

KING'S HEAD XXII

REGATTA on the SCHUYKILL

Sunday September 28, 2008

King of Prussia, Pennsylvania

Sponsored by the UPPER MERION BOAT CLUB for COMPETITIVE and RECREATIONAL ROWING

Regatta Information and Entry Forms available at www.uppermerionboatclub.com

What's Great...Friendly atmosphere, accurate and speedy results and medal presentations, great 3-mile course, www.regattacentral.com on-line registration and waivers with credit card payment, and web posted results...

What's New... New Master's age minimum, Only One New and Improved Upper Merion Boathouse Launch Site

CLASSES OF PARTICIPANTS

1. **HIGH SCHOOL:** Participants must on the day of the regatta be enrolled in any high school. Club and composite crews are permitted. Individual High School rowers/crews or coxswains cannot participate in any event with college crews.
2. **HIGH SCHOOL JUNIORS:** Participants must on the day of the regatta be enrolled in any high school and must not attain the age of 17 year of regatta. Club and composite crews are permitted.
3. **YOUTH:** Persons not attaining age 20, year of the regatta.
4. **NOVICE SINGLES:** Must not have competed in any singles event prior to January 1, or won a single sculling race prior to August 1, year of regatta.
5. **MASTERS SINGLES:** At least 30, but not 45, year of regatta. Handicap will be four (4) seconds a year, age 31 and over.
6. **SENIOR MASTER SINGLES:** At least 45, but not 55, year of regatta. Handicap will be five (5) seconds a year, age 46 and over.
7. **VETERAN SINGLES:** At least 55, but not 70, year of regatta. Handicap will be six (6) seconds a year, age 56 and over.
8. **SUPER VETERAN SINGLES:** At least 70, year of regatta. Handicap will be seven (7) seconds a year, age 71 and over.
9. **MASTER'S CREWS:** Crews with all rowers minimum age 30 with no individuals except coxswains below age 30. Crew average age 31 and over, (6) seconds a year, up to a maximum of 210 seconds. Note: Additional Senior Master's age categories will be created if there are at least two average age 30 and two average age 50 and over entries in any Master's event.***
10. **SENIOR MASTER'S CREWS:** Crews whose minimum average age is 50 with no individuals below age 30. Crew average age 51 and over, (7) seconds a year, up to a maximum of 210 seconds. ***
11. **TIME HANDICAPPED EVENTS (THCE):** Crew average age 30 and under, no handicap. Crew average age 31 and over, six (6) seconds a year, up to a maximum of 210 seconds. ***
12. **RECREATIONAL/ALDEN:** Open to all participants. Recreation Singles must be at least 18 inches wide and no more than 24 feet long. Entries should include age of entrant, boat model and manufacturer, width and length. New competitive categories will be created if adequate entries are received.
13. **CLUB/Individuals or Crews:** Club crews are composed of persons who, in the current calendar year did not finish in the top six places in any class or event at the EARC, EAWRC, Western Sprints, the IRA, Dad Vail, Cincinnati College Championships, Independence Day Regatta, or in any year finished in the top six places in any elite or open event at any national rowing championship, or national team trials. Individuals or members of "Club Crew" Entries may never have competed in any event above the "Intermediate" class in any of the events, in any year, as outlined above.
14. **Open Events:** Open to all except high school crews.
15. *****All age averages shall be rounded down to the whole integer.**

COURSE INFORMATION

1. **The 3.0 mile Course :** The course begins at Port Indian and proceeds down the approximate 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 on the course. There are two bridges: Boats should pass through lanes 1, 2, and 3 of the first (railroad) bridge and arch 1 and the portside half of arch 2, of the second (highway) bridge. **There is a buoy marked sunken hazard 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 approximately 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."

2. Start: Each entrant will be responsible for arriving at the starting line five (5) minutes prior to their 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 the 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 and passing rules and for checking the course map before leaving the dock. Crews proceeding more than 300 meters above the start line will do so at their own risk.

