



**Sunday September 29, 2024
Lake Stevens, Washington**

**5000 Meter Head Race
Youth, Masters, Novice, and Open Events**

8+	\$175.00
4+, 4x	\$100.00
2-, 2x	\$60.00
1x	\$30.00

Register through [Regatta Central](#)

Hosted by:



The local community, the City of Lake Stevens and the Lake Stevens Rowing Club welcome you to the 2024 LSRC Head of the Bull Trout regatta on beautiful Lake Stevens just a short 5 miles east of Everett, on Sunday September 29, 2024.



GENERAL INFORMATION

Please review all information in this packet. Forward any questions to: regattadirector@lakestevensrowing.org

The Venue

Lake Stevens is the largest lake in Snohomish County and located at the foot of and to the west of Mt. Pilchuck and the Cascade Mountain range. The community surrounding the lake is friendly and enthusiastically supports rowing on the lake. The course will be 5000m with multiple buoyed turns.

Directions

See driving map included in this packet.

Parking

Trailer parking is available on a pre-assigned basis. Contact the Parking Coordinator, Barb Cummins at 425-359-7383 with your intentions. Let her know your approximate arrival time and if you're carrying anyone else's equipment besides your own.

Parking is centrally located on hard surface and gravel. Parking attendants will be on hand beginning at 5:00 am to guide trailers to their assigned positions.

Participants car-topping boats are welcome to offload in the parking area then move the vehicles to street parking. Please do not park in the central parking lots as this is reserved for trailers, stretchers, and shells.

Spectators arriving in standard passenger vehicles should use street parking. (See parking map below.)

IMPORTANT:

Please do not park in the shopping center parking lot; in the Post Office parking lot; in front of the apartment buildings adjacent to the Post Office or at the Boys and Girls Club.

Viewing Areas

City parks and public properties are all available for viewing. The warmup area can be viewed from N Lakeshore Swimming Beach on N Lakeshore Drive. Viewing of the West leg of the race will be available at Davies Beach on N Davies Rd. Viewing of the East leg will be available from Sunset Cove Park on S. Lake Stevens Rd. Sunset Cove Park has limited parking.

Launch docks are reserved for launching and landing shells ONLY, no viewing is permitted. The city has limited occupancy to 50 people on the raised main dock in order to lessen the tendency for overloading.

Lawns and docks other than those mentioned are private property - please do not enter these areas.

Tents / Shelters

If you have plans to bring along portable shelters, please wait until 8:00 after the parking lot has been organized for trailers to raise them. No open flames under tents please.

The City of Lake Stevens restricts tent size to 400 ft² and canopies to 700 ft². Tents of any size must have a fire extinguisher readily available. Make sure tents are secure (sandbags, water buckets, etc.) but do not stake tents down on the N. Cove lawn as this risks damaging the sprinkler system.

Restrooms

City restrooms are available in the NW corner (in the picnic shelter) and SE corners of the venue. Porta-potties are centrally located in the parking area. Davies Beach has restrooms.

Vendors

An event T-shirt Vendor will be onsite and located near the launch dock.

Local Weather

See [Weather Underground for Lake Stevens, WA.](#)

Overnight Trailer Parking

Saturday night parking is available. You MUST contact the Parking Coordinator Barb Cummins at 425-359-7383 and make your needs known prior to **Saturday, September 28**. Overnight security in the parking lots will NOT be provided.

Again, it is important that you contact LSRC regarding your anticipated trailer arrival time and intended period of stay prior to coming to town.

First Aid

In the event of an emergency report to the Regatta Headquarters at the entrance to the launch dock or talk to the nearest regatta staff person with a radio. For more serious emergencies call 911. We are located in Lake Stevens North Cove Park Boat Launch. Then get word to regatta headquarters.

Emergency medical support will be provided by the Lake Stevens EMS located 1000 meters from Regatta Headquarters. A basic first aid kit is available at Regatta Headquarters.

Regatta Staff

Licensed officials have volunteered their time and talents to manage on the water activities. The Lake Stevens Emergency Services may be patrolling the race course to ensure the safety of all competitors. Other volunteers are local residents who have expressed an interest in our sport. Your courtesy is appreciated.

Regatta Headquarters is situated in the parking area near the entrance to the recovery and launch docks. Please do not hesitate to stop by with any questions you may have.

