



presented by
JACKSONVILLE
ROWING CLUB 

REGATTA PACKET

JACKSONVILLE ROWING CLUB cordially invites you to the 36th Annual

FIRST COAST HEAD RACE

Florida's Oldest Head Race!

Get ready for THREE waterways and THREE bridges!

We are excited to see you on October 12th, 2024!

GENERAL INFORMATION



Date: **Saturday, October 12, 2024**

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

Website: www.firstcoast-headrace.org

Registration: [Regatta Central | 2024 First Coast Head Race](#)

Registration Deadline: Sunday, October 6th, 2024

For any changes, please see [Regatta Central](#) or the [FCHR website](#)

If you have any questions, please email [info@firstcoast-headrace](mailto:info@firstcoast-headrace.org)

REGISTRATION & RACE FEES



All entries will be taken on a first-come, first-served basis.

REGISTRATION DATES & TIMES:

STANDARD REGISTRATION

- Opens April 1, 2024 @12:00 a.m. Eastern
- **Closes October 6, 2024** @11:59 p.m. Eastern

LATE REGISTRATION

- Opens October 7, 2024 @12:00 a.m. Eastern
- **Closes October 8, 2024** @11:59 p.m. Eastern

SCRATCH WINDOW

- Opens April 1, 2024 @ 12:00 a.m. Eastern
- **Closes October 6, 2024** @11:59 p.m. Eastern

Boat Type	Boat Entry Fees	
	<u>Standard Cost</u>	<u>Late Cost</u>
Singles (1x)	\$ 45.00	\$ 60.00
Doubles/Pairs (2x/2-)	\$ 60.00	\$ 75.00
Fours/Quads (4x/4+)	\$ 95.00	\$ 110.00
Eights (8+)	\$ 115.00	\$ 130.00

CATEGORIES



Category	Description
Youth <15:	Rowers 14 and under who do not attain the age of 15 in the calendar year 2024 (Racecourse shortened to exclude bridge passage)
Youth:	A competitor who does not attain the age of 19 during 2024, and who is/has been continuously enrolled in secondary schools as a full-time student seeking a diploma. (<i>No collegiate rowers</i>)
Youth Lightweight:	Men's Youth Weight: 150 lbs. (<i>No average</i>) Women's Youth Weight: 130 lbs. (<i>No average</i>)
Middle School:	Racecourse shortened to exclude Cesery bridge passage
Collegiate:	A competitor who is actively enrolled in the associated college/university as a student seeking a diploma.
Collegiate Novice:	1st year collegiate rowers
Novice**:	Rowers with less than one year sculling and/or sweep experience. (<i>Coxswains are exempt due to the challenging nature of this course</i>)
Mixed:	50% male and female rowers in the same boat, excluding coxswains
Open:	Any rower
Master:	A competitor who has attained, or will attain, the age of 21 during 2024. 21 to 42 years of age (<i>inclusive</i>)
Senior Master*:	43 to 59 years of age (<i>inclusive</i>)
Veteran Master*:	60 years of age and above
Master Lightweight:	Men's Weight: 160 lbs. (<i>No average</i>) Women's Weight: 130 lbs. (<i>No average</i>)

* Cannot row down

** Experienced coxswains may run novice boats

We recommend that coxswains without experience navigating bridges do not attempt this course.

October 12, 2024 | 36th Annual First Coast Head Race

NCAA COMPLIANCE & HANDICAPPING



NCAA COMPLIANCE: Colleges should review the event categories with their NCAA Compliance Officer to ensure collegiate athletes are following the NCAA rules.

HANDICAPPING: Masters handicapping will follow USRowing guidelines. A factor of 4.8 will be used for the full course and, if applicable, a factor of 2.8 will be used for the modified course in the event of bad weather.

