



HEAD OF THE OHIO

October 4 - 5, 2025

Presented By
UPMC Sports Medicine



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Welcome to the 2025 Head of the Ohio Regatta!

Three Rivers Rowing Association is thrilled to welcome you to the 38th annual Head of the Ohio Regatta! This event continues to offer opportunities for rowers and crews of all skill levels and abilities to compete on the picturesque Allegheny River in downtown Pittsburgh.

We are excited to some new and returning aspects to the 2025 Regatta:

- **The Lottie McAlice Championship Challenge:** The Lottie McAlice Championship Challenge (LMCC) will be held on Sunday, October 5, 2025. The LMCC will feature the top 10 finishers in Saturday's Open Women's 1x and Open Men's 1x competing in an 8K race around the Point of Pittsburgh and will include all of Pittsburgh's three rivers. There will be a \$2,000 cash prize for the winners of both the Women's 1x and Men's 1x races. More information is available later in this packet.
- **Collegiate & Open Divisions:** New this year, College programs will have the option to enter either the Collegiate or Open divisions with their entries. We believe this move will more accurately reflect the needs and speeds of the entire within these events.
- **Live Streaming Available:** In partnership with Overnight, the 2025 Head of the Ohio be live streamed through the Overnight platform!

The remainder of this packet contains information regarding entries, rules, the venue and other information about the regatta weekend. Please read this entire document completely. All athletes and coaches are responsible for the information contained in this packet.

Three Rivers Rowing would like to thank all of our staff, sponsors and volunteers for their leadership and efforts to organize this year's event. We could not do this without you!

Be safe and row well!

Three Rivers Rowing Association

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Dates & Schedule

Important Dates

- July 1, 2025: Registration opens on [Regatta Central](#).
- August 17, 2025: Early Bird Registration closes at 11:59pm.
- August 18, 2025: Standard Registration opens on [Regatta Central](#).
- September 26, 2025: Standard Registration and no-fee scratch window closes at 11:59pm.
- September 27, 2025: Late Registration window opens on [Regatta Central](#).
- September 29, 2025: Late Registration closes at 11:59pm
- October 2, 2025: Virtual Athletes, Coaches & Coxswain meeting will take place at 8pm via Zoom. A registration link will be sent out closer to the date.
- October 3, 2025: Trailers can begin arriving on Washington's Landing **after 5:30pm.**
- October 4, 2025: Racing begins. Trailers coming in for Sunday only can begin arriving for Sunday racing **after 5:30pm.**
- October 5, 2025: Final day of racing.

Athletes, Coaches & Coxswains Meeting

The Athletes, Coaches & Coxswains Meeting will be held on Thursday, October 2, 2025 at 8pm via Zoom. A Zoom link will be shared closer to the date of the meeting.

All competitors and coaches are responsible for all the information in this packet and any information given at the Athletes, Coaches & Coxswains meeting. All coaches, athletes who will be responsible for steering, and coxswains should plan to attend this meeting.

A recording of the meeting will be posted on the Three Rivers Rowing Association's YouTube Channel within the 24 hours after the conclusion of the meeting.

Island Access Schedule

Due to the normal business hours of our neighbors on Washington's Landing access to Washington's Landing for any team/program does not start until 5:30 pm on Friday, October 3rd. To ensure all trailers that are leaving on

Saturday have the ability to leave after racing, access to any team/program arriving on Saturday for Sunday only racing does not start until 5:30pm on Saturday. This includes access for team buses and chuck wagons. Vehicles arriving early will have to find another location (not on Washington's Landing) to wait until 5:30 PM each day.

Schedule Information & Order of Events

The preliminary schedule and order of events can be found here: [2025 Head of the Ohio Events.](#)

The Lottie McAlice Championship Challenge

In July of 1870, Lottie McAlice and Maggie Lew, both 16-years old, competed in a sculling race on the Monongahela River in Pittsburgh. This challenge race was promoted as the first female regatta and is often cited as the origin of women's competitive athletics in America.

The Head of the Ohio Regatta is excited to host the 2nd Annual Lottie McAlice Championship Challenge as part of the 38th Annual regatta this year. This event will feature 20 competitors, 10 men and 10 women, in an 8-kilometer singles race that will traverse all three rivers of Pittsburgh. The race will begin on the Monongahela River, cross the headwaters of the Ohio River at the historic Point of Pittsburgh, continue up the Allegheny River, and finish at the 30th Street Bridge in the Back Channel of Washington's Landing.