REGATTA INFORMATION

GENERAL TIMELINE

9/22/2024 Entry deadline

9/27/2024 Final schedule posted

**9/27/2024 6:30 pm Friday Evening.
Coaches & Coxswains Meeting will be held online. A link will be posted on [Regatta Central](#).**

Sunday 9/29/2024

8:30 am First boats launch

9:00 am Flight 1

Competitors

The 2023 LSRC Head of the Bull Trout is a USRowing Sanctioned Regatta and as such, participants must be active members of clubs with current USRA or CARA organizational membership. Those entering as "Independent" must be individual members of USRowing or CARA.

All clubs/competitors must have valid waivers by September 22, 2024.

Classifications

U16: A Competitor may compete in the U16 category until December 31 of the year of their 15th birthday.

U17: A Competitor may compete in the U17 category until December 31 of the year of their 16th birthday.

Open: This category is open to anyone with racing skills.

Masters: 21 years of age or older. AA Masters will not receive the benefit of an adjusted time.

Novice: Anyone who has not raced before 9/29/2023. Note: USRowing considers the Novice definition advisory only.

Age in Years is the age of the competitor on 12/31/2024.

Weigh Ins

Weigh-ins will utilize the honor system.

Handicap

Masters events will be handicapped using the USRowing handicap formula as outlined in the 2023 USRowing Rules of Rowing. If your masters entry does not specify an average age, then your time will be calculated based on 21 years old.

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, or there is a turn, a crew being overtaken shall move to the outside and allow the overtaking crew to pass. 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. (See Appendix to Article VIII in USRA Rules of Rowing 2023)

Coach Check In

Coach check-in is no longer required unless your race day contact information has changed since registration. However, feel free to stop by Regatta HQ to say hi!

Boats & Slings

The large paved parking lot, the Spur, and N. Cove grassy park are reserved for shell staging. Shell trailers will be parked in paved areas and can be used as additional rack space.

Regatta Meetings

The Coaches' and Coxswains' Meeting will be held virtually on Friday September 27 at 6:30 pm. The meeting will be recorded and a link posted for later viewing. Traffic patterns and race course will be reviewed, questions about regatta rules answered, and any changes to the final schedule communicated. All teams are well advised to have a representative at the meeting.

Safety Requirements

All boats must have bow balls and quick release shoes or clogs in working order. Shells out of compliance will not be allowed to launch.

Safety Checks at Launch

LSRC will issue bow numbers to all competitors. Each shell must pass a safety inspection in the Control Commission area. Failure to complete the safety inspection will delay your launch time until you have been approved.

Awards

First place medals will be awarded to crews in each event. Second and third place ribbons will be awarded to crews in each event as well and will be available for collection at Regatta HQ after official times have been posted at the end of each flight. Results will be on [Regatta Central](#) and [CrewTimer.com](#). Please reference Regatta Central or CrewTimer for the most up to date results as well as any changes in the schedule.

Launching / Landing

Dock Masters will be stationed on the launch and recovery docks. Please communicate any launching issues with Regatta Staff as you approach the equipment safety check area. We are set up to launch / land approximately every two minutes. Please organize yourselves accordingly.

Crews ready to launch are advised to make arrangements to have oars carried

to the dock with the shell, a bow ball securely in place, gates open on oar locks, all heel ties in working order and regulation compliant.

Please allow enough extra time for the equipment safety check after which a bow number will be affixed and you will be directed onto the south side of the main launch dock complex. Approach the launch dock bow first.

IMPORTANT COACHES:

Please do NOT enter the Recovery Launch Dock until your crew has arrived at the dock. If the recovery dock is required for launches due to congestion at the Launch Dock, Do NOT remain on the dock after your crew has departed.

Drone Policy

If you intend to fly a drone you must obtain pre-approval from the Regatta Director and Chief Referee by 9:00am the day of the regatta. You must follow

the [USRowing Drone Policy](#). Finally, all drone operators must sign a Hold Harmless Agreement available at Regatta HQ.

