



Saturday & Sunday - April 20-21, 2024
Lake Stevens, Washington

1000 Meter Racing
Youth, Masters, Novice and Open Events
(Saturday-Youth; Sunday-Master)

8+	\$120.00
4+, 4x	\$80.00
2-, 2x	\$60.00
1x	\$45.00

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 Spring Sprints Regatta on beautiful Lake Stevens just a short 5 miles east of Everett, on the weekend of, April 20-21, 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. Both days will feature a 1000m course.

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. The Mill Spur may also be available for parking. A parking attendant will be on hand to guide trailers to their assigned positions.

Vehicles car-topping boat(s) wishing to offload then move to street parking will be directed by parking lot attendants. Please **do not leave cars** in the paved parking lots as this is the best area for trailers, stretchers, shell racks 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 North Cove Park.

Viewing Areas

City parks and public properties are all available for viewing. If you wish to watch from the finish, parking is available adjacent to the swim beach (North Shore Drive) and finish line pier. However, please do not interfere with the Finish Line's activities at the end of the pier.

If you prefer to watch the finish head on, the raised public pier at the end of the course will be the spot for you.

Launch docks are reserved for launching and landing shells **ONLY**, no viewing is permitted. The city limits 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 7:30 after the

parking lot has been organized for trailers to raise them.

The city restricts tent size to 400 ft². Tents of any size must have a fire extinguisher readily available.

Restrooms

Restrooms are available near the boat launch and at the N Cove picnic shelter on site.

Vendors

Vendors wishing to participate at the regatta should contact the Regatta Director no later than Friday, March 22.

Local Weather

See [\(click here\)](#)

Trailer Parking

Trailer parking is available and will be on a pre-assigned basis. You must contact the Parking Director (Barb Cummins, 425-359-7383) and make your needs known. The earlier the better but no later than Thursday **April 18.**

Friday night parking is available. Overnight security in the parking lots is provided for Friday and Saturday nights.

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 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 (12308 17th PI NE, Lake Stevens). 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

4/14/24 Entry deadline

4/18/24 Final schedule posted

7:00 pm Thursday Evening 4/18. The Coaches & Coxswains Meeting will be held online. A link will be posted on [Regatta Central](#).

SATURDAY

8:30 am First boats launch

9:00 am First race of the day

SUNDAY

7:30 am First boats launch

8:00 am First race of the day

Entry Fees

8+ \$120.00

4+, 4x \$80.00

2-, 2x \$60.00

1x \$45.00

Enter at [Regatta Central](#) between March 14 and the deadline, April 14. A preliminary schedule of events is also there.

Competitors

The 2024 LSRC Spring Sprints is a USRowing Registered 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 April 20, 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 4/22/2023. 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.

Heats & Finals

All events will be Finals.

Masters Schedule

After entries close, the Regatta Director will seek to equitably divide all masters entries into age categories dependent upon the number of entries in each event.

Revised 3/10/2024

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 is reserved for shell staging. Shell trailers will be parked in this area where trailers are expected to be used as additional racks space.

Regatta Meetings

The Coaches and Coxswains Meeting will be held online at 7:00pm Thursday evening April 18. A link will be posted on [Regatta Central](#). The meeting will be recorded and a link posted for later viewing. Traffic patterns and the race course will be reviewed, questions answered about regatta rules, and any changes to the final schedule made. 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 prior to being issued a bow number and launch directions. Failure to complete the safety inspection will delay your launch time until you have been approved. Failure to check in may also result in a crew's race commencing without them.

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. Results will be on [Regatta Central](#). Please reference [Regatta Central](#) 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 Dock until your crew has arrived at the dock. Please do NOT remain on the Recovery or Launch Docks after your crew has departed.

Hot Seating

To facilitate on-time racing all coaches must come prepared on the day of racing to indicate which crews/boats will be hot-seated. Regatta officials will endeavor to facilitate rapid hot-seating. A hot seat of crew members into the same shell may be asked to do so without removing the shell from the water. Crews involved in a hot seat requiring a change of shells are expected to have the shell inspected and waiting on slings ready for rapid launching. Coaches are well advised to have sufficient team members available to handle incoming equipment so hot-seating crews can move directly from the previous race's shell on the Recovery Dock to the awaiting shell at the Launch Dock.

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 agree to follow the [USRowing Drone Policy](#) and FAA regulations. Drone operators must sign an 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.

Rules Waived-w/ LOC

Permission

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

Traffic Pattern

The traffic pattern is shown on the accompanying map. Shells moving to the start line shall move in single file along the eastern side of the course until they reach the warm-up area. **NOTE: Large marker buoys will set the western most limit of the warm up area.**

Crews **MUST** move in a clockwise direction around the warm-up buoys. When called forward to the start line crews will do so as they are moving in a westerly direction.

The Start

Starts will be floating starts unless stake boats are available.