RULES AND INFORMATION

- 1. Bow Numbers:** 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 completely off the course by 9:20a.m.
- 2. 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 the railroad bridge. 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.
- 3. Prizes:** Specially commissioned **King's Head Medals** will be awarded to each individual of the winning crews when race results are confirmed and official. **First and 2nd place medals will be awarded in races having at least four entries. First place medals only in races with a minimum of two entries. No medals will be awarded in races with only one entry.**

REGISTRATION

- All entrants will be required to submit entries on printed official USRA entry forms mailed with checks or through www.regattacentral.com on-line with credit card payment. **A club "Release of Liability," executed by all participant's will be required to be submitted on Race Day for Unaffiliated crews. An "Individual Release of Liability" from rowers under the age of 18 on the day of regatta, signed by a parent or guardian, will also be required to be submitted on Race Day before bow numbers will be distributed.**
- Complete entries will include Names of competitors, Age year of regatta (if required), and payment in full for all entries. **All participating schools/colleges/organizations must be Organizational members of USRowing. All competitors of unaffiliated crews must be individual members of USRowing and include USRowing membership numbers on entry Release of Liability forms.**
- Events with only one entry will be scheduled. Participants can confirm entries by phone at 610-666-7828, 3-6 P.M. on September 24. Questions about entries can be forwarded by email to jill@maceasycomputing.com.
- 4. ENTRY FEES: Due and payable with "Complete Entries" postmarked on or before September 19, 2008. Mailed entries without checks or on-line entries without credit card payment will not be accepted.** There will be a \$10.00 late fee for each late on-line entry received after September 19 and each mailed entry postmarked later than September 19. Only On-line entries with credit card payment in full will be accepted after midnight on September 19, 2008. Note: Entries will not be accepted, in any form, after September 24, at 6:00 P.M.

Entry Fees: Singles	\$25.00	Doubles	\$40.00
Fours/Quads	\$55.00	Eights	\$75.00

***** Checks should be made payable to UMBCCRR and mailed to:**

UMBCCRR, c/o Tom Pappanastasiou

738 Hidden Valley Road, King of Prussia, PA 19406

Day Phone (610) 666-7828

email: jill@maceasycomputing.com

Check-in: Check-in will be held at the Upper Merion Boathouse on Sunday, September 28, 2008 only,

from 7:30 A.M. to 11:30 A.M. All crews must check-in to pick up bow numbers. Check-in will close promptly at 11:30 A.M and all unclaimed entrant packages will be discarded.

5. **Boat Storage:** Security patrolled, overnight storage will be available at the Upper Merion Boathouse. Overnight camping is not permitted and alcoholic beverages are not permitted at the Upper Merion Boathouse site.

TRAVEL INFORMATION

Overnight Lodging: There are motel/hotel units available in all price ranges within a five mile radius of the race course. For updates and cooperating lodging sponsors of the King's Head Regatta check for news, updates and links at www.regattacentral.com and www.uppermerionboatclub.com.

1. **Directions: Main Launch Site/Finish Line is located at Upper Merion Boathouse, near 1 Dekalb Street, Bridgeport, PA, 19405,** on the Schuylkill River about 5 miles north of the junction of the PA Turnpike (I-276), the Schuylkill Expressway (I-76), and U.S. Route 202 in King of Prussia.

2. **From this point:** Proceed North on Route 202 to Business 202, "DeKalb St. Bridgeport," bear right and travel about 1/2 mile to PA Route 23 make a right and follow detour signs to regatta site. **From I-95 North:** Take I-476 North to "Conshohocken Route 23" exit, take PA Route 23 West to Mill St. in Bridgeport and make a right turn two blocks to Front Street and make a left turn to regatta site at 1 Dekalb Street, Bridgeport, PA, 19405. **From I-76 East/West:** Exit at "Conshohocken Route 23", take PA Route 23 West to Mill St. in Bridgeport and make a right turn two blocks to Front Street and make a left turn to regatta site at 1 Dekalb Street, Bridgeport, PA, 19405

3. **For detailed directions go to** www.mapquest.com.

4. **Detour Note:** the U.S. Route 202 DeKalb St bridge between PA Rte 23 north to and 2nd Street in Bridgeport is closed.

