

Lake Washington Rowing Club Presents

# Head OF THE Lake



**Sunday, November 11, 2007**

- Registration through Regatta Central at [www.regattacentral.com](http://www.regattacentral.com)
- Shuttle transportation to and from the starting line at the University of Washington, Gas Works Park and LWRC boathouse
- Vendor Sports Expo: Pocock Racing Shells, Nielson Kellerman, JL Design, USRowing, Whirling Girl

Visit [www.headofthelake.org](http://www.headofthelake.org) for the latest information.

## 2007 HEAD OF THE LAKE REGATTA INFORMATION

### Registration

- Registrar Susan Kinne can be reached at:
  - Email, [info@headofthelake.org](mailto:info@headofthelake.org)
  - Phone, 206-276-0141
  - Fax, 206-547-3549
- Entries shall be submitted online at [www.regattacentral.com](http://www.regattacentral.com)
- Registration closes on Wednesday, October 31 at midnight (PST)
- Late registration (November 1 – 4) will entail double-entry fees. No entries accepted after Nov. 4
- \$10 fee for scratches
- Events with fewer than three entries will be combined with another event.
- Masters entries will row in the next younger age category with handicapping.

### USRowing or Rowing Canada Membership

- As this regatta is registered with USRowing, all participants must be members of USRowing or Rowing Canada
- Exception: An unaffiliated individual rowing a single is exempt from this requirement. However, each such individual must sign a waiver.

### Waivers

- All participants must sign a waiver. (Rowing Canada members may use the USRowing waiver.)
- (The following information is copied from [www.regattacentral.com](http://www.regattacentral.com), click on Waiver in Registration tab.)  
This regatta is registered with USRowing and accepts the once-a-year USRowing waiver.  
(Using [www.regattacentral.com](http://www.regattacentral.com)), follow these instructions to submit your waiver online:  
If you submitted your own entry: Log in and follow the link in your roster list to send the waiver  
If someone else submitted entries which include you in the line-up: Provide your email address to the person that submitted the entries. They will need to log into their account and send you the waiver.  
If you are an individual member of USRowing: Your USRowing member # must be included in your RegattaCentral roster (or the roster of your coach if he/she submits your entries).  
Be sure you have submitted your online waiver at USRowing's website at the beginning of each calendar year  
As an alternative to the online waiver, athletes may also send a signed, printed copy of the waiver directly to the regatta at the following address: Attn: Waiver Compliance, Head of the Lake, 910 N Northlake Way, Seattle, WA 98103
- All JUNIOR [18 and under] competitors must have a parent or guardian fill out an [individual online USRowing waiver](#)  
Please be sure your USRowing member # is included. Teams with large numbers of junior waivers may also make alternate arrangements to mail them.

### Rules

- Crews with high school-age rowers or coxswains, please pay particular attention to recent NCAA recruiting rules that restrict conducting tryouts of prospects, which is basically anybody in grade nine or above. The recent rule change prevents all varsity intercollegiate-status rowing teams from competing against any crew that has even one high school student in it. Thus, college crews and high school crews may not be in the same event at head races. These teams may not compete against a scholastic crew from a high school or prep school that sponsors rowing as a sport. Nor may they compete against a high school club /composite program. And they may not compete against a rowing club or masters crew that has a high school coxswain in it. The theory behind this is that competition against a prospective intercollegiate rower violates the NCAA recruiting regulations against tryouts. This prohibition on competing against high school students now applies to all NCAA sports, not just rowing.
- More information may be obtained at <https://www.usrowing.org/uploads/docs/UTMAugust2006.pdf>.
- No novice rowers, coxswains or first-year school programs, please.
- Any crew/coxswain/sculler showing a disregard for safety or failing to follow the instructions of USRowing referees, regatta marshals or dock masters at any time during the regatta will be given a 60-second penalty and may be disqualified.

- There are NO safety launches in south Lake Union. Any crew or sculler choosing to row south into Lake Union, past the first permanent yellow pencil buoys, are on their own. LWRC advises against going outside the warm-up traffic pattern.
- Respect for the safety of other competitors and their equipment must be observed at all times.
- Bow balls are required. Any boat without a bow ball will not be allowed on the course per 2007 USRowing Rule 3-105: Bow balls: 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 bow ball shall be at least 4 centimeters in diameter.
- All bow-coxed boats must comply with 2007 USRowing Rule 3-110 regarding the size of opening for entering and exiting the boat by the coxswain.
- GPS systems or any electronic devices capable of sending or receiving information from an outside source will not be allowed. Any crew or sculler found to have such a device in their shell at any time during the event, regardless of whether it is actually used, will be disqualified. (2007 USRowing Rule 3-106)
- Shoes must have heel tie-downs restricting heel lift to 3 inches (7.5 cm). (2007 USRowing Rule 3-109)
- Crews are expected to wear matching race shirts or tops.

