



**Saturday October 28, 2023
Lake Stevens, Washington**

**5000 Meter Head Race
Youth, Masters, Novice, Open and Para 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 2023 LSRC Head of the Bull Trout regatta on beautiful Lake Stevens just a

short 5 miles east of Everett, on Saturday October 28, 2023.

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

In an attempt to reserve sufficient parking lot space for shells & stretchers, trailers are asked to park on the paved parking lots of North Cove Park adjacent to the launch dock and on the spur. Although a parking attendant will be on hand to guide trailers to their assigned positions, drivers should contact Parking Coordinator, Barb Cummins @ 425-359-7383 to schedule approach and assigned parking.

Vehicles car-topping boat(s) wishing to offload must then move to street parking as directed by parking lot attendants. Please do not park in the paved parking lots as this is the best area for trailers, stretchers, shell racks and shells.

Parking attendants will be on hand beginning at 5:00 am to assist trailers and car-toppers..

Spectators arriving in standard passenger vehicles should use street parking and overflow parking in the middle school or Mt. Pilchuck Elementary.

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 Davis Rd. The East leg of the race can be viewed from Sunset Cove Park on E Lake Stevens Road.

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 over-loading.

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. 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

Restrooms are available at N. Cove Park, the Picnic Shelter at N. Cove Park and in the parking lot of the launch dock. Davies Beach has restrooms.

Vendors

T-shirt Vendor will be onsite to provide participants with custom t-shirts.

Local Weather

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

Overnight Trailer Parking

Friday night parking is available and will be assigned on a pre-assigned basis. You **MUST** contact the Parking Coordinator Barb Cummins @ 425-359-7383 and make your needs known prior to **October 26, 2023**. 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

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

11:59 pm Sunday 10/22/2023
entry deadline

6:30 pm Thursday 10/26/2023 Coaches & Coxswains Meeting will be held online. A link will be posted on [Regatta Central](#).

Saturday 10/28/2023

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 October 22, 2023.

Classifications

Junior: Anyone 18 years old or younger, or who is enrolled in high school

Note For Junior Crews

- Varsity crews enter Open events
- JV crews enter Junior events
- 3V, 4V, and 5V crews enter Junior JV events

U17: Anyone who will not turn 17 before 12/31/23

Open: This category is open to anyone with racing skills. **Varsity level Junior boats must compete in the Open category.**

Masters: 21 years of age or older.

Masters Novice: Anyone who has not rowed before October 28, 2021.

Youth Novice: Anyone who has not rowed before October 28, 2022.

Age in Years: the age of the competitor on 12/31/2023.

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

On the day of the regatta, each club must check in at Regatta Headquarters before launching to receive updates and to provide HQ your coaches phone number for receipt of text alerts.

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 Thursday October 26 at 6:30 pm. 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 CrewTimer.com.

Launching / Landing

Dock Masters will be stationed on the launch and landing docks. Please communicate any launching issues with Regatta Staff as you approach the equipment safety check area. Regatta Headquarters will be in direct contact with officials on the water. We are set up to launch/ land every three minutes. You are well advised to organize yourselves accordingly. You will not necessarily be called to launch. Please allow enough extra time for an equipment safety check after which you will be directed onto the south side of the main launch dock complex.

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. Your equipment will be checked as you move onto 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. Failure to comply with direction by the Regatta Director or Dock Master will risk being escorted from the area.

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](#) found [here](#). 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"

