

29th Annual Tail of the Lake Regatta

Hosted By Holy Names Academy

2023 General Information Packet



Date	Sunday, October 1, 2023
Location	Lake Union – Seattle, Washington
Distance	4,000 meters
Time	Racing 7:30 a.m. – 12:30 p.m.
Coach/Cox Meeting	Virtual – Zoom - Thursday, September 28th, at 7pm
Packet Pick Up	Saturday, September 30th 8 a.m. – 10:30 a.m. at Lake Washington Rowing Club --OR-- Sunday, October 1st 5:30 a.m. – 6:00 a.m. at Gas Works Park
Entry Deadline	Monday, September 25th 11:59PM PST
USRA	This is a USRA sanctioned event with USRA officials, subject to the USRA 2023 Rules of Rowing

Entries	Entries are submitted, accepted, and managed through Regatta Central. Entry deadline is Monday, September 25th see page 3 of this Information Packet for a full list of events and flights.
u19	A Competitor who in the current calendar year does not attain the age of 19, or who in the current calendar year does not attain the age of 20 and has been continuously enrolled in secondary school as a full-time student seeking a diploma.
2v/3v	Teams entering multiple crews within a u19 event will be required to provide a "Seed/Rank" when registering (A, B, C, etc). A crew's "B" entry will be considered its 2v, "C" entry its 3v, etc. Medals will be awarded to the top placing "B" and "C" entries within the U19 events. A Team must enter a 1v (A Entry) to enter a 2v (B Entry), and must enter both a 1v&2V to enter a 3v (C Entry)
u17	A competitor may compete in the U17 category until December 31 of the year of their 16th birthday
Youth Novice	All crew members must be new to competition, as of October 2 nd , 2022. Novice events will be run at the same time as u17 events. Novice crews will register for the "Novice" event, but they will race on the water at the same time as the corresponding u17 event. Medals will be awarded to the highest placing Novice entry in the u17 events. Youth Novices may be any age as long as they meet the criteria for u19 and Youth Novice.
Master	A competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age").
Master Novice	Competitors must not have participated in a USRA sanctioned regatta before October 1st, 2022. Master Novice events will be run at the same time as Masters events. Master Novice crews will register for the "Masters Novice" event, but they will race on the water at the same time as the corresponding Masters event. Medals will be awarded to the highest placing Masters Novice entry in the Masters events. The same age rules of Masters, listed above, apply to Masters Novice.

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Women's Events	Events exclusively for athletes who identify as a woman at the start of the rowing season and/or those who are assigned as female at birth.
Men's Events	Events exclusively for athletes who identify as a man at the start of the rowing season and/or those who are assigned as male at birth.
Open Gender 2x	USRowing offers an Open Gender 2x at all USRowing owned Youth and Masters Regional and Nationals Championships. The intention behind this event is to create space for nonbinary athletes to compete if they wish to do so outside of binary events. We expect that entire boats of men and women will race in their respective categories to preserve that intention. Athletes are encouraged to compete where they identify. At least half of the rowers in the boat must identify as non-binary. Masters and Youth athletes will both compete in the same event.
Mixed	Competitors must consist of 50% athletes of any gender identity and 50% athletes assigned female at birth
Flights	Racing is divided into 3 flights. At the end of each flight, boats return to their launching locations and make crew and equipment 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 are due at registration. 1x = \$36 2x = \$70 4x/4+ = \$115 8+ = \$220
Online Waivers	Each participant must sign and submit a 2023 USRA waiver online via the USRowing website prior to race day. 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 west shore just east of the Aurora Bridge, following the shoreline around south Lake Union and finishing in front of Gas Works Park. Large 5 foot tall, color coordinated buoys will mark the course providing easy visual identification by coxswains and bow seats.
Regatta Packets	<p>Regatta packets may be picked up on Saturday, September 30th 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 1st. Regatta packets, which include bow numbers, 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 people 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	The Coaches/Coxes meeting is virtual and will take place via zoom on Thursday, September 28th, at 7pm. The meeting will be recorded and posted to YouTube for reference.