King's Head XXII Regatta on the Schuylkill - Sunday, September 28, 2008
Scheduled Events

- | | |
|--|---|
| 1.) 10:10 1A- Mens Champ Singles
1B- Mens Club Singles | 1C- Mens Veteran Singles (55-69: 6 sec/yr)
1D- Mens HS Singles |
| 2.) 10:35 2A- Womens Champ Singles
2B- Womens Club Singles | 2C- Womens HS Singles |
| 3.) 11:00 3A- Mens Master Fours (31-Up: 6 sec/yr)
3B- Mens HS Quads | 3C- Mens HS Fours
3D- Womens HS/Jr Fours |
| 4.) 11:30 4A- Mens Master Doubles (30-49: 6 sec/yr)
4B- Mens SR Master Doubles (50-Up: 7 sec/yr)
4C- Mens College Youth Doubles (Not 20, yr of regatta)
4D- Womens Master Doubles (30-44: 5 sec/yr) | 4E- Womens Sr Master Doubles (50-Up: 7 sec/yr)
4F- Womens HS Doubles
4G- Womens Club Doubles |
| 5.) 11:55 5A- Womens Club Fours
5B- Womens College Fours | 5C- Womens Master Fours (31-Up: 6 sec/yr)
5D- Womens HS Fours |
| 6.) 12:20 6A- Mens Novice Singles
6B- Womens SR Masters Singles (45-54: 5 sec/yr)
6C- Womens Veteran Singles (55-69: 6 sec/yr) | 6D- Mens Super Veterans Singles (70-Up: 7 sec/yr)
6E- Womens Super Veterans Singles (70-Up: 7 sec/yr) |
| 7.) 12:45 7A- Mens Club Eights
7B- Mens College Eights | 7C- Mens HS Eights
7D- Womens HS/JR Eights (Not 17, yr regatta) |
| 8.) 1:10 8A- Womens Open Quads
8B- Womens HS Quads | 8C- Mens HS/Jr Fours (Not 17, yr regatta)
8D- Womens Master Quads (31-Up: 6 sec/yr) |
| 9.) 1:35 9A- Mens Open Doubles
9B- Mens HS Doubles | 9C- Father/Son Doubles (6 sec/yr for
9D- Mixed Parent/Child Doubles rowers under 18
9E- Mother/Daughter Doubles and/or Avg age over 35) |
| 10.) 2:00 10A- Mens Master Singles (30-44: 4 sec/yr)
10B- Mens SR Master Singles (45-54: 5 sec/yr)
10C- Womens Master Singles (30-44: 4 sec/yr) | 10D- Womens Novice Singles
10E- Mens Recreational Singles
10F- Womens Recreational Singles |
| 11.) 2:25 11A- Womens Club Eights
11B- Womens HS Eights | 11C- Womens Master Eights (31-Up: 6 sec/yr)
11D- Mens HS/JR Eights (Not 17, yr of regatta) |
| 12.) 2:50 12A- Mens Club Fours
12B- Mens College Youth Fours (Not 20 yr of regatta) | 12C- Mens HS Youth Fours (Not 20 Year of regatta) |
| 13.) 3:15 13A- Mens Open Quads
13B- Mens Master Quads (31-Up: 6 sec/yr) | 13C- Mixed Eights (THCE: 31-Up 6 sec/yr) |
| 14.) 3:40 14A- Mixed Doubles
14B- Mixed Master Doubles (31-Up: 6 sec/yr) | 14C- Mens Pairs (THCE: 31-Up 6 sec/yr) |
| 15.) 4:05 15A- Mens Master Eights (31-Up: 6 sec/yr)
15B- Open Mixed Quads | 15C- Master Mixed Quads (31-Up: 6 sec/yr)
15D- SR Master Mixed Quads (51- Up: 7 sec/yr) |

Date Rec _____ Dt Pd _____ Chk # _____ Amt Pd _____

Late Fee _____ Bal Due _____ Complete _____ Init _____

Event Number _____ Need Waiver _____ Phone Entry _____ Pd day of Regatta _____ Bow Number _____

Regatta Entry Form: King's Head XXII Regatta on the Schuylkill - Sunday September 28, 2008

Event Number _____ Event Title _____ Crew (A,B,C) _____

USRowing Organization Submitting Entry _____

If more than one organization is submitting entry, List all. If unaffiliated, designate as such

Print or type competitor's names

First Name	Last Name	USRowing Number Only	Age, Year of Regatta
Bow/Single Sculler		Required for Unaffiliated	(H.S., H.S.Jr., Youth,
		Entries	Masters, THCE Events)

- | | | | |
|-----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |
| 5. | _____ | _____ | _____ |
| 6. | _____ | _____ | _____ |
| 7. | _____ | _____ | _____ |
| 8. | _____ | _____ | _____ |
| COX | _____ | _____ | _____ |

