

HEAD^{OF}THE LAKE

Sunday, November 6, 2022
Coaches & Coxswains Presentation

Pacific Daylight Time Ends 2:00 AM Sunday 11/6/22



BEFORE RACE DAY

- Sign Your Waivers (all), Complete SafeSport Training (US Rowers 18 and over)
- Read the Race Booklet Www.Headofthelake.Org/Competitors
- Be Familiar with the Race Course Www.Headofthelake.Org/Course-information
 - Watch the Videos
 - Study the Map
 - Know the Rules
- Attend the Coaches and Coxswains Meeting
- Instruct Your Crews to Pack Warm Gear for Before, During and After Racing
 - Pacific Northwest Weather Can Change Quickly. Don't Get Caught Out.

PACKET PICKUP

- Packet Pickup At Lake Washington Rowing Club And Conibear

- **Lake Washington Rowing Club: Saturday**

- 11/5 From 3:00 – 6:00 PM

Address: 910 N. Northlake Way, Seattle, Wa 98103

- **Conibear: Sunday**

- 11/6 From 6:00 AM – 8:00 AM

Address: 3896 Walla Walla Road, Seattle, Wa 98195

- ✓ All Race Participants Have Valid USRowing Waivers On Race Day.
- ✓ Race Packets Will Not Be Released To Racers And Crews Unless Everyone Racing In The Boat Is Compliant.
- ✓ Make Sure To Get This Done In Advance Of Arriving At The Regatta!

RACE DAY COMMUNICATIONS

- Public Race Communications Will Be Broadcast On Social Media Platforms
- Twitter -- @HOTLREGATTA
- Instagram -- @HOTLREGATTA
- Facebook -- HEAD OF THE LAKE
- Follow Our Channels To Keep Up-to-date On Regatta News!



RACE DAY COMMUNICATIONS



- General Race Day Operations Updates And Event Notifications Will Be Broadcast On Twitter (E.G. “Coaches & Coxswains Meeting In 10 Minutes” Or “Event 22 - Men's Masters 4x At The Start Line.”).
- Any Change In Normal Regatta Operations Will Also Be Broadcast On Twitter (E.G. Warm-up Area Closed, Short Course Now In Effect, Delay Due To Oncoming Boat Traffic).
- ***If Racing Is Cancelled, It Will Be Broadcast On All Social Media Outlets Noted Above.***

SAFETY CHECKS

FOLLOW THE USROWING RULES



SAFETY CHECKS

FOLLOW THE USROWING RULES

- 3-105 Bowballs (*) Every Boat Shall Have A Supple Or Plastic Ball, Of A White Or Fluorescent Color, Firmly Attached And 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.
- 3-108 Footgear Release (*) (A) In All Boats, The Foot Stretchers, Shoes Or Other Devices Holding The Feet Of The Rowers Shall Be A Type Which Allows The Rowers To Get Clear Of The Boat With No Delay. (B) Where Shoes Or Other Devices Holding The Feet Will Remain In The Boat, Each Shoe Or Device Shall Be Independently Restrained Such That The Heel Will Not Lift More Than Three Inches (7.5 Cm) Above The Foot Board To Which It Is Anchored.

Shall be followed

LAUNCHING AT CONIBEAR

- No Oars On Dock; Have Assistants Carry Oars And Collect Shoes
- You Must Rig Your Boats In E-18 And Walk Them To The Boathouse For Launching.
- No Boats May Be Rigged Or Staged In The E-8 Parking Lot Or The Wood Chip Area.
- You May Pre-stage Blades In The Wood Chip Area.
- Arrive At Launch Area Bow First; No Room To Turn Boat On Apron.
- Safety Checks Will Be Conducted By Race Staff But Avoid A Problem By Checking Before Arriving At Launch Area.
- Launch In Event Order.
- **No Launching** if rowers not dressed appropriately for the weather.
- No Launching Without A Bow Number Displayed.
- No Launching And Landing At The Waterfront Activity Center.

Hot Seat Procedures (At Conibear Only):

- Pick Up A Red Hot Seat Card From the Dock Masters During Your Safety Check.
- Display Red Card To Dock Masters When Returning To Conibear
- ***If Practical***, Hot Seating Boats Will Be Given Priority For Recovery/Relaunch



*Do Not Just “Do It” And Ask For Forgiveness Later.
Failure To Follow Referee, Marshal Or Dock Master
Instructions Results In **Exclusion***



