



Head of the Ohio Regatta
Saturday, October 1, 2011
2011 Information Packet

NEW FOR 2011

The Head of the Ohio venue is moving to Washington's Landing. Washington's Landing is an island on the Allegheny River and home of the Three Rivers Rowing Lambert Boathouse. It is also located near TRRA's Millvale Boathouse. The race will be run on the same section of the Allegheny River, but will reverse direction, **starting near Point State Park and ending at Washington's Landing.**

We are excited about the new location and the options it provides. All boats will be launching and returning to either the Lambert or Millvale Boathouse docks. More details can be found in this race packet.

Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

RACE COURSE

The 2.6 mile course is on the Allegheny River. The 2011 start line is located just above Point State Park and the Ft Duquesne Bridge on the south shore of the Allegheny River, just about 500 meters from the confluence of the Allegheny, Monongahela, and Ohio rivers in downtown Pittsburgh. The actual start line will be marked by a tent located on the trail beside the river. Boats will be funneled through the Ft Duquesne Bridge (I279) abutment in preparation to pass the start line.

The course races upstream to just below the 40th Street Bridge. The actual finish line **is in front of a mooring cell located near the top of Washington's Landing** (formerly the start line) on the right descending bank of the island.

For the Head of the Ohio's 25-year history, this section of the Allegheny River has been an excellent course, marked by rowing under nine bridges.

As the course passes along the south shore of the Allegheny River, spectators can view the race from the Three Rivers Heritage Trail. In addition, viewing can take place from many of the bridges.



TEAMS ROWING OUT OF THREE RIVERS BOATHOUSES

Teams who normally row out of either the Lambert or Millvale Boathouse will launch and return to the boathouse from which they normally row.

Please note: All teams who normally row from the Three River boathouses must remove trailers from the property no later than Saturday, September 24, one week before the race.

VISITING CREWS and ROWERS

Visiting crews bringing a boat trailer will park and launch from the Lambert Boathouse docks on Washington's Landing. Rowers with car top boats will park and launch from the Millvale Boathouse docks.

MOTEL INFORMATION

Arrangements have been made for rooms at a reduced price, with The Holiday Inn Pittsburgh North which is just 6 miles from downtown Pittsburgh, via EXIT 4 McKnight Rd., off I-279 N. The Holiday Inn is surrounded by hundreds of retail stores and restaurants. The Holiday Inn provides complimentary high-speed wireless Internet access, and several other amenities standard in each guest room. Onsite food is also available at the Hilltop Bar & Grille, open 7 days a week for breakfast & dinner.

Please contact the Hotel directly using the information below.

Holiday Inn Pittsburgh North
4859 McKnight Rd.
Pittsburgh, PA 15237
412-366-5200

<http://www.holidayinn.com/hotels/us/en/pittsburgh/pitmc/hoteldetail?groupCode=TRP>

TRAILER PARKING and LAUNCH SITES

TEAM UTILITY TRAILERS and CAR TOP BOATS (see below)

Parking for boats and trailers **ONLY** will be available on Washington's Landing beginning Friday, September 30 through the end of the event Saturday, October 1. In agreement with the local businesses, parking for trailers will not be available

until after 5:30 pm on Friday evening, September 30. **PLEASE NOTE THAT ONLY BOATS AND TRAILERS WILL BE PERMITTED TO PARK ON WASHINGTON'S**

LANDING. The only vehicles permitted are the trucks used to tow the trailers and designated VIP vehicles. **THERE WILL BE NO EXCEPTIONS.** Participants, coaches, family, and all other parking (including team buses, vans, and trailers) will

be in the 15th and Smallman parking lot for a nominal fee (please see map inside this packet).

Shuttles will be available all day **between the parking lot and Washington's Landing.**

Volunteers will be on hand to direct boats and trailers to a parking location.

PLEASE FOLLOW THEIR DIRECTIONS AND DO NOT ASK FOR SPECIAL CONSIDERATION. We have limited parking available this year and need the cooperation of everyone to make it work.

Docks will **NOT** be available to visiting crews on Friday afternoon or evening.

TEAM UTILITY TRAILERS

Team utility trailers **should plan to arrive at Washington's Landing after 5:30pm** on Friday, September 30. In agreement with the local businesses, parking will not be available until after 5:30pm on Friday, September 30th. A volunteer will direct you to an appropriate unloading location. There is no vehicle access to the team tent area. Everything must be transported via golf cart or carried.

Please be prepared to unload quickly. Do not disconnect the trailer from the tow vehicle at the unloading area. Once the trailer is unloaded, it **MUST BE IMMEDIATELY MOVED** to a designated parking area on Washington's Landing. Again, volunteers will help to direct you to the proper location.