ORDER OF EVENTS & SEEDING



- The posted order of events and start times are preliminary until all entries have been made, and are intended to allow for an athlete's participation in multiple events, when appropriate. Requests from team coaches regarding the order of, and spacing between, events will be reviewed and taken into consideration.
- Seeding of the races will be at the discretion of the LOC (*Local Organizing Committee*).
- All "A" boat entries should be the fastest boats and should be following by the "B" boat entries (*and so on*).

WAIVERS



All competitors must complete the following waivers:

- [FSRA liability waiver](#) (from NOARA)
- [USRowing liability waiver](#)

MINORS: For competitors under the age of 18, a parent or guardian must sign the minor's waiver. Please complete your waivers online at the links above.

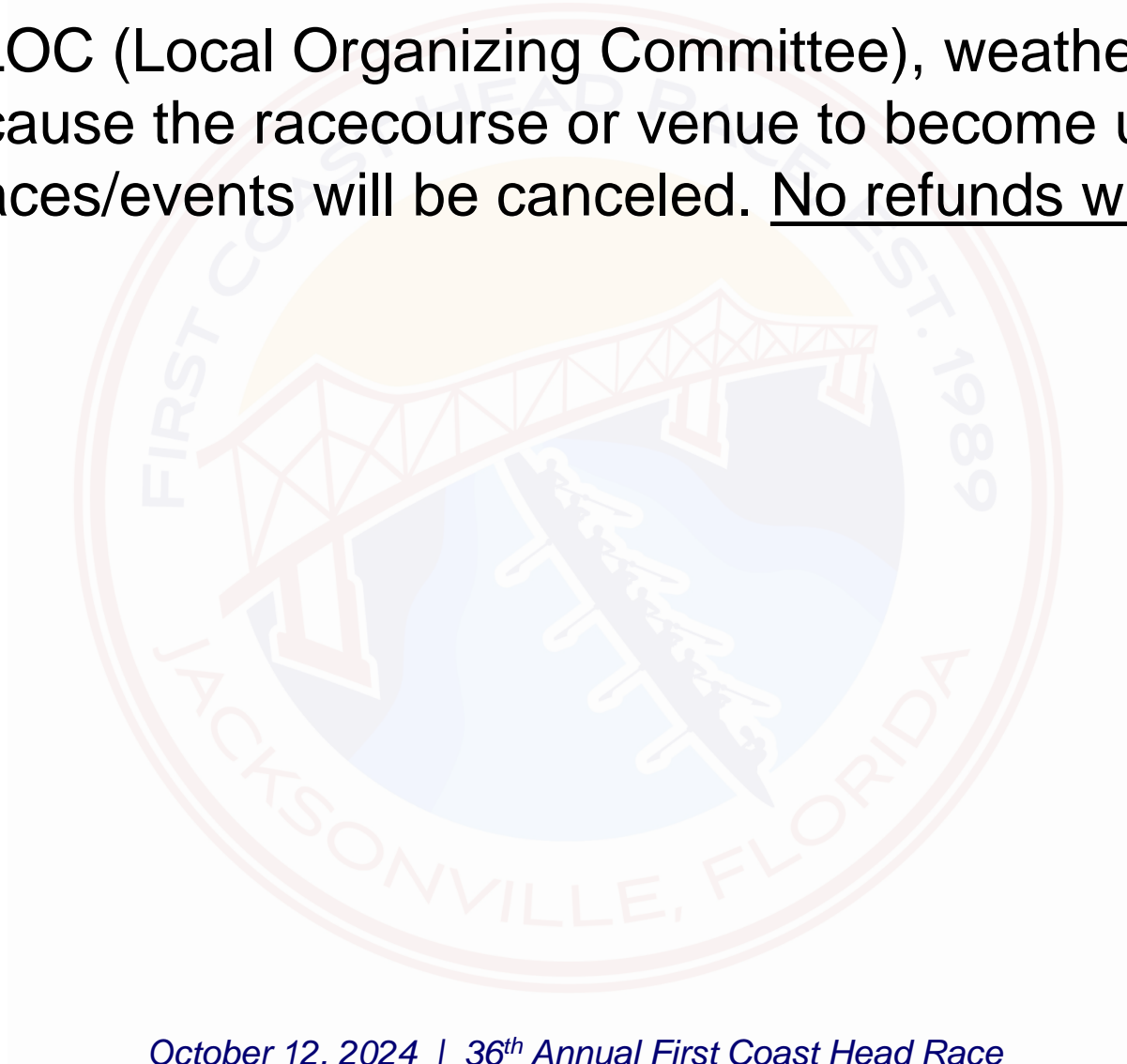
These are the only acceptable waivers for the First Coast Head Race (FCHR).

