



Head of the Ohio Regatta
Saturday, October 7, 2017
Sunday, October 8, 2017
2017 Information Packet

Racing will take place on both Saturday, October 7 and Sunday October 8. All Masters, College, and Open races will take place on Saturday. All High School and Jr racing takes place on Sunday. See Regatta Central for the full race schedule. Race schedule will be available and registration will open in July.

Items to Note

Please read the full packet but here are some important things to note.

- Access to the Venue on both days does not start until 5:30pm. Please do not come early. There is not room to have you wait for parking at the venue before that time.
- Please contact jenngrieb@threeriversrowing.org with the following information;
 - when the trailer will arrive
 - what team or teams are being transported on the trailer
 - what racing day or days the trailer will be staying for during the weekend.
- Team buses will park on the island. Teams traveling on a bus, please contact jenngrieb@threeriversrowing.org
- Some HS/Youth races will use a side by side start. There will be two starting shoots side by side. Two boats will be brought to the start line together. Boats will still be timed individually. All rules stay the same for a race such as allowing an overtaking boat to take the inside course. This will be reviewed at the coach and coxswain meeting on Sunday.
- Coach and Coxswain meetings, one for each race day
 - Saturday 6:15am near the docks at Washington's Landing
 - Sunday 7:15am near the docks at Washington's Landing
- Parking will be available at the 15th and Smallman Parking Lot in the Strip District area of Pittsburgh. Shuttles to Washington's Landing will be available for both days throughout the race day.
- Parking on Washington's Landing will be limited those with Handicap Placards and to race officials. A limited number of spaces may be available for volunteers for a fee. More information about volunteer parking will be made available closer to the race date.
- Please watch for any updates and news on the Regatta Central website at the Head of the Ohio page

VENUE

The race venue will continue to be located at Washington's Landing. Washington's Landing is an island on the Allegheny River and home of the Three Rivers Rowing Lambert Boathouse. It is also located near TRRA's Millvale Boathouse. The race will be run on the Allegheny River, starting just downstream of the end of the island with the finish line just upstream of the Ft Duquesne bridge (I279).

All boats will be launching and returning to either the Lambert or Millvale Boathouse docks. More details can be found in this race packet. All boats that do not normally row out of TRRA will row out of the TRRA Washington Landing location.

Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

RACE COURSE

The 2.6 mile course is on the Allegheny River. This year rowers will race downstream, finishing just before the Ft Duquesne Bridge on the south shore of the Allegheny River, just about 500 meters from the confluence of the Allegheny, Monongahela, and Ohio rivers in downtown Pittsburgh. The actual finish line will be marked by a tent located on the trail beside the river.

The start line will return to the mooring cell located near the top of Washington's Landing on the right descending bank of the island. Rowers will pass under 8 bridges while racing along the same section of the river as the previous 30 years.

As the course passes along the south shore of the Allegheny River, spectators can view the race. The course is followed on the north shore by the Three Rivers Heritage Trail. On the south shore the trail is currently open from the Convention Center to the finish line and into Point State Park. In addition, viewing can take place from many of the bridges.

TEAMS ROWING OUT OF THREE RIVERS BOATHOUSES

Teams who normally row out of either the Lambert or Millvale Boathouse will launch from and return to the boathouse from which they normally row.

Please note: All teams with trailers normally parked on the island, at either the boathouse or one of the parking lots must remove them no later than Saturday, September 30th, one week before the race.

VISITING CREWS and ROWERS

Visiting crews bringing a boat trailer will park and launch from the Lambert Boathouse docks on Washington's Landing. Rowers with car topped boats will park and launch from the Lambert Boathouse docks as well.

DRIVING DIRECTIONS

The most current driving directions will be made available closer to the event. Check the Directions and Parking link at Regatta Central www.regattacentral.com on the Head of the Ohio race page.

MOTEL INFORMATION

Check the Lodging link on the Head of the Ohio race page on Regatta Central for Hotel information.

TRAILER PARKING and LAUNCH SITES

TEAM UTILITY TRAILERS and CAR TOP BOATS (see below)

Parking for boats and trailers will be available on Washington's Landing beginning Friday, October 6 through the end of the event Sunday, October 8. In agreement with the local businesses, parking for trailers will not be available until after 5:30 pm on Friday evening, October 6. In order to allow Saturday race participants and trailers to move off the island, access to the venue for Sunday participants and trailers will not be available until 5:30pm. Please do not come earlier.

- All teams, please contact. jenngrieb@threeriversrowing.org with the following information;
 - when the trailer will arrive
 - what team or teams being transported on the trailer
 - what racing day or days the trailer will be staying for during the weekend.

Volunteers will be on hand to direct boats and trailers to a parking location.

Docks will **NOT** be available to visiting crews on Friday or Saturday afternoon or evening.

TEAM UTILITY TRAILERS

Team utility trailers should plan to arrive at Washington's Landing after 5:30pm on Saturday, October 7 or Sunday, October 8. In agreement with the local businesses, parking will not be available until after 5:30pm on Friday, October 6. On Saturday it will be necessary to allow all teams exiting a chance to get out before allowing more to enter. A volunteer will direct you to an appropriate unloading and

parking location. There is no vehicle access to the team tent area. Everything must be transported via golf cart or carried. Golf carts will be supplied.

Team utility trailers will remain in the parking lots nearest the team tent area. Please follow the directions of the parking staff so that we can accommodate all of the trailers.