Qualification for the Lottie McAlice Championship Challenge will take place on Saturday, October 4th. The top 10 finishers in both the Men's Open 1x and Women's Open 1x will qualify to race in the Lottie McAlice Championship Challenge on Sunday morning, October 5, 2024. There will be cash prizes for the top 3 finishers in both the mens and womens categories with a **first place prize of \$2,000 in each event.**

[Lottie McAlice 8K Course](#)

Packet Pick-Up

Scullers and crew representatives must report to Regatta Registration on Washington's Landing to pick up their race packets. Packet Pick-Up will be open at the following times:

- **Saturday, October 4th from 6-10 AM**

- **Sunday, October 5th from 7am to 10am.**

Inclement Weather Information

The Chief Referee, Regatta Director and Regatta Safety Team will work together to monitor the weather continuously throughout the weekend.

In the event that inclement weather causes delays in the regatta schedule, the following weather plan will be utilized:

- Communication Plan: Weather-related schedule changes will be announced utilizing the following mediums:
 - [Regatta Central HOTO website via the "News" tab.](#)
 - An announcement will be made in the HOTO 25 GroupMe app and on all TRRA social media platforms. Accounts will be shared in a later Regatta Bulletin
- Schedule Change Priority System:
 - Delay racing to later in the same day.
 - Remove events based on shell type starting with the small boats and moving up based on conditions.
 - Remove events based on skill level starting with novices and recreational and moving up based on conditions.
 - Cancel the racing for a given day.
 - Cancel racing for the weekend.

Registration

USRowing Membership

All U.S. based organizations must hold active organizational membership with USRowing. Organizations can join or renew at [the USRowing website.](#)

For individuals to be compliant and eligible to compete in USRowing sanctioned events, all the following criteria must be met:

- An active USRowing Membership (Basic or higher).
- Current signed USRowing membership agreement and waiver
- Completed Self-Attestation (18 or older)
- Current with SafeSport training if considered a Relevant Adult Participant

Competitors can renew an expired membership and/or check their current membership status by logging in to their member profile [by clicking here](#).

To avoid delays at registration, teams should make sure all competitors have met these membership requirements prior to arriving at the event.

A current listing of your athletes, their member numbers, expiration dates, and SafeSport Training status can be found on the online team roster through the [USRowing Membership Portal](#).

SafeSport

SafeSport Member safety and well-being are priorities for USRowing and Three Rivers Rowing Association, and education is critical to prevent the harm that misconduct causes our members. In partnership with the U.S. Center for SafeSport, USRowing provides training on how to identify and prevent the various forms of misconduct. Effective January 1, 2023, all [Relevant Adult Participants](#) are required to take SafeSport training on an annual basis. If a relevant adult participant's SafeSport training is not completed prior to attending a regatta, the participant will not be allowed to participate.

As a member organization of the U.S. Olympic & Paralympic Committee (USOPC), USRowing, its employees, contractors, volunteers, officials, board members, committee members and other designees, members and organizational members (collectively, "Participants") are required to comply with the U.S. Center for SafeSport Code of the U.S. Olympic and Paralympic Movement.

As a registered participant in a USRowing sanctioned event, you are required to adhere to the USRowing SafeSport Policy Manual for the duration of the event. Additionally, reporting misconduct is vital to protecting athletes and preventing further incidents. Sexual Misconduct must be reported to the U.S. Center for SafeSport at <https://www.safesport.org/report-a-concern>. To report other forms of misconduct, including violations of the Athlete Abuse Prevention Policies, refer to the reporting protocols, including how to report a violation.

IMPORTANT: All relevant adult participants (defined here) must complete SafeSport training and be in good standing by the lineup entry deadline. If

this is not the case, the relevant adult participant will not be eligible to participate and will not be allowed to be on site.

[Click here](#) for more information on Safe Sport.

Entry fees:

Boat Class	Early Bird	Entry Fee	Late Entries (Received between Sep 27 - Sep 29)
1x	\$40.00	\$50.00	\$75.00
2-/x	\$55.00	\$65.00	\$90.00
4+ /x	\$75.00	\$85.00	\$120.00
8+	\$105.00	\$115.00	\$150.00

Entry fees become non-refundable after 11:59pm on September 26, 2025.

Crews representing an organization with an outstanding balance may not be allowed to compete until the balance is paid in full.

Scratches

The Scratch deadline is Friday, September 26th at 11:59pm. All scratches received after this time will not be refunded. All scratches must be reported at least one (1) hour prior to an event or no later than 10:00 a.m. on race day, whichever is earlier.

