

Sunday, September 27, 2009
The King's Head Regatta XXIII
on the Schuylkill
King of Prussia, Pennsylvania
Upper Merion Boat Club for Competitive and
Recreational Rowing

Club Officers

Joe Hartnett, Commodore
Bill Howard, Secretary

Jeff Grogan, Vice Commodore
David McGovern, Treasurer

Regatta Committees

The Membership
Upper Merion Boat Club for Competitive and Recreational Rowing

US Rowing Officials

Robert Suter – Chief Referee
U.S. Rowing Officials

Computer Timing

Pete Beehler Jill Beehler Allen Witowski
Official Programming and Timing Sponsor
Pete Beehler at www.MacEasyComputing.com

Safety and Communications

Swedesburg Fire Company Rescue Unit – Lafayette Ambulance
Fairmount Fire Company Diving Unit – Jefferson Fire and Rescue

Cooperating Organizations

Upper Merion Park & Rec Department
Upper Merion Area School District
United States Rowing Association
Upper Merion High School Crew
Schuylkill Navy of Philadelphia
Pennsylvania Fish and Game Commission
Port Indian Civic & Boating Association
Norristown Schuylkill River Watershed Association
Frosty Falls
Mermelstein Family Trust

www.uppermerionboatclub.com

King's Head XXIII Regatta on the Schuylkill

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Scheduled Events

- 1) 10:10 1A – Men's Champ Singles
1B – Men's Club Singles
1C – Men's Veteran Singles (55-69: 6 sec/yr)
1D – Men's HS/Youth Singles
1E – Men's LW Veteran Singles (55-69: 6 sec/yr)
- 2) 10:35 2A – Women's Champ Singles
2B – Women's Club Singles
2C – Women's HS/Youth Singles
- 3) 11:00 3A – Men's Masters Fours (31 up: 6 sec/yr)
3B – Men's HS/Youth Quads
3C – Men's HS/Youth Fours
3D – Women's HS/Youth JV/Jr Fours
- 4) 11:30 4A – Men's Masters Doubles (31-49: 6 sec/yr)
4B – Men's Sr Masters Doubles (50 up: 7 sec/yr)
4C – Men's Collegiate Novice Doubles
4D – Women's Masters Doubles (31-44: 5 sec/yr)
4E – Women's Sr Masters Doubles (50 up: 7 sec/yr)
4F – Women's HS/Youth Doubles
4G – Women's Club Doubles
- 5) 11:55 5A – Women's Club Fours
5B – Women's Collegiate Fours
5C – Women's Masters Fours (31 up: 6 sec/yr)
5D – Women's HS/Youth Fours
- 6) 12:20 6A – Men's Novice Singles
6B – Women's Sr Masters Singles (45-54: 5 sec/yr)
6C – Women's Veteran Singles (55-69: 6 sec/yr)
6D – Men's Super Veteran Singles (70-up: 7 sec/yr)
6E – Women's Super Veteran Singles (70-up: 7 sec/yr)
6F – Women's LW Sr Masters Singles (45-54: 5 sec/yr)
6G – Women's LW Veterans Singles (55-69: 6 sec/yr)
- 7) 12:45 7A – Men's Club Eights
7B – Men's Collegiate Eights
7C – Men's HS/Youth Eights
7D – Women's HS/Youth JV/Jr Eights
- 8) 1:10 8A – Women's Open Quads
8C – Men's HS/Youth JV/Jr Fours
8D – Women's Masters Quads (31 up: 6 sec/yr)
- 9) 1:35 9A – Men's Open Doubles
9B – Men's HS/Youth Doubles
9C – Father/Son Doubles (6 sec/yr under 18
9D – Mixed Parent/Child Doubles 3 sec/yr for each
9E – Mother/Daughter Doubles Rower over 45)
- 10) 2:00 10A – Men's Masters Singles (31-44: 4 sec/yr)
10B – Men's Sr Masters Singles (45-54: 5 sec/yr)
10C – Women's Masters Singles (31-44: 4 sec/yr)
10D – Women's Novice Singles
10E – Men's Recreational Singles
10F – Women's Recreational Singles
10G – Men's LW Masters Singles (31-44: 4 sec/yr)
10H – Men's LW Sr Masters Singles (45-54: 5 sec/yr)
10I – Women's LW Masters Singles (31-44: 4 sec/yr)

