

Head of the Des Moines

Hosted by the Des Moines Rowing Club

Saturday, September 25, 2010

The Des Moines Rowing Club invites you to join us in Des Moines for the 2010 Head of the Des Moines Regatta. Saturday, September 25 is the day and this year marks the 27th anniversary of our hosting the Head of the Des Moines.

Our event is an exciting almost three-mile, up-river course. As in the past, we'll be awarding gold and silver medals to the top two finishers in each event and traveling trophies for selected races. Our medals are custom designed, as are our T-shirts, posters, and programs. We will again be offering free breakfast food items at the beginning of the day for all athletes and coaches, plus a healthful lunch vendor on site.

Head of the Des Moines Race Schedule 2010

7:00	Coaches and Coxes Meeting	11:40	26) Women's Collegiate Single
8:30	1) Men's Master Single 2) Men's Grand Master Single (50+)	11:50	27) Women's Club 8 28) Women's Junior 8
8:35	3) Men's Junior Single	12:00	29) Mixed Club Quad 30) Mixed Junior Quad 31) Women's Junior Quad
8:45	4) Women's Club Double 5) Women's Master Double 6) Women's Grand Master Double (50+) 8) Women's Junior Double	12:10	32) Men's Junior 4
9:00	8) Men's Open 4	12:20	33) Men's Open Pair
9:05	9) Men's Master 4	12:25	34) Men's Master Pair
9:15	10) Men's Junior 8	12:30	Break for Lunch and Traffic
9:20	11) Mixed Club Novice 8	1:00	35) Women's Master 8
9:30	12) Mixed Collegiate Quad 13) Mixed Master Quad	1:10	36) Women's Club Single 37) Women's Master Single 38) Women's Grand Master Single (50+)
9:40	14) Women's Collegiate Novice Single	1:15	39) Women's Junior Single 40) Women's Club Novice Single 41) Women's Club Rec Single
9:50	15) Women's Collegiate Novice 4	1:30	42) Men's Open Quad
10:00	16) Women's Collegiate Double	1:35	43) Men's Master Quad 44) Men's Junior Quad
10:10	17) Women's Club Novice 4	1:45	45) Women's Collegiate Pair
10:20	18) Men's Open Single	1:50	46) Women's Master Pair 47) Women's Club Pair
10:30	Break for Traffic	2:00	48) Women's Collegiate Novice 8
10:45	19) Women's Collegiate 8	2:15	49) Mixed Club 4
11:00	20) Men's Novice 8	2:25	50) Men's Open Double
11:15	21) Mixed Collegiate 4 22) Mixed Master 4	2:30	Break for Traffic
11:20	23) Mixed Junior 4 24) Mixed Club Novice 4	2:45	51) Men's Novice 4
11:35	25) Men's Master 8	2:55	52) Women's Club Novice 8

3:00	53) Men's Master Double 54) Men's Grand Master Double (50+) 55) Men's Junior Double	3:50	66) Men's Novice Single
		4:00	67) Mixed Collegiate Double
3:10	56) Women's Collegiate Quad	4:05	68) Mixed Club Double 69) Mixed Master Double
3:15	57) Women's Master Quad 58) Women's Club Quad		70) Mixed Grand Master Double (50+) 71) Mixed Junior Double
3:25	59) Women's Club 4 60) Women's Master 4 61) Women's Junior 4	4:20	72) Women's Collegiate 4
		4:35	73) Men's Open 8
3:35	62) Mixed Collegiate 8		
3:40	63) Mixed Club 8 64) Mixed Master 8 65) Mixed Junior 8		

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Regatta Information

RACE COURSE

The race is rowed upstream and is a buoyed course. The start is located near the Des Moines Botanical Center. The finish is a point approximately 500 meters upstream from the Prospect Park launch area. The course is approximately 3 miles in length. **The 25-minute row to the start serves as a warm-up.**

COACHES AND COXSWAINS MEETING

The coaches and coxswains meeting is scheduled for 7:00 am at Prospect Park at the announcer's position near the launch docks.

SCHEDULE

Races begin at 8:30 am. The final event should be completed before 5:15 pm. Breaks and lunch are built into the schedule and will be used to get back on schedule as needed. A schedule of events is enclosed.

Please don't schedule the same equipment/people in races less than 90 minutes apart. This ensures that boats/crews have enough time to make the 25-minute row to the start comfortably. Boats will not be allowed to row outside their scheduled times, unless directed to do so by officials.

Should you wish to add a boat to a race, you must do so no less than 90 minutes prior to the scheduled starting time. If you wish to drop a boat from a race, notify registration and the dockmaster at least 45 minutes before the start of the race.

BOW MARKERS

Bow markers are assigned and included in your registration packet. Please return them to the registration table after each race.

CLASSIFICATIONS

The following definitions are used at this regatta:

- Novice: Persons who have not competed in a USRA-sanctioned event prior to 10/01/2009.
- Junior: Maximum age is 18 as of 12/31/2010 and currently in high school.
- Collegiate: Currently enrolled as a full-time student in a college or university.
- Club/Open: Crews with rowers of varying ages who may not fit the master or junior categories (such as a father-son double, a men's 8 of varying ages, or 19- or 20-year-olds not in college).
- Master: Minimum age is 21 as of 12/31/2010. Minimum **average** age of a crew is 27 as of 12/31/2010.
- Grand Master: Age 50 or greater as of 12/31/2010.
- Mixed Crew: Must have an equal number of each gender rowing in the boat.

HANDICAPS FOR MASTERS EVENTS

Handicaps are based on the standard set by USRA handicap times, adjusted for course length (2.8 miles). The handicap is figured on average age of the crew not counting the coxswain. All rowers competing as masters will receive a handicap in the results. However, rowers competing as masters who fail to provide ages for each rower in the boat **will not** be given any handicap.