Competition Information

Entry Limits

The Head of the Ohio reserves the right to limit the number of entries in any one event. Confirmed entries will be posted on the [Regatta Central website](#).

Racing in Multiple Events & Hot Seating

All competitors may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, land, re-queue, and launch in time for an additional event.

Competitors will not be allowed to land or launch out of order and hot-seating of athletes and/or equipment is strongly discouraged.

The Head of the Ohio Regatta accepts no responsibility for missed start times and will issue no refunds on that basis.

Definitions

All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

No event within the Head of the Ohio regatta may have collegiate competitors rowing against youth competitors.

- Youth competitors must row in Youth events only (i.e., not in Collegiate or Open events).
- Youth coxswains may not cox a boat in any event where Collegiate crews are competing.
- Collegiate competitors must row in Collegiate or Open events only (i.e., Collegiate, Collegiate Novice, and Open).

Failure to comply will cause the results of the competitor(s) to be excluded.

Masters: In accordance with USRowing Rules, a master is a competitor who has attained or will attain the age of 21 during the current calendar year. Age is determined by the competitor's age as of December 31, 2025. The average age of a boat will be used for multiple-competitor boats, rounded down to the nearest whole number. Masters events will be divided into as many separate USRowing Masters categories as possible. The Head of the Ohio retains the right to combine categories if less than three entries have been received in any one category.

A Masters crew shall be composed exclusively of Masters rowers, but the coxswain need not be a Master. Masters crews shall be classified by age according to the categories found in the [2025 Rules of Racing](#). The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of

a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master (i.e., 21 or older in rowing age) and so long as the average age of the crew falls within the applicable category.

Handicaps will be applied for all boats using the standard USRowing handicaps for a 1,000 meter course and will be multiplied by 4.1 to factor for the length of the course. Please see [USRowing Rules of Rowing](#) for more information.

Collegiate: must currently be enrolled full-time at a college, university, or community college.

High School/Youth: A rower, sculler or coxswain who in the current calendar year does not attain the age of 20, or who is and has been continuously enrolled in a secondary school as a full-time student seeking a diploma.

Second 8+ Event (2V): The second boat for organizations competing in the varsity race of the same event. If a 2nd boat entry is submitted, those teams must also be entering a Youth 8+ boat. The Youth boat entered shall be the faster of the two 8+'s.

U17 Events: A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.

Open: Any competitor that is not a youth or high school rower. High School rowers and coxswains are not allowed in this event.

Novice (scull): Any rower who has not competed in any sculling event prior to January 1, 2025.

Novice (sweep): Any rower who is eligible to row as a freshman/novice at their own institution or has not rowed in a race prior to January 1, 2025.

Lightweight:

- **Men.** The weight of each individual rower/sculler in a boat must not exceed 165 pounds.
- **Women.** The weight of each individual rower/sculler in a boat must not exceed 135 pounds.
- **NOTE:** We will use the honor system for the 2025 Head of the Ohio. There will be no weigh-in's.

Quadruple Sculls: With or without coxswain.

Composite Boats: Must be registered as composite.

Mixed: Boat entries in this category must consist of 50% athletes of any gender identity and 50% athletes assigned female at birth.

Recreational: The Recreational category is for Adult Rowers who practice on average two days per week and have not medaled in any USRowing national or elite events, or international events. This category includes such crews as those rowing as a corporate crew, in a summer rowing league, as novices (in first year of rowing), or other occasional rowers. A crew may NOT enter a Masters event and also a Recreational event. Recreational Rowers can be or will attain the age of 21 and over during the current calendar year.

Gender Identity: TRRA is committed to a fully inclusive organization and event. Competitors shall self identify for any event they choose to enter at the Head of the Ohio Regatta - no questions asked. TRRA and the Head of the Ohio will not accept any challenges to an athlete's self identification.

Para & Adaptive Definitions:

- **Inclusion:** A crew entered in the "inclusion" event must be comprised of an equal mixture of Para/Adaptive and non-Para/Adaptive rowers.
- **PR1:** A competitor who has a US or International PR1 sport classification. ([International and US Classification information and deadlines can be found here](#)).
- **PR2:** A Competitor who has a US or International PR2 sport classification. ([International and US Classification information and deadlines can be found here](#)).
- **PR3 VI or PR3 PI (Visual Impairment or Physical Impairment):** A Competitor who has a US or International PR3 sport classification. ([International and US Classification information and deadlines can be found here](#)).
- **Equipment:** All rowers who row in the Para/Adaptive races must row with the prescribed equipment, which must be used according to the boat and sport class. Equipment in this context refers to hull type, strapping and pontoons. Only PR1 and PR2 have such equipment restrictions. There are no equipment restrictions or requirements for PR3.

