



Head of the Niagara

Saturday, October 31, 2009

The Officers and Board of Directors of the West Side Rowing Club would be pleased to have you attend the 2009 Head of the Niagara Regatta.

The 2009 Head of the Niagara will run North to South over 2.5 miles of the historic Black Rock Canal. Races will begin just to the south of the Black Rock Locks and finish at the South end of the Canal near the entrance to Lake Erie.

This year, the Frank Lloyd Wright designed boathouse will once again be incorporated into our regatta. Located just to the south of the existing West Side Rowing Club, this new addition to the West Side Rowing Complex will allow us to run a more efficient and safe regatta in fulfillment of Frank Lloyd Wright's dream to build a functional boathouse. We hope that you can join us for the 2009 Head of the Niagara Regatta at the West Side Rowing Club.

Regatta Rules:

Course:

- The Head of the Niagara is rowed over 2.5 miles of the Black Rock Canal. Crews will row under two bridges during the race and finish near the entrance to Lake Erie. There will be a no passing under the Ferry Street Lift Bridge, which is the first bridge crews will go through.
- There will be a slight head current on the course as crews will be racing from north to south along the Canal. Wind speed and direction will be determined on the day of the race.

Launch Site:

- All crews will launch from the docks located at the West Side Rowing Club. Crews will be called to the water no more than 45 minutes prior to the start of the event.
- All crews must launch with bows pointed towards the Canal.
- There will be a 60-second limit for all crews on the dock. The dock master will have the authority to impose penalties for excessive time on the dock.
- When you leave the dock, crew must stay to the east side (City side) of the Canal as they make their way to the start. Crews that interfere with racing boats on their way to the start will be assessed a penalty. No crew on their way to the start should proceed through the Ferry Street Lift Bridge until the Marshall on the water clears them to do so.

Starting Area:

- All crews must be in the marshalling area at least 10 minutes prior to the start of the event.
- Boats will be started in order of their bow numbers at approximately 15-second intervals.
- Boats arriving late to the start may lose their starting position or be excluded from the event at the discretion of the Starting Line Official.

Passing on the Race Course:

- 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 on the shorter path. – 2007 Rules of Rowing, Article VII.b
- There is a no passing zone underneath the Ferry Street Lift Bridge.
- Any violation of the passing rules will result in a 30 second penalty.

Buoys on the Race Course:

- A detailed course map is available at www.regattacentral.com under the “Venue” tab.

Finish Area:

- All races will conclude at the last set of buoys in the Canal*
- There will be an official launch tied to a buoy that will use an air horn to signal the finish of the race. The horn will sound once for each crew crossing the line.
- Once crews have crossed the finish line, they must keep rowing until they reach the end of the break wall. Once

crews have reached that point, they must turn to their port (towards the park) and begin rowing back towards the boathouse. All crews must stay between the park wall and the red buoys when returning to the docks. Crews that enter the race course and interfere with racing boats will be given a 30-second penalty.

- *The race-course may be shortened to finish in front of the West Side Rowing Club if the lower canal becomes too rough for safe rowing.

Return Dock:

- All crews will be returning to the Fontana Boathouse docks.
- There is a 60-second time limit on the dock.
- It is suggested that all coaches have the athletes shoes stored near the return dock and additional athletes to help clear the oars from the return dock area as crews come in.

Lightweights:

- Lightweight Men: Max of 160 lbs.
- Lightweight Women: Max of 135 lbs.
- The honor rule will be imposed for all lightweight events. No weigh-ins will take place at this regatta.

Definition of Categories:

- **Open Events:** Competitors not currently enrolled in a scholastic or secondary school.
- **Scholastic Events:** Competitors are all currently enrolled in a high school or secondary school.
- **Freshman/Novice Events:** Competitors must be in their first season of competitive rowing or in grade 9 or lower.

Hot Seating:

- Hot seating boats or rowers requires a minimum of 45 minutes separation, but is always done so at your own risk. We will not wait for your crew!
- All hot seating will take place at the Fontana Boathouse docks.

Entry Information:

- All entries must be completed on Regatta Central (www.regattacentral.com).
- Entry Deadline: October 21, 2009.
- Entries for this regatta will be capped at 200.
- No more than 2 entries per club per event.
- 2 Boats constitute a race and must be from 2 different rowing clubs.
- Mailed entries will be accepted if they arrive prior to the on-line due date.
- Payment can be made on Regatta Central or on the day of the event. If paying on the day of the event, please make checks payable to "West Side Rowing Club".
- Entry Fee's:
 - o Eights: \$70.00
 - o Fours: \$50.00
 - o Doubles, & Singles: \$30.00

Day of Event Registration:

- Registration packets will be available in the upstairs Board-room of the West Side Rowing club on the day of the event. Each packet will contain bow numbers as well as back numbers and safety pins for each entry.
- Course maps and additional race information will also be included in the regatta packets.
- All entry fees must be paid in full before a program will receive their entry packet.

Event Parking:

- The main lot of the West Side Rowing Club will be reserved for trailer parking only.
- If you will be arriving with a trailer on Friday, please contact Matt Logue (881-9797) prior to your arrival to ensure a parking space.
- There will be a shuttle bus transporting coaches and athletes from Front Park and LaSalle Park to Cotter's Point beginning at 6AM and concluding after the last race.
- Additional parking information is available on the "Venue" tab of Regatta Central.
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Contingency Plan:

- In the event of unrowable water on race day:
 - o We will run as many of the races as possible with changes to the race order only if necessary. Should it become clear that we cannot get all of the races in we may change the order of events to make sure the higher events are run.
 - o Race day can/will be extended until 4pm if there is a possibility the water will become rowable.

Awards:

- Traditional West Side Invitational Tankards will be awarded to first place crews.

Order of Events:

- The Coaches and Coxswain Meeting will begin at 10am.
- The first race will begin at 11:00am
- The event order will be:
 - o #1 Open Women's 1x
 - o #2 Open Men's 1x
 - o #3 Scholastic Women's 4+
 - o #4 Scholastic Men's 4+
 - o #5 Open Women's Novice 8+
 - o #6 Open Men's Novice 8+
 - o #7 Open Women's 4+
 - o #8 Open Men's 4+
 - o #9 Scholastic Women's Freshman/Novice 8+
 - o #10 Scholastic Men's Freshman/Novice 8+
 - o #11 Open Women's 2x
 - o #12 Open Men's 2x

- #13 Scholastic Women's Lightweight 8+
- #14 Scholastic Men's Lightweight 8+
- #15 Open Women's Lightweight 8+
- #16 Open Men's Lightweight 8+
- #17 Open Women's 8+
- #18 Open Men's 8+
- #19 Scholastic Women's 8+
- #20 Scholastic Men's 8+

Hotels:

The Hyatt Regency Buffalo has held a block of rooms at a reduced group rate. When making your reservations be sure to tell them you are in town for the Head of the Niagara Regatta at the West Side Rowing Club to receive the discounted rate.

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2 Fountain Plaza
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