The Finish

The finish is set off the public swim dock on N. Lakeshore Drive. Yellow buoys indicate a very close approximation of the finish line. The exact line is set by compass bearing made by the Chief Referee from the Finish Line Dock. Be sure to identify the various marker buoys on your way to the start. Clear the finish area as soon as

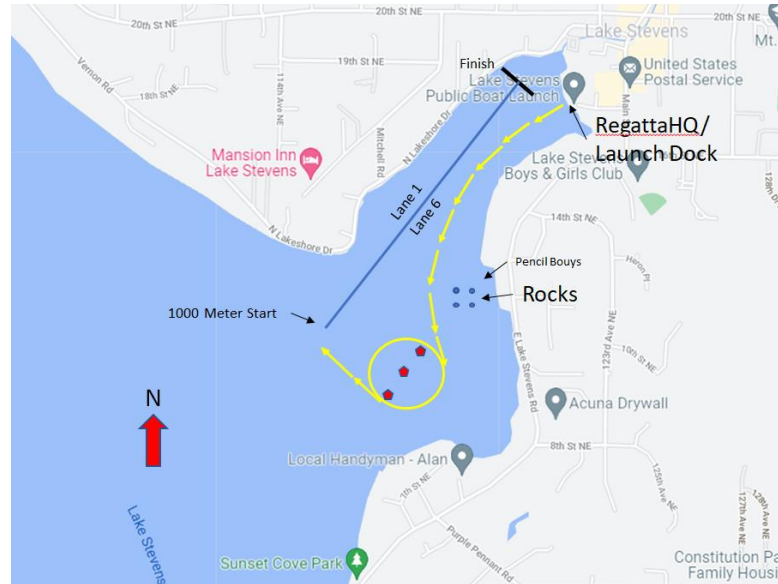
possible and move directly back to the Recovery Dock.

Protests

Normal USRowing protest procedures and rules will be applied.

Race Schedule

The final race schedule will be available on [Regatta Central](#) no later than 7pm Thursday, April 18.



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.

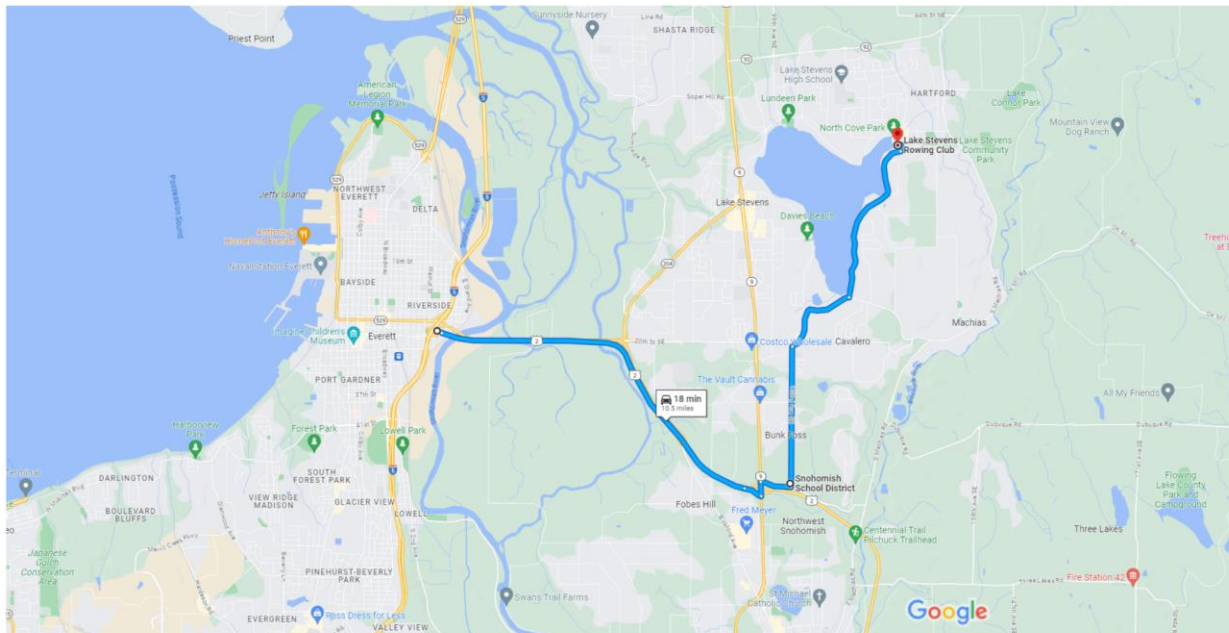
Trailer drivers please note the new directions this year are to **avoid a new roundabout** located at the intersection of SR204 and SR9.

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



Riverside, Everett, WA 98201 to Lake Stevens Rowing Club, 12308 17th Pl 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 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.

Friends and Sponsors of Lake Stevens Rowing Club & 2024 Spring Sprints Regatta:

TITANIUM REAL ESTATE

KIMBERLY &
KEVIN TULEY

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