

# 25th Annual Tail of the Lake Regatta

Hosted By Holy Names Academy

## 2019 General Information Packet



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<b>Date</b>	Sunday, October 6, 2019
<b>Location</b>	Lake Union – Seattle, Washington
<b>Distance</b>	4,000 meters
<b>Time</b>	Racing 7:30 a.m. – 12:30 p.m.
<b>Coach/Cox Meeting</b>	6:00 a.m. at Gas Works Park
<b>Packet Pick Up</b>	Saturday, October 5 8 a.m. – 10:30 a.m. (at Lake Washington Rowing Club) <b>OR</b> Sunday, October 6 5:30 a.m. – 6:00 a.m. (at Gas Works)
<b>Entry Deadline</b>	Monday, September 30 (late entries accepted through Wednesday, October 2 with a 50% surcharge)
<b>USRA</b>	This is a USRA sanctioned event with USRA officials, subject to the USRA Rules of Rowing 2019 Edition.

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**Entries** Entries are submitted, accepted, and managed through [Regatta Central](#). Entry deadline is Monday, September 30 with a 50% late entry surcharge for entries submitted after this date. See page 3 of this Information Packet for a full list of events and flights.

**Junior** Anyone 18 years old or younger, or who is enrolled in high school

**Note For Junior Crews**

- Varsity crews enter Open events
- JV crews enter Junior events
- 3V, 4V, and 5V crews enter Junior JV events

**U17** Anyone who will not turn 17 before 12/31/19.

**Middle School** The middle school designation is reserved for the junior sculling and Open 1x events. To be eligible for middle school awards, all athletes in a line-up must be enrolled in middle school. The entry must be marked as middle school during the **entry submission** process on Regatta Central.

**Open** Anyone may race in the Open events. **Varsity level Junior boats must compete in the Open category.**

**Master** Anyone who is at least 21 years old by December 31, 2019

**Novice** **Open**, anyone who has not rowed before October 6, 2018. **Master**, anyone who has not rowed before October 6, 2017.

**Mixed** A crew competing in a mixed event must not be more than 50% male, not including the coxswain.

Racing is divided into 3 flights. At the end of each flight, boats can return to their launching locations and make their rower/boat exchanges for the next flight. The spread between boats in the same category is approximately 15". The spread between event categories is approximately 60".

**Entry Fees** Entry fees are charged per boat. Entries submitted after Monday, September 30 will be assessed a 50% late entry surcharge.

**1x = \$30      2x = \$60      4x/4+ = \$100      8+ = \$180**

**Online Waivers** Each participant must sign and submit a 2019 USRA waiver. This should be done online via the USRowing website prior to race day. If you have not yet signed a 2019 USRA waiver. Packets will not be distributed and crews will not be allowed to race if they are not 100% compliant.

**Course** The [Course](#) is located on Lake Union, starting at the Chevron gas station on the south shore just east of the Aurora Bridge, following the shoreline around south Lake Union and finishing in front of Gas Works Park. Check out the [course video](#) for an on-the-water view!

