

16th Annual Tail of the Lake Regatta

Hosted By Holy Names Academy & Lake Union Crew



2010 General Information Packet

Date	Sunday, October 3 rd , 2010
Location	Lake Union – Seattle, Washington
Distance	4,000 meters
Time	Racing 7:30 a.m. – 11:30 p.m.
Coach/Cox Meeting	6:00 a.m. at Gas Works Park
Packet Pick Up	Saturday, October 2 nd 8 a.m. – 12 p.m. (at LUC) OR Sunday, October 3 rd 5:30 a.m. – 6:30 a.m. (at Gas Works)
Entry Deadline	Friday, September 24 th (late entries accepted through Wednesday, September 29 th with a 50% surcharge)
USRA	This is a USRA sanctioned event with USRA officials

Entries Entries are submitted, accepted, and managed through [Regatta Central](#). Entry deadline is Friday, September 24th 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.

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

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

Note For Junior Crews

- Varsity crews (8+, 4+, 4x) enter Open events
- Varsity 1x and 2x should enter Junior events
- JV crews (8+, 4+, 4x) enter Junior events
- 3V, 4V, and 5V crews enter Junior JV events

Open Anyone may race in the Open events. Varsity level Junior boats (8+, 4+, 4x) must compete in the Open category.

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

Novice Anyone who has not rowed before June 1st, 2010

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 10". The spread between event categories is approximately 30".

Entry Fees Entries fees are charged per boat. Entries submitted after Friday, September 24th will be assessed a 50% late entry surcharge.

1x = \$25
2x = \$50

4x/4+ = \$75
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](#). 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.

Tail of the Lake Regatta 2010 General Information Packet, Cont'd



Regatta Packets	<p>Regatta packets may be picked up on Saturday, October 2nd at Lake Union Crew between 8 a.m. and 12 p.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 3rd. Regatta packets, which include bow numbers and course maps, are distributed at this time to teams/rowers who have met the fee and waiver requirements.</p> <p>A single regatta packet is created per Regatta Central account. In other words, if two coaches from the same club make entries for their teams under their individual Regatta Central accounts, then two separate packets will be made.</p>				
Coaches/Cox Meeting	<p>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 up in 1/2 hour increments as needed.</p>				
Weigh-Ins	<p>Coxswain weight is on the honor system. Weights must be:</p> <table><tr><td>Cox for men & mixed:</td><td>120 pounds minimum</td></tr><tr><td>Cox for women:</td><td>110 pounds minimum</td></tr></table>	Cox for men & mixed:	120 pounds minimum	Cox for women:	110 pounds minimum
Cox for men & mixed:	120 pounds minimum				
Cox for women:	110 pounds minimum				
Awards	<p>Medals are awarded for the 1st place finishers and ribbons are awarded for 2nd and 3rd place finishers in each event. Awards may be collected at Gas Works Park after results have been determined. Final results will be posted online and at Lake Union Crew. Unclaimed medals and ribbons can be picked up at LUC on the Monday following the regatta. Medals and ribbons will not be mailed.</p>				
Handicap	<p>Masters events will be handicapped using the USRowing handicaps 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.</p>				
Bow Numbers	<p>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 or Pocock Rowing Center.</p>				
Bow Balls	<p>Each boat must have an intact bow ball and heel ties.</p>				
Video	<p>A video camera is at the finish line to verify results.</p>				
Refunds	<p>There are no refunds available.</p>				
Trailer & Crew Parking	<p>Parking for crews, trailers, and rigging areas will be located at various local boathouses. Please notify us if you are bringing a trailer and we will confirm a launching location for you.</p>				
Spectators	<p>Family, friends and teammates can enjoy a full view of the race course and be right at the finish line at Gas Works Park.</p>				
Food Etc	<p>Coffee, treats, and concessions available at Gas Works Park</p>				
T-Shirts	<p>The perennial favorite, the 10 Local Favorites T-shirt, is available at Gas Works Park on race day. The design will be posted on the regatta website when completed.</p>				
Your Hosts	<p>Holy Names Academy Crew & Lake Union Crew welcome you to the 16th Annual Tail of the Lake Regatta!</p> <p>Regatta Chairperson: Caitlin McClain Email: caitlin@lakeunioncrew.com Phone: 206-860-4199 Fax: 206-860-7826 Regatta website: http://www.lakeunioncrew.com/rowing-club/race-regatta/tail-of-the-lake-2010.html Registration: Regatta Central</p>				



Events by Flight

Flight #1 7:30 AM		Flight #2 9:15 AM		Flight #3 10:30AM	
1	M 8+	15	W 8+	29	M Jr 2x
2	M Mst 8+	16	M 4+	30	M1x
3	M Jr 4+	17	M 2x	31	W Jr 1x
4	W Mst 8+	18	M Mst 4+	32	Mx Mst 2x
5	M Mst 1x	19	W Mst 4+	33	W 2x
6	W Jr 2x	20	W Jr JV 8+	34	M Nov 4x+
7	W Mst 2x	21	M Jr 4x	35	M Mst 2x
8	W Coll 2-	22	Mx Mst 4x	36	Mx Mst 8+
9	W 1x	23	W Jr 4+	37	M 4x
10	M Nov 4+	24	W Nov 4x+	38	W4x
11	M Jr 1x	25	M Nov 8+	39	M Jr 8+
12	W 4+	26	M Jr JV 8+	40	W Jr 8+
13	W Nov 8+	27	W Nov 4+		
14	W Jr 4x	28	W Mst 1x		

Events by Category

		1x	2x	4+	4x	8+
Men	Junior	Flight 1	Flight 3	Flight 1	Flight 2	Flight 3
	Junior JV					Flight 2
	Master	Flight 1	Flight 3	Flight 2		Flight 1
	Novice			Flight 1	Flight 3	Flight 2
	Open	Flight 3	Flight 2	Flight 2	Flight 3	Flight 1
Women	Junior	Flight 3	Flight 1	Flight 2	Flight 1	Flight 3
	Junior JV					Flight 2
	Master	Flight 2	Flight 1	Flight 2		Flight 1
	Novice			Flight 2	Flight 2	Flight 1
	Open	Flight 1	Flight 3	Flight 1	Flight 3	Flight 2
Mixed	Master		Flight 3		Flight 2	Flight 3