Note: If your team is not in the database, select 'unaffiliated' from the drop-down menu.

CANCELLATION POLICY



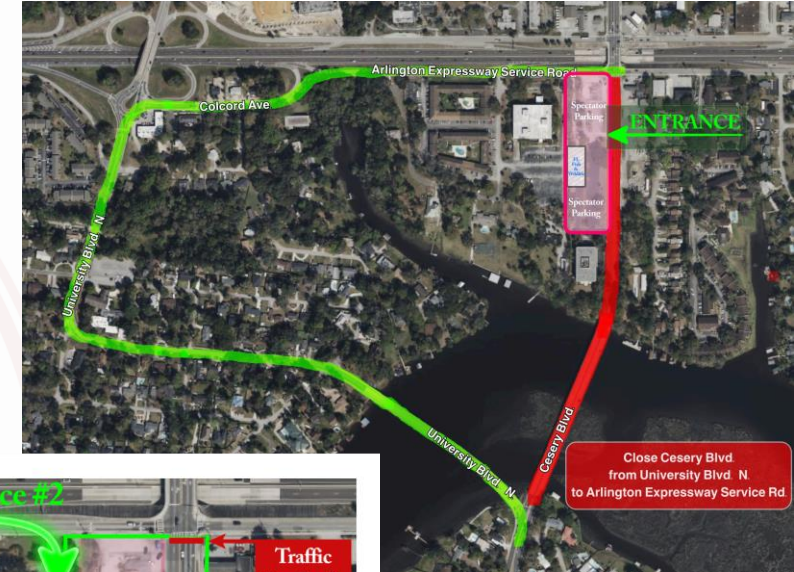
If, in the opinion of LOC (Local Organizing Committee), weather or other unforeseen events cause the racecourse or venue to become unfit or unsafe, the regatta or specific races/events will be canceled. No refunds will be given.



TRAILER PARKING/STORAGE



- The State of Florida, Department of Children and Families is graciously allowing Regatta participants the use of their parking lot for trailer parking and boat staging.
- The trailer parking lot is only accessible by taking the Arlington Expressway Service Road eastbound from the University Blvd. intersection (this is a one-way street). Do not come via Cesery Blvd.
- Please plan on arriving after 4:30 p.m., Friday, October 11th. *No trailers or vehicles may enter the site until 4:30 p.m. Friday.*
- There is limited space on the streets near the parking lot. Therefore, arriving early and staging the trailers before 4:30 p.m. will not be permitted. *Please plan your travel accordingly.*
- Trailers will be placed at the site on a *first-come, first-served basis*.
- After parking the trailer, tow vehicles must unhook and move to the surrounding or adjacent parking lot.
- Security will be provided Friday night; however, leaving boat(s) is at your own risk.



CESERY BLVD. BRIDGE CLOSURE

Saturday, October 12, 2024

from 5:30 a.m.
to 5:30 p.m.

CHECK-IN: Begins **Friday, October 11, 2024** from **4:45 p.m. to 6:30 p.m.**,
and continues on **Saturday, October 12, 2024** at **6:00 a.m.**

A team coach must check-in for the entire team (*masters clubs, please notify your members of this*).