The Inclusion events are listed as a combined event. Crews consisting of men, women, or mixed lineups may enter. Races may be separated by category if the number of entries necessitates separation.

Rules & Regulations:

[USRowing's 2025 Rules of Rowing](#) will govern this event

USRowing licensed referees and referee candidates will officiate the Head of the Ohio to ensure safety and fairness.

Unsportsmanlike Conduct

Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator.

A crew that engages in unsportsmanlike conduct may be assessed a penalty by a race official.

Any team member, including a competitor, who engages in unsportsmanlike conduct, on or off of the water, at any time during the regatta, may have his or her further participation at the regatta curtailed or prohibited by a race official.

A crew may be subject to an "unsportsmanlike conduct" penalty if a person affiliated with their organization, including spectators and parents, engages in abusive behavior toward any official, team member, regatta staff/volunteer, or other spectator or engages in the use of an unapproved drone at the regatta venue. An "unsportsmanlike conduct" penalty issued for the use of a drone will carry a presumed penalty of "Disqualification".

If you or one of your athletes witnesses unsportsmanlike conduct of any kind, please refer to the USRowing Code of Conduct on how to escalate the matter.

Penalties

Minor Violations: (10 seconds):

- Each buoy missed on the course
- Shells without bow numbers at the finish
- Purposely starting out of order against the directions of the Starter
- Failure to follow traffic rules in the launching, docking, start marshaling, or practice area
- Unsportsmanlike conduct

Major Violations: (30 seconds):

- Interference with crews marshaling in the start area
- Not granting right-of-way for overtaking crews
- Missing buoy chute at start
- Missing buoy chute at finish
- Failure to pass through the appropriate span of any bridge as marked on map.

Major Violations: (60 seconds):

- Interfering with another shell's safe course

Exclusion

- Not arriving at the start within thirty (30) seconds of last entrant in their event
- Not complying with specified classification of events
- Interference with a racing shell by a non-racing shell
- Causing a collision
- Rowing the course with the wrong bow number

Objections

A Crew wishing to lodge an objection shall signal to the Referee immediately after finishing the Race by having a member of the Crew raise his or her hand until the attention of the Referee has been gained. Alternatively, if their hands are strapped, a Rower may clearly call out "Objection!" so that the Referee hears. It is the responsibility of the Rower to ensure that the Referee hears the call and is aware of the objection.

Bow Markers & Shirt Bibs

Bow markers and shirt bibs must be picked up at registration. Bow markers must be affixed on the bow of the racing shell by way of an appropriate bow marker holder. Shirt bib numbers must be worn visibly on the back of the bow-seat, even in a bow-coxed shell.

Weigh-Ins

We will use the honor system for all lightweight events. There will be no weigh-ins for rowers or coxswains.

Equipment Safety

All equipment will be held to the safety standards and regulations outlined in the [2025 USRowing Rules of Rowing](#). Equipment not in compliance with these rules will not be allowed to launch.

Medals & Trophies

Results

Results can be found on [Crewtimer.com](https://www.crewtimer.com)

Medals

Gold, Silver and Bronze medals will be awarded to all events provided that the crew earning a medal beats at least one other crew with their respective event.

Any events in which an Objection was made may delay the awarding of medals for that event. All Objections will be adjudicated by the Chief Referee and Jury of US Rowing officials. We are treating each race day as a separate race event. Medals not awarded or retrieved 30 minutes after the last race returns will be mailed after the event.

Medals will be available at the Awards Tent on Washington's Landing once results are confirmed as official. Youth rowers should send a coach to pick up medals.

Trophies

Select events on each day have a trophy for the winning crew. Three Rivers Rowing Association will allow winning teams of those select trophies to take a picture with the trophy, but the trophy must be given back to Three Rivers Rowing Association before departing the regatta.

Venue Information

Head of the Ohio Regatta Operations - Washington's Landing

[Three Rivers Rowing Association](#)

[300 Waterfront Drive](#)

[Pittsburgh, PA 15222](#)

Finish Line Spectator Zone

[PNC Park](#)

[Mazeroski Way](#)

[Pittsburgh, PA 15212](#)

Spectator Parking Information

Spectator parking will be available for \$10 per day at the Alco Parking Lot (1101 Smallman St. There will be shuttle service between the parking area, Washington's Landing and the Finish Line Spectator Zone throughout the weekend.