Team tents may be set up prior to 5:30pm on October 7 or 8; however, utility trailers cannot be parked on Washington's Landing until after 5:30pm on either day.

CAR TOP

Boats being cartopped to the Head of the Ohio will park and launch from Washington's Landing. Volunteers will direct you to the appropriate location for boat unloading and parking.

TEAM TENTS

The location of the team tents will be at the upstream end of Washington's Landing, near the start line. If you plan to set up a team tent, please contact jennrieb@threeriversrowing.org and indicate the size of tent and which day or days you plan to have the tent in the tent area.

Please also remember that **NO TENTS ARE PERMITTED IN ANY PARKING LOTS.**

Three Rivers affiliate Teams rowing out of the Millvale Boathouse will have full use of the Millvale Training Facility.

LAUNCH AND RETURN

All crews will launch from the Lambert or Millvale Boathouse docks. Once crews launch they will row upstream through the 40th Street Bridge. At the conclusion of the race be prepared to slow down but continue to move through the Ft Duquesne Bridge. Pay attention to the directions of the marshal. Be prepared to turn to the starboard side, toward the North Shore and stadiums, to row upstream staying on the port side of the course marking buoys. When approaching the channel, enter the channel with the NO WAKE buoy on the port side of the boat follow the channel back to the dock area. Maps will be posted on Regatta Central.

Upon completion of the race, boats will be directed to move downstream through the Ft Duquesne Bridge to turn just before the fountain at Point State Park. Once boats have turned, they should move continuously along the north shore of the river keeping the course buoys on the starboard side of the boat.

Boats should use caution entering the channel. All boats should pass between the NO WAKE buoy and the bridge pier to enter the channel. Boats returning to Washington's Landing will normally dock at the first set of docks as they approach the boathouse. Please listen to the dockmaster for instructions.

BUSES

Buses will be parking on the street at Washington's Landing. Please follow the directions of a volunteer to obtain a parking location.

- Teams traveling on a bus, please contact jenngrieb@threeriversrowing.org

If team buses are looking for alternative free parking area while the rowers participate at the regatta, the Waterworks shopping area is approximately 9 miles north at exit 8 off of Route 28N. In addition to the shopping area, several restaurants and a movie theatre are at this location.

SPECTATORS

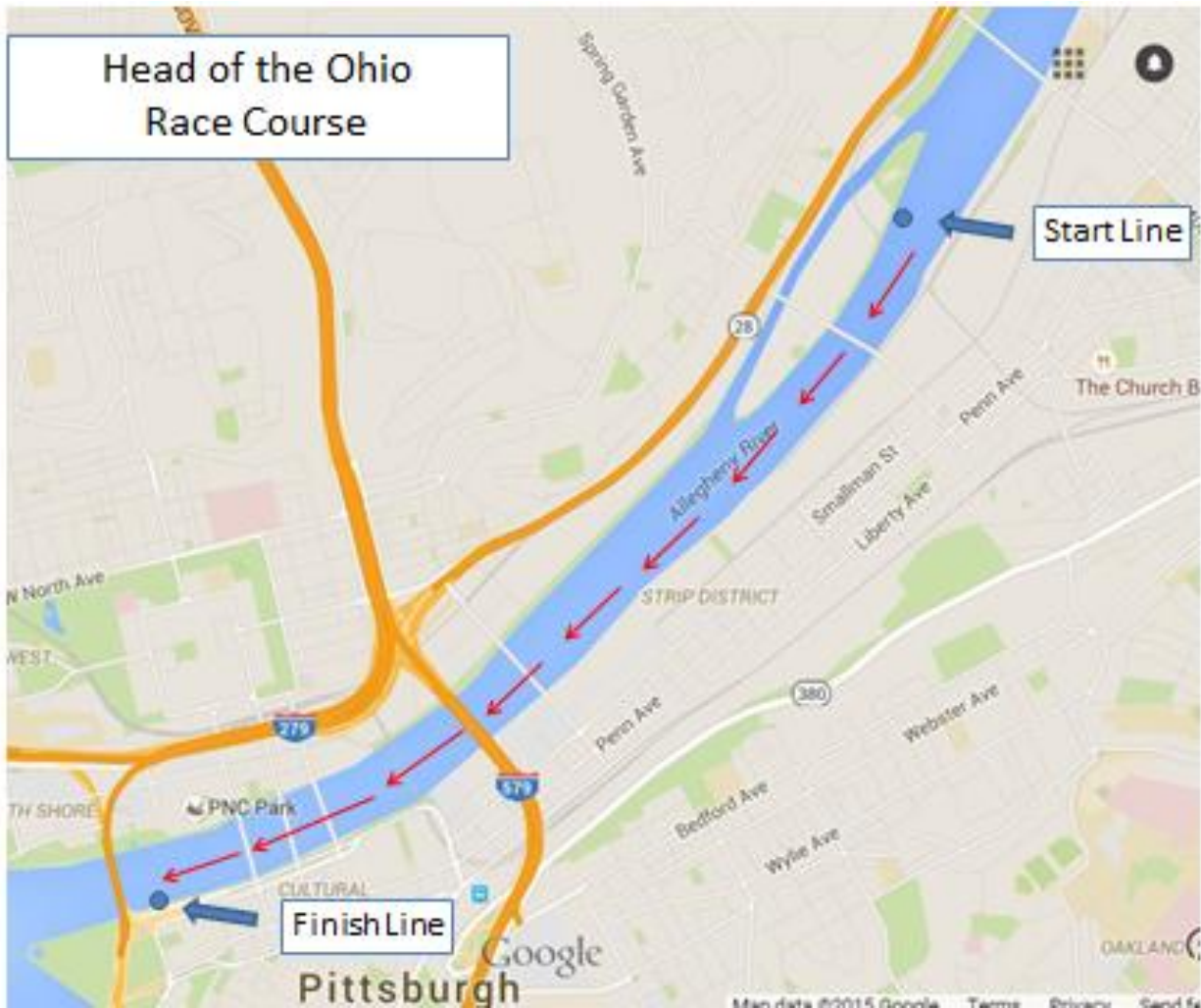
The Three Rivers Heritage Trail on the north shore can be reached by walking or bicycling across many of the bridges. The trail on the north shore provides access to Washington's Land by way of a foot bridge located at the bottom of the island. The trail continues on Washington's Landing all the way to the finish line.

