



HEAD OF THE MARINA

Marina del Rey
Saturday, October 31, 2009

Preliminary Schedule of Events:

7:30 am	Men's Masters 8+
	Women's Masters 8+
7:35 am	Men's Open 4X
	Men's Masters 4X
	Men's Junior 4X
7:40 am	Women's Open 4+
	Women's Collegiate 4+
	Women's Masters 4+
	Women's Junior 4+
7:45 am	Women's Collegiate Novice 8+
	Women's Junior Novice 8+
7:50 am	Men's - Collegiate Novice 8+
	Men's Junior Novice 8+
7:55 am	Women's Open 2X
	Women's Masters 2X
	Women's Junior 2X
8:00 am	Men's Open 1X
	Men's LtWt 1X
	Men's Masters 1X
	Men's Master LtWt 1X
	Men's Sr. Master 1X
	Men's Junior 1X
8:10 am	Men's Master Open Water 1X
	Men's Novice 1X
	Women's Novice 1X
8:15 am	Men's Open 2-
	Men's Master 2-

8:20 am	Men's Open 4+
	Men's Masters 4+
	Junior Men's 4+
8:25 am	Women's Open 4X
	Women's Master 4X
	Women's Junior 4X
8:30 am	Women's Open 1X
	Women's LtWt 1X
	Women's Master 1X
	Women's Master LtWt 1X
	Women's Junior 1X
8:35 am	Men's Open 2X
	Men's Master 2X
	Men's Master LtWt 2X
	Men's Junior 2X
	Mixed 2X
	Mixed Masters 2X
8:40 am	Mixed Open 4+
	Mixed Master 4+
8:45 am	Men's Open 8+
	Men's Collegiate 8+
	Men's Junior 8+
8:50 am	Women's Open 8+
	Women's Collegiate 8+
	Women's Junior 8+
8:55 am	Mixed Open 8+
	Mixed Masters 8+

Singles: \$20.00 Doubles/Pairs: \$35.00 Fours/Quads: \$50.00 Eights \$80.00

- This schedule is tentative and subject to change based upon entries received.
- Upon request additional events can be added.
- USRA age categories may be used when warranted.
- Lightweight men must not weigh more than 165 lbs, Lightweight women must not weigh more than 135 lbs.
- Coxswains may be of either sex, but must carry sufficient weight to weigh at least 110 lbs during the entire race.
- Events will have a standard rolling start with boats starting at 15-second intervals.
- Start and finish will take place off the CYC guest dock. Distance is 5,000 meters.

Questions:

Email any questions you have regarding the regatta to Craig Leeds: caleeds@pacbell.net



HEAD OF THE MARINA

S a t u r d a y, O c t o b e r 31, 2009

BOW MARKERS: CYC will provide bow markers. These markers will be collected at the end of the race. You will not receive your medal(s) if the bow number is not returned. All boats must have bow clips.

MASTERS HANDICAPS: The USRA Master's 1000-meter handicaps are converted into 5000-meter handicaps by multiplying by 5.

CHECK-IN:

- **Participants must check in at the CYC Boathouse on Saturday morning between 6:00 am and 7:00 am.**
- **CYC is located at: 4469 Admiralty Way, Marina del Rey, CA 90292**
- No check in after 7:00 am.
- All boats must be equipped with a bow ball and bow marker clip.
- Any boat without a bow ball will be declared unsafe and will not be permitted to race.
- All boats must have heel ties to provide for the quick release of the competitor's feet without the use of hands in case of capsize

PRE-RACE MEETING: All competitors/coxswains/coaches meet at the registration table at 6:30 am to review the course and rules.

BOAT / TRAILER STORAGE: Gated overnight parking is available at the club. All vehicles and items are stored at your own risk. If you wish to drop off boats before Saturday morning please email Craig Leeds at caleeds@pacbell.net.

MARINA QUIET HOURS: The Marina del Rey Harbor Master requires quiet prior to 8:30 am. All race warm-ups in the side basins must be conducted in silence. Rowers and coxswains are requested to keep noise to a minimum. Thanks for your compliance!

AWARDS: All competitors will receive a medal! They will be presented during the brunch or they can be picked up after the results have been posted.

BRUNCH: Don't miss it! Even if you don't race...make the trip for our brunch. This is an optional all you can eat buffet brunch which immediately follows the regatta at our clubhouse. Just pay at the door. To help us prepare please indicate on the entry form how many you expect will be attending the brunch. Brunch cost will be \$15 per person.

