

HEAD RACE:

A Head Race is a race where competitors race a time trial over a set distance. Boats are "started" single file approximately every 20 seconds and compete against the clock in order to determine a winner. Competitors are permitted to pass other boats and coxswains play a very important role in a boat's success. Head races typically are 4,000 to 6,000 meters in length. This is different than "sprint races", which are typical in spring and summer.