Team tents may be set up prior to 5:30pm on September 30; however, utility trailers **cannot be parked on Washington's Landing until after 5:30pm.** If you request tent space, instructions will be sent to you separately.

CAR TOP

All boats being transported on car top will be routed to the Millvale Boathouse location. The Millvale Boathouse is located just across the channel and slightly upstream from the Lambert Boathouse. The Millvale Boathouse is accessed by car from Route 28 at the Millvale exit when traveling either north or south.



Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

TEAM TENTS

The location of the team tents will be at the upstream end of Washington's Landing, near the finish line. (See diagram below).

Please also remember that **NO TENTS ARE PERMITTED IN ANY PARKING LOTS. IF YOUR TEAM WOULD LIKE SPACE FOR A TENT AND HAS NOT ALREADY DONE SO, PLEASE CONTACT DONNA BOUR (DONNA.BOUR@BOURASSOCIATES.COM) TO RESERVE A SPACE.**

For those teams that row out of the Three Rivers Millvale Boathouse, Millvale Park has been reserved for the day of the race and the pavilion is available for your use.

LAUNCH AND RETURN

All crews will launch from the Lambert or Millvale Boathouse docks. Once crews launch they will row downstream the full length of the course, then turn to race upstream. At the conclusion of the race be prepared to slow down quickly, pay attention to the directions of the marshal. Be prepared to turn to the port side to enter the channel back to the dock area. (See map at the end of the packet)

There is limited room at the end of the race course before turning to enter the channel. Please limit the cool down.

All boat traffic launching in the channel will be moving downstream. Crews **launching from Washington's Landing must use caution as boats will be coming** downstream from the Millvale Docks. As boats prepare to move out of the channel going downstream they should go single file under the bridge and stay to the port side, closer to the island. Buoys will help to move boats away from the rocky mainland side as boats exit the channel.

Upon completion of the race, boats will be directed to move upstream and turn just before the 40th Street Bridge. **To return to the channel, follow the marshal's** directions. DO NOT try to cut across the area directly above the island, it is very shallow and littered with hidden debris.

Boats must enter the channel single file. Assistance will be provided to remind coxswains. Please row only by pairs unless told to do otherwise. Boats returning to

the Millvale Boathouse must dock immediately after passing through this narrow point. Please be prepared to do so.

CREW, SPECTATOR, VANS, BUSES

Participants, coaches, family, and all other parking (including team buses, and vans) will be in the 15th and Smallman parking lot for a nominal fee. (See diagram below)

If team buses are looking for alternative, free parking areas, the Waterworks shopping area is approximately 9 miles north at exit 8 off of Route 28N. In addition to the shopping area, several restaurants and a movie theatre are at this location.