Please check for updates and directions to various locations closer to the race date. Updates will be available online through Regatta Central.

A limited number of bicycles may be available to rent at the venue.

LOCATION OF RACE COURSE

The start line is on Washington's Landing shown at top right of the map below. The finish line is just upstream of the Ft. Duquesne Bridge.



WASHINGTON'S LANDING



BICYCLE and PEDESTRIAN CONNECTION

A bicycle and pedestrian trail connects the finish area, the starting area, and the Lambert and Millvale Boathouses. The entire 2.6 mile race course may be viewed from numerous vantage points along the trail including access to many of the bridges over the course.

Link to map of the trail; <http://map.friendsoftheriverfront.org/>

SPECTATOR PARKING

Public parking is available in many areas near the race course both on street parking and parking lots. www.regattacentral.com.

ENTRIES

All competitors may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, land, re-queue, and launch in time for an additional event. Competitors will not be allowed to land or launch out of order and hot-seating of athletes and/or boats is strongly discouraged. The Head of the Ohio Regatta accepts no responsibility for missed start times and will issue no refunds on that basis.

Entries must be received with entry fee no later **than Friday, September 29th, 2017 at midnight.**

Entries are to be submitted online via www.regattacentral.com. Registration is open until **September 29, 2017**. NO EXCEPTIONS. **Late entries can be requested and, if accepted, are subject to a \$50 fee per entry.**

Masters competitors must submit date(s) of birth for all competitors during the entry process. Crews with missing or incomplete date of birth information will race as a 27-year-old rower. The Head of the Ohio reserves the right to limit the number of entries in any one event. Confirmed entries will be posted on the **Regatta Central** website.

1x = \$35 2x/- = \$45 4x/+ = \$70 8+ = \$90

REGISTRATION

Scullers and crew representatives must report to Regatta Registration before racing.

Times for Registration will be posted closer to the race dates.

Packet pick-up is located on Washington's Landing at the Lambert Boathouse.

All scratches must be reported at least one (1) hour prior to an event and no later than 10:00 a.m. on race day.

WEIGH-INS

Crews required to weigh-in must do so during the registration periods listed above. Weigh-in is located at registration only.

BOW MARKERS and SHIRT CARDS

Bow markers and shirt cards must be picked up at registration. Bow markers must be affixed on the bow of the racing shell by way of an appropriate bow marker holder. Shirt cards/bib numbers must be worn visibly on the back of each single sculler or bow rower in a bow coxed shell.

SAFETY

All shells must be equipped with a bow ball. Each set of shoes within the shell must be equipped with properly-secured heel tie-downs.

A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

(a) The opening through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

(b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

All programs must sign off on the Equipment Compliance Form before participating.

REFUNDS

The Head of the Ohio Regatta will NOT refund scratches communicated to the Registrar beyond **the September 29th** entry close date.

RESULTS

Results will be posted as they occur near the Washington Landing boathouse. Results will be unofficial until such time as the reports of the referees have been received and penalties assessed. Medals will be available at the Awards Tent on Washington's Landing. Youth rowers should send a coach to pick up medals.

After the race, official results will be available on Regatta Central. Medals will be given at Award's Tent on Washington's Landing

WAIVERS

Please utilize the on-line waiver system through USRowing. A link to the USRowing waiver process can be found at the Waiver Tag on the Regatta Central web page for the Head of the Ohio race. To assure a rower's waiver is recognized, please confirm that the waiver and the name registered for the race are exactly the same.

2016 Rules and Regulations

It is the responsibility of all competitors to be familiar with the Racing Rules that follow as well as those Rules of Rowing as published by US Rowing that may be applicable to the Head of the Ohio. The Head of the Ohio is a US Rowing Registered Regatta.

COACHES, COXSWAINS, & SCULLERS' MEETING

A mandatory meeting will occur at 6:15 AM on Saturday, October 7 and 7:15am on Sunday, October 8 outside the Lambert Boathouse Please check for the specific location when registering.

HOTO CLASSIFICATIONS

All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

In accordance with NCAA rules no event within the Head of the Ohio regatta may have collegiate competitors rowing against high school competitors (including high school coxswains).

- ◆ High school competitors must row in High School and Youth events only (i.e., not in Club or Open events). High School coxswains may not cox a boat in any event where Collegiate crews are competing.
- ◆ Collegiate competitors must row in Collegiate events only (i.e., College, Club, Collegiate Freshman, Novice, and Open).

Failure to comply will cause the results of the competitor(s) to be excluded.