IN ACCORDANCE WITH USROWING RULES OF RACING 2023

Specific Rules Waived

10-310, Minimum Weight of Boats;
4-106, Weighing of Competitors.
1-202(w), Definition of "Novice"

Rules Waived-w/ LOC Permission

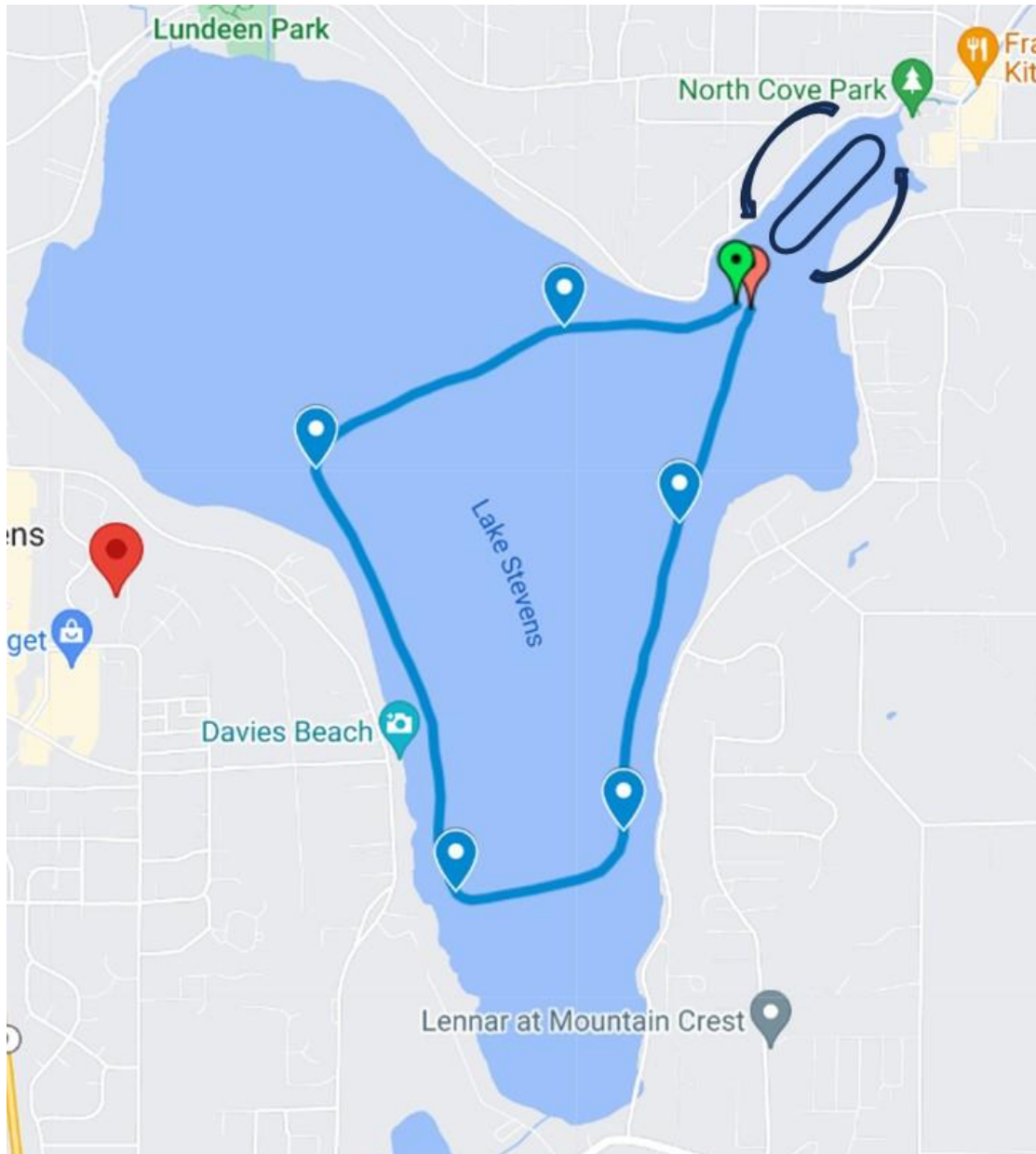
4-103(h), Eligibility to Compete in Events

Racecourse

The Course runs counter clockwise on Lake Stevens, starting at the western side of the mouth of N. Cove. It then crosses over to the buoy on the western shore of the lake and follows the western shoreline past Davies Beach. It then crosses to the east side of the lake, turning north and following the east shore, past Sunset Cove Park and back to the eastern side of N. Cove. Course buoys are orange. Leave all course buoys to port.