APPROACHING THE WARM UP

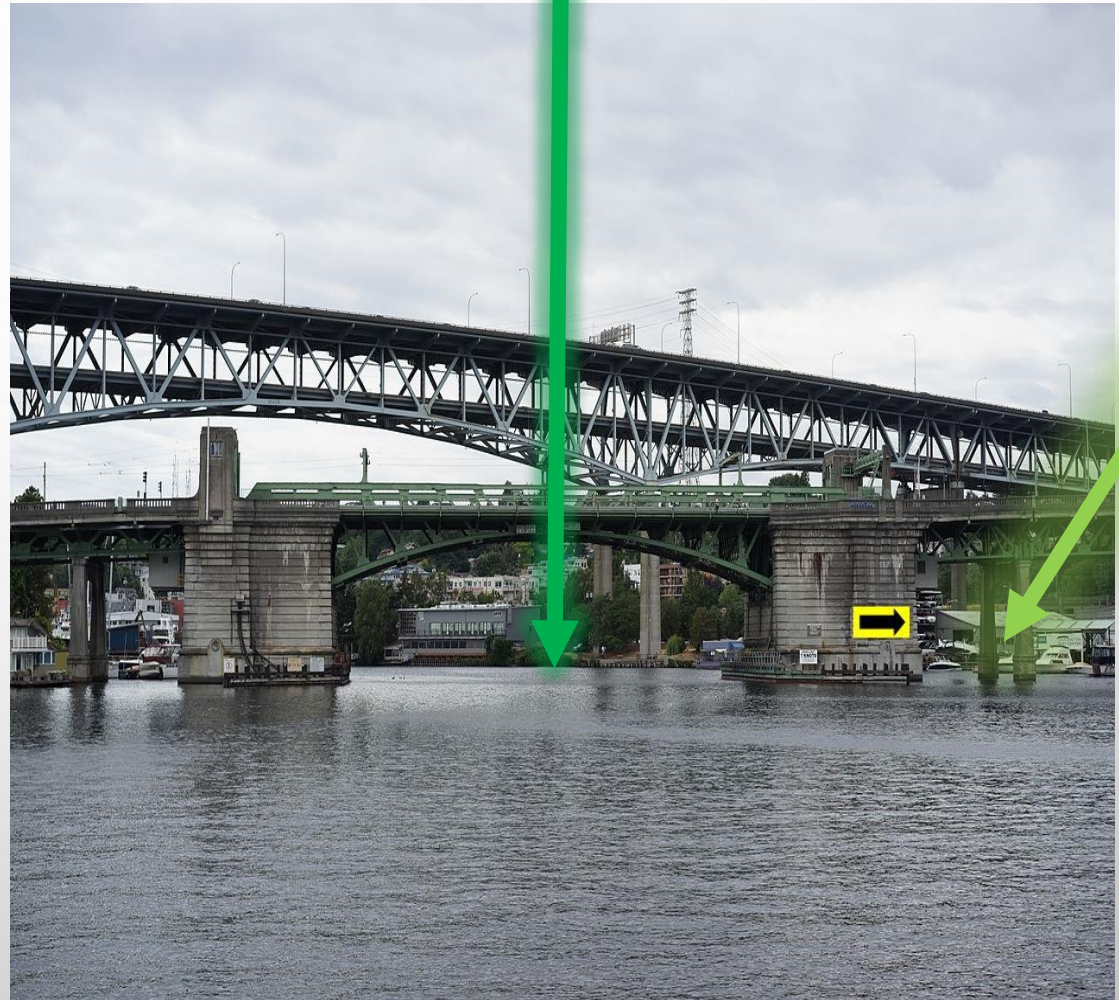
FROM THE UNIVERSITY OF WASHINGTON TO THE START LINE

WARM UP UNIVERSITY BRIDGE

All Crews Need To Travel Single File
Through The North Arches.

*Exception for crews returning to Pocock
after racing

Race Arch Only



North
Arch =
Warm
Up
Arch*

WARM UP – DO NOT STOP UNTIL YOU ARE PAST THE FERRY

Important:

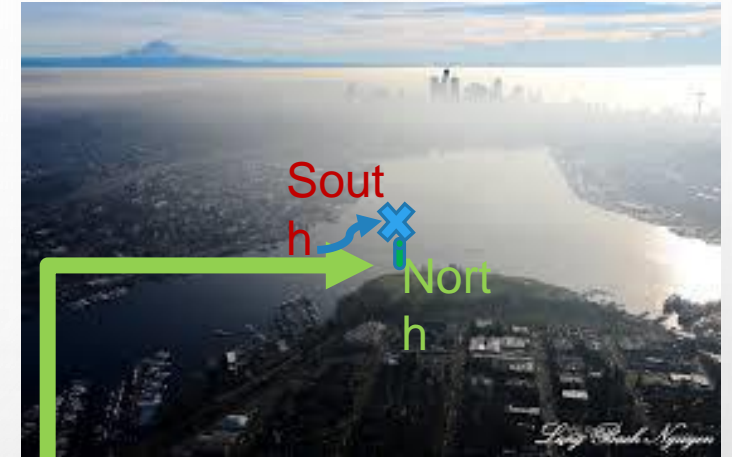
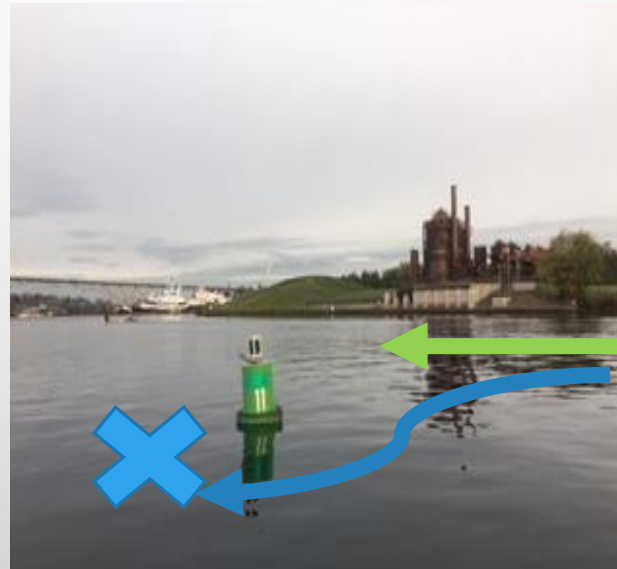
- Boats traveling under the University bridge in the warm-up lane **must not stop** under the bridge
- Boats must continue past the white ferry (Skansonia) before **any** stopping.



TRAVELING TO PRE-RACE WARM UP AREA

When Traveling To The Warm-up Area,
Crews **Must Stay To The North**
Side Of The **Green Can** At Gasworks
Park.