RACE COURSE RULES:

- **Traffic Pattern:** The traffic pattern is counter clockwise. Always stay to your starboard side in the side basins and the main channel. Beware of powerboats pulling out of slips and other traffic. Racing is allowed on either side of the harbor's outer channel buoy lines, both outbound and inbound. Course is open to regular Marina traffic, so **PAY ATTENTION AT ALL TIMES!**
- Be in the staging area 5 minutes before your start time.
- 30-second penalty for late arrivals to starting line.
- **Turning the Marks:** Turn markers are large orange or yellow inflatable buoys. Automatic disqualification for missing a turn marker. When rounding the turns keep the turn markers (inflatable buoys) off your port oars. Slower boats should not impede the progress of faster boats which are trying to pass.
- A 60 second time penalty or disqualification will be given to boats causing interference anywhere on the course.
- Return to dock after crossing finish line.

INSURANCE: CYC is not the insurer of the participants or their boats. Each competitor is urged to obtain their own insurance to the extent they deem prudent, including medical, liability and property coverage.

COURSE MAP: The course map is included and will be posted at registration on race day.



Recreational Activity Waiver, Release and Indemnification Agreement

Please Read Carefully - Each Rower/Coxswain MUST SIGN below to participate

I, the undersigned, intend to participate in the **Head of the Marina** regatta hosted by California Yacht Club ("CYC") in Marina del Rey on **October 31, 2009**. In consideration of the acceptance of my entry, I agree as follows for myself, my family members, heirs, assigns, personal representatives and next of kin:

1. **Express Assumption of Risk.** My participation in this recreational event is entirely voluntary, for my own enjoyment. I am aware that this activity and my use of CYC's facilities may involve risks, including, among other things, risk of serious personal injury, permanent disability or death from physical exertion, stress, sunstroke, hypothermia, hyperthermia, drowning, becoming lost, capsizing, boat collision, acts of third parties, shark attack, ocean and weather conditions, and I freely assume all risks, including unforeseen risks. I take personal responsibility for my own safety and my participation in this recreational activity, and acknowledge that I am free to withdraw at any time.
2. **Representations.** I represent that (a) I am an experienced rower and a capable swimmer and that I am healthy and physically fit to undertake this race; and (b) I will take proper safety precautions and comply with the US Coast Guard regulations and applicable laws, rules, regulations, and instructions; and (c) I will promptly notify the race committee if I withdraw from the race; and (d) I will obtain insurance to protect myself and my boat, and to protect CYC and others from my actions, to the extent reasonably prudent. CYC is entitled to rely upon the foregoing representations. I agree that CYC is not my insurer.
3. **Waiver, Release & Indemnity.** I promise not to sue CYC and, to the fullest extent permitted by law, I waive all claims, forever release and agree to indemnify and hold CYC harmless from and against all claims, demands, liabilities, losses, suits, costs and expenses including attorney fees, arising from my participation in this event or use of CYC's facilities, including any active or passive negligence of CYC, but excluding CYC's gross negligence or willful misconduct.
4. **Limits on Claims.** Any lawsuit including any cross-complaint against CYC arising from my participation in this activity or use of CYC's facilities, whether arising in contract, tort or otherwise, must be served on CYC within 180 days after the occurrence that first gave rise to the suit, or the suit and all causes of action shall be conclusively deemed forever waived and barred, regardless of any longer period provided under any applicable statute of limitations. In no event will CYC be liable for any indirect, special or consequential damages, whether arising in contract, tort or otherwise.
5. **Interpretation.** For purposes of paragraphs 3 and 4 only, "CYC" shall include California Yacht Club, its owners, affiliates, partners, officers, employees, representatives, committee persons acting in their official capacities, and the County of Los Angeles. This Agreement contains all of the understandings between me and CYC regarding the subject matter hereof, and I am not relying upon any promises, representations or inducements not contained herein. The waiver, release and indemnity provisions herein are continuing obligations and intended to be as broad, comprehensive and inclusive as permitted by law, but are not intended to assert any claims or defenses which are prohibited by law. The terms hereof shall be interpreted in

(continued on next page)



HEAD OF THE MARINA

ENTRY FORM

Saturday, October 31, 2009

Event _____

Name of Organization(s) submitting entry _____

(For Junior's and Master's)

	First Name	Last Name	Age as of 12/31/09
Single			

Crew	First Name	Last Name	Age as of 12/31/09
8			
7			
6			
5			
4			
3			
2			
1			

Cox			Average Age of Crew
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Contact Person: _____

Phone: (day) _____ (evening) _____ Email: _____

Address: _____

City: _____ State: _____ Zip: _____

Please indicate the number attending the brunch: _____

MAKE CHECKS PAYABLE TO: CALIFORNIA YACHT CLUB

Mail entries, waivers and checks to:

Craig Leeds - CYC HOTM
8132 Airline Avenue
Los Angeles, CA 90045

Late Entries add \$10 for each boat:
All entries must be received by Oct 24, 2009

Singles: \$20.00 Doubles/Pairs: \$35.00 Fours/Quads: \$50.00 Eights \$80.00