

Saturday November 5, 2022

Dear Coaches and Competitors,

Race Day is almost here and we are sure you are watching the weather as closely as we are. Race officials will be meeting this evening to assess the situation. We will communicate decisions after we meet. Of course, safety is our number one concern.

We know the weather will be cold tomorrow. It is important that all rowers dress in **warm rowing gear**. The USRowing Uniform Rules will not be enforced. Referees and race officials will not allow rowers to launch if they are not dressed appropriately for the weather conditions.

We strongly recommend warming up on land as much as possible if the wind is high. If we need to shorten the warm-up course, we do not want crews just sitting on the water waiting for their start. Plan on a warm-up that puts you at the start 10 minutes before race time. We will of course communicate on all our channels if we need to close the warm-up loop.

Communication to HOTL Coaches and Crews

- If the race course or race events are altered, or racing is delayed or cancelled, we will broadcast on all available outlets: [HOTL Twitter](#), [Instagram](#), [Facebook](#), [RegattaCentral](#) and the [HOTL Website](#).
- Normal messages such as Racing Underway, Event Name and Number at start line, etc will also be broadcast on the [HOTL Twitter](#), [Instagram](#) and [Facebook](#) pages.
- The communication channels along with the HOTL Twitter feed are also on the [HOTL Website Communications](#) page.

Packet Pickup, Merchandise Sales/Pickup Saturday at LWRC from 3-6PM (please do not come early), Sunday at Conibear starting at 6AM. See the complete [HOTL Schedule](#) on our website.

Coaches and Coxswains Meeting The recording of the meeting and the presentation slides can be found on the [HOTL Website: Coaches and Coxswains Meeting](#).

Race Videos There are also [videos and maps](#), including a [Google Earth View of the HOTL course](#).

Race Booklet The [HOTL Race Booklet](#) is available on the HOTL Website.

Clock Change Daylight Savings Time ends at 2AM on race day. Be sure to set your clocks back one hour.

As always, if you have any questions, please let us know.

The Head Of The Lake Regatta
hotl@lakewashingtonrowing.com