Masters. In accordance with USRowing Rules, a master is a competitor who has attained or will attain the age of 21 during the current calendar year. Age is determined by the competitor's age as of December 31, 2017, rounded down to the nearest whole number. Average age of a boat will be used for multiple-competitor boats. Masters events will be divided into as many separate USRowing Masters categories as possible. The Head of the Ohio retains the right to combine categories if less than three entries have been received in any one category.

A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master. Masters crews shall be classified by age according to the following categories: (AA) 21 to 26 years, (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over. The age category of a Masters crew shall be

determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

Handicaps will be applied for all boats using the standard USRowing handicaps for a 1,000 meter course and will be multiplied by 2.5 to factor for the length of the course. Please see [USRowing Rules](#) for more information.

Collegiate rowers must be currently enrolled full-time at a college, university, or community college.

High School/Youth/Junior. A rower, sculler or coxswain 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 a diploma. The Head of the Ohio will award separate 1-3 Medals for the crews compiled from the same high school in the Junior 8+, 4+ and 2x (only open events). For those three events (in both men and women), the top three placing crews will receive medals, but the top three high schools will be awarded the medal that corresponds to their placement within the other high schools. For example, it is possible for a high school crew to finish fourth in the event, but still receive a gold medal if the top three crews were club boats.

Junior Varsity/2nd 8+ Event The JV classification is not open to any rower competing in a Varsity or Youth 8+ event unless all members are from the same high school and are enrolled as juniors or below in that high school. If a JV/2nd boat is a club/youth boat or includes seniors, those teams must also be entering a Varsity or Youth 8 boat. It is understood that the Varsity or Youth boat be entered as the faster of the two 8+'s.

Open. Any competitor that is not a junior or high school rower. High School rowers are not allowed in this event.

Novice (scull). Any oarsperson who has not competed in any sculling event prior to January 1, 2017.

Novice (sweep). Any oarsperson who is eligible to row as a freshman/novice at their own institution or has not rowed in a race prior to January 1, 2017.

Lightweight

- ◆ **Men.** The weight of each individual rower/sculler in a boat must not exceed 165 pounds.
- ◆ **Women.** The weight of each individual rower/sculler in a boat must not exceed 135 pounds.

Quadruple Sculls. With or without coxswain.

Composite Boats. Must be so registered as composite.

Mixed Boats. Must contain at least equal numbers of women as it includes men (may contain more women than men). See rule below for Corporate Mixed Boats.

Corporate. This is reserved for crews that participate in the Three Rivers Rowing Corporate Rowing League. Exceptions can be made by prior requests directed to TRRA. Boats are mixed sex and must have at least as many women as men. If a boat needs to have more men than women, a 90 second penalty will be added to their time for any more than four men. (Ex. If a boat has 5 men and 3 women, they would be assessed a 90 second penalty.). Coxswain's sex does not factor into this. We request that teams with more men than women inform the Race Director of their lineup **prior to the race** so that handicap can be factored into the results at the end of the race.

Novice Corporate. Any oarsperson who has had not more than two corporate rowing seasons or has not rowed prior to the previous year's Head of the Ohio.

Experienced Corporate. Any oarsperson who has completed two or more corporate rowing seasons and has participated in corporate rowing for at least one season in 2017.

Men's divisions are for **male** participants only. **Women's** divisions are for **female** participants only. **Coxswains** may be of **either** sex. Masters' coxswains may be any age.

FACILITIES

The Lambert boathouse **will not** be available on race day to the general public. Please make sure that you plan accordingly.

Portable sanitary facilities will be located near the Lambert Boathouse and also in the parking lot closest to the tent area. Concessions providing food,

beverages, t-shirts, posters and programs, will be located on Washington's Landing.

TRASH DISPOSAL

We ask that all crews and individuals be helpful in keeping the venue clean throughout the entire event.

Crews are asked to police their areas throughout the day and clean the area completely prior to leaving. Trash receptacles are placed at convenient locations. A dumpster will be located close to the team tent area on Washington's Landing. Please use the garbage bags provided in your entry packets and don't leave loose trash behind!

FIRST AID

City of Pittsburgh paramedics will be onsite throughout the day.

PARTICIPANT LIABILITY

Coaches and participants are reminded that participation in the Regatta involves a moderate risk of injury and/or property damage. While HOTO and Three Rivers Rowing will take all reasonable measures to ensure the safety of participants, officials and volunteers, participation in the Regatta is at one's own risk and responsibility for claims deriving from personal injury, damage or loss.

While the Regatta provides security for the Washington's Landing boat and tent areas Friday night, visiting crews are advised to take all reasonable precautions as the Regatta cannot guarantee the safety of equipment.

PRACTICE ROWING

The docks and course will be closed after morning practices on Friday, October 6, unless prior approval has been granted.

THE RACE COURSE

The 2.6 mile course is on the Allegheny River. The start line is marked mooring cell on the right descending bank of Washington's Landing. Starting marshals located before the start line will assist as crews order themselves by bow number prior to the start in the customary fashion of a head race. Orange buoys are used to mark the start chute.

After passing through the start shoot, boats will row past a marina to the end of the island. Buoys will separate the marina from the race course on the starboard side. Boats should pass through both the railroad bridge and 31st Street bridge with the bridge abutment on the port side. At the bottom of the island continue to keep the buoys on the starboard side, returning

boat traffic will be traveling along the north shore at this point before entering the island back channel. (See maps at the end of this packet)

The race course is marked with buoys approximately every 250 meters or less on the left *and* right descending banks. United States Coast Guard Channel Markers (large metal green, red, or yellow buoys) are not considered official HOTO course buoys.

