

Host: First Coast Rowing

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



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

If you have any questions or need information, please contact
Regatta Director

Please check the RegattaCentral for changes and updated information:

General Information

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

Registration Deadline:

See Regatta Central

All competitors must sign the **FSRA liability waiver** from NOARA. All competitors must also sign the **USROWING liability waiver**. Competitors under the age of 18 must sign **and** have a parent or guardian sign a minor's waiver. Please sign your waivers online by following the link below. **These are the only acceptable waivers for the First Coast Head Race**. If your team is not in the database, choose "unaffiliated" from the drop down menu.

See regatta central under waivers

Entry Method

Register

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

<https://www.regattacentral.com/>

Pay online at Regatta Central.

Check In

Entry packets must include the following forms and other paperwork.

1. Alphabetical list of competitors
2. Medical information form in event

order Questions

Send an email to the Regatta Director:

Race Fees

Registration must be completed by October 6, 2019. 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:	\$35
Doubles:	\$55
Fours/Quads:	\$75
Eights:	\$95

CAP: \$1500.00 for team/club entries received on the same registration form.

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.

Categories

- **Collegiate Novice**

An undergraduate student with less than one year collegiate rowing experience.

- **Youth**

A competitor 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 their first diploma.

- **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 2019.

- **Youth Novice**

Rowers Must be rowing less than one year in high school (Elementary and Middle school rowing are not taken into account)

- **Mixed**

50% Male and female rowers in the same boat excluding coxswains

- **Open/Masters Novice**

Someone whose initial competition within that same discipline (coxswain, sweep or sculling) has been in the previous 12 months of the date of the regatta.

Any Rower

- **Master 1X, 2X, 2-, 4X***

27 – 42 years of age, inclusive

- **Master 4+ and 8***

21 years of age and up, inclusive

- **Senior Master***

- 43.– 59 years of age, inclusive

- **Veteran Master***

60 years of age and above, inclusive

***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 ****

*****Rowers and Coxswains who are defined (by USRowing) rules as a "Youth" cannot race in or cox a boat racing in any collegiate or open events. Doing so may jeopardize their future collegiate athletic eligibility per the NCAA "Prospective Student-Athlete" rules.**

Check In

Check in will begin Friday, 4:45 pm – 6:30 pm, and continue on Saturday, 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

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See Regatta Central under waivers

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 13th 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. 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 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 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 will be collected for Spectator and Bus parking next the Race Site.

Merchandise Sales

Sale of merchandise will be permitted only by advanced arrangement with the First Coast Rowing Club. For your merchandise to be sold you must contact First Coast Rowing 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.

First Coast Head Race - Regatta Rules **Course**

This course is very similar to 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. A chute of bouys will be at each bridge, and at the start and finish. **THE COURSE NOW REMAINS ON THE STARBOARD SHORE FOR THE DURATION OF THE RACE – THERE IS NO CROSSOVER BETWEEN**

Cutting or missing any Orange or Yellow buoys will result in an assessed time penalty of **10 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.

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 10 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 boat length 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

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. 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 10 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. A crew must pass through the Finish Line chute.

10. 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

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:

[See Regatta Central under waivers](#)

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

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

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