In Other Words, **Travel Between The
Green Can And Gasworks Park**



North – Gasworks –
GOOD

South - Space Needle -
BAD

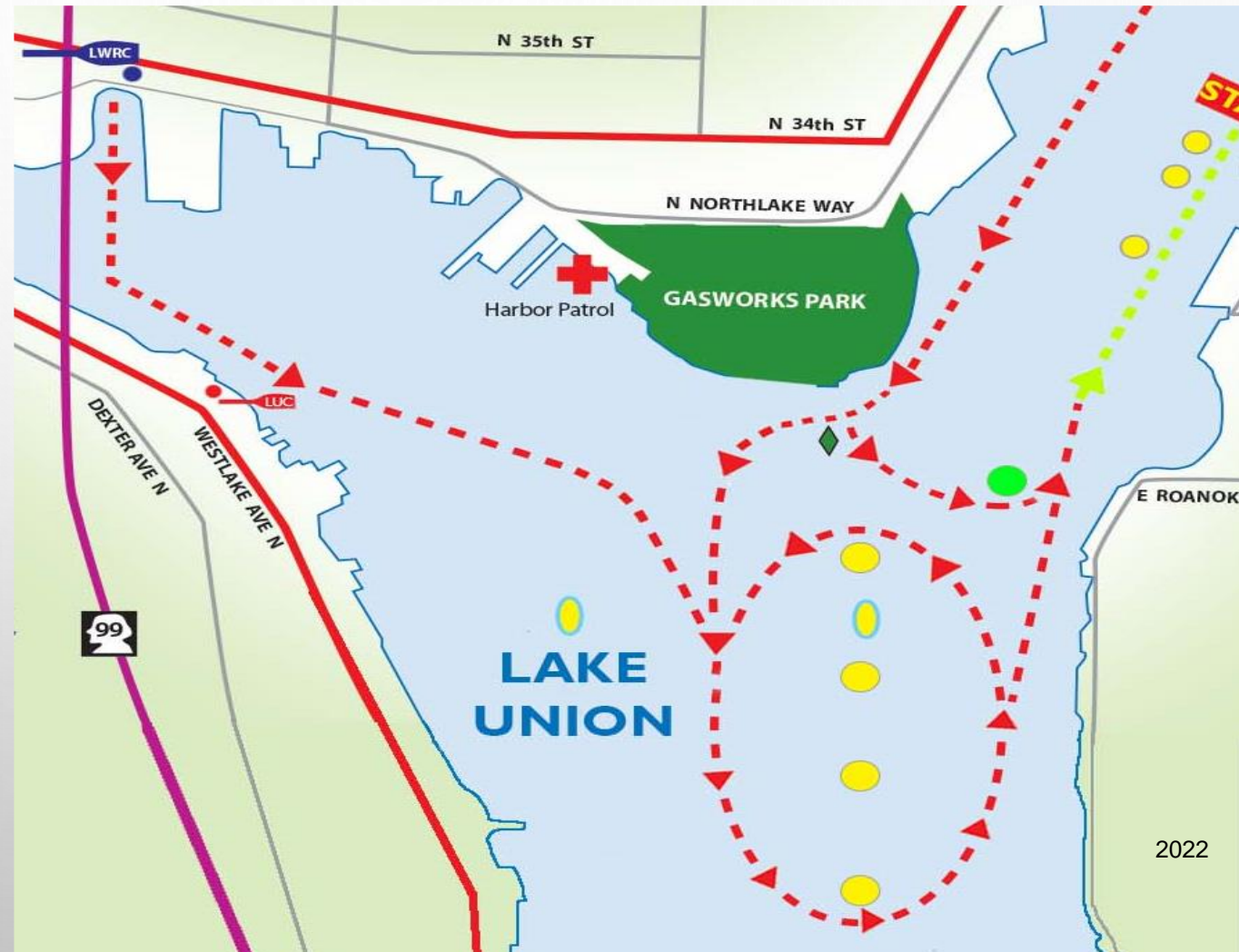


APPROACHING THE WARM UP

FROM WESTERN AREA BOAT HOUSES TO THE START LINE

APPROACHING THE WARM UP AREA FROM WESTERN BOATHOUSES TO THE STARTING LINE

- Enter The Oval And Proceed Counter Clockwise
- Don't Be Late
 - *Cutting Is At The Discretion Of The Warm Up Wrangler*



