

24th Annual Head of the Estuary

Sunday, October 27, 2002

Welcome to the 24th Annual Head of the Estuary. Attached is all the information you may need to enter and come enjoy a wonderful regatta.

BIG CHANGES!!!!

This year the regatta will be able to row behind Coast Guard Island, which will mean a more scenic row, less big boat traffic and a lot more enjoyable time at the regatta.

This year also marks a changing of the guards in running the regatta, in the past the Lake Merritt Rowing Club has done a wonderful job putting on the regatta, but this year the Oakland Strokes and the Jack London Aquatic Center will co-host.

If you have any questions please feel free to call the Regatta Director:

Beth Anderson
510-919-9131
bjanderson12@attbi.com

Entry Information:

On the attached page please be sure to fill out all of the important information, contact person, etc... for your teams. Entries are due no later than **October 17th**, there will be **NO** entries accepted on the day of the regatta.

Trailer Information:

There will be a security service available to watch boats on Saturday afternoon/night if you park in the designated spots behind the soccer field (see attached map).

Waivers:

Each rower will need to have a USRowing Waiver. The USRowing Waiver is the last page of this document. Make copies for all your athletes. Please be sure to send them in, or have them with you when you pick up your registration, or you will not be allowed to race.

Head of the Estuary

REGATTA INFORMATION

- 1) The **regatta meeting** will be held at 6:00am at the Jack London Aquatic Center.
- 2) **Check-in** will be at the Jack London Aquatic Center. All crews must check in to receive their bow markers. Check-in will be open Saturday from 4:00 PM - 6:00 PM and again at 5:00am on Sunday.
- 3) **Weigh-ins** will be held on Sunday only from **6:00 AM – 8:00 AM at the Aquatic Center.** Crews must weigh in together. Competitors shall be weighed in racing uniform.

*****If lightweight crews/scullers do not make weight they may race for an “unofficial” time in their event, *THEY CANNOT SWITCH TO THE CORRESPONDING OPEN EVENT.***

Men:	165 pounds maximum, 160 pounds crew average
Women:	135 pounds maximum, no averaging
Coxswains:	No weigh-ins

- 4) Please allow adequate time to get to the starting line. Boats will be started in sequential order. Boats not starting in sequence will be assessed a **one-minute penalty**. A crew that arrives late for the start may, at the discretion of the starter, be allowed to start at the end of the event and a **one-minute penalty** will be assessed.
- 5) Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat. Failure to yield the right of way will result in a **one-minute penalty or disqualification.**
- 6) Due to obstacles it is imperative that crews follow the course and yield to the crew that is ahead at each bridge. The crew that has the lead has the right to continue though the bridge and the crew behind must yield.
- 7) **All race traffic must row through the finish line. Do not stop until your boat is well clear of all other race traffic coming through the finish area.**
- 8) **You must provide your own bow markers.** The Aquatic Center will provide contact paper with your bow number on it. **Crews without bow markers will not have their times recorded.**
- 9) The race schedule will be posted on our web site the Wednesday prior to the event.
- 10) **All entries must be received by THURSDAY, October 17, 2002. Faxed entries are acceptable if a copy of proof of payment is included. All entry fees must be received by Monday, October 21, 2002 or your crews will be scratched** fax number is (510) 893-9459.
- 11) There will be **NO** parking in the JLAC parking lot on the day of the event, boats may be dropped off (singles) and picked up. There is lots of parking around the center. Don't block driveways, etc... come early and avoid the crunch.
- 12) **Masters** will be raced against each other based on the average age of the boats, they will be racing in the following categories.... (A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
NO HANDICAPPING WILL OCCUR.

Entry Deadline: October 17th

2002 HEAD OF THE ESTUARY

ENTRY FORM

Masters rowers must be 27 years of age or older by Dec. 31, 2001. Your age on December 31, 2001 is used for classification and handicapping, and boat average age is rounded down (e.g. an eight with an average age of 35.9 would race with average age 35). Coxswains are not included in age calculations for the boat.

PLEASE PRINT LEGIBLY!!!! PLEASE PRINT LEGIBLY!!!! PLEASE PRINT LEGIBLY!!!!