Approaching the 16th Street or McCullough bridge the boats will once again keep between the buoys on the starboard side and bridge abutment on the port side.

All competitors are responsible for being familiar with the course. Please consult the course map.

COURSE SAFETY

Competitors and coxswains must review the course maps at the end of this packet carefully to locate shallow areas and bad water. The river is closed to all recreational and commercial traffic in accordance with the regulations of the US Coast Guard. The river may be re-opened every four hours to allow for passage of river traffic, if any. Be advised that commercial traffic, barges in particular, are likely to cause considerable wakes and that the water may remain unsettled for a long period of time after a barge passes. These will happen during breaks in the regatta.

The Head of the Ohio, in cooperation with the US Coast Guard, may pass recreational boats during the Regatta. This is only done with an escort at a NO WAKE speed.

There are at least 12 marshal/official launches spread out throughout the race course. These marshals/officials have communications with the chief referee through Race Control. They are in place in order to help to maintain the safety and fairness of the regatta. Please follow their directions.

WARM-UP

When launching from the docks competitors have the row to the start as their warm-up. Follow the instructions of the three marshals in the starting area.

START

Each entrant must be in the starting/marshalling area ten (10) minutes prior to their scheduled starting time. The dockmaster will make the several calls for launching crews.

The start will be in sequence of bow markers. Boats must pass through the starting chute at the starting area to be official.

Boats arriving more than thirty (30) seconds after the last entrant has started will, at the discretion of the starter, be allowed to row at the end of the race. Such boats may be timed, but not ranked.

RACING

While racing, boats must stay on the designated buoyed racecourse with buoys located on the right descending bank to the port side. Oar blades may go over buoys but the hull of the shell must stay on the course.

Any shell being overtaken must grant the right-of-way and move or be penalized. A shell being approached from behind must give way to the approaching boat by moving towards their port side and allowing the other boat passage on their starboard side. This must occur by the time the approaching boat is within one boat length of open water. Boats overtaking others must not force boats being overtaken any farther out of the way than is necessary to complete an unimpeded pass. No boat should press its right of way to the point of collision.

FINISH

The finish is clearly marked by two large yellow buoys. Once beyond the buoys, crews must continue through the Ft Duquesne in the large center arch. Boats will turn before the point. Follow any instructions by the marshals. Boats will travel along the north shore to the port side of the race course keeping the buoys on the starboard side and watching to clear bridge abutments. Maps at the end of this packet show the return path back to the island channel and back to the docks.

PENALTIES

Minor Violations (10 seconds):

- ◆ Each buoy missed on the course
- ◆ Shells without bow numbers at the finish
- ◆ Purposely starting out of order against directions of the Starter
- ◆ Failure to follow traffic rules in the launching, docking, start marshaling, or practice area
- ◆ Unsportsmanlike conduct

Major Violations (30 seconds):

- ◆ Interference with crews marshaling in the start area
- ◆ Not granting right-of-way for overtaking crews
- ◆ Missing buoy chute at start
- ◆ Missing buoy chute at finish

- ◆ Failure to pass through the appropriate span of each bridge as marked on map.

Major Violations (60 seconds):

- ◆ Interfering with another shell during the same race

Exclusion

- ◆ Not arriving at the start within thirty (30) seconds of last entrant in their event
- ◆ Not complying with specified classification of events
- ◆ Interference with a racing shell by a nonracing shell
- ◆ Causing a collision
- ◆ Rowing the course with the wrong bow number

PROTESTS

All protests must be filed within 30 minutes of the end of the race in which the violation occurred. The crew's coxswain or representative rower/sculler must indicate the crew's intent to file a protest to the course marshal at the finish line or to the dockmaster on shore at the docks/launching area.

Protest forms are available at the tent near the finish line. Protest forms must be filed directly with a USRA race official. Have a representative from the protesting crew available during the judge and referee deliberations.

Protests filed during the morning events will be heard at the Noon break, and protests filed during the afternoon events will be heard following the final event. All protests will be heard at the Race Control/Communications tent near the finish line.

A \$25 filing fee is required at the time a protest is filed. In the event the protest is upheld, the fee will be returned. If the protest is denied, the fee will be forfeited.

AWARDS

All medals and trophies will be awarded at the Awards Tent located near Race Registration.

Gold, Silver and Bronze medals will be awarded to all events.

Any events under protest may delay the awarding of medals for that event. All protests will be adjudicated by US Rowing officials at the officials' meeting following the final race of the day. Medals not awarded or retrieved 30 minutes after the last race will be mailed after the event.

POINTS

Points will be awarded using the Modified Barnes Points scoring system.