COLORS

All members of a crew shall wear shirts of a uniform design and color to help officials in identifying crews. Failure to wear team colors may result in inaccurately recorded racing times.

COMPOSITE CREWS

Composite crews (rowers from more than one crew in a boat) must register as such and must wear their own team's uniform. Composite crews are not eligible for team points.

PROTESTS

Any protests must be made in writing at the registration tent within 60 minutes of the race's finish. A \$25 protest fee must accompany a completed protest letter and will be returned if your protest is upheld. Protests will be forwarded to the head referee for consideration.

EQUIPMENT STORAGE

A secure area will be provided for storage of equipment and trailers at Prospect Park. Security personnel will patrol from 6:00 pm Friday to 6:00 am Saturday. Designated parking for boats and trailers will be clearly marked. Please obey signs.

ENTRY FEES

We are holding our boat entry fees at the same prices as the past several years:

Eights: \$48

Fours/Quads: \$32

Doubles/pairs: \$24.00

Singles \$15.00

REGATTA-DAY BREAKFAST

Complimentary breads, fresh fruit, water, and orange drink will be available in the morning at Prospect Park beginning at 7:15 am Saturday, until supplies run out. Snacks or lunches may be purchased from the on-site vendor.

MEDALS AND TROPHIES

Medals will be given out for first- and second-place finishers in all races throughout the day. They can be picked up at the registration table after the race results are posted as official. Any protested races must be resolved by a jury of officials before medals can be awarded.

Traveling trophies will be awarded as soon as possible after the last event of the day is completed. If you have a traveling trophy from the previous year, please send it, **before September 1st**, to:

Julia Martinusen (515-720-9431)

217 Franklin Ave.

Des Moines, IA 50314

SCOREKEEPING

We make every effort to provide rowers with final scores as quickly and efficiently as possible. The scoreboard will be located near the registration tent. Please direct any scorekeeping questions or issues to the registration tent.

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Local Racing Rules

LAUNCHING

We'll be calling races to launch, but it's the rowers' responsibility to launch on time. Have boats ready to launch (with correct bow markers) at least 40 minutes prior to the official race start time. Rowers spending undue time on the docks may be assessed a 10-second penalty for each warning. Plan on taking at least 25 minutes to row downstream. As a general rule, departing boats will have priority on dock space over arriving boats.

HOT SEATING

If your boat requires hot seating for a crew right after your race, check with the dockmaster prior to leaving the dock for your race. If she/he approves, she/he will give you a bright green card. When you have finished your race, hold up the card. The official and dockmaster will make every effort to give you priority docking, but safety and fairness are their primary responsibilities. Move quickly and make sure the hot-seating crew is ready on the dock.

TRAFFIC PATTERN

- Yellow buoys mark the division between the warm-up and racing lanes. All boats must keep the yellow buoys to port side at all times, whether warming up or racing. Oars may cross the yellow buoy line, but the hull may not cross. Anytime a hull violates the yellow buoy line, a 10-second penalty will be assessed.
- Orange buoys mark shallow areas and submerged hazards. They are self enforcing. We make every effort to mark all hazards, but the river changes constantly. Crowd the orange buoys at your own risk.
- Use the bridge spans designated for warming up and racing: one span for warm up, one or two spans for racing. These are marked with suspended red and green markers (green means use this lane; red means don't use this span).
- At the start, do not go downstream from the I-235 bridge. There is a dam there.
- After crossing the finish line, continue rowing another 100 meters in order to make a safe return to the docks.

STARTING

Be sure you have firmly attached your correct bow marker. (They are pre-assigned and are included in your club race packet from the registration tent). Be at the start at least 5 minutes before the official start time of your race. (Allow about 25 minutes to row to the start from Prospect Park.) This is a flying start, in single file. Line up in order of your bow marker numbers, from lowest to highest. (A 10-second penalty may be assessed for boats missing their place in the starting order, interfering with crews approaching the start, or going below the I-235 bridge. Boats may be assessed a 30-second penalty for having an incorrect bow marker or no bow marker.) As directed by the starter or marshal, cross the starting line at race pace about 10 to 20 seconds behind the preceding boat.

RACING RULES

See the Traffic Pattern guidelines above for course boundaries and penalties.

Boats racing have the right of way over all other boats. Any non-racing boat that interferes with a race will be subject to a 30-second penalty or possible exclusion from its race.

An overtaking boat is considered to be overtaking when it moves to within a boat length of the boat it's approaching. When passing another boat, the overtaking boat has the right of way, but is obliged to make it apparent to the boat ahead on which side it wishes to pass. The boat being overtaken must yield room to the overtaking boat, usually on the outside of a corner. If, in the opinion of the officials, insufficient room is given, a 30-second penalty may be assessed. However, no overtaking boat should press its right of way to the point of collision. Racing boats interfering with other racing boats will be subject to a 30-second penalty or possible exclusion from the race. If one or more rowers is ejected from a boat during a race, the affected crew must stop and remain with those individuals until all are safely out of the water or official safety help arrives. Respect for the safety of other competitors and equipment must be shown at all times. If, in the opinion of the officials, a crew is behaving in a dangerous or reckless manner, that crew may be excluded from its race.

SPORTSMANSHIP

All participants, coaches, and spectators are expected to exhibit good sportsmanship. Disrespectful language or behavior may be subject to disqualification from the regatta.

- **Cell phones and other electronic external communication devices are not allowed in racing shells.**
- **The Regatta Committee reserves the right to rule on any situations not specifically covered in these rules and assess penalties as appropriate.**

Updated 5/21/10