All teams must bring the printed and completed forms (*click to go to website, where you can download the packet*) below when checking in at the registration tent:

1. Competitor List (*with verification of waiver compliance*)
2. Medical Information Sheet
3. Lightweight Weigh-In Sheet (*if applicable*)

LIGHTWEIGHT WEIGH-IN



LIGHTWEIGHT CHECK-IN:

- Begins **Friday, October 11, 2024** from **5:00 p.m.** to **6:00 p.m.**
 - Continues **Saturday, October 12, 2024** from **6:30 a.m.** to **8:00 a.m.**
-
- The entire boat, with completed weigh-in forms, must be present for weigh-ins
 - Re-weigh is **ONLY** allowed if rower(s) is within one pound of maximum weight
 - *Coxswains do not have to weigh-in*

PRACTICE BEFORE REGATTA

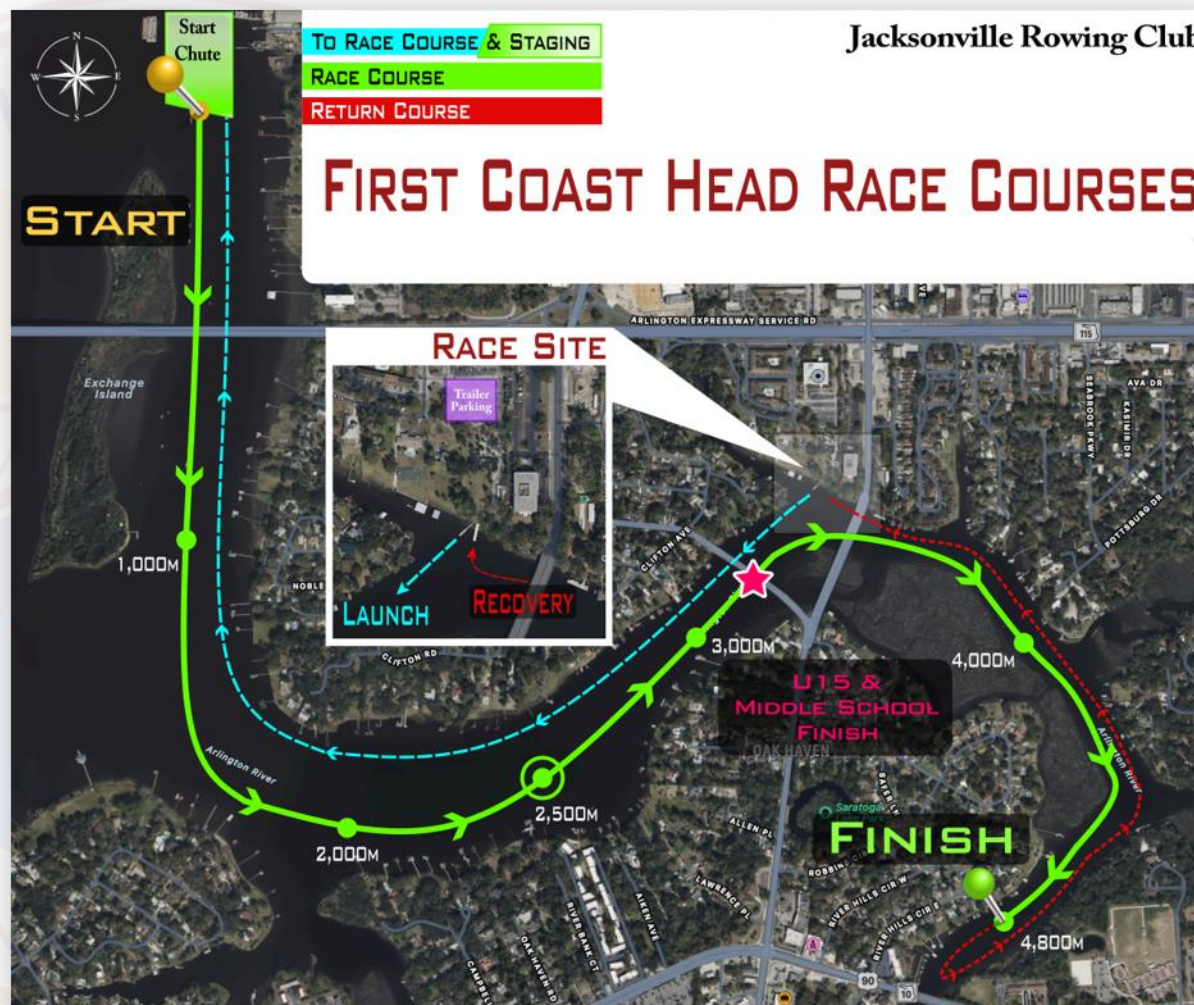


- Trailers may not enter the site until 4:30 p.m. on Friday, October 11th