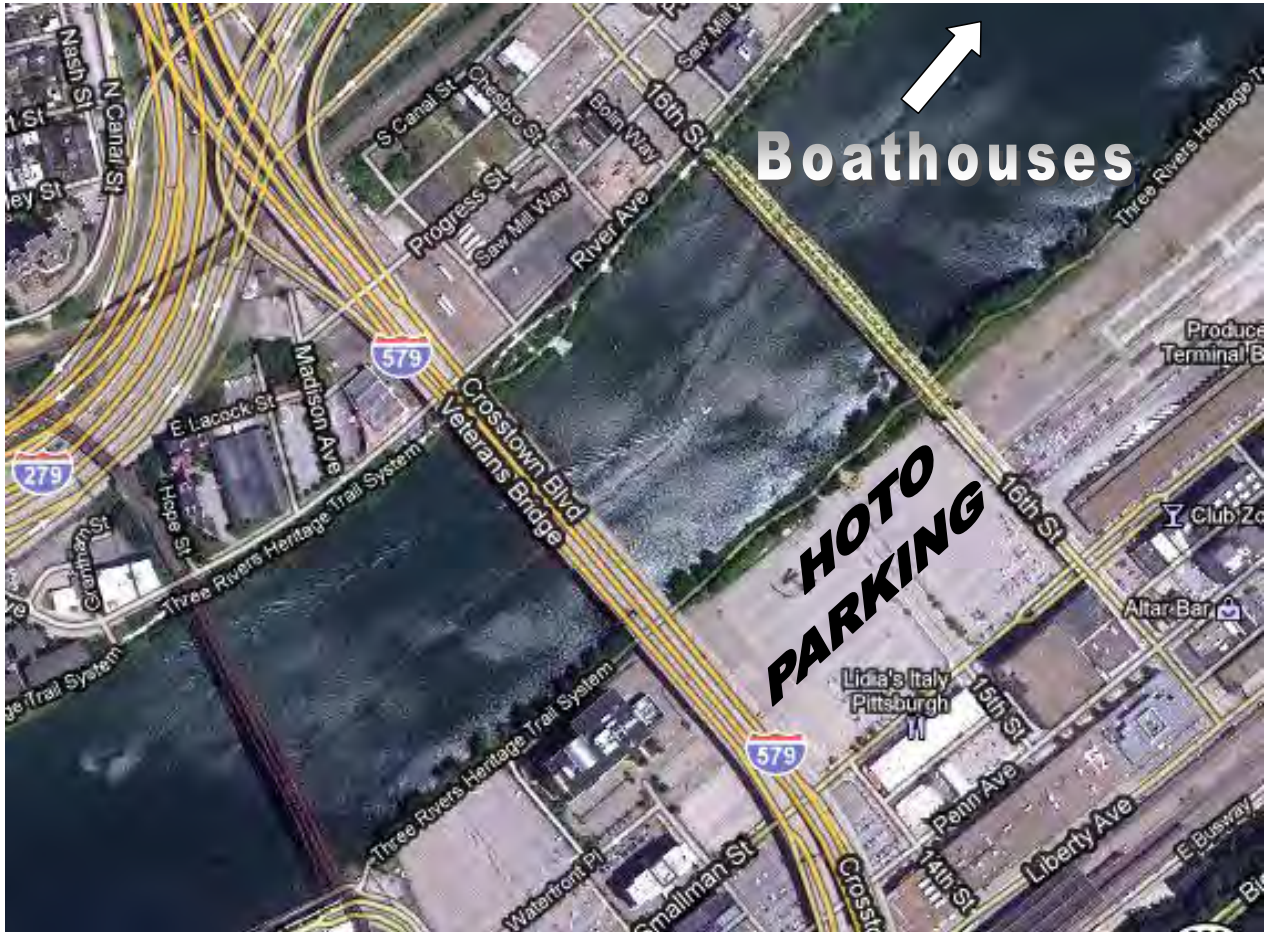
Shuttles from the 15th and Smallman St parking lot will be available to transport **people to Washington's Landing on a regular basis**. The shuttle loop is approximately 15 minutes; please be sure to allow for time to board the vehicle and ride to the island when planning your arrival.

This parking area is about 1600 meters from the start of the race. The closest bridge, the 16th Street Bridge gives an excellent view of the race course. There are pedestrian walkways on both sides of the bridge. This parking area provides direct access to the Three Rivers Heritage Trail on the south shore with excellent view of the race. The trail on the south shore is continuous from the race start to about 21st Street.

The Three Rivers Heritage Trail on the north shore can be reached by walking or bicycling across many of the bridges. The trail on the north shore provides access to **Washington's Land by way of a foot bridge located at the bottom of the island. The trail continues on Washington's Landing all the way to the finish line.**

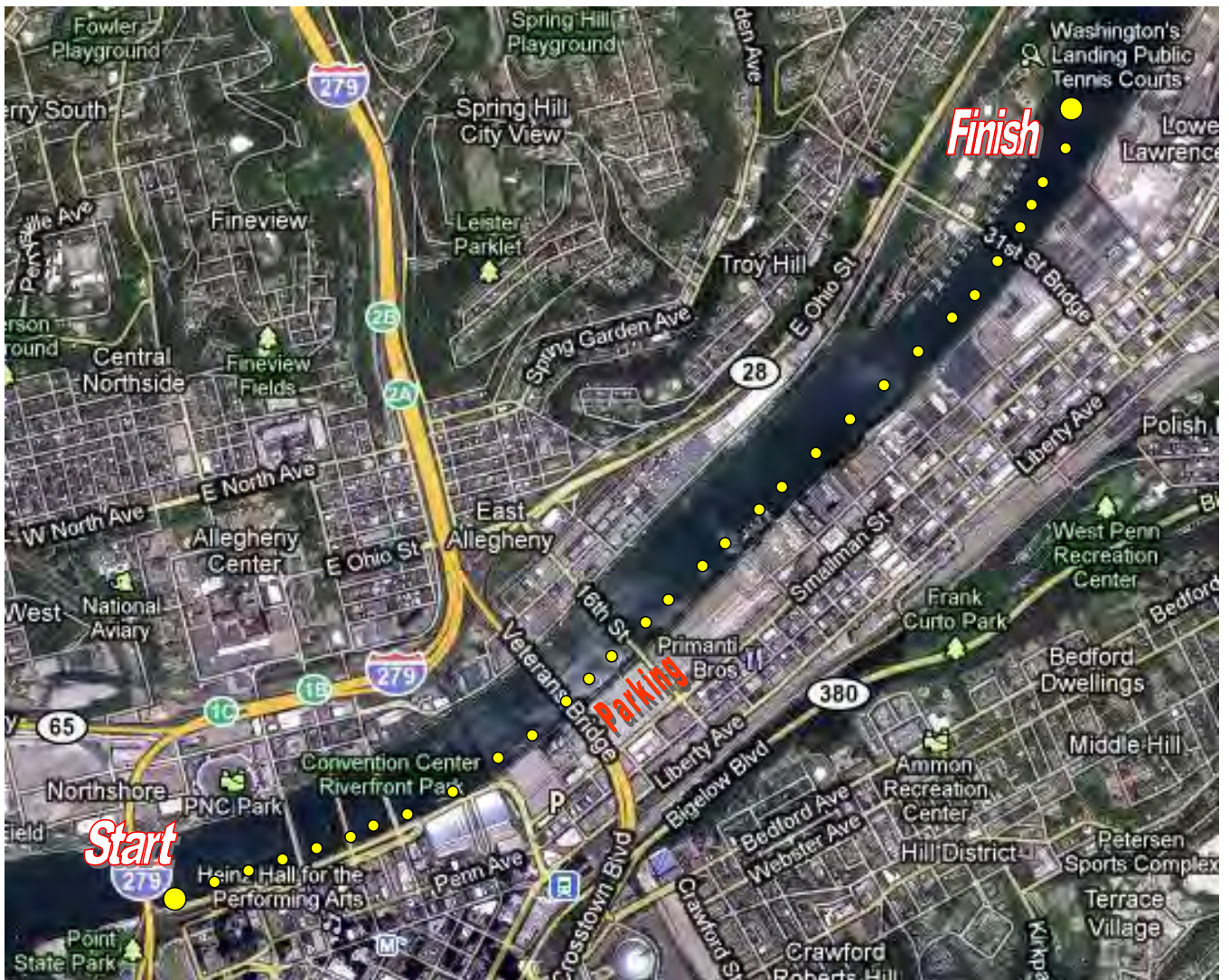
Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