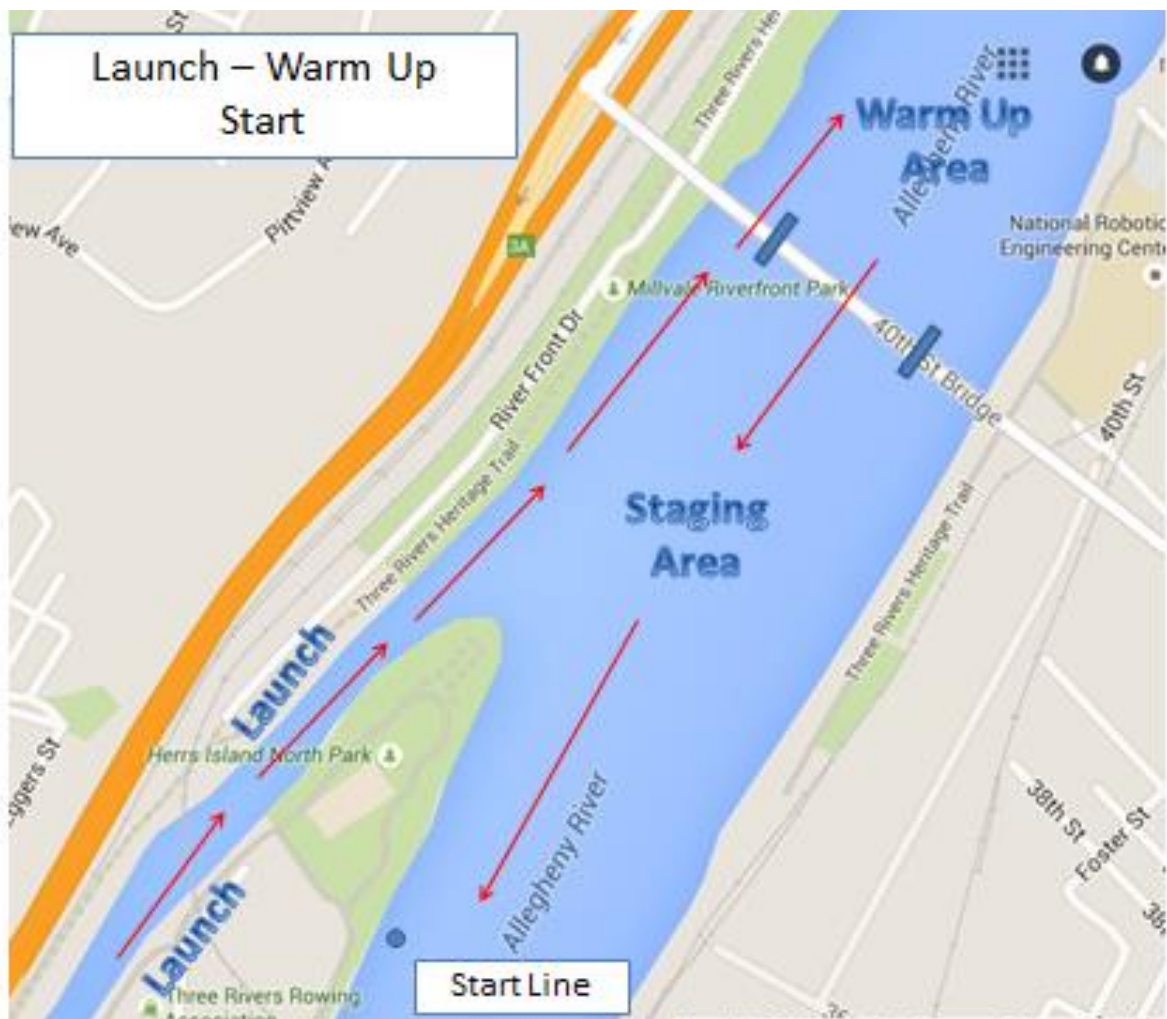
CONTACTS AND LINKS

Race Director: Jenn Grieb Phone: 412.231-8772; Fax: 412.231.5337 www.ThreeRiversRowing.org e-mail: jenngrieb@threeriversrowing.org Race Website: www.headoftheohio.org	US Rowing: (800) 314-4ROW (4769); (609) 751-0700 e-mail: members@usrowing.org www.USRowing.org
Registration: www.RegattaCentral.com e-mail: support@RegattaCentral.com	