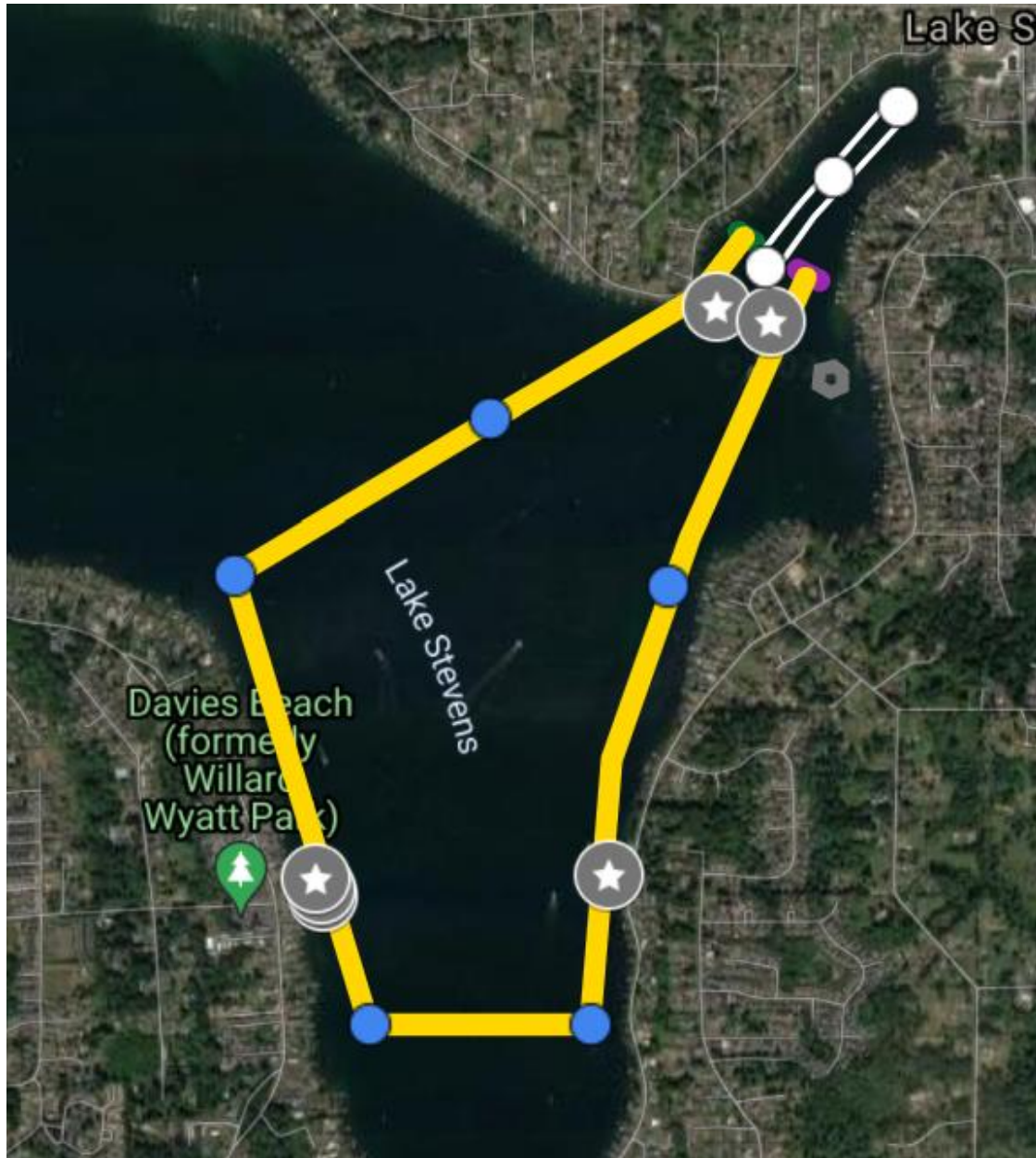
Rules Waived-w/ LOC Permission

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

Racecourse

The Course is located on Lake Stevens, starting at the western side of the mouth of N. Cove it runs counter clockwise. 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. Crews must row to the outside of the Red Buoys.

Crews MUST move in a counter clockwise direction around the warm-up buoys. Crews must enter the start chute in bow number order.

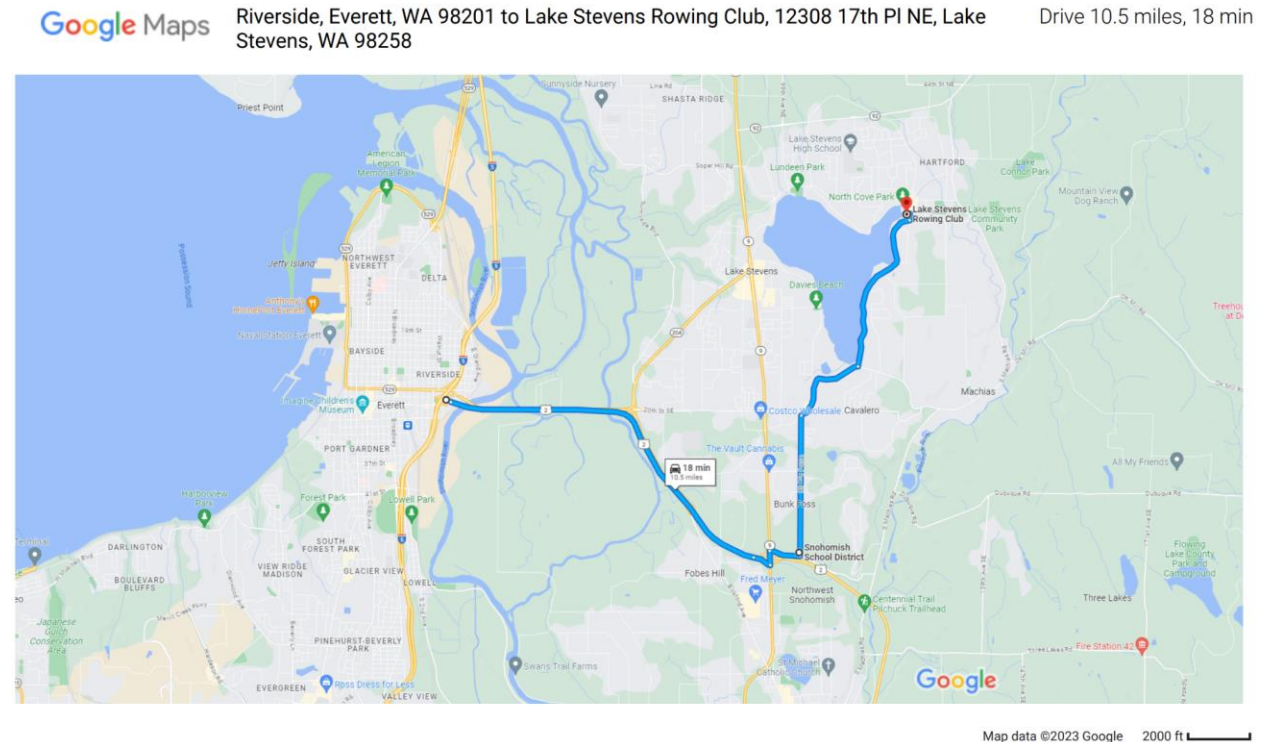


Driving Directions

Trailers are advised to use the directions below. Non-trailers can use the directions below or their own navigation devices. The address is 12308 17th Pl NE, Lake Stevens, WA 98258.

Trailer drivers please note the new directions this year are to **avoid a new roundabout** located at the intersection of SR204 and SR9.

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



- 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 Pl 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 Pl 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.

Participant and Spectator Parking Map