Warm-up & Start

Move in a counter clockwise direction around the warm-up buoys. Enter the start chute in bow number order. The start chute is along the NW shore of the cove.

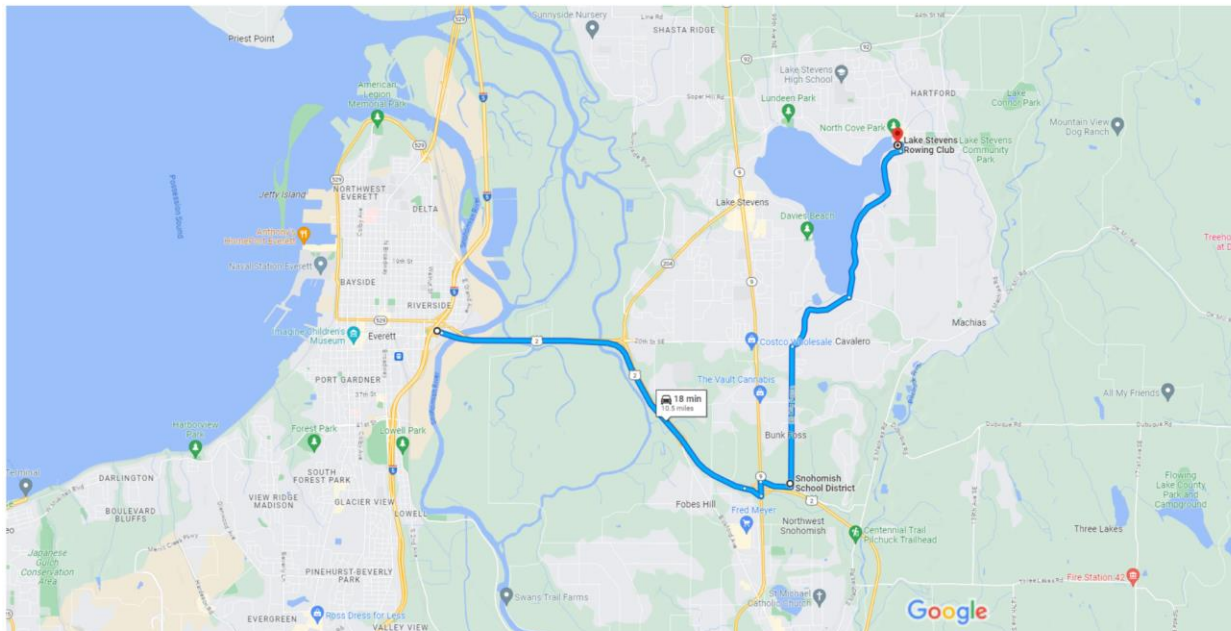


Driving Directions

Trailers are advised to use the directions below which avoid an unpopular roundabout at the intersection of SR204 and SR9. Non-trailers can use the directions below or their own navigation devices. The address is 12308 17th PI NE, Lake Stevens, WA 98258.

From I-5, take exit 194, US Rte 2 East. Then follow the map and directions below.

Google Maps Riverside, Everett, WA 98201 to Lake Stevens Rowing Club, 12308 17th PI NE, Lake Stevens, WA 98258 Drive 10.5 miles, 18 min



Map data ©2023 Google 2000 ft

- Continue 4.6 mi on US Rt 2 E
- Take the WA-9 exit toward Arlington/Bothell
- Turn left onto WA-9 N
- Turn right onto Bunk Foss Rd
- Turn left onto 103rd Ave SE
- Head north 1.7 mi on 103rd Ave SE toward 46th PI SE
- Turn right onto S Lake Stevens Rd
- In 1.1 mi, turn left to stay on S Lake Stevens Rd
- In 2.1 mi, turn left onto 124th Ave NE/Main St.
- 17th PI NE and regatta HQ will be 400 ft on the left.

Reminder that trailer parking is available and will be on a pre-assigned basis. Contact the Parking Director (Barb Cummins, 425-359-7383) prior to arrival. You may be directed to approach via 18th St NE for straight-in access.

Trailer arrival with optional 18th Street approach

The normal arrival is in blue. Depending on your parking assignment, the parking staff may ask you to approach via 18th as shown.