- 11) 2:25 11A – Women's Club Eights
11B – Women's HS/Youth Eights
11C – Women's Masters Eights (31 up: 6 sec/yr)
11D – Men's HS/Youth JV/Jr Eights
- 12) 2:50 12A – Men's Club Fours
12B – Men's Collegiate Novice Fours
12C – Men's HS/Youth Fours
- 13) 3:15 13A – Men's Open Quads
13B – Men's Masters Quads (31-up: 6 sec/yr)
13C – Mixed Eights (THCE: 31 up: 6 sec/yr)
- 14) 3:40 14A – Mixed Doubles
14B – Mixed Masters Doubles (31-up: 6 sec/yr)
14C – Men's Pairs (31 up: 6 sec/yr)
- 15) 4:05 15A – Men's Masters Eights (31 up: 6 sec/yr)
15B – Women's HS/Youth Quads
15C – Mixed Masters Quads (31-up: 6 sec/yr)
15D – Sr Master's Mixed Quads (51 up: 7 sec/yr)

PRIZES

Specially commissioned King's Head gold and silver medals will be awarded to each individual of the crews finishing first and second in each event, regardless of the number of entries.

COURSE INFORMATION

The 3 mile course begins at Port Indian and proceeds down the middle third of the river to the top of Barbadoes Island and then along the island bank (portside) to the finish line. Crews should take caution of the fallen trees on the island bank. Crews must pass through the large orange colored course buoys and are responsible for steering a safe and predictable line.

There are two bridges: Boats should pass through lanes 1,2, or 3 of the first (railroad) bridge, and arch 1 or the portside half of arch 2 of the second (highway) bridge. There is a buoy-marked shallow area in the center of arch 2 of the highway bridge.

The finish line is 50 meters after the second bridge. Just after the finish line crews shall proceed for 100 meters and wait for clearance from the dockmaster before coming about to the recovery end of the dock in front of the boathouse.

Caution: There is a dam 200 meters beyond the finish line. All crews should take care to stay well above the dam while waiting to dock.

After finishing: Individuals and crews will be disqualified if they row past the recovery dock upriver to “cool down.”

Start: Each entrant will be responsible for arriving at the starting line five (5) minutes prior to scheduled starting time. All boats will launch from the Upper Merion Boathouse and should proceed along the Upper Merion bank (portside) through the first arch of both bridges and proceed with extreme caution upriver, staying well clear of the racing lanes and competitors who may row off course. Shoals and hazards will generally be marked and individuals and crews should proceed with normal caution on unfamiliar waters. All crews and coxswains are responsible for knowing the course passing rules and for checking the course map before leaving the dock. Crews proceeding more than 300 meters above the start line do so at their own risk.

RULES

Bow Numbers have been assigned in the order entries were received. The start will be supervised by officials on shore and on the water. Boats will be started at 10 second intervals in bow number order. Crews utilizing the course for practice must be off the course by 9:20 a.m.

Passing Rules: Any boat being overtaken must move toward the Upper Merion bank of the river. Overtaking crews must pull out and around and pass on the port side of slower crews. There is a “No Passing Zone” beginning 100 meters above the railroad bridge through 50 meters past it. Upon approaching the Railroad Bridge crews must point and align their boats to Lane 1, 2 or 3 and shout their commitment “LANE X” three times upon entering the No Passing Zone. An overtaking crew committed to the same lane must follow at a distance of at least one boat length until safely clear of the bridge.

**UPPER MERION BOAT CLUB FOR COMPETITIVE AND RECREATIONAL
ROWING**

The Upper Merion Boat Club for Competitive and Recreational Rowing welcomes individuals and crews to the King's Head XXIII Regatta on the Schuylkill.

We are proud to be part of the great rowing community. The friendly competitive atmosphere of KHXXIII will allow us to take a break from our regular rowing routines and celebrate the beauty of the river and the competition. We thank you for your support and encourage you to come back on Sunday, September 27, 2010, for King's Head XXIV.

We appreciate the contributions of our friends in the rowing society over the years and the professional efforts of US Rowing Officials who have helped start, marshal, and record the results of the King's Head Regatta.

Good Luck to all King's Head competitors!

For more information about the sport of rowing, contact:

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