Island Access & Drop Off

Washington's Landing will be restricted to trailer, coach, officials, and accessible parking for individuals with disabilities only!

Drop off will be available on both days but cars must immediately leave the island after making their drop off. Any cars found illegally parked on Washington's Landing will be towed at the owner's expense.

Buses are not allowed to park or stand/wait on Washington's Landing. Buses can drop off and pick up on Washington's landing but cannot park or stand on the island at any point on race days. Teams should not call for their buses to pick them up until the entire team is ready to load.

Trailer Parking

Parking for boats and trailers will be available on Washington's Landing beginning Friday, October 3rd (after 5:30pm) through the end of the event Sunday, October 5th. In agreement with the local businesses, parking for trailers will not be available until after 5:30 pm on Friday evening, October 3rd.

In order to allow Saturday race participants and trailers to move off the island, access to the venue for Sunday participants and trailers will not be available until 5:30pm on Saturday evening, October 4th. Please do not come earlier on either day.

A form to register for your Team Shell Parking Permit will be available in August 2025.

Car Top

Boats being cartopped to the Head of the Ohio will park on and launch from Washington's Landing. Volunteers will direct you to the appropriate location for boat unloading and parking. You can enter the address below into your GPS to the car top area:

[300 Waterfront Drive
Pittsburgh, PA 15222](#)

A form to register for your Car Top Parking Permit will be available in August 2025.

Team Utility Trailer Parking

Team utility trailers (Chuckwagons) must purchase a parking permit & Tent Reservation in advance to ensure entry onto Washington's Landing. The parking permit is \$50.00 and will include a parking space for the trailer and one tow vehicle on Washington's Landing.

Team utility trailers should plan to arrive at Washington's Landing after 5:30pm on Friday, October 3rd, or after 5:30pm on Saturday, October 4th. A volunteer will direct you to an appropriate unloading and parking location.

A form to register for your Team Utility Trailer Parking Permit will be available in August 2025.

Team Tent Set Up

Team Tents can be set up in the designated areas only on the island for the regatta. There will be overnight security on both Friday and Saturday on regatta weekend. Tents and all supplies are still set up at the owners own risk and Three Rivers Rowing Association takes no responsibility for damage or theft that may occur.

Tent space is limited to a 20'x30' section per reservation. Teams will be able to reserve tent space during the registration process in Regatta Central and will be limited to one space per team.

Overnight Security

While the Regatta provides security for the Washington's Landing boat and tent areas both Friday and Saturday nights, visiting crews are advised to take all reasonable precautions as the Regatta will not assume responsibility for the safety of equipment.

Hotel Information

Head of the Ohio has partnered with HBC Events for hotels and accommodations for this year's regatta. Please use the link below to see available hotel deals on race weekend.

[Head of the Ohio Hotels: 2025](#)

Trash Disposal

The Head of the Ohio Regatta has partnered with Pennsylvania Resources Council and Zero Waste PA to minimize the amount of waste headed to a landfill, with a goal of 90% or more diversion.

To reach this goal, we need your help and cooperation. Please review the guidelines linked below to reduce packaging waste. Review the adjoining chart to preview the waste diversion practices PRC implements at events that you will be asked to follow.

[Zero Waste PA](#)

FIRST AID

City of Pittsburgh paramedics will be on-site throughout the day.

Race Course & Traffic Patterns

The 2.5 mile (4,100m) course is on the Allegheny River. Rowers will race downstream, finishing just before Point State Park at the Ft Duquesne

Bridge. The finish line will be marked by a tent located on the Pittsburgh side of the river and two large pyramidal buoys on the river itself.

The start line will be the mooring cell located near the top of Washington's Landing on the right descending bank of the island. There will be buoys marking both the starting chute and starting line.

Rowers will pass under 8 bridges while racing along the Allegheny River.

[Head of the Ohio Course Map - Video](#)

- Please be sure to read the description of the video for important information about the course and racing at Head of the Ohio.

Practice

Docks will **NOT** be available to visiting crews for practice at any time during regatta weekend.

Contacts & Links

Name	Role	Phone	Email
Matt Logue	Race Director	412-231-8772	mattlogue@threeriversrowing.org
Regatta Questions			regattas@threeriversrowing.org
USRowing	Sanctioning Organization	800-314-4769	members@usrowing.org
Regatta Central	Registration		support@regattacentral.com