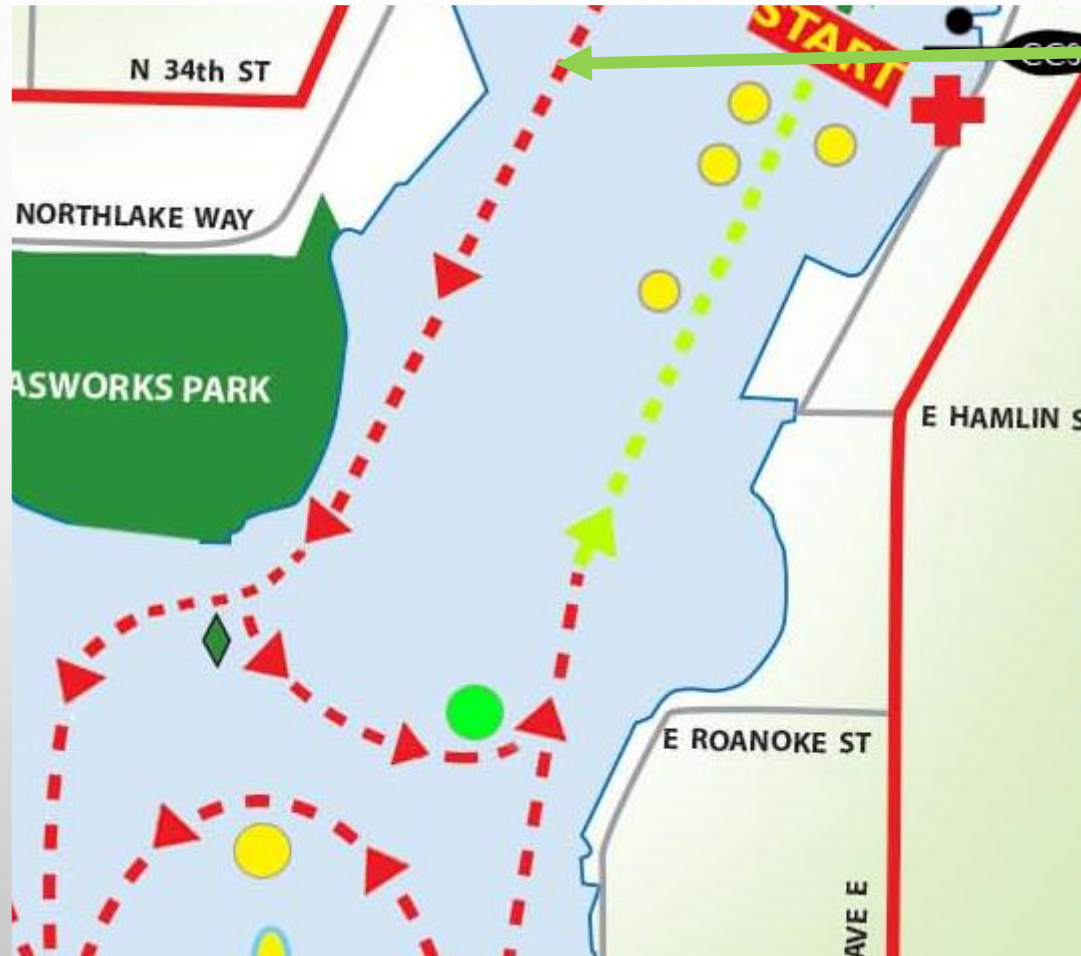


APPROACHING THE WARM UP

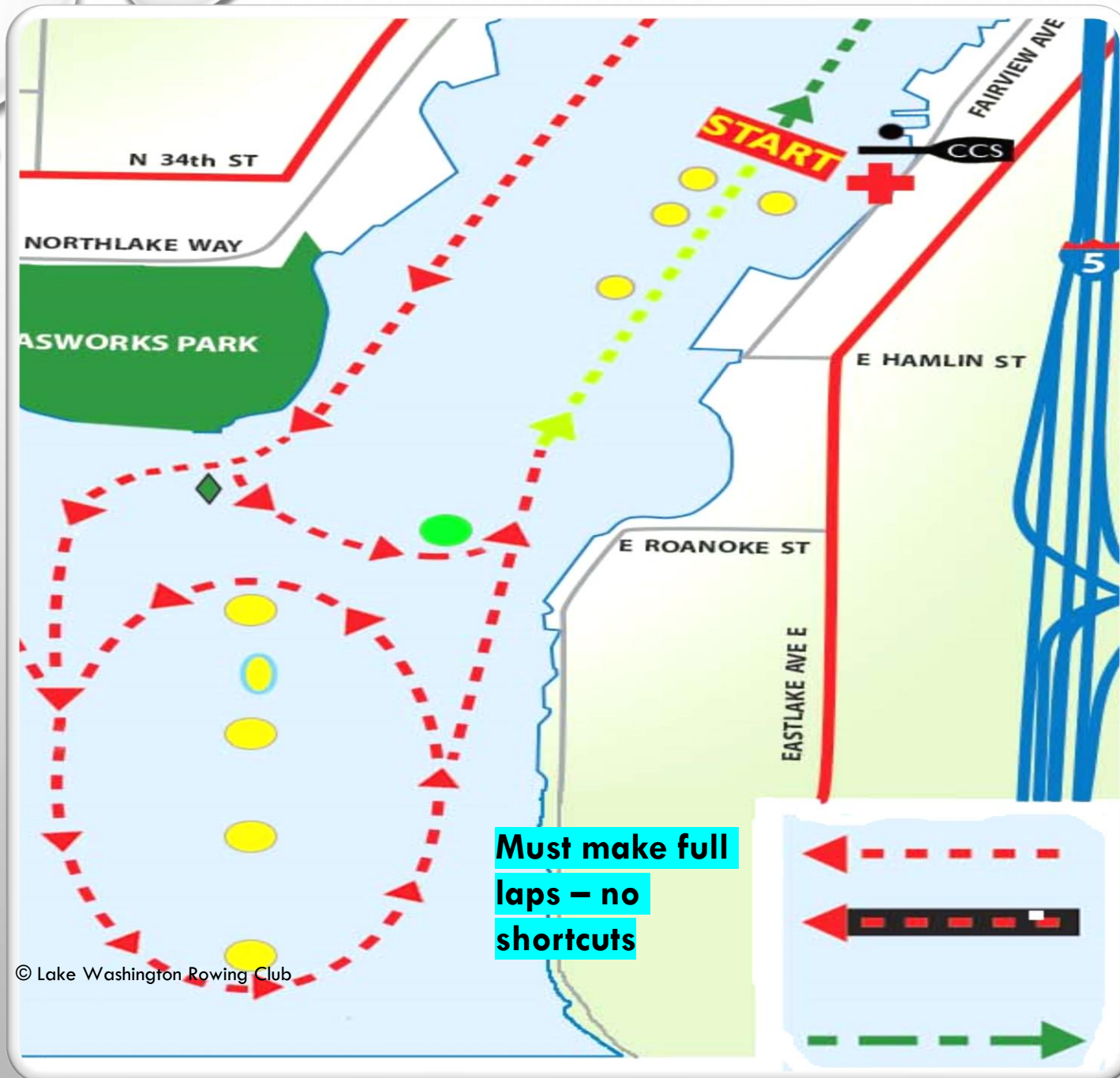
FROM COLLEGE CLUB TO THE STARTING LINE

APPROACHING THE WARM UP AREA FROM COLLEGE CLUB TO THE STARTING LINE

- Row Straight Across
- Enter The Oval And Proceed Counter Clockwise
- Don't Be Late
 - *Cutting The Oval Is At The Discretion Of The Warm Up Wrangler*



**Wait for Permission
From the Start
Official on the
College Club Dock**



WARM UP OVAL

- There Are 4 Big Yellow Buoys And No Small Speed Buoys
- Counter Clockwise Warm Up Pattern
- Not A Pick Turn – Make Wide Turns And Keep Moving
- Done Properly You Should Not Have To Stop To Turn
- If You Need To Stop Pull Off To The Side
- **Pay Attention To The Warm Up Wranglers** ²⁰²²

REMINDERS

- **Sometimes** a crew may need to head to the staging queue as soon as they enter the warm-up oval instead of going all the way to the south end of the warm-up oval
- This immediate cross to the staging queue **can only be done with permission** of the safety/marshal launch that is positioned by the yellow buoy at the northwest corner of the warm-up oval
- The crew should stop by the marshal launch and **ask permission** before crossing.

