

HEAD OF THE LAKE

Dear Head of the Lake Community,

One more day until Head of the Lake! Please read through for important information for race participants.

NEW WhatsApp group

Because some people have been unable to join the original HoTL WhatsApp group, we have set up a **new WhatsApp group** at this [link](#). Please join us there to stay up to date on race day.

Daylight savings reminder

Don't forget to turn back your clock one hour on Sunday before the race.

Heat sheets and lineup changes

Heat sheets and start lists have been posted on [RegattaCentral](#). With the exception of mixed events, all Masters events have been split into two age divisions. While you may continue to edit lineups until 6AM on race day, lineup changes must keep the average age of your boat within its currently assigned age category.

Coach and coxswain meeting

A recording of the coach and coxswain meeting has been posted to the [Head of the Lake website](#).

Saturday practices

For crews planning to practice on Saturday, we anticipate significant sailgating traffic for the UW football game beginning in the afternoon. Parts of the course will not be fully installed until Sunday morning before the race. There is no access to UW before Sunday morning, and crews should not row boats over to Conibear and leave them there overnight.

Weather alerts

While we are expecting favorable conditions for Head of the Lake, please be prepared for Seattle's damp and cool fall weather. Wear layers over or under your race uniform if needed. Dockmasters will not allow boats to launch if they see that athletes are not dressed appropriately for the weather.

USRowing Compliance

A number of athletes are still out of compliance with [USRowing requirements](#). **RACE PACKETS WILL NOT BE ISSUED FOR BOATS WITH ATHLETES OUT OF COMPLIANCE.**

Please check your compliance reports on RegattaCentral. If your athletes are erroneously flagged as out of compliance, you may send a screenshot of their USRowing membership to hotl@lakewashingtonrowing.com showing that they have completed the requirements.

Packet pickup

Pick up race packets at LWRC on Saturday from 3PM to 6PM or at Conibear from 6AM to 8AM. After 8AM packets will be moved to the merchandise table.

No HoTL livestream

There have been a number of YouTube channels spoofing HoTL in the past and requesting payment for livestream access. Please be aware there is **no official HoTL livestream**.

Food, medals, and merchandise at Conibear

Crew Cup will be stationed outside Conibear Shellhouse and will be happy to meet all your coffee needs. We will provide free cocoa packets and hot water inside Conibear. No other food concessions will be available at Conibear, so please plan accordingly.

The medals table will be inside Conibear; refer to the [race handbook](#) for a description of how medals will be distributed. All participants and spectators are welcome to take photos in front of the HoTL backdrop. Tag us on Instagram: @hotlregatta.

Head of the Lake merchandise will be on sale--and available for pickup, if you pre-ordered--inside Conibear from 6:30AM to 1PM.

Don't ghost us: let us know if you scratch!

We hope everyone who registered is able to participate on Sunday, but we know sometimes things come up that prevent you from making your race. If that happens, please email us at hotl@lakewashingtonrowing.com to inform us that you need to scratch – it's a big help to our starters and timers.

We look forward to hosting you all on Sunday for a great day of racing!

Head of the Lake Regatta