

17th Annual Tail of the Lake Regatta

Hosted By Holy Names Academy & Lake Union Crew



2011 General Information Packet

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|--------------------------|---|
| Date | Sunday, October 2 nd , 2011 |
| Location | Lake Union – Seattle, Washington |
| Distance | 4,000 meters |
| Time | Racing 7:30 a.m. – 11:30 a.m. |
| Coach/Cox Meeting | 6:00 a.m. at Gas Works Park |
| Packet Pick Up | Saturday, October 1 st 8 a.m. – 12 p.m. (at LUC) OR Sunday, October 2 nd 5:30 a.m. – 6:30 a.m. (at Gas Works) |
| Entry Deadline | Friday, September 23 rd (late entries accepted through Monday, September 26 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 23rd 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, 2011

Novice Anyone who has not rowed before June 1st, 2011

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 Entry fees are charged per boat. Entries submitted after Friday, September 23rd will be assessed a 50% late entry surcharge.

1x = \$20

2x = \$40

4x/4+ = \$80

8+ = \$140

Online Waivers Each participant must sign and submit a 2011 USRA waiver. This should be done online via the USRowing website prior to race day. If you have not yet signed a 2011 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 2011 General Information Packet, Cont'd



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|-----------------------------------|--|----------------------|--------------------|----------------|--------------------|
| Regatta Packets | <p>Regatta packets may be picked up on Saturday, October 1st 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 2nd. 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 on Sunday, October 2nd 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 30 minute 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, Seattle Rowing Center, 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, will be 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 17th Annual Tail of the Lake Regatta!</p> | | | | |

Regatta Chairperson: Caitlin McClain

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Regatta website: <http://www.lakeunioncrew.com/rowing-club/race-regatta/tail-of-the-lake-2010.html>

Registration: [Regatta Central](#)



Events by Flight

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

Events by Category

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

***Reminder: Varsity crews (8+, 4+, and 4x) enter Open events.**