

HEAD OF THE LAKE

Sunday, November 5, 2023
Coaches & Coxswains Presentation

Pacific Daylight Time Ends 2:00 AM Sunday 11/5/2023



BEFORE RACE DAY

- Sign your waiver, renew your USRowing membership, and complete your SafeSport attestation (US Rowers 18 and over) online at <https://membership.usrowing.org/>
- 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 or watch the recording: www.headofthelake.org/coaches-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 unprepared!

PACKET PICKUP

- Packet pickup @ Lake Washington Rowing Club and Conibear
 - **Lake Washington Rowing Club: Saturday**
 - 11/4 From 3:00 – 6:00 PM
 - Address: 910 N. Northlake Way, Seattle, WA 98103
 - **Conibear: Sunday**
 - 11/5 From 6:00 AM – 8:00 AM
 - Address: 3896 Walla Walla Road, Seattle, WA 98195
- ✓ On race day all race participants must have an unexpired:
 - ✓ USRowing waiver
 - ✓ USRowing membership
 - ✓ SafeSport attestation (US Adults)
- ✓ Race packets WILL NOT be released to racers and crews unless everyone racing in the boat is compliant.
- ✓ Get this done in advance of arriving at the regatta!

RACE DAY COMMUNICATIONS



Participants can stay up to date with real-time, race day announcements via the HOTL Whatsapp group.



[Click to join the HOTL
WhatsApp group](#)

Scan with your phone camera

RACE DAY COMMUNICATIONS



WHAT WILL BE BROADCAST ON WHATSAPP?

- General race-day operations updates and event notifications, e.g.:
 - Event 22 - Men's masters 4x at the start line
- Any change in normal regatta operations, e.g.:
 - Warm-up area closed
 - Short course now in effect
 - Delay due to oncoming boat traffic
- Cancellation of races

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.

LAUNCHING AT CONIBEAR

- No oars on the dock: have assistants carry oars and collect shoes.
- Dock masters may move oars off dock to keep them clear for launching.
- 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.
- Coxswains must be on bow before entering the E-8 parking lot.
- 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 are 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 arch.

*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:

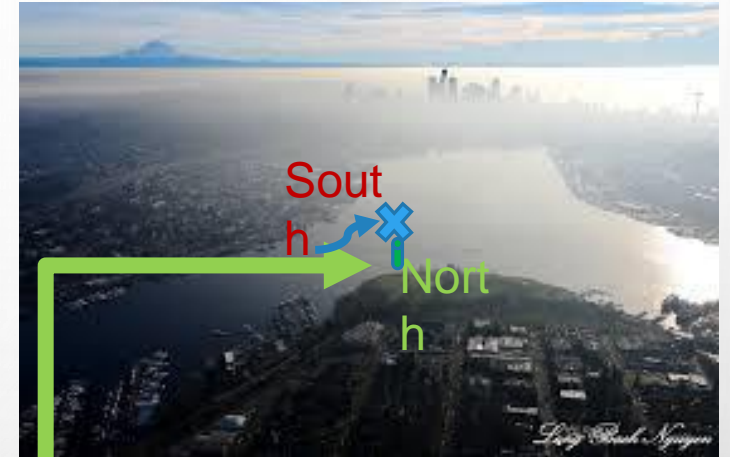
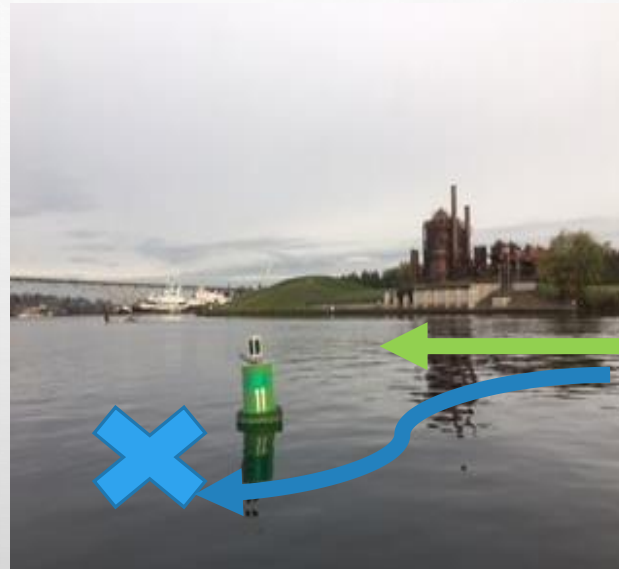
- Boats traveling under the University bridge in the warm-up lane **must not stop** under the bridge
- Boats must continue past the white ferry (Skansonian) before **any** stopping.



