

# 2<sup>nd</sup> Annual Seattle Henley Regatta

Hosted By Lake Union Crew



## 2010 General Information Packet

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<b>Date</b>	Sunday, March 21 <sup>st</sup> , 2010
<b>Location</b>	Lake Union – Seattle, Washington
<b>Distance</b>	1,000 meters
<b>Time</b>	Coach/Cox Meeting 6:00 a.m.; Racing 7:30 a.m. – 11 a.m.
<b>Coach/Cox Meeting</b>	6:00 a.m. at Gas Works Park
<b>Entry Deadline</b>	Friday, March 12 <sup>th</sup> (late entries accepted through Wednesday, March 17 <sup>th</sup> , space permitting, with a 50% surcharge)
<b>USRA</b>	This is a USRA sanctioned event with USRA officials

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**Entries** Entries are submitted, accepted, and managed through [Regatta Central](#). Entry deadline is Friday, March 12th. See page 3 of this Information Packet for a full list of events and flights.

Racing classifications include Junior, Master, Novice, and Open categories.

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

**Open** Anyone may race in the Open events.

**Master** Anyone who is at least 21 years old by December 31, 2010

**Novice** Anyone who has not rowed before June 1st, 2009

**Race Format** The format of this regatta is a time trial followed by a Henley-style duel for the top two finishers in each category. In the time trial, boats will be sent off in 10 second intervals and times will be calculated. The top two boats will be announced at the finish line and will proceed to the start line for the final. Medals will be presented to the champions on the water.

**Race Progression** Races will progress such that the finals occur directly following the time trials of the subsequent flight. For example, the finals of Flight #1 (events 1-3) will occur after the conclusion of Flight 2 time trials (events 4-6). This will allow winning crews ample time to return to the start line for their duel.

**Race Categories** In an effort to keep the Seattle Henley Regatta as a half day event, categories offered are based upon the popularity of entries of the Green Lake Regattas, Tail of the Lake, and Head of the Lake.

**Entry Fees** Entry fees per boat are as follows:

1x = \$20    2x,- = \$30    4x,+ = \$50    8+ = \$100

**Online Waivers** Each participant must sign and submit a 2010 USRA waiver. This should be done online via the USRowing website prior to race day. If you have not yet signed a 2010 USRA waiver: [USRowing members click here](#), and [non-members click here](#). Crews will not be allowed to race if they are not 100% compliant.

**Course** The course is located on North Lake Union, starting near Ivar's Restaurant and ending at Gas Works Park.

# Seattle Henley Regatta

## 2010 General Information Packet, Cont'd



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<b>Check In</b>	Check-in/packet pick-up opens at 5:30 am at Gas Works Park on Sunday morning, March 21 <sup>st</sup> . Regatta packets are prepared based on Regatta Central User IDs and will be distributed to teams/rowers who have met the fee and waiver requirements. Regatta packets include bow numbers and course maps.
<b>Coaches/Cox Meeting</b>	The Coaches/Coxes meeting is at Gas Works Park 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 in 1/2 hour increments as needed. Weather and schedule updates will be communicated at Regatta Headquarters and via the LUC website.
<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>Awards</b>	Medals are awarded for the 1st place finishers and will be presented to the winners on the water immediately following each Henley duel final. Results will be posted online.
<b>Handicap</b>	Masters events will be handicapped using the <a href="#">USRowing handicaps</a> for 1,000 meters, based upon the average age of the rowers, excluding the coxswain. If your masters entry does not specify an average age, then your time will be calculated based on 21 years old. <b>Time Trial:</b> Handicaps will be at the finish of the race. <b>Henley Final:</b> The handicap will be applied at the start of the race. See the <i>Henley Final</i> section of the <a href="#">Coxswain Manual</a> for more information.
<b>Bow Number</b>	Each boat will receive a 3-digit bow number in their team's Regatta Packet. Please return bow numbers to Gas Works or LUC or place in marked container at Lake Washington Rowing Club, Seattle Pacific University or Pocock Rowing Center.
<b>Bow Balls</b>	Each boat must have an intact bow ball and heel ties.
<b>Video</b>	A video camera is at the finish line to verify results.
<b>Trailer &amp; Crew Parking</b>	Parking for crews, trailers, and rigging areas will be located at various local boathouses. 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 view of the race course and be right at the finish line at Gas Works Park.
<b>Concessions</b>	Coffee, treats, and concessions available at Gas Works Park
<b>T-Shirts</b>	T-Shirts with the official Seattle Henley Regatta logo will be available at Regatta Headquarters at Gas Works Park on race day.
<b>Your Hosts</b>	Lake Union Crew welcomes you to the 2 <sup>nd</sup> Annual Seattle Henley Regatta! Regatta Chairperson: Caitlin McClain Email: <a href="mailto:caitlin@lakeunioncrew.com">caitlin@lakeunioncrew.com</a> Phone: 206-860-4199 Fax: 206-860-7826 Regatta website: <a href="http://www.lakeunioncrew.com/seattlehenleyregatta.htm">http://www.lakeunioncrew.com/seattlehenleyregatta.htm</a> Registration: <a href="#">Regatta Central</a>



## Event Progression

<b>6:00 AM</b>	<b>Coach/Cox/Bow Mtg.</b>		
<b>7:30 AM</b>	<b>Flight 1 Time Trials</b>	1	M Mst 8+
		2	W Jr 8+
		3	W Mst 4+
<b>8:00 AM</b>	<b>Flight 2 Time Trials</b>	4	Mx Mst 8+
		5	M Open 1x
		6	W Nov 8+
	<b>Flight 1 Finals</b>	1	M Mst 8+
		2	W Jr 8+
		3	W Mst 4+
<b>8:30 AM</b>	<b>Flight 3 Time Trials</b>	7	M Jr 8+
		8	M Open 2x
		9	W Open 2x
	<b>Flight 2 Finals</b>	4	Mx Mst 8+
		5	M Open 1x
		6	W Nov 8+
<b>9:00 AM</b>	<b>Flight 4 Time Trials</b>	10	W Mst 8+
		11	M Mst 4+
		12	M Open 2-
	<b>Flight 3 Finals</b>	7	M Jr 8+
		8	M Open 2x
		9	W Open 2x
<b>9:30 AM</b>	<b>Flight 5 Time Trials</b>	13	Mx Mst 4x
		14	W Open 2-
		15	W Open 1x
	<b>Flight 4 Finals</b>	10	W Mst 8+
		11	M Mst 4+
		12	M Open 2-
<b>10:00 AM</b>	<b>Flight 6 Time Trials</b>	16	M Open 4x
		17	M Mst 1x
		18	W Mst 1x
	<b>Flight 5 Finals</b>	13	Mx Mst 4x
		14	W Open 2-
		15	W Open 1x
<b>10:30 AM</b>	<b>Flight 7 Time Trials</b>	19	W Open 4x
		20	M Open 4+
		21	W Open 4+
	<b>Flight 6 Finals</b>	16	M Open 4x
		17	M Mst 1x
		18	W Mst 1x
	<b>Flight 7 Finals</b>	19	W Open 4x
		20	M Open 4+
		21	W Open 4+

## Events by Category

		1x	2-	2x	4+	4x	8+
Men	Junior						Flt 3
	Master	Flt 6			Flt 4		Flt 1
	Novice						
	Open	Flt 2	Flt 4	Flt 3	Flt 7	Flt 6	
Women	Junior						Flt 1
	Master	Flt 6			Flt 1		Flt 4
	Novice						Flt 2
	Open	Flt 5	Flt 5	Flt 3	Flt 7	Flt 7	
Mixed	Master					Flt 5	Flt 2