15th and Smallman Parking Lot



LOCATION OF RACE COURSE

The start line is near Point Start Park shown at the bottom left of the map below. The finish line is on Washington's Landing at top right. (Detailed course map located at end of this race packet)



WASHINGTON'S LANDING



ENTRIES

All competitors may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, land, re-queue, and launch in time for an additional event. Competitors will not be allowed to land or launch out of order and hot-seating of athletes and/or boats is strongly discouraged. The Head of the Ohio Regatta accepts no responsibility for missed start times and will issue no refunds on that basis.

Entries must be received with entry fee no later than Friday, September 23, 2011 at midnight.

Entries are to be submitted online via www.regattacentral.com. Registration is open from August 1, 2011. NO EXCEPTIONS. Late entries can be requested and, if accepted, are subject to a \$50 fee per entry.

Masters competitors must submit date(s) of birth for all competitors during the entry process. Crews with missing or incomplete date of birth information will race as a 27-year-old rower. The Head of the Ohio reserves the right to limit the number of entries in any one event. Confirmed entries will be posted on the **Regatta Central** website.

1x = \$35 2x/- = \$45 4x/+ = \$65 8+ = \$80

REGISTRATION

Scullers and crew representatives must report to Regatta Registration at one of two times:

Friday, September 30 from 5:30-8 PM or Saturday, October 1 from 6-10 AM.

Packet pick-up is located on Washington's Landing at the Lambert Boathouse.

All scratches must be reported at least one (1) hour prior to an event and no later than 10:00 a.m. on race day.

WEIGH-INS

Crews required to weigh-in must do so during the registration periods listed above. Weigh-in is located at registration only.

BOW MARKERS and SHIRT CARDS

Bow markers and shirt cards must be picked up at registration. Bow markers must be affixed on the bow of the racing shell by way of an appropriate bow

marker holder. Shirt cards/bib numbers must be worn visibly on the back of each single sculler or bow rower in a bow coxed shell.

SAFETY

All shells must be equipped with a bow ball. Each set of shoes within the shell must be equipped with properly-secured heel tie-downs.

A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

(a) The opening through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

(b) The inner surface within which the **coxswain's body rests shall be smooth** and free of any obstacles, devices, or other structures that would hinder quick exit.

All programs must sign off on the Equipment Compliance Form before participating.

REFUNDS

The Head of the Ohio Regatta will NOT refund scratches communicated to the Registrar beyond the September 23 entry close date.

RESULTS

Results will be posted as they occur near the boathouses. Results will be unofficial until such time as the reports of the referees have been received and penalties assessed. Medals will be available at the Awards Tent on **Washington's Landing**.