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

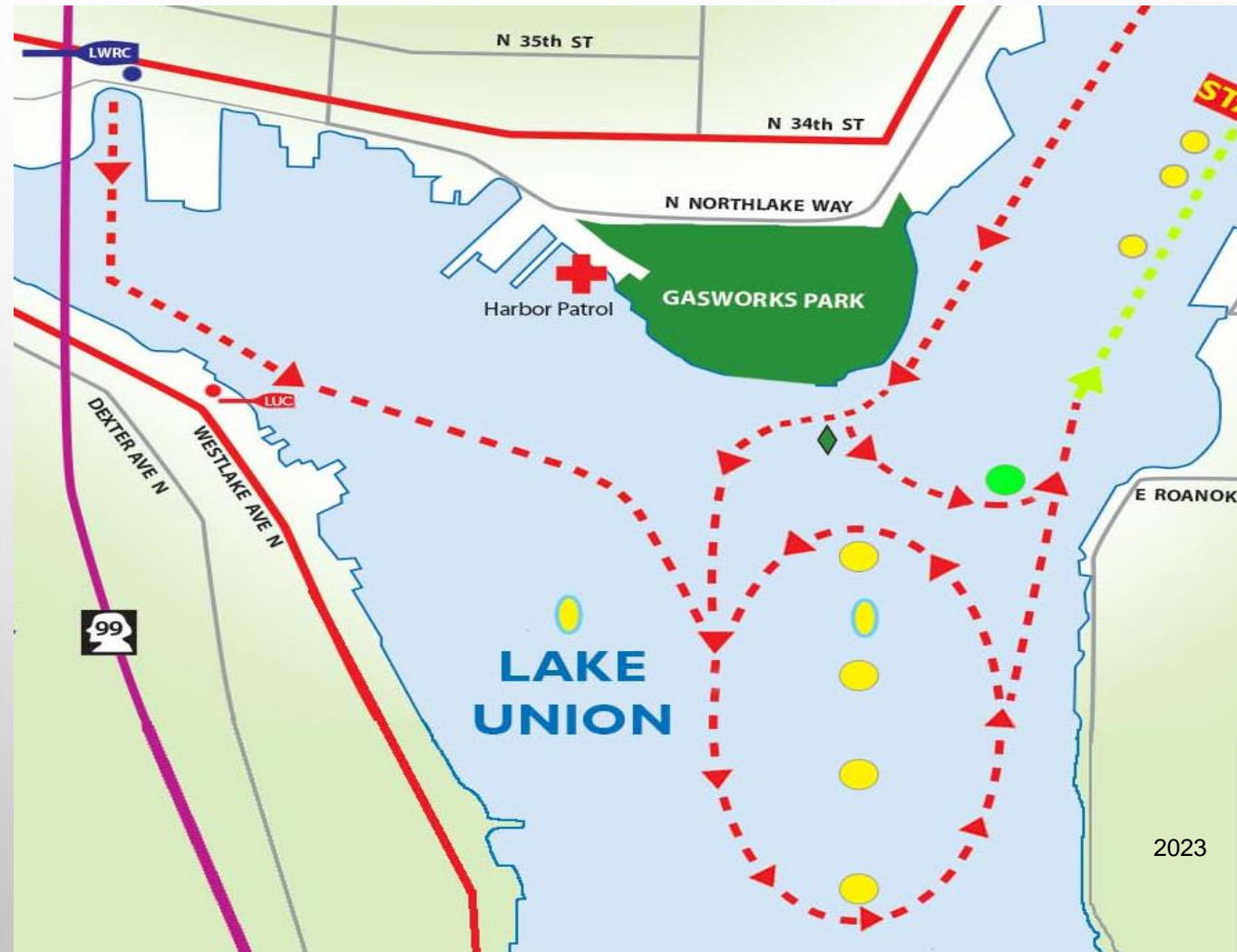


APPROACHING THE WARM UP

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*



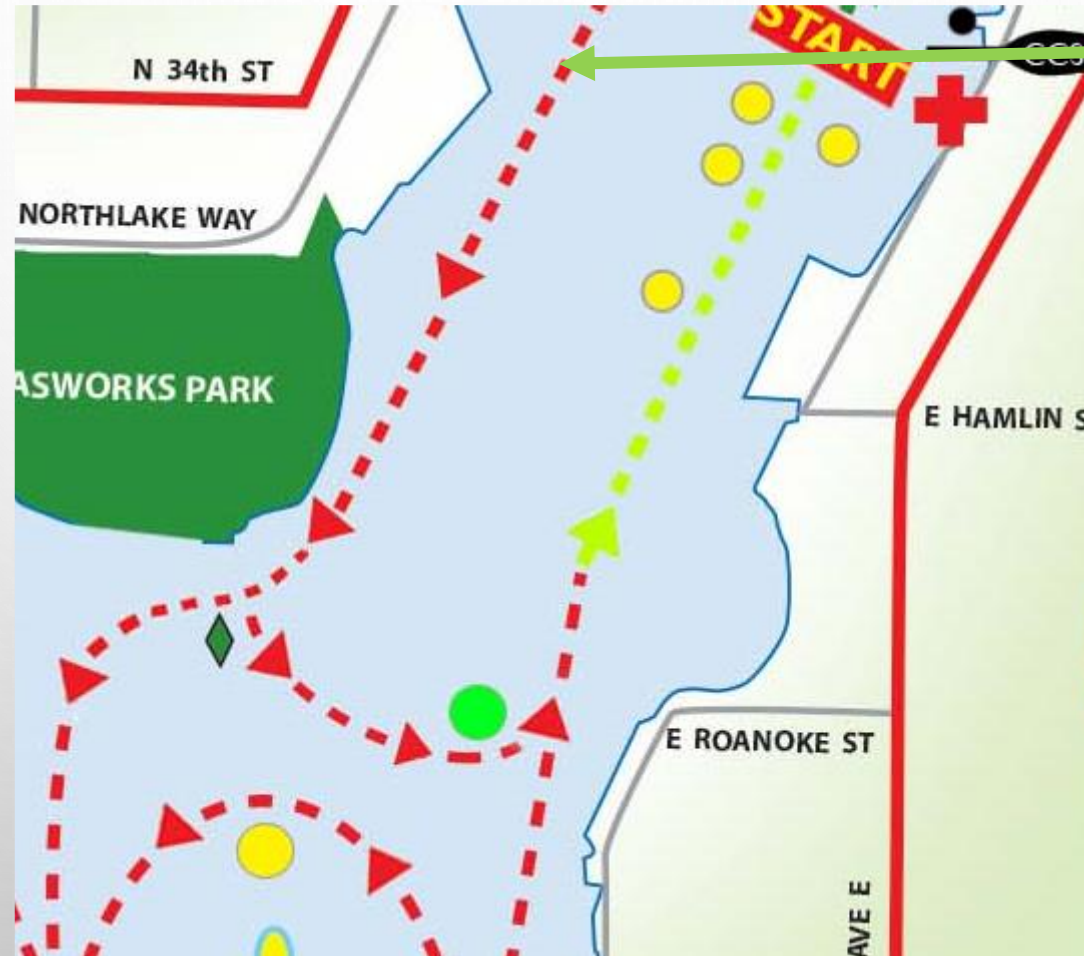


APPROACHING THE WARM UP

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**

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, marshal, or dock master 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 until they are given the green flag to cross over to Pocock
- Boats racing have the right of way – yield to racing boats



BOATS RETURNING TO POCOCK (CONTINUED)

- 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

*Do not just “do it” and ask for forgiveness later.
Failure to follow referee, marshal, or dock master 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 pass 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 choose 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.