### **Coxswains'/Coaches' Meeting**

**There is no longer a pre-race meeting.** The coxswain meeting will be available to view and download at [www.headofthelake.org](http://www.headofthelake.org). Your approved registration signifies that you have read and understand the rules and course maps described in the online meeting. Officials will be available to answer questions prior to the race. For additional questions about the course and/or penalties, visit the registration/results tent 6 to 8 a.m. on race day.

### **Race Packets**

**Packets will be available at the registration/results tent at regatta headquarters at LWRC from 12 noon to 6 p.m. Saturday November 10, and again from 6 to 8 a.m. on Sunday November 11.**

- Your race packet will include number bibs to be worn on the backs of both the bow person (large number) and coxswain (small number) or chest of stroke in 2x and 1x. Crews without a proper bow number will be excluded.
- Bow number cards will be provided. Please return bow numbers to a dock volunteer after racing.

### **Trailers/Car Topping**

- Most of the large boat trailer parking will be at the University of Washington this year, with limited spots being available at LWRC and at Seattle Pacific University across the Lake Washington Ship Canal.
- If prior arrangements are made, Friday and Saturday practices are possible launching out of LWRC.
- Car-toppers will find parking at LWRC or at SPU.

### **Launching**

- All crews will receive launching and landing directions from dock masters at UW, LWRC's two docks and at Seattle Pacific University's dock.
- Launching will follow the order of events.
- Failure to listen to dock masters will result in a penalty or exclusion.
- Please arrange for assistants to carry oars and collect shoes. Your time allowed on the dock will be limited.

### **Starting**

- The first event (Men's Championship 1x) begins at 8 a.m., with boats starting at approximately 15-second intervals.
- Please be in the staging area 10 minutes prior to your event start time.
- Prepare to start in bow-number order, and follow the instructions of the marshals and referees. Failure to follow instructions may result in a penalty or exclusion.
- Crews arriving late for their start may face a penalty or exclusion. Directions of the starter must be followed at all times.
- Crews without proper bow numbers may result in a penalty or exclusion.

### **Conduct of the Race**

The no-passing zone has been eliminated. Passing will be allowed at any point during the race as long as the following guidelines are followed:

**Responsibilities of the overtaking boat (passer)**

- In passing situations, the overtaking boat has right of way (on the side of its choice) if a safe pass can be accomplished.
- If a pass is attempted, and there is not adequate room nor time to perform the pass, the overtaking boat must delay the act of passing until it is safe to do so. Failure to do so may result in the overtaking boat being disqualified.
- The passer must allow time for the overtaken boat to yield and stay on the race course. Failure to do so will result in disqualification.
- The passer will be disqualified if the passer interlocks boats or causes a collision with damage or injury.

**Responsibilities of the boat being overtaken**

- In passing situations, the overtaken boat must yield and give suitable room to the overtaking boat (passer) on the side chosen by the overtaking boat, if a safe pass can be accomplished.
- Failure of an overtaken boat to immediately yield the line selected by a passer capable of making a safe pass will result in disqualification.
- Movement to yield must begin when the passer is within one-half length of open water of the overtaken boat.

**Awarding of Medals**

- 1st, 2nd and 3rd place medals will be awarded at the award podium at LWRC following each flight.
- For races with four or fewer entries, 1st and 2nd places only will be awarded.
- For races with three or fewer entries, 1st place only will be awarded.

## 2007 Head of the Lake Regatta

As you round Gas Works Park on Lake Union in Seattle during this year's Head of the Lake Regatta, an announcer will give color commentary to spectators on shore.

For that color commentary, tell us about your team or you as an individual entrant.

**Please fill out the announcement profile below and e-mail this back to: [info@headofthelake.org](mailto:info@headofthelake.org) with subject: Announcer Profile [Crew Name]. You may also bring it with you to the race course and submit it to the Information Booth at LWRC on Saturday, November 10.**

### TEAM/INDIVIDUAL PROFILE GENERAL INFO

<b>Event number(s) entered:</b>	
<b>Crew/Individual name:</b>	
<b>Year established or years rowed:</b>	
<b>Coach:</b>	

### COMPETITIVE RECORD and FACTS OF INTEREST

How many times has your crew or have you participated in the Head of the Lake regatta?

List wins for this year, for previous years at HOTL, for races/regattas that are meaningful for you.

Give any biographical info or color commentary that an announcer might say about you as you round Gas Works Park where most spectators watch the HOTL.  
(Examples: National team involvement, collegiate experience, unusual facts, such as your entire family rows.)