After the race, official results will be available on the Head of the Ohio web site at www.headoftheohio.org as well as other rowing websites. Medals will be given at **Award's Tent on Washington's Landing**

WAIVERS

Waivers can be downloaded by accessing HOTO on the Regatta Central website, at the waiver tab. Waivers can be mailed to;

Attn: Waiver Comp;liance
Three Rivers Rowing Association
300 Waterfront Drive
Pittsburgh, PA 15222

BICYCLE and PEDESTRIAN CONNECTION

A bicycle and pedestrian trail connects the finish area, the starting area, and the Lambert and Millvale Boathouses. The entire 2.6 mile race course may be viewed from numerous vantage points along the trail including access to many of the bridges over the course.

Bicycle rentals will be available for the day of the race. More information will be available closer to race day. Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

PARKING

Participant and spectator parking is available in the 15th and Smallman parking lot located in the Strip District near the 16th Street Bridge (see map). Shuttles **will be available to Washington's Landing throughout the day.** Parking information will also be posted on www.headoftheohio.org and WWW.regattacentral.com.

2011 Rules and Regulations

It is the responsibility of all competitors to be familiar with the Racing Rules that follow as well as those Rules of Rowing as published by US Rowing that may be applicable to the Head of the Ohio. The Head of the Ohio is a US Rowing Registered Regatta.

COACHES, COXSWAINS, & SCULLERS' MEETING

A mandatory meeting will occur at 6:15 AM outside the Lambert Boathouse. Please check for the specific location when registering.

HOTO CLASSIFICATIONS

All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

In accordance with NCAA rules no event within the Head of the Ohio regatta may have collegiate competitors rowing against high school competitors (including high school coxswains).

- ◆ High school competitors must row in High School and Youth events only (i.e., not in Club or Open events). High School coxswains may not cox a boat in any event where Collegiate crews are competing.
- ◆ Collegiate competitors must row in Collegiate events only (i.e., College, Club, Collegiate Freshman and Novice, and Open).

Failure to comply will cause the results of the competitor(s) to be excluded.

Masters. In accordance with USRowing Rules, a master is a competitor who has attained or will attain the age of 21 during the current calendar year.

Age is determined by the competitor's age as of December 31, 2011, rounded down to the nearest whole number. Average age of a boat will be used for multiple-competitor boats. Masters events will be divided into as many separate USRowing Masters categories as possible. The Head of the Ohio retains the right to combine categories if less than three entries have been received in any one category.

A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master. Masters crews shall be classified by age according to the following categories: (AA) 21 to 26 years, (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over. The age category of a Masters crew shall be

determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

Handicaps will be applied for all boats using the standard USRowing handicaps for a 1,000 meter course and will be multiplied by 2.5 to factor for the length of the course. Please see <http://www.usrowing.org/uploads/docs/rulesofrowing.pdf> for more information.

Collegiate rowers must be currently enrolled full-time at a college, university, or community college.

High School/Youth/Junior. A rower, sculler or coxswain who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. The Head of the Ohio will award separate 1-3 Medals for the crews compiled from the same high school in the Junior 8+, 4+ and 2x (only open events). For those three events (in both men and women), the top three placing crews will receive medals, but the top three high schools will be awarded the medal that corresponds to their placement within the other high schools. For example, it is possible for a high school crew to finish fourth in the event, but still receive a gold medal if the top three crews were club boats.

Junior Varsity/2nd 8+ Event The JV classification is not open to any rower competing in a Varsity or Youth 8+ event unless all members are from the same high school and are enrolled as juniors or below in that high school. If a JV/2nd boat is a club/youth boat or includes seniors, those teams must also be entering a Varsity or Youth 8 boat. It is understood that the Varsity or Youth boat be entered as the faster of the two 8+'s.

Open. Any competitor that is not a junior or high school rower. High School rowers are not allowed in this event.

Novice (scull). Any oarsperson who has not competed in any sculling event prior to January 1, 2011.

Novice (sweep). Any oarsperson who is eligible to row as a freshman/novice at their own institution or has not rowed in a race prior to January 1, 2011.

Lightweight

- ◆ **Men.** The weight of each individual rower/sculler in a boat must not exceed 165 pounds.
- ◆ **Women.** The weight of each individual rower/sculler in a boat must not exceed 135 pounds.

Quadruple Sculls. With or without coxswain.

Composite Boats. Must be so registered.

Mixed Boats. Must contain at least equal numbers of women as it includes men (may contain more women than men). See rule below for Corporate Mixed Boats.

Corporate. This is reserved for crews that participate in the Three Rivers Rowing Corporate Rowing League. Exceptions can be made by prior requests directed to TRR. Boats are mixed sex and must have at least as many women as men. If a boat needs to have more men than women, a 90 second penalty will be added to their time for any more than four men. (Ex. If a boat has 5 men and 3 women, they would be assessed a 90 second penalty.). **Coxswain's sex does not factor into this. We request that teams with more men than women inform the Race Director of their lineup prior to the race** so that handicap can be factored into the results at the end of the race.