HAZARDS

- **RED CHANNEL BUOY** before first turn under University Bridge @ Pocock – keep it to starboard
- **STRAIGHT AWAY** through Portage Bay headed for the Cut or in the warmup lane – easy to lose sight of buoys and cross over
- **RED CHANNEL BUOY** exiting the Cut racing to the big turn – keep it to starboard
- **MUD ISLANDS** – floating clumps of mud/grass appear in and around the finish area and launch points from Conibear. Be aware of your surroundings, as shells are not designed to row through mud – those of particular concern may be marked to avoid
- Please remember that **THE WATERWAY RACE COURSE CANNOT BE CLOSED OFF TO BOATING TRAFFIC** for the duration of the race. Race officials, HOTL staff, and Harbor Patrol will be monitoring activity and may need to allow vessels to travel in the race lane or warmup lane to reach their destination. You may need to be patient and follow.

PENALTIES



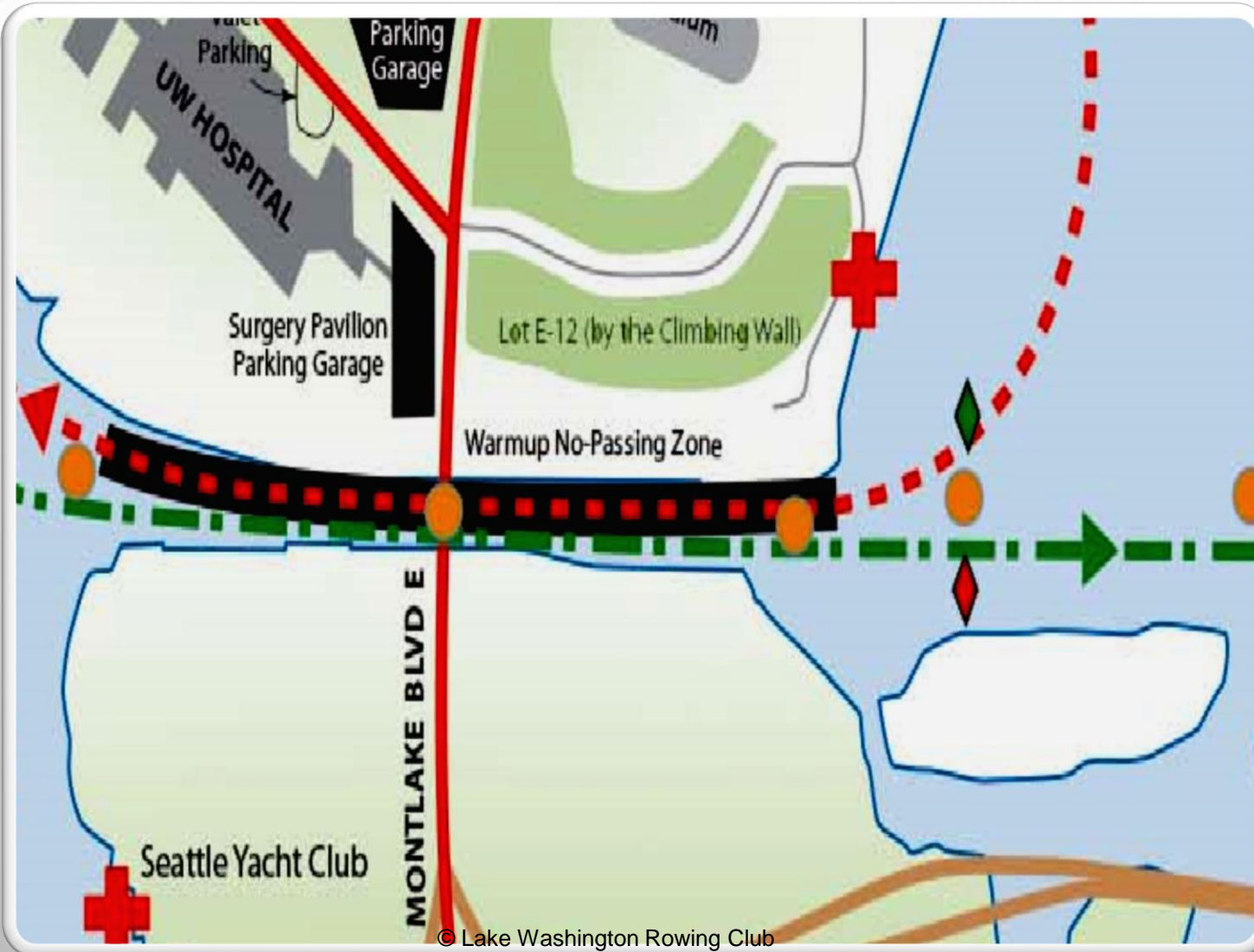
Code	Description	Penalty	Explanation
OOX	Missed event	Exclusion	Cannot row the course
IN	Invisible number	No race time	If crew cannot be identified at both the start and finish a time will not be captured
CBX	Cross buoy line & interfered with racing crews	Exclusion	
FCX	Force crew into opposite traffic	Exclusion	
MB	Missed buoy	10 seconds	
HDX	Hold down on 3-point turn	Exclusion	Penalty will not be assessed if holding down is necessary to avoid a collision. Referee decision is final.
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	
NPX	Pass in NO PASS ZONE	Exclusion	In Montlake Cut in non-racing lane (while going to the start or returning to launch dock) or passing in front of Pocock (unless racing)
DRX	Flagrant disregard for racing rules	Disqualification	
FFX	Failure to follow instructions from referees and course marshals	Exclusion	
LRX	Leave rower in water alone	Exclusion	

