

HEAD OF THE LAKE!

Dear Head of the Lake Community,

Less than two weeks remain until the 44th Head of the Lake on November 3rd!

Upcoming deadlines

- Regatta registration closes at **noon on Monday, 10/28**
- No pending entries will be accepted past **noon on Wednesday, 10/30**. At this time, Masters age groups will be set by the registrar.
- Lineups must be finalized by **6AM on 11/3**. Crews may make changes to line-ups up until this time, *provided that the changes do not move the boat from one age group to another*

Race handbook and coach/coxswain meeting

The [2024 race handbook](#) and [coach/coxswain meeting slides](#) have been posted to the HoTL website. The coach/coxswain meeting will be held on Friday, 7PM PST via [Zoom](#); a recording will be posted afterward. Attendance or viewing is mandatory for all coaches and coxswains.

Important information for clubs trailering to HoTL

If you are trailering to Head of the Lake, you must fill out this [survey](#)

to provide details on your trailer and arrival at the regatta. Limit to ONE RESPONSE per club. If another boat is trailering boats for you, you *do not* need to complete the survey.

Due to the University of Washington home football game scheduled for 10/2, trailer parking and practices will not be available the UW on the day prior to the race. **Trailer parking at the UW will open at 4:30 AM on Sunday 10/3.**

If you are attending Frostbite Regatta at Greenlake on Saturday, your trailer may remain parked there overnight until parking at UW opens on Sunday morning. Trailer parking will be available at Lake Washington Rowing Club beginning at 11AM on Saturday, 11/2 for other crews that require trailer parking prior to Sunday morning. Overnight security will be provided at both locations.

Practices will be available from LWRC during **limited** time slots on Saturday, 11/2. NOTE: due to sailgating traffic for the football game, crews may not have safe passage through the HoTL course.

USRowing compliance

Please review your RegattaCentral compliance reports for athletes that are out of compliance for the regatta. **Race packets will not be issued for crews with non-compliant rowers.**

As of the date of the regatta, athletes participating at Head of the Lake must:

1. Hold an unexpired USRowing membership at a minimum of the Basic membership tier. Athletes competing as Unaffiliated must hold Championship-level membership.
2. Have an unexpired, signed waiver
3. US adults (18 and over) must have an active SafeSport attest and complete SafeSport training if required

These requirements may be completed online through the [USRowing Membership Portal](#). Non-US athletes may process the free International membership in order to sign the USRowing waiver. If you encounter issues with completing requirements, contact USRowing member support at members@usrowing.org or 609-751-0700. Member Services is available Monday through Friday, 9AM-4:30PM ET.

Race-day communications

Join the HoTL [WhatsApp group](#) to get updates on race day about the regatta, including delays, race cancellations, and modifications to the race course.

Please reach out if you have any questions. We look forward to seeing you on the 3rd at Head of the Lake!

Head of the Lake Regatta

This email was sent to hotl@lakewashingtonrowing.com on behalf of Head of the Lake

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