*Do not just “do it” and ask for forgiveness later.
Failure to follow referee or marshal instructions results in **exclusion***



BOATS RETURNING TO POCOCK

- The Only Exception To The NORTH ARCH Rule Are Boats Returning To Pocock
- Boats Returning To Pocock Should Travel Through The Main Arch In The Non-racing Lane And Wait Till They Are Given The Green Flag To Cross Over To Pocock
- Boats Racing Have The Right Of Way – Yield To Racing Boats



TO BE CLEAR

Returning to Pocock:

- Crews launching from Pocock will have a yellow dot on their bibs
- After racing, crews returning to Pocock will be directed by Coach Farooq to proceed through the main arch of the University Bridge
- When it is safe, Coach Callahan will allow you to cross over the racing lanes and dock



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Failure to follow referee or marshal instructions results in
exclusion*

DISTANCES FROM THE START LINE

- 500 Meters: I-5 Bridge/Pocock
- 1650 Meters: Timing Station 1/Opening Of Montlake Cut
- 3250 Meters: Timing Station 2/Fox Point
- 3900 Meters: Beginning Of Big Turn
- 4100 Meters: North End Of Big Turn
- 4800 Meters: Finish Line

STARTING PROCEDURE

- Start Line At College Club On East Side Of Lake Union
- Arrive At Staging Area 10 Minutes Prior To Race Time
- Start In Bow Order; Follow Instructions Of Race Marshal
- Move With Other Boats In Your Event To Start Chute
- Line-up In Bow Number Order:
 - Even Numbers On Starboard Side
 - Odd Numbers On Port Side
- The Start Marshal Will Call Each Boat To The Start Line; Be Alert

RULES OF RACING

- HOTL Is A 4.8k Race With A Wide Buoyed Turn Near The Finish.
- All Turns Must Be Made With The Entire Crew Rowing. If You Stop Or Hold Down While Making A Turn, You Will Be Excluded. NOTE: A Crew May Stop Without Penalty To Avoid Colliding With Another Crew/Boat.
- Where Buoys Mark The Boundaries Of The Course, A Crew Shall Be Penalized Ten Seconds For Each Buoy That They Passes Incorrectly.
- Any Boat Showing A Blatant Disregard For Safety Will Be Excluded From The Regatta.
- Fours, Eights And Coxed Quads Must Have The Coxswain On Board During The Entire Race.
- Good Sportsmanship Is Expected At All Times.

PASSING

- Passing Is Defined As One Boat Overtaking Another When The Passer Has Moved Within One Length Of Open Water Of The Crew They Want To Pass.
- Responsibilities Of The Overtaking Boat (Passer)
 - The Overtaking Crew May Chose Which Side To Pass On.
 - If A Pass Is Attempted, And There Is Neither Room Nor Time To Pass Safely, The Overtaking Boat Must Delay Passing.
 - If Passing Next To The Warm-up Lanes, You May Not Cross The Buoy Line Into The Warm-up Lanes During Any Part Of The Race.
 - If You Force The Boat You Are Passing Into Or Across The Buoy Line You, The Passer, May Be Excluded.
 - The Passer Must Allow Time For The Boat That They Are Overtaking To Safely Yield.
 - If The Passing Crew Does Not Yield When Safety Is A Factor And If They Cause A Collision Or Injury To Another Rower During The Process, A Penalty Or Exclusion Will Be Assessed.

PASSING (continued)

- The Crew Being Passed Must Yield The Line Taken By The Passing Crew As Quickly As Possible.
- Movement To Yield Must Begin When The Passing Crew Is Within One Length Of Open Water.
- Always Be Alert To Possible Upcoming Passing Attempts, Be Prepared To Decrease Speed To Allow The Passer To Pass Safely And Without Interference.
- All Shells Coxed From The Bow Are Advised To Have Their Bow Seat Rower Notify The Coxswain When A Following Crew Is Positioning Themselves To Attempt To Pass And On Which Side Of The Boat They Will Be Passing.

THE FINISH

- The Finish Line Is Located 200 Meters In Front Of The Opening To The Conibear Shell House.
- A Finish Line Dock Is Positioned There.
- As You Pass In Front Of The Finish Line Dock A Horn Will Sound Signifying That You Have Crossed The Finish Line.
- Keep Rowing Away From The Finish Area To Allow Space For The Crews Behind You To Cross The Finish Line Safely.
- Do Not Allow The Finish Area To Become A Collision Zone.