Novice Corporate. Any oarsperson who has had not more than three corporate rowing seasons or has not rowed prior to the previous year's Head of the Ohio.

Experienced Corporate. Any oarsperson who has completed three or more corporate rowing seasons and has participated in corporate rowing for at least one season in 2011.

Corporate Events May be Split into Flights. In the event that TRRA equipment shortages prevent Corporate (Novice or Experienced) crews rowing at the same time, crews within an event may be randomly divided and assigned to different times. These crews will row in flights. All flights will be eligible for medals and trophies based on HOTO awards criteria. **The first flight of Corporate Novice 8+'s will be held in the morning. The second flight (if needed) will be held as the last race of the day. The race organizers will attempt to tell teams which race they will be in as soon as possible during the week before the race. The Corporate Experienced 8+'s will be held as**

the first event of the race. The second flight (if needed) will be announced the week before the race.

Men's divisions are for **male** participants only. **Women's** divisions are for **female** participants only. **Coxswains** may be of **either sex**. **Masters'** coxswains may be any age.

FACILITIES

The Lambert boathouse **will not** be available on race day to the general public. Please make sure that you plan accordingly.

Portable sanitary facilities will be located at both Lambert and Millvale locations. Concessions providing food, beverages, t-shirts, posters and programs, will be located **on Washington's Landing**.

TRASH DISPOSAL

We ask that all crews and individuals be helpful in keeping the venue clean throughout the entire event.

Crews are asked to police their areas throughout the day and clean the area completely prior to leaving. Trash receptacles are placed at convenient locations. A dumpster will be located close to the team tent area on **Washington's Landing**. Please use the garbage bags provided in your entry packets and **don't leave loose trash behind!**

FIRST AID

City of Pittsburgh paramedics will be onsite throughout the day.

PARTICIPANT LIABILITY

Coaches and participants are reminded that participation in the Regatta involves a moderate risk of injury and/or property damage. While HOTO and Three Rivers Rowing will take all reasonable measures to ensure the safety of participants, officials and volunteers, participation in the Regatta is at **one's own risk and responsibility for claims deriving from personal injury, damage or loss.**

While the Regatta provides security for the **Washington's Landing and Millvale Boathouse** boat and tent areas Friday night, visiting crews are

advised to take all reasonable precautions as the Regatta cannot guarantee the safety of equipment.

PRACTICE ROWING

The docks and course will be closed on Friday, September 30. Unless prior approval has been granted.

THE RACE COURSE

The 2.6 mile course is on the Allegheny River. The start line is located just above Point State Park and the Ft Duquesne Bridge on the south shore of the Allegheny River, just about 500 meters from the confluence of the Allegheny, Monongahela, and Ohio rivers in downtown Pittsburgh. The actual start line will be marked by a tent located on the trail beside the river. Boats will be funneled through the Ft Duquesne Bridge abutment in preparation to pass the start line.

The course moves upstream to just below the 40th Street Bridge. The actual finish line **is in front of a mooring cell located near the top of Washington's Landing** (formerly the start line) on the right descending bank. The course will shift from the south shore as boats approach the bottom of the island and move past the Island Marina just previous to the finish line.

The race course is marked with buoys approximately every 250 meters or less on the left *and* right descending banks. United States Coast Guard Channel Markers (large metal green, red, or yellow buoys) are not considered official HOTO course buoys.

Starting marshals located before the start line will assist as crews order themselves by bow number prior to the start in the customary fashion of a head race.

After passing the starting line boats may pass through either the right side arch or right side of the center arch on the 6th, 7th, and 9th Street bridges. From that point through the end of the course all boats must pass through the center arch of the bridges.

Orange buoys are used to mark the start chute.

All competitors are responsible for being familiar with the course. Please consult the course map.

COURSE SAFETY

Competitors and coxswains must review the course maps at the end of this packet carefully to locate shallow areas and bad water. The river is closed to

all recreational and commercial traffic in accordance with the regulations of the US Coast Guard. The river must be re-opened every four hours to allow for passage of river traffic, if any. Be advised that commercial traffic, barges in particular, are likely to cause considerable wakes and that the water may remain unsettled for a long period of time after a barge passes. These will happen during breaks in the regatta.

The Head of the Ohio, in cooperation with the US Coast Guard, may pass recreational boats during the Regatta. This is only done along the North side of the Allegheny River and is done with an escort at a NO WAKE speed. Be alert when traveling downstream for these boats.

There are at least 12 marshal/official launches spread out throughout the race course. These marshals/officials have communications with the chief referee through Race Control. They are in place in order to help to maintain the safety and fairness of the regatta. Please follow their directions.

WARM-UP

When launching from the docks competitors have the row to the start as their warm-up. Follow the instructions of the three marshals in the starting area.