Average Age rounded down to whole integer _____

Substitutions

- | | | | |
|----|-------|-------|-------|
| 1. | _____ | _____ | _____ |
| 2. | _____ | _____ | _____ |
| 3. | _____ | _____ | _____ |
| 4. | _____ | _____ | _____ |

Contact: _____ Phone Day _____ Phone Eve _____

Address _____

City _____ State _____ ZIP _____ email _____

Entry Rules and Procedures: (Homepage and last minute updates at www.regattacentral.com)

- All entrants will be required to submit entries on this form by mail with payment in full or at www.regattacentral.com on-Line with credit card payment. A club "release of liability", executed by all participants is required for mailed entries and must be submitted Day of Regatta. A "release of liability" from each rower under the age of 18, day of regatta, signed by a parent or guardian, will also be required. Unaffiliated rowers must be individual members of USRowing. Clubs/Schools/Colleges must be organizational members of USRowing. Complete entries will include names of competitors, age year of regatta for masters, age handicapped, junior and youth events) and payment in full for all entries. Late fees will be collected and all entry requirements must be met before entry packages are released and distributed.
- All events will be scheduled. Entries can be confirmed by phone, 3-6 p.m. on September 24 by calling Jill at 610-666-7828. There will be Medals only for events with more than one entry from two clubs.**
- Entry Fees (USD): Singles \$25.00 Doubles \$40.00 Fours/Quads \$55.00 Eights \$75.00**

Late Fees: There will be a \$10.00 fee for late entries received after September 19th. No

Telephone, fax, _____ or on-line unpaid entries will be accepted under any circumstances.

- Payments:** RegattaCentral on-line by credit card only or mailed printed entries with checks payable to **Upper Merion Boat Club** in **USD**, including signed waivers and mailed to:

UMBCCRR, 738 Hidden Valley Road, King of Prussia, PA 19406

On-time complete Entries and fees must be received or Postmarked by September 19, 2008.

Absolutely no entries will be accepted after 6:00P.M. on September 24, 2008.

- 5. **Information:** Phone Day Only 610-666-7828 *email:* jill@maceasycomputing.com
- 6. Clubs and individuals will be financially responsible for scratched and changed event entries after September 19th and late entry fees. Non-payment of the above types of entries may cause disqualifications in other events.

Copy for Additional Entries

Event Number	USRowing Organization Name or Unaffiliated	Bow Number
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King's Head Regatta on the Schuylkill/Upper Merion Boat Club for Competitive and Recreational Rowing, Inc.

Rowing Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement ("Agreement") Also for Minors

IN CONSIDERATION of being given the opportunity to participate in any way in the King's Head Regatta and Upper Merion Boat Club for Competitive and Recreational Rowing, Inc. ("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representative, 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 conditions in which the Activity takes place, or the negligence's of the Releasees named below; (c) there may be other risks, including property damage and loss, and social and economic losses either not known to me or not readily foreseeable at this time; 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 participant 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 participants, regatta organizers, any sponsors, advertisers, and if applicable owners and lessors of premises on which the Activity takes place, (each of considered one of the Releasees herein) from all liability, claims, demands, losses, or damages on my account or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability; INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage or cost which in any way may incur as the 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.

PARENTAL CONSENT FOR MINOR PARTICIPANTS UNDER THE AGE OF 18 (IS REQUIRED): 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 Releasees from all liability, claims, demands, losses or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees 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 Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or any cost which may incur as a result of any such claim.

USE ONE FORM FOR EACH MINOR – If used for MINOR, do not use for any other participants)**

Printed Name of Parent or Guardian: _____ Printed Name of MINOR _____

Address: _____ Phone _____ Date _____

Parent/Guardian Signature _____

Release for ALL OTHER PARTICIPANTS OVER THE AGE OF 18: Use One form for each event

Individual USRowing Member

Printed Name No. Required for Unaffiliated Entries Signature: Date

1. _____

2. _____

- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

Name and Address of person to whom all communications regarding this entry/release shall be directed (not required for MINOR):

Contact: _____ Phone Day _____ Phone Eve _____

Address _____

City _____ State _____ ZIP _____ email _____

***COPY THIS FORM FOR ADDITIONAL ENTRIES**

**** One copy of this form is required for each MINOR participant**

USE ONE FORM FOR EACH EVENT and/or USE ONE FORM FOR EACH MINOR PARTICIPANT