PENALTIES



Penalty Codes

Code		Description	Penalty	Explanation
OOX		Missed Event	Exclusion	Cannot row the course
		Invisible Number		If crew can be identified at both the start and finish a time will be captured
IN			No race time	
CBX		Cross Buoy Line & Interfered with racing crews	Exclusion	
FCX		Force crew into opposite traffic	Exclusion	
MB		Missed Buoy	10 Seconds	
				However, if holding down is necessary to avoid a collision do not assess. Referee decision is final
HDX		Hold down on 3-point turn	Exclusion	
FY	*	Failure to yield while being passed	60 seconds	
FYX	*	Failure to yield w/contact while being passed	Exclusion	
IF	*	Interference (Passing crew interferes)	60 seconds	
IFX	*	Interference w/contact - passing crew	Exclusion	
UP	*	Unsafe Pass	60 seconds	
	*	Interference with another crew either failing to yield safely to allow a boat to pass (blocking their path intentionally) or the passing boat not allowing time for the crew they are passing to yield to the passer safely will result in a penalty assessed. It will be at the referee's discretion as to the type of penalty assessed.		
				In Montlake Cut in non-racing lane (going to the start or returning launching dock or passing in front of Pocock (unless racing)
NPX		Pass in NO PASS ZONE	Exclusion	
DRX		Flagrant disregard for racing rules	Disqualification	
		Failure to follow instructions from referees and course marshals	Exclusion	
FFX				
LRX		Leave rower in water alone	Exclusion	



Pocock Turn Detail

Warmup: Go through the arch to the north of the wide arch

Racing: Go through the wide arch, keeping all yellow buoys on your starboard side and all orange buoys on your port.