*Interference with another crew either failing to yield safely to allow a boat to pass (block their path intentionally) or the passing 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

Penalties: Special Attention

**WARM UP/COOL DOWN:
NO PASSING ZONES**

**VIOLATION RESULTS IN
EXCLUSION**



DURING RACING

SAFE PASSING IS ALLOWED

BUT PENALTIES MAY BE
ASSESSED IF

Code	Description	Penalty
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

*Interference with another crew either failing to yield safely to allow a boat to pass (block their path intentionally) or the passing 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

- If concerned about a penalty which may have been assessed, you may notify of your intent to file a protest by:
 - After finishing the race, row behind the finish line dock and give your intent to the Chief Judge –or–
 - Notify via email: hotl@lakewashingtonrowing.com
 - Provide ONLY the basics
- You have **ONE HOUR AFTER THE END OF YOUR RACE** to:
 - Return to your launch site
 - Verify whether any penalties were assessed
 - Write it up (Event #, Bow #s, Club name(s) involved, location, what/why the protest, results requested, diagram, contact info)
 - Go to the timing section/referee chief judge at the Rose Room at Conibear Shell House with your written protest and a check payable to Lake Washington Rowing Club for \$50
- Results will be unofficial until 1 hour after event finishes – then finalized
- Referee calls and observations are considered findings of fact



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 your entire crew will be excluded.
- Conibear, Pocock Rowing Center, Lake Washington Rowing Club are equipped with warm rooms, blankets, and hot beverages
- Consider carrying a cell phone in a waterproof bag for communications *after* an emergency (e.g., for contacting your coach after drop off at a launch site)

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 will be approximately 3250 meters
- The race committee may cancel some races, e.g. sculling boats, singles
- The race committee may cancel the regatta

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



Return all bow numbers
to the boxes at launch
sites, or hand to a
dockmaster upon
returning to a launch site

AWARDS

- **Gold medals:** for Masters events, gold medals are awarded for handicapped time and for fastest raw time (adjusted for penalties)
- **Silver medals** are awarded for all Junior/U17 events and events with more than 10 entries
- **Pick up medals** inside Conibear; there is no awards ceremony, but athletes are welcome to take pictures in front of the HoTL backdrop



Batman Says

Be Safe
Have Fun
Have A Great Regatta

Any Questions?