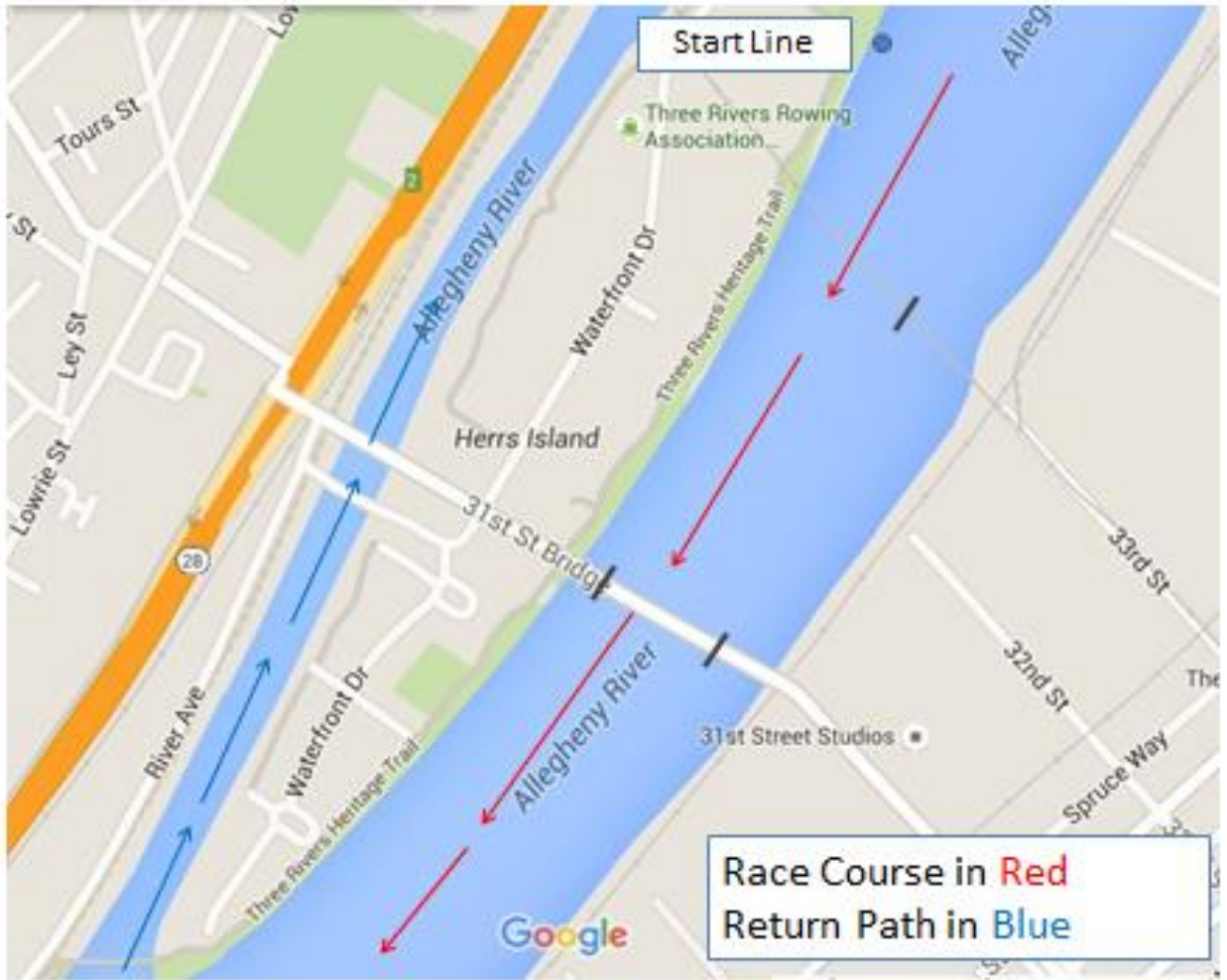
CONTINGENCY PLAN

If water conditions deteriorate during race day, the officials may determine it necessary to shorten the race course by about a half mile. If this occurs, the finish line will be moved upstream. If this occurs announcements will be made multiple times at both docks as well as over the public address system. There will be a 30-minute delay in the race schedule to accommodate moving the start line.