- Site will be available for practice (weather permitting) on Friday, October 11, 2024, starting at 5:00 p.m.
- Only teams that have cleared the registration process will be allowed on the water. (*All forms must be submitted*).
- All boats must be off water by 6:45 p.m. **No exceptions.**
 - Teams will be assessed a warning for returning late to the dock. (*If a team is warned Friday night, every boat of that team will start the race with a warning*).

COURSE MAP



Additional information and videos about the FCHR Water Course Map can be found on the Regatta website at www.firstcoast-headrace.org/course



BAD WEATHER CONDITIONS

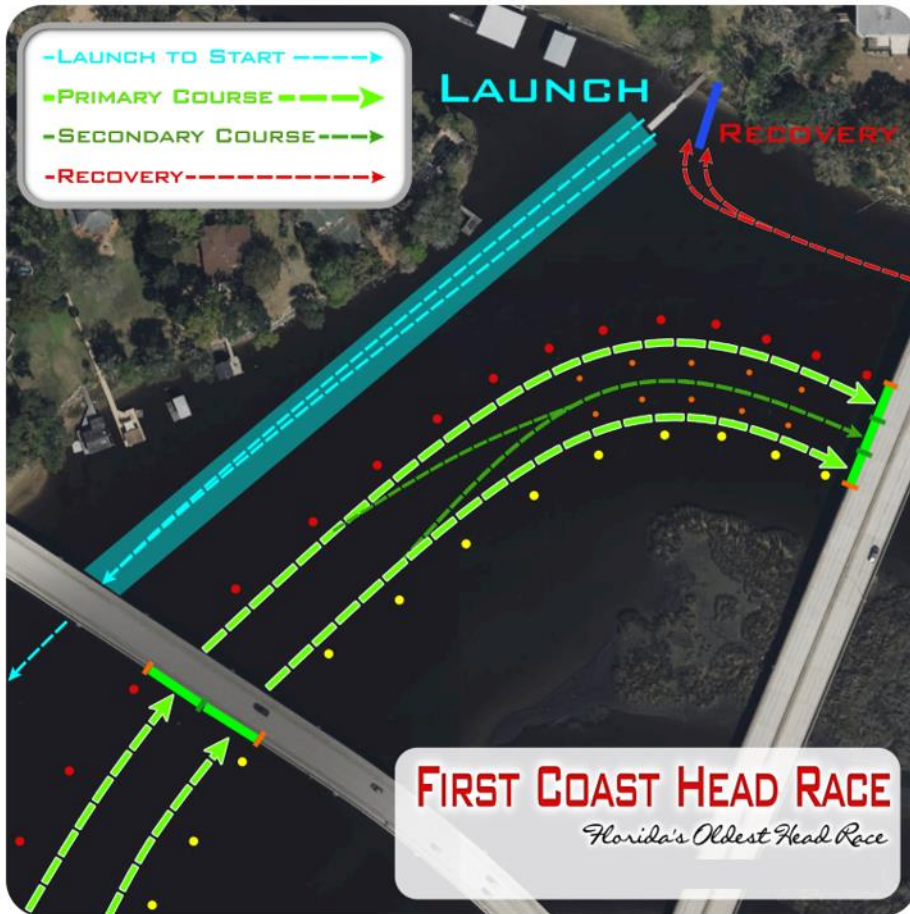


Should bad weather conditions in the St. Johns River (at the start) occur, we will shorten the course for safety.

