
- **Youth Lightweight**  
Women: 135 pounds or less                      Men: 155 pounds or less
- **Youth < 15**  
Rowers 14 and under who do not attain the age of 15 in the calendar year 2016.
- **Novice**  
Rowers with less than one year sculling and/or sweep experience. Coxswains are exempt due to the challenging nature of this course.\*\*
- **Mixed**  
50% Male and female rowers in the same boat excluding coxswains
- **Open**  
Any Rower
- **AA Master\***  
21 – 26 years of age. Inclusive as of December 31, 2016
- **Master 1X, 2X, 2-, 4X\***  
27 – 42 years of age, inclusive, as of December 31, 2016
- **Master 4+ and 8\***  
21 years of age and up, inclusive, as of December 31, 2016
- **Senior Master\***  
43 – 59 years of age, inclusive, as of December 31, 2016
- **Veteran Master\***  
60 years of age and above, inclusive, as of December 31, 2016

**\*You Can Not Row Down**

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

**\*\*We highly recommend that coxswains without substantial experience navigating bridges do not attempt this course \*\***

## **Check In**

Check in will begin Friday, October 14, 2016, 4:45 pm – 6:30 pm, and continue on Saturday, October 15, 2016 beginning at 6:00 am. A team coach must check in for the entire team. Masters' Clubs, please notify your members of this.

Each program should bring:

- Competitor List with verification of waiver compliance
- Medical Info Sheet
- Lightweight Weigh-In Sheet if applicable

## **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. **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](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 Friday, 5:00-6:00pm or Saturday, 6:30 a.m. to 8:30 a.m. The entire boat with completed weigh-in forms must be present for 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 15th 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 subject to a **30 second penalty**. 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. 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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 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.** Security will be provided Friday night; however, leaving 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**

A \$5.00 parking donation will be collected for Spectator and Bus parking next the Race Site. All money raised will be divided between Brooks Adaptive Sports and the East Arlington Rotary.

## **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 Chris Register at SRBRowingCoach@gmail.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 LOC, 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.

## 2016 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 is available in this packet and at registration.

### 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 LOC reserves the right to combine or cancel events based on the number of entries received, or changes in weather conditions. The LOC 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 LOC 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, taped bow cards, and shoe heel tie downs. We will be following the 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 launch area between the University and Cesery Bridges. **THERE IS NO COURSE CROSSOVER AT THE LAUNCH SITE THIS YEAR!** Boats will launch and immediately turn upriver to pass through the marked warm-up lanes under the University Bridge, keeping the course on their port side all the way up to the start line. Entering the course illegally while warming up towards the start will be subject to a **30 second penalty and/or disqualification, depending on the severity of the infraction and/or interference with boats racing down the course and at the discretion of regatta officials.** No part of your boat (oars included) should cross onto the course while warming up.

## Course Markers

Orange buoys, yellow buoys, flags and banners mark the course. The bridge spans are marked on the columns or overhead. 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. **THE COURSE NOW REMAINS ON THE STARBOARD SHORE FOR THE DURATION OF THE RACE – THERE IS NO CROSSOVER BETWEEN THE UNIVERSITY/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**. Intentionally cutting multiple buoys in order to gain an unfair advantage **will result in disqualification at the discretion of regatta officials.**

## 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 at the discretion of regatta officials. 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. Boats that cross the start without their bow cards will be subject to a **30 second penalty.**

## 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**. There are not any no passing zones on the course – however, **PLEASE do not attempt to pass under the same bridge arch**. Passing on the Episcopal turn is allowed, but please use caution – **creation of an unsafe passing environment via reckless action on any part of the course by any crew**

**involved will continue to result in a 60 second penalty or disqualification of the offending crew(s) at the discretion of regatta officials.**

A **60 second penalty** will be assessed for unsafe passing (i.e. attempting to pass under the same bridge arch, see above). Passing that results in cut buoys will be penalized by a **minimum of 30 seconds per buoy and may result in disqualification if deemed excessive at the discretion of regatta officials.** Failure to yield to the desired course of an overtaking crew that is within one boatlength will also be penalized by a **minimum of 30 seconds** and may also result in disqualification at the discretion of regatta officials.

### **Return**

**Quickly clear the finish line**, turn and hug the starboard shore. Remain in single file to the launch/landing site. A 10 second penalty will be assessed if you do not move out of the finish line area quickly. At the launch/land area you will be directed to a landing spot. Crossing illegally onto the course while returning to the launch/recovery area will result in a **30 second penalty and/or disqualification, depending on the severity of the infraction and/or interference with boats racing down the course and at the discretion of regatta officials.**

### **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 2016

### 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 30 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 a minimum of 30 seconds and may be subject to disqualification at the discretion of regatta officials.
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. Crews may be disqualified for excessive crossing of buoy lines at the discretion of regatta officials.
6. A crew that fails to adhere to the Dock Master's instructions while their boat is on the water shall be penalized 30 seconds.
7. Any crew that passes or tries to pass in an unsafe manner (i.e. under the same bridge arch) shall be penalized 60 seconds or be subject to disqualification at the discretion of regatta officials.
8. Any crew that fails to clear the Finish Line immediately will be penalized 10 seconds.
9. Any crew that crosses outside of the warm-up or recovery/return lane onto the race course shall receive a 30 second penalty and/or be subject to disqualification, depending on the severity of the infraction and/or interference with boats racing down the course and at the discretion of regatta officials.

**First Coast Head Race  
October 15, 2016**

Competitor Listing Form

Please attach an alphabetical list of all athletes, cross reference with your online waivers to make sure all your athletes have signed the waiver through NOARA, and sign below.

NOARA Waiver:

[http://www.noara.org/index.php?option=com\\_chronocontact&chronoformname=waiver\\_fl\\_scholastic](http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic)

Organization Name: \_\_\_\_\_

Contact / Coach's Name: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

*By signing below, you verify that all athletes competing for your program have completed the NOARA waiver for this event:*

Contact / Coach's Signature: \_\_\_\_\_

## First Coast Head Race –October 15, 2016 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 15, 2016

## LIGHTWEIGHT WEIGH-IN FORM

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

### Weigh-in Guidelines

1. Weigh-in for members of lightweight crews will take place on Friday, 5:00-6:00am or Saturday, 6:30 a.m. to 8:30 a.m.
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, 155 lbs., No Average. Girl's weight 135 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.