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Weigh-Ins	There will be no coxswain, rower, or equipment weigh-ins
Right of Way	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.
Awards	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 during the regatta. Final results will be posted at www.herenow.com . Unclaimed medals and ribbons can be picked up on the Monday following the regatta at 2pm at LWRC. Medals and ribbons will not be mailed or saved.
Handicap	Masters and Masters Novice 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.
Bow Numbers	Each boat will receive a 3-digit bow number in their regatta packet. Please return bow numbers to Gas Works, or place in marked container at Lake Washington Rowing Club, Seattle Pacific University, College Club, Lake Union Crew, or Pocock Rowing Center.
Shell Safety	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 footgear 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.
Refunds	There are no refunds available.
Trailer & Crew Parking	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 notify us if you are bringing a trailer and we will confirm a launching location for you. Parking for athletes is very limited and shared transportation is highly encouraged.
Spectators	Family, friends and teammates can enjoy a full view of the race course and be right at the finish line at Gas Works Park.
Food Etc.	Coffee, treats, and concessions available at Gas Works Park. Note, team tents are not allowed due to permit status.

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Regatta Shirts

Commemorative regatta shirts will be available at Gas Works Park on race day.

Your Hosts

Holy Names Academy Crew welcomes you to the 29th annual Tail of the Lake Regatta! Regatta Chairperson: Chris Marr - cmarr@holynames-sea.org - Phone: 206-568-7780

Events by Category	1x	2x	2-	4+	4x+	4x	8+
u19	Flight 3	Flight 2	Flight 3	Flight 2	Flight 1		Flight 1
u17 / Youth Novice	Flight 1	Flight 3	Flight 1	Flight 3	Flight 2		Flight 2
Master / Master Novice	Flight 1	Flight 2	Flight 2	Flight 1		Flight 1	Flight 2
Mixed Master / Master Novice		Flight 3		Flight 3		Flight 3	Flight 3
Open Gender		Flight 3					
Mixed Master Adaptive		Flight 3					

Events by Boat Class	Flight 1	Flight 2	Flight 3
8+	u19	u17 Youth Novice Master Master Novice	Mixed Master Mixed Master Novice
4x	Master Master Novice		Mixed Master Mixed Master Novice
4x+	u19	u17 Youth Novice	
4+	Master Master Novice	u19	Youth Novice Mixed Master Mixed Master Novice
2x		u19 Master Master Novice	u17 Youth Novice Mixed Master Mixed Master Novice Open Gender
2-	u17 Youth Novice	Master Master Novice	u19
1x	u17 Youth Novice Master Master Novice		u19

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Flight #1 - 7:30 AM		Flight #2 - 9:30 AM		Flight #3 - 11:30	
1	M u19 8+	15	M u17/Nov 8+	29	Mx Mst/Nov 8+
2	W u19 8+	16	W u17/Nov 8+	30	Mx Mst/Nov 4x
3	M u19 4x+	17	M Mst/Nov 8+	31	Mx Mst/Nov 4+
4	W u19 4x+	18	W Mst/Nov 8+	32	M u17/Nov 4+
5	M Mst/Nov 4x	19	M u17/Nov 4x+	33	W u17/Nov 4+
6	W Mst/Nov 4x	20	W u17/Nov 4x+	34	Mx Mst/Nov 2x
7	M Mst/Nov 4+	21	M u19 4+	35	OG 2x
8	W Mst/Nov 4+	22	W u19 4+	36	Mx Mst Adp 2x
9	M Mst/Nov 1x	23	M u19 2x	37	M u17/Nov 2x
10	W Mst/Nov 1x	24	W u19 2x	38	W u17/Nov 2x
11	M u17/Nov 2-	25	M Mst/Nov 2x	39	M u19 2-
12	W u17/Nov 2-	26	W Mst/Nov 2x	40	W u19 2-
13	M u17/Nov 1x	27	M Mst/Nov 2-	41	M U19 1x
14	W u17/Nov 1x	28	W Mst/Nov 2-	42	W U19 1x

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