



Head of the Lake

Masters Competitive 3 mile Event Nov. 4, 2018, 8 am

Lake Union to Lake Washington, Seattle

- ❑ **Commit by Wed., Sept. 26, 2018.** To confirm your commitment to this regatta, click **iCrew signup HERE**. Be sure your profile is up to date in iCrew to indicate sweep side (P,S), scull (Scull), age and experience (if Novice) before signing up.
Once a rower has committed to a regatta on iCrew, the rower pledges to participate in practices and races as determined by coaches, and payment of all regatta expenses.
All racers are responsible for your own transportation costs and food.
- ❑ All racers must be registered with [U.S. Rowing](#), and signed the online waiver.
- ❑ All racers must have paid [BIR Membership](#), completed BIR Waiver and participant information online.

Regatta Captain:

What	When	Who
Commit to Participate	Wed., Sept. 26, 2018	All committed racers
20 minute erg score screen shot sent to coach	Wed., Sept. 26, 2018	All committed racers
Determine Crew Lineups & Coxes	Friday, Oct. 5, 2018	Coaches
Cost per rower: \$? covers regatta fees, cox fees, trailer fees, etc.	Wednesday, Oct. 31, 2018	All committed racers pay online to BIR
De-rig and load boats at BI	Saturday, Nov. 3, 2018, 12pm	All committed racers
Depart Bainbridge for Seattle	Sunday, Nov. 4, 2018 - Event #31 W8+ take 7:05am ferry for an 9am launch - All other events may take the 8:45am ferry for 11am launch	All committed racers
Unload and rig boats at venue	Sunday, Nov. 4, 2018 6:30 am UW parking lot - E18	All committed racers
Coach / cox meeting	6 am Conibear Shell House	Regatta coaches / coxes
De-rig and load boats at venue	Sunday, Nov. 4, 2018, last race is 12:30pm	All committed racers
Unload and rerig	Sunday, Nov. 4, 2018 3:30pm	All committed racers