[illegible]

Eight = \$60

Four = \$45

TOTAL AMOUNT: \$_____

Pair/Double = \$30

Single = \$20

Affiliation (club, school, or unaffiliated):

Contact person: **(Please Print)** _____

Address: _____

Phone #: _____

E-mail: _____

Make checks payable to **“Oakland Strokes”**.

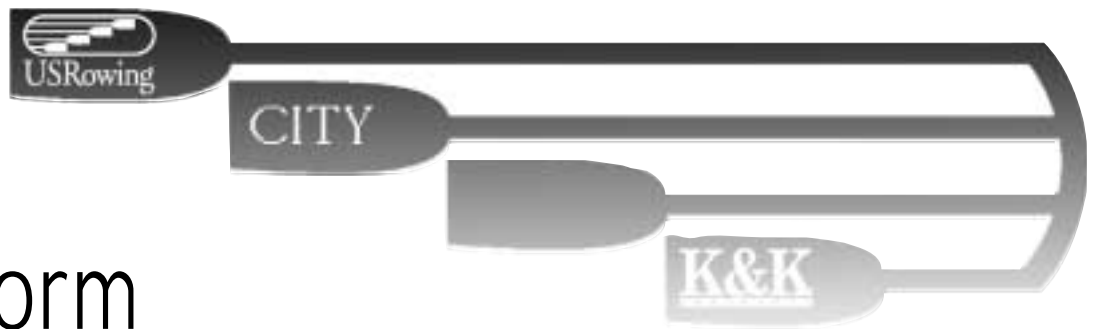
Mail to: **Oakland Strokes**
c/o Debbie Mills
4517 Pleasant Valley Court
Oakland, CA 94611

Questions? Call Beth Anderson (510)919-9131 or (510)522-7737 or email: bjanderson12@attbi.com

Entry Deadline: October 17th

Head of the Estuary List of Events 2002

Event #	Time	Event Name
1	7:30am	Women's Open 1X
2	7:30am	Women's Master 1X
3	7:30am	Women's Whaleboat
4	7:45am	Men's Open 8+
5	7:45am	Women's Junior 8+
6	7:45am	Men's Novice 8+
7	7:45am	Women's Master 8+
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
8	8:00am	Men's 21' + 1X
9	8:00am	Men's Open 1X
10	8:00am	Men's Master 1X
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
11	8:00am	Men's Lightweight 1X
	8:00am	Men's Open Aero 1X
	8:15am	Men's Master 4+
12		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
13	8:15am	Men's Lightweight 4+
14	8:15am	Women's Open 2X
15	8:15am	Women's Masters 2X
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
16	9:00am	Men's Junior 8+
17	9:00am	Women's Novice 8+
18	9:00am	Women's Open 8+
19	9:30am	Mixed Whaleboat
20	9:30am	Men's Whaleboat
21	9:30am	Open 2-
22	9:30am	Men's Open 4+
23	9:45am	Men's Master 8+
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
24	9:45am	Women's Master 4X
25		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
26	9:45am	Women's Open 4X
27	10:00am	Women's Open 4+
28	10:00am	Women's Lightweight 4+
29	10:00am	Women's Master 4+
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
30	10:15am	Men's Quad
31	10:15am	Men's Master 2X
		(A) 27 to 35yrs, (B) 36 to 42yrs, (C) 43 to 49yrs, (D) 50 to 54yrs, (E) 55 to 59yrs, (F) 60 to 64yrs, (G) 65 to 69 years.
32	10:15am	Men's Open 2X
33	10:15am	Open Mixed 2X
34	10:15am	Open Water Mixed 2X



Waiver Form

IN CONSIDERATION of being given the opportunity to participate in any

(NAME OF CLUB/REGATTA)

("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. **ACKNOWLEDGE**, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. **FULLY UNDERSTAND** that: (a.) **ROWING ACTIVITIES INVOLVE RISKS AND DANGERS** of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I **FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES** I incur as a result of my participation in the Activity.
3. **AGREE AND WARRANT** that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. **HEREBY RELEASE**, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releases herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I **WILL INDEMNIFY, SAVE AND HOLD HARMLESS** each of the Releases from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

Address:

STREET

CITY

STATE

ZIP

Phone:

Date:

Participant's Signature (only if age 18 or over):

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releases or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian:

Address:

STREET

CITY

STATE

ZIP

Phone:

Date:

Parent/Guardian Signature (only if participant is under the age of 18):