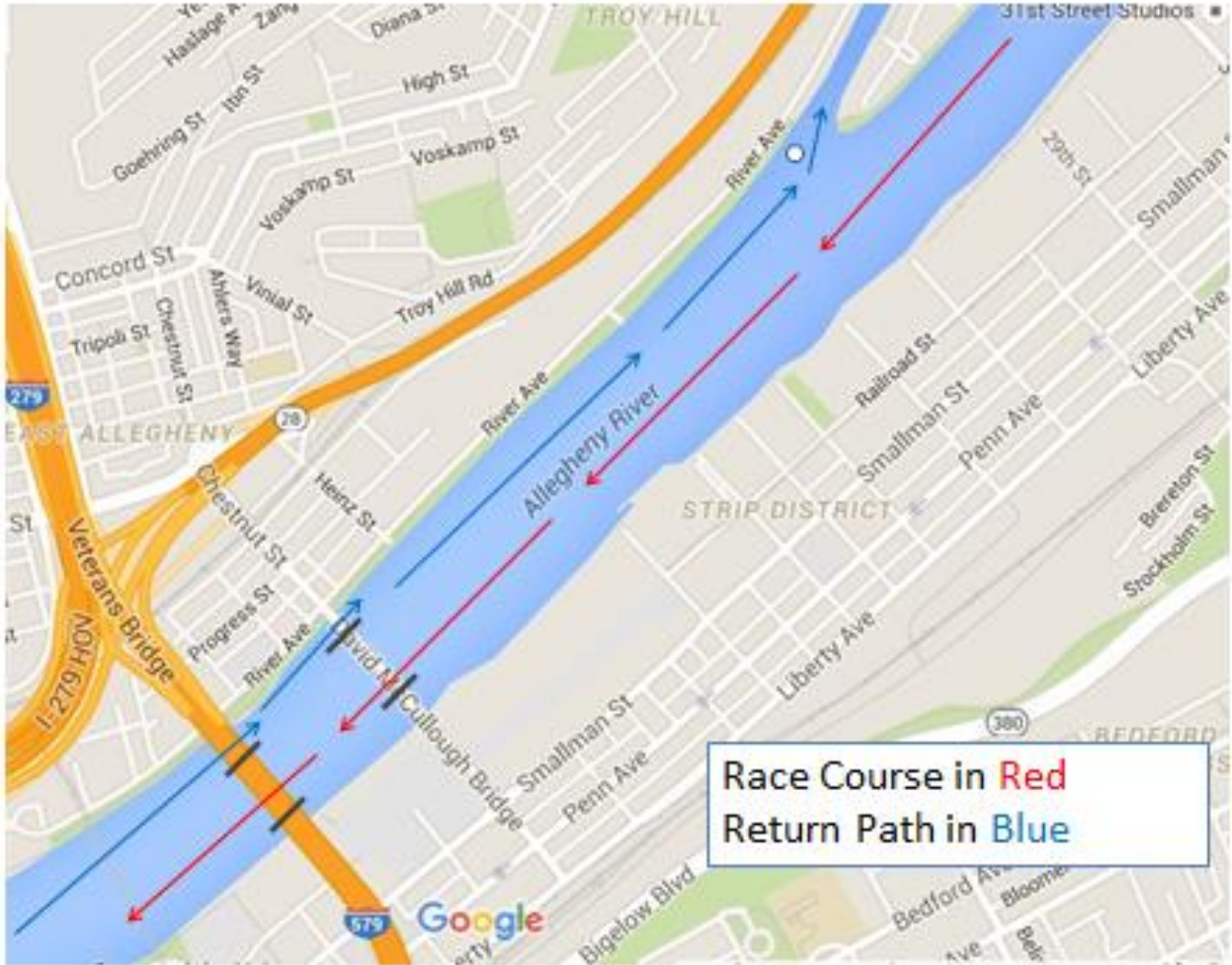
Launch to Start



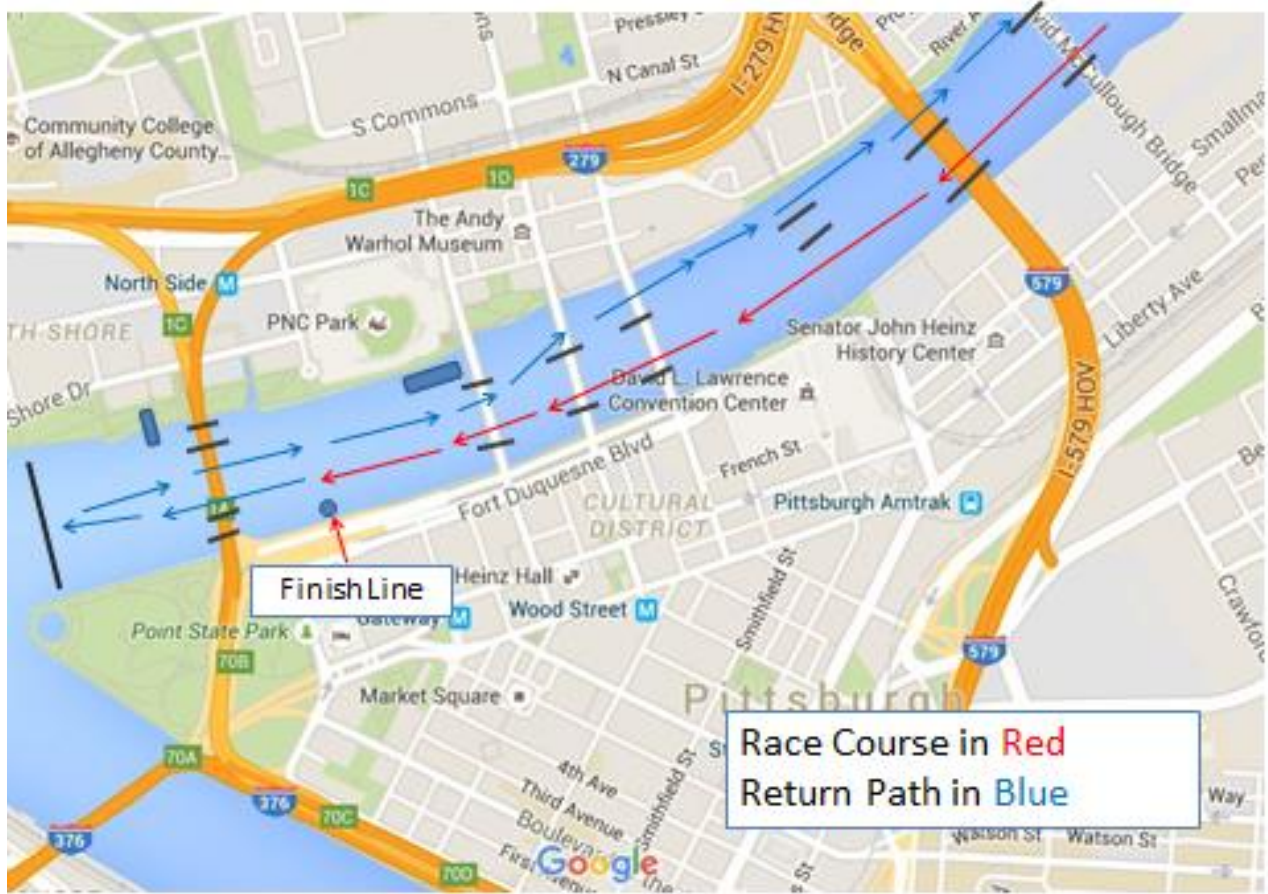
Race Course Section 1



Race Course Section 2



Race Course Section 3



To: Coaches & Rowers – 2017 Head of the Ohio

IMPORTANT: Part A must be signed by all participating race registrants: Part B if applicable.
The Rules of Rowing are on the USRowing website.

- A. My boat will be in compliance with USRowing 2016 Rules of Rowing 3-105 and 3-109 as follows:

Bowballs: 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 bowball shall be at least 4 centimeters in diameter.

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

- B. My boat is in compliance with US Rowing 2016 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a. The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

b. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

Organization: _____ Coach/Rower (Print): _____

Signature: _____ Date: _____

FAX OR EMAIL TO JENN GRIEB (jenngrieb@threeiversrowing) BY MONDAY, **OCTOBER 2nd**, OR BRING IT TO REGISTRATION WITH YOU. YOU WILL NOT BE ABLE TO PICK UP YOUR PACKET WITHOUT THIS FORM COMPLETED.