START

Each entrant must be in the starting/marshalling area ten (10) minutes prior to their scheduled starting time. The dockmaster will make the several calls for launching crews.

The start will be in sequence of bow markers. Boats must pass through the starting chute at the starting area to be official.

Boats arriving more than thirty (30) seconds after the last entrant has started will, at the discretion of the starter, be allowed to row at the end of the race. Such boats may be timed, but not ranked.

RACING

While racing, boats must stay on the designated buoyed racecourse with buoys located on the right descending bank to the port side. Oar blades may go over buoys but the hull of the shell must stay on the course.

Any shell being overtaken must grant the right-of-way and move or be penalized. A shell being approached from behind must give way to the approaching boat by moving towards their port side and allowing the other boat passage on their starboard side. This must occur by the time the approaching boat is within one boat length of open water. Boats overtaking others must not force boats being overtaken any farther out of the way than

is necessary to complete an unimpeded pass. No boat should press its right of way to the point of collision.

FINISH

The finish is clearly marked by two large yellow buoys. Once beyond the buoys, crews must immediately continue upstream and prepare to turn to enter the channel back to the Millvale or Lambert Boathouse docks. Please pay close attention to the other boats around you and listen for any direction from a marshall.

PENALTIES

Minor Violations (10 seconds):

- ◆ Each buoy missed on the course
- ◆ Shells without bow numbers at the finish
- ◆ Purposely starting out of order against directions of the Starter
- ◆ Failure to follow traffic rules in the launching, docking, start marshaling, or practice area
- ◆ Unsportsmanlike conduct

Major Violations (30 seconds):

- ◆ Interference with crews marshaling in the start area
- ◆ Not granting right-of-way for overtaking crews
- ◆ Missing buoy chute at start
- ◆ Missing buoy chute at finish
- ◆ Failure to pass through the appropriate span of each bridge as marked on map.

Major Violations (60 seconds):

- ◆ Interfering with another shell during the same race

Exclusion

- ◆ Not arriving at the start within thirty (30) seconds of last entrant in their event
- ◆ Not complying with specified classification of events
- ◆ Interference with a racing shell by a nonracing shell
- ◆ Causing a collision
- ◆ Rowing the course with the wrong bow number

PROTESTS

All protests must be filed within 30 minutes of the end of the race in which the violation occurred. **The crew's coxswain or representative rower/sculler**

must indicate the crew's intent to file a protest to the course marshal at the finish line or to the dockmaster on shore at the docks/launching area.

Protest forms are available at the tent near the finish line. Protest forms must be filed directly with a USRA race official. Have a representative from the protesting crew available during the judge and referee deliberations.

Protests filed during the morning events will be heard at the Noon break, and protests filed during the afternoon events will be heard following the final event. All protests will be heard at the Race Control/Communications tent near the finish line.

A \$25 filing fee is required at the time a protest is filed. In the event the protest is upheld, the fee will be returned. If the protest is denied, the fee will be forfeited.

AWARDS

All medals and trophies will be awarded at the Awards Tent located near Race Registration.

Trophy winner(s) must be present for the award ceremonies. Gold medals will be awarded to the top finisher in each division. Silver medals will be awarded in events with at least five (5) entries. Bronze medals will be awarded in events with at least ten (10) entries.

Any events under protest may delay the awarding of medals for that event. **All protests will be adjudicated by US Rowing officials at the officials' meeting following the final race of the day.** Medals not awarded or retrieved 30 minutes after the last race will be mailed after the event.

POINTS

Points will be awarded using the Modified Barnes Points scoring system.