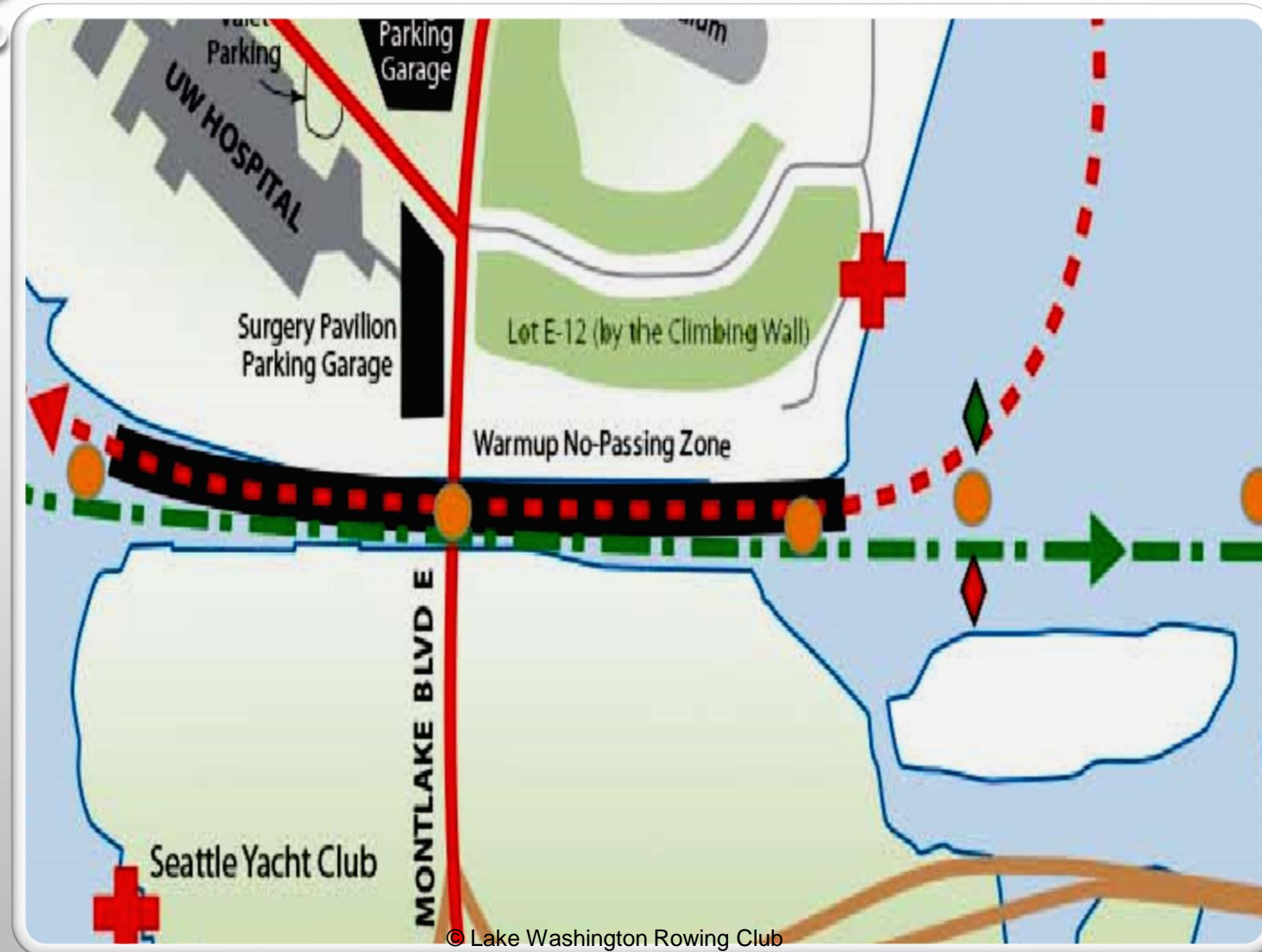
Penalties: Special Attention

WARM UP/COOL DOWN:

NO PASSING ZONES

RESULT:

EXCLUSION



Penalties: Special Attention

Warm Up/Cool Down:

No Passing Zones

Result:
Exclusion

DURING RACING

SAFE PASSING IS ALLOWED

BUT PENALTIES MAY HAVE TO BE
ASSESSED IF:

FY	*	Failure to yield while being passed	60 seconds
FYX	*	Failure to yield w/contact while being passed	Exclusion
IF	*	Interference (Passing crew interferes)	60 seconds
IFX	*	Interference w/contact - passing crew	Exclusion
UP	*	Unsafe Pass	60 seconds
	*	Interference with another crew either failing to yield safely to allow a boat to pass (blocking their path intentionally) or the passing boat not allowing time for the crew they are passing to yield to the passer safely will result in a penalty assessed. It will be at the referee's discretion as to the type of penalty assessed.	

PROTEST PROCEDURE

- **You Must Protest On The Water**
- After Finishing, Turn To Port And Approach The Finish Line Personnel
- Ask To Speak To A Referee:
 - What Is Your Event, What Is Your Bow Number, What Is Your Club Name, What Are You Protesting, What Launch Site Are You Returning Too
- Return to Your Launch Site, Write It Up and Get it to a Referee.



SO LET'S NOT
HAVE ANY OF THIS



IF YOU LOSE A ROWER



Stay with the rower – penalty for leaving a rower alone: Exclusion

ON WATER EMERGENCIES

- The Closest Safety Or Referees Launch Responding Will Be In Charge And Will Have Direct Contact With All Regatta Personal Including The Seattle Harbor Patrol.
- The Referee Will Raise A White Flag If The Mishap (Overturned Shell, Rower In The Water) Occurs On The Race Course Where Shells May Be Passing.
- The Referee May Signal You To Steer To One Side In Which Case The White Flag Is Dropped Or Waived To The Preferred Side.
- Should You See A Red Flag Stop Racing! Await Further Instruction From The Nearest Launch.
- If You Overturn Or Are Ejected From Your Shell And Wish To Continue Racing, Re- Enter Your Shell And Continue Rowing.
- If You Are Ejected From Your Shell, Your Crew Must Remain With You Or You're Entire Crew Will Be Excluded.
- Conibear, Pocock Rowing Center, Lake Washington Rowing Club equipped with warm rooms, blankets, hot beverages

IN CASE OF BAD WEATHER

- The Race Committee May Change The Warm Up Area And Get Rid Of The Oval
 - If That Happens You Will Be Directed To Proceed Directly To The Starting Line
 - Pay Attention To The Wranglers And Referees
- The Race Committee May Shorten The Race Course
 - Finish Line At Fox Point
 - Distance Of Race Approximately 3250 Meters
- The Race Committee May Cancel Some Races, E.G. Sculling Boats, 4+'s Etc
- The Race Committee May Cancel The Regatta

ADJUSTED WARM UP AREA

- Oval Will Be Eliminated
- Proceed Under The Direction Of The Wrangler, Referee Or Other Course Marshal



THE SHORT COURSE 3250 METERS



IN CASE OF BAD WEATHER – HOW WILL YOU KNOW?

- THE RACE COMMITTEE WILL Communicate With Designated Responsible Persons At Each Launch Site
- The Designated Responsible Person Will Communicate With Teams Launching From Their Respective Boathouses
- A Wrangler Or Referee Or Other Course Official Will Communicate With You
- You Will Know About The Short Course Before Your Race Starts

All Junior Events Will
Have A First And Second
Place Medal As Well As
Any Event With More
Than 10 Entries

Be Safe – Have Fun
Have A Great Regatta

Any Questions?