- If the regatta organizers make the decision to shorten the course for weather/safety reasons, the starting line will be moved to our secondary Bad Weather Modified Course chute approximately 1,250 meters west of the University Blvd. bridge.
- Under 15 and middle school events will have the race shortened to exclude bridge passage, ending the race prior to the University Blvd. bridge.



UNIVERSITY TO CESERY BRIDGE NAVIGATION



Ideal Course

Small orange and green buoys will be placed between the red and yellow course boundary buoys to serve as navigational guides leading to a **safe straight entry** to the Cesery Bridge.

The map on the
← **left** illustrates the ***safest approaches***
to the Cesery Bridge.

The map on the **right** →
illustrates an approach that may result in a
misalignment with the bridge span.

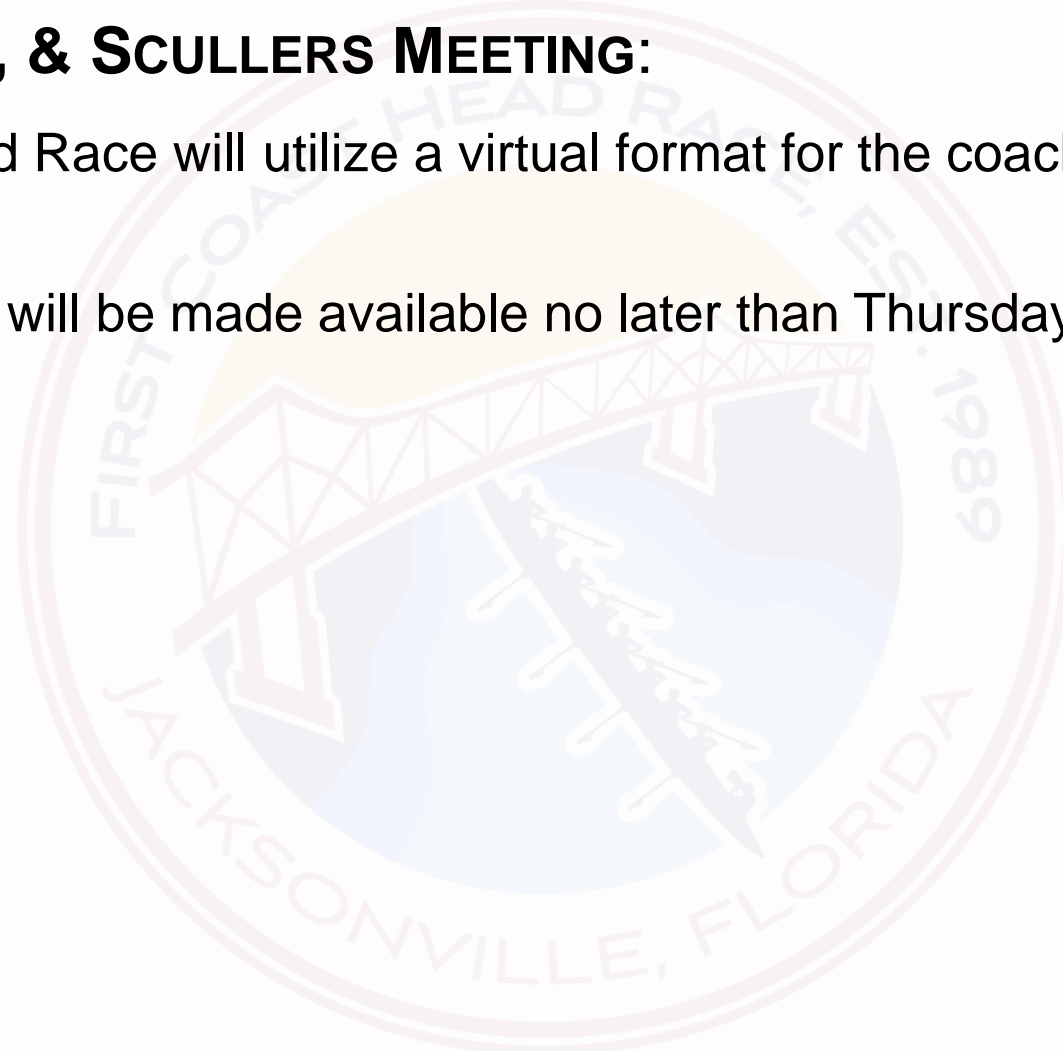


COACHES, COXSWAINS & SCULLERS MEETING



COACHES, COXSWAINS, & SCULLERS MEETING:

- The First Coast Head Race will utilize a virtual format for the coaches, coxswains, and scullers meeting
- A link to the meeting will be made available no later than Thursday, October 10th



BOW CARDS & BACK NUMBERS



- Bow cards & back numbers for bow-seat/coxswains will be provided.
- Bow cards must be returned at the completion of the race. *Lost bow cards are subject to a \$10.00 fee.*
- Boats racing **without bow cards** will be subject to a **15 second penalty**. *Please be sure the bow card is securely fastened (taped, if necessary), to avoid penalties.*

RESULTS & AWARDS



- Schedule & results will be posted on [CrewTimer](#)
- Medals will be awarded for 1st, 2nd and 3rd place finishes, based on the number of entries per event.

# of Entries per Event	Medals Awarded
2	Gold only
3	Gold and silver only
4+	Gold, silver, and bronze

- Medals can be picked up at the awards tent (*located near table near the photo area banner*), after the official results for the event are posted.
- Only coaches/masters team captains may sign for and pick-up team medals.

RESULTS & AWARDS (CONT.)



- Team Points Trophy Calculations

- Each club or scholastic team will be awarded point for each of their entries, based upon the boat class, their order of finish, and the number of competitors that started each event.
- The tables below list the number of points that will be awarded for each boat class and each competitor.*

Points for First Place	
Boat Class	Points Awarded
1x	10
2x, 2-	15
4x, 4+, 4x+	20
8+	30

% of First Place Points					
# of Boats in Event	2 nd	3 rd	4 th	5 th	6 th
2	20%				
3	40%	20%			
4	60%	30%	5%		
5	80%	40%	10%		
6+	80%	40%	20%	10%	5%

*Composite crews will be assigned points per the tables above, but are ineligible to win the Team Points Trophy.

SPECTATOR PARKING



A \$10.00 cash donation will be collected for spectator parking next to the race site
(on Saturday only).



More information can be found on the [website](#) (note: this does not apply to trailer or tow vehicles).

TEAM TENTS



- Team tents are NOT permitted on the grassy area near the launching/landing dock area and the adjacent shore.
- No spectators are allowed in the immediate vicinity of the launch and recovery docks.
- Tent area is limited and is on a first-come, first served basis.
- **Team grills are not allowed. No open flames.**
- No team, parent vehicle(s), 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 designated parking areas.
- Volunteers will be on site Friday (4:30 p.m. - 6:30 p.m.) and Saturday (6:30 a.m. - 5:30 p.m.) performing various duties, and will help direct tent placements.
- LOC (Local Organizing Committee) has final authority to have tent moved or removed.

MERCHANDISE SALES



Sale of merchandise is NOT permitted without the advanced approval of the First Coast Head Race planning committee.

If interested in selling merchandise, please email info@firstcoast-headrace.org or contact the FCHR regatta planning committee through the website www.firstcoast-headrace.org for requirements, forms and fees.

In addition, each merchandise seller must also meet any local, state, and federal requirements (*see those entities for more details*).

REGATTA RULES | RACECOURSE



- This race course is very similar to the Head of the Charles.
- The course begins on the St. Johns River, then takes a turn entering into the Arlington River, passing under a total of three bridges.
- This is NOT a course for novice coxswains.
- A course map defining the traffic flow is available in this information packet, on the [FCHR website](#), and will be included in your welcome packets.

For safety, every effort has been made to ensure the course has been clearly marked with appropriate buoys and signs indicating the approved bridge span traffic pattern.