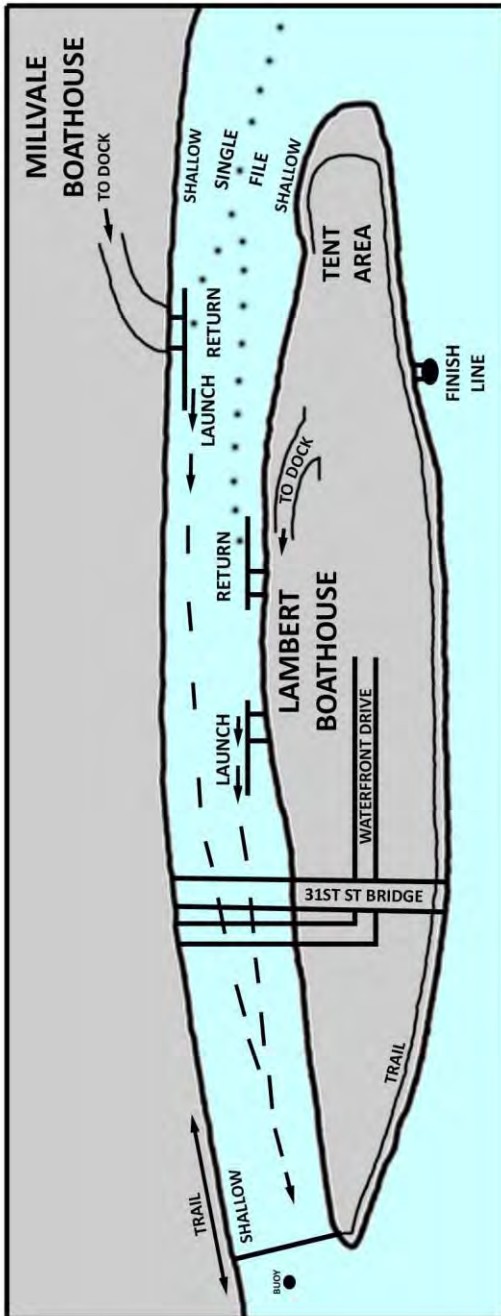
CONTACTS AND LINKS

Race Director: Rick Brown Phone: 412.231-8772; Fax: 412.231.5337 www.ThreeRiversRowing.org e-mail: rickbrown@threeriversrowing.org Race Website: www.headoftheohio.org	US Rowing: (800) 314-4ROW (4769); (609) 751-0700 e-mail: members@usrowing.org www.USRowing.org
Registration: www.RegattaCentral.com e-mail: support@RegattaCentral.com	

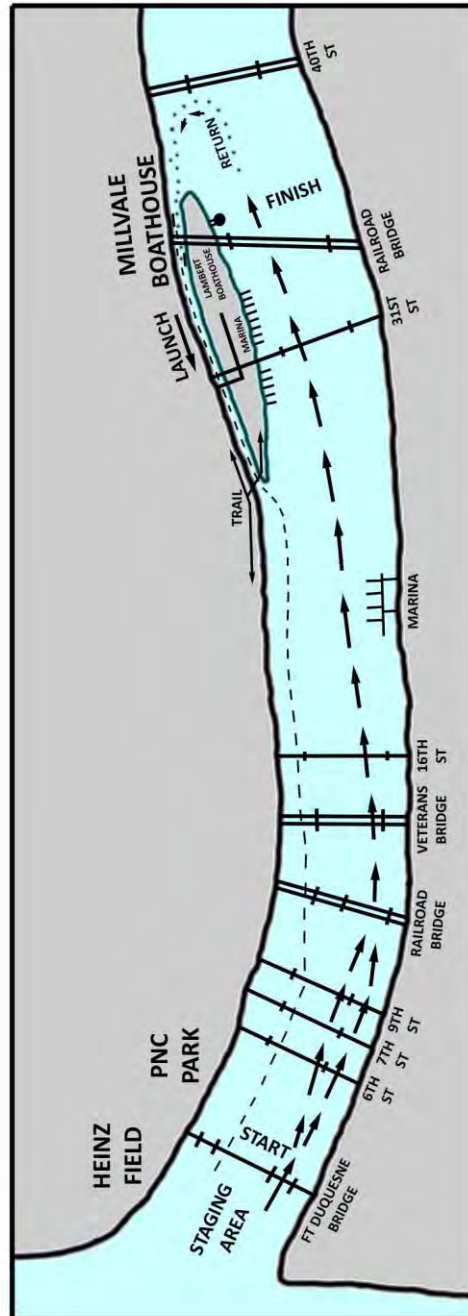
CONTINGENCY PLAN

If water conditions deteriorate during race day, the officials may determine it necessary to shorten the race course by about a half mile. If this occurs the start line will be moved upstream. If this occurs announcements will be made multiple times at both docks as well as over the public address system. There will be a 30-minute delay in the race schedule to accommodate moving the start line.

Course Map



Channel Details



To: **Coaches & Rowers – 2011 Head of the Ohio**

IMPORTANT: Part A must be signed by all participating race registrants: Part B if applicable.
The Rules of Rowing are on the USRowing website.

- A. My boat will be in compliance with USRowing 2011 Rules of Rowing 3-105 and 3-109 as follows:

Bowballs: Every boat shall have a supple or plastic ball, of a white or fluorescent color, mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bowball shall be at least 4 centimeters in diameter.

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

- B. My boat is in compliance with US Rowing 2011 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a. The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

b. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

FAX OR EMAIL TO RICK BROWN (RICKBROWN@THREERIVERSROWING.ORG - FAX: 412-231-5337) BY MONDAY, **SEPTEMBER 26**, OR BRING IT TO REGISTRATION WITH YOU. YOU WILL NOT BE ABLE TO PICK UP YOU PACKET WITHOUT THIS FORM COMPLETED.