<b>Regatta Packets</b>	Regatta packets may be picked up on Saturday, October 5 at Lake Washington Rowing Club (910 N Northlake Way) between 8 a.m. and 10:30 a.m. Packets will also be available at the registration table on race day. Registration opens at 5:30 am at Gas Works Park on Sunday, October 6. Regatta packets, which include bow numbers, race schedule, and course maps, are distributed at this time to teams/rowers who have met the fee and waiver requirements.  A single regatta packet is created per Regatta Central account. In other words, if two people from the same club make entries for their teams under their individual Regatta Central accounts, then two separate packets will be made.
<b>Coaches/Cox Meeting</b>	The Coaches/Coxes meeting is at Gas Works Park on Sunday, October 6 at 6:00 a.m. In the event of fog or other weather delays, the meeting is held as scheduled and the flight schedule moved back in 30 minute increments as needed.
<b>Weigh-Ins</b>	Coxswain weight is on the honor system. Weights must be: Cox for men & mixed: 120 pounds minimum Cox for women: 110 pounds minimum
<b>Right of Way</b>	A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead. On those portions of the course that are straight, a crew being overtaken shall move to the right and allow the overtaking crew to pass. Where the course turns, a crew being overtaken shall move to the outside of the turn and allow the overtaking crew to pass along the shorter path. Nevertheless, passing is not allowed, nor is the crew being overtaken required to yield, in cases where the overtaking crew's position clearly prevents safe passage or where there is insufficient room to yield. (See Appendix to Article VIII in USRA Rules of Rowing 2019).
<b>Awards</b>	Medals are awarded for the 1 <sup>st</sup> place finishers and ribbons are awarded for 2 <sup>nd</sup> and 3 <sup>rd</sup> place finishers in each event. Awards may be collected at Gas Works Park during the regatta or at Lake Washington Rowing Club after the regatta once results have been determined. Final results will be posted at <a href="http://www.herenow.com">www.herenow.com</a> . Unclaimed medals and ribbons can be picked up on the Monday following the regatta. Medals and ribbons will not be mailed.
<b>Handicap</b>	Masters events will be handicapped using the <a href="#">USRowing handicaps</a> for 1,000 meters, multiplied by 4, based upon the average age of the rowers NOT including the coxswain. If your masters entry does not specify an average age, then your time will be calculated based on 21 years old.
<b>Bow Numbers</b>	Each boat will receive a 3-digit bow number in their regatta packet. Please return bow numbers to Gas Works or LUC or place in marked container at Lake Washington Rowing Club, Seattle Pacific University, College Club, Lake Union Crew, or Pocock Rowing Center.
<b>Shell Safety</b>	Each shell must have a supple or plastic ball at least 4 centimeters in diameter, firmly attached and mounted on its bow and quick release footwear or heels attached with strings to allow quick release. Each boat in which the body of the coxswain is enclosed or partially enclosed within the hull (i.e., bow coxed boats) must have an opening at least 2.3 feet (70 centimeters) long and, for a length of at least 1.64 feet (50 centimeters), the opening must be as wide as the inner hull. In addition, the inner surface must be smooth and free of any obstacles, devices, or structures that would hinder a quick exit by the coxswain.
<b>Video</b>	A video camera is at the finish line to verify results.
<b>Refunds</b>	There are no refunds available.
<b>Trailer &amp; Crew Parking</b>	Parking for crews, trailers, and rigging areas will be located at various local boathouses. Honeybuckets will be provided by the regatta at each location. Visiting crews are responsible for containing and removing their team's trash and recycling. Please <a href="#">notify us</a> if you are bringing a trailer and we will confirm a launching location for you.
<b>Spectators</b>	Family, friends and teammates can enjoy a full view of the race course and be right at the finish line at Gas Works Park.
<b>Food Etc.</b>	Coffee, treats, and concessions available at Gas Works Park. <b>Note, team tents are not allowed due to the permit status.</b>
<b>Regatta Shirts</b>	Commemorative regatta shirts, will be available at Gas Works Park on race day. The <a href="#">design</a> is posted on Regatta Central!
<b>Your Hosts</b>	Holy Names Academy Crew welcomes you to the 25th annual <a href="#">Tail of the Lake Regatta!</a>

Regatta Chairperson: Caitlin McClain  
Registration: [Regatta Central](#)

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### Events by Flight

Flight #1 7:30 AM		Flight #2 9:30 AM		Flight #3 11:15 AM	
1	M 8+	15	M Jr 8+	31	M 4x
2	W 8+	16	M Mst 8+	32	M U17 8+
3	M Nov 8+	17	M 4+	33	M Jr JV 8+
4	W Nov 8+	18	M Jr 4x	34	W 4x
	1' Break	19	M Mst 4x	35	Mx Mst 4x
5	M Jr 4+	20	W Jr 8+	36	M 2-
6	M Mst 4+	21	W Mst 8+	37	W U17 8+
7	M Jr 2x	22	M 2x	38	W Jr JV 8+
8	M 1x	23	M Mst 2x	39	Mx Mst 8+
9	W Jr 4+	24	W 4+	40	Mx Mst Adp 2x
10	W Mst 4+	25	W Jr 4x	41	Mx Mst 2x
11	W Jr 2x	26	W Mst 4x	42	W 2-
12	W 1x	27	W 2x	43	M Nov 4+
13	M Mst 1x	28	W Mst 2x	44	W Nov 4+
14	W Mst 1x	29	M Nov 4x+	45	M Mst Nov 8+
		30	W Nov 4x+	46	W Mst Nov 8+

### Events by Category

		1x	2x	2-	4+	4x(+)	8+
Men	*Open	Flight 1	Flight 2	Flight 3	Flight 2	Flight 3	Flight 1
	Junior		Flight 1		Flight 1	Flight 2	Flight 2
	Junior JV						Flight 3
	Master	Flight 1	Flight 2		Flight 1	Flight 2	Flight 2
	Novice				Flight 3	Flight 2	Flight 1
	U17						Flight 3
Women	*Open	Flight 1	Flight 2	Flight 3	Flight 2	Flight 3	Flight 1
	Junior	Flight 2	Flight 1		Flight 1	Flight 2	Flight 2
	Junior JV						Flight 3
	Master	Flight 1	Flight 2		Flight 1	Flight 2	Flight 2
	Novice				Flight 3	Flight 2	Flight 1
	U17						Flight 3
Mixed	Master		Flight 3			Flight 3	Flight 3

**\*IMPORTANT: Varsity Junior crews enter Open events.**