REGATTA RULES | CALL OF EVENTS



- All event times are subject to change. Final results will be posted on [CrewTimer](#).
- Events will be called approximately 1 hour prior to the start of the race. Boats may start to approach the launch area within 1 hour of their race start time.
- A crew that misses its correct order at the start may be penalized 10 seconds at the Marshal or Starter's discretion.
- At the discretion of the Marshal or Starter, a crew that misses its correct order and arrives at the start after the next event has already begun may be allowed to row as *EXHIBITION ONLY* (ineligible to be included in the official order of finish for their event).

REGATTA RULES | 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 weather conditions.
- The LOC also reserves the right to delay or advance the starting times for any events.
- [CrewTimer](#) can be accessed to view any schedule changes.

REGATTA RULES | HOT SEATING



- When scheduling multiple event registrations, it is recommended to allow for a minimum of 1 to 1 ¼ hours between the start times of each event; however, we cannot guarantee that this will always be sufficient time. When hot seating, please make sure to plan accordingly.
- If hot seating, the boat must request a “Hot Seating” card at the “Control Commission/Safety” tent **prior** to launching.
- When approaching the recovery dock, the coxswain/bow person should hold up the “Hot Seating” card. This will facilitate the Dockmaster in providing that boat with priority docking.
- The crew of the boat, which is looking to use the hull or rowers from the landing hot seat boat, should contact the Dockmaster in advance of the landing of that hot seating boat and have all necessary rowers and equipment present to complete a timely departure as specified by the Dockmaster.
- *Crews late to start may be penalized or disqualified (see Penalties).*

REGATTA RULES | PASSING



- A **crew being overtaken** must yield the right of way. Typically, a crew is deemed to have been overtaken by another crew when the other crew has moved to **within one length of open water**. Be aware of approaching crews.
- A passing crew has the right to pass on the side of its choice if, and when, a safe pass can be accomplished. On 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**.
- 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**.
- A **passing crew** must complete their pass **prior to 100 meters in advance of entering a bridge arch**. If within 100 meters of a bridge and the crew being passed has indicated which bridge arch they will use, the passing crew may only proceed to pass using another valid bridge arch. Failure to do so can subject the passing crew to a penalty.
- **Crews being overtaken** by a boat from the next event **must yield** with a distinctly wide berth.

REGATTA RULES | 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 **may row exhibition only** from the race at the Marshal or Starter's discretion.
2. A crew that crosses the starting line without its required bow number will be **penalized 15 seconds**. Be prepared for rough waters. Tape the bow marker with duct/electrical tape.
3. A crew that fails to yield to a crew that is being summoned to the starting area, or that otherwise interferes with the staging area, shall be **penalized 10 seconds** by the Marshal or Starter.
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 Referee.
5. Red and yellow buoys mark the boundaries of the course. A **penalty of 10 seconds** may be applied for each buoy passed incorrectly.
 - A crew passes a buoy incorrectly, when a Referee determines that a part of the boat's hull passes on the wrong side of the buoy. However, oars may cross the buoy without penalty.
 - Crews may be disqualified for excessive crossing of buoy lines at the discretion of a Referee. (Penalty exception may be granted in the event of a safety issue. (e.g., avoidance of imminent collision with another boat)
6. A crew that fails to adhere to the Dockmaster's instructions may be **penalized 30 seconds**.
7. Any crew that passes or tries to pass in an unsafe manner, such as approaching or using the same bridge span, will be **penalized 60 seconds** or **be subject to disqualification** at the discretion of the Referee.
8. Any crew that fails to clear the Finish line immediately will be **penalized 10 seconds**.
9. A crew must pass through the Start and Finish line chutes, otherwise it will be assessed a **15 second penalty**.
10. Any crew that crosses from the warm-up/recovery/return lane onto the racecourse and/or interferes with boats on the racecourse shall receive a **30 second penalty** or **may be subject to disqualification** at the discretion of the Referee.