

November 3, 2022

Dear Coaches and Competitors,

**Weather Appropriate Rowing Gear** Race weekend is fast approaching. The weather looks to be cold and wet. Be prepared with rowing gear and post-rowing gear appropriate for the cold, wet weather. It is important that all rowers dress in **warm rowing gear and have a water resistant layer available as needed**. 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. In case of emergency, head to the nearest dock (HOTL Map). Conibear is staffed with EMT personnel; LWRC and Pocock Rowing Center are equipped with warm rooms, blankets, hot liquids and 911 readiness.

Remember to monitor one of the HOTL communication channels for late-breaking news: [HOTL Twitter](#), [Instagram](#), and [Facebook](#). (**Twitter:** HOTLregatta **Instagram:** HOTLregatta **FaceBook:** Head of the Lake Regatta)

**Saturday Practice** Teams wishing to arrive, rig and launch for practice on Saturday (trailer parking at the University of Washington is on Saturday from 2-5PM) must be aware that there will be no launches or safety staff on the water at this time. Please consider safety, the weather, and your rowers skill level when deciding whether to launch in the absence of safety support on Saturday, November 5th.

**Coaches and Coxswains Meeting** The HOTL Coaches and Coxswains Meeting will be held Friday, November 4 at 7PM PDT. The link to the Coaches and Coxswains live Zoom Meeting can be found on the HOTL Website on the [Coaches and Coxswains Meeting](#) page and at the bottom of this email. Please **mute** your speaker when joining the meeting. There will be an opportunity to ask questions. The meeting is limited to 300 participants so if you are not a coach or coxswain, please wait and watch the recorded session. This year's slides and last year's presentation are already posted. A recording of the session will be available following the session and posted on the Coaches and Coxswains Meeting page.

**Compliance** We have many athletes who are not yet in compliance. Please check your rosters for compliance (unexpired signed waivers AND SafeSport training for adults). DO NOT assume your athletes are in compliance. You will not be allowed to pick up your packets for lineups with noncompliant athletes. **[Compliance Instructions](#) Packet pickup is Saturday at LWRC from 3:00 to 6:00PM and Sunday morning at Conibear from 5:30 to 8:00AM.**

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

**The Head Of The Lake Regatta**  
[hotl@lakewashingtonrowing.com](mailto:hotl@lakewashingtonrowing.com)

**Coaches and Coxswains Meeting Zoom Link**

Topic: Head of the Lake Coaches and Coxswains Meeting  
Time: Nov 4, 2021 07:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/81040297369?pwd=TzB0V0JtC01BNjVrQTRBdGdmSEkxdz09>

Meeting ID: 810 4029 7369

Passcode: 581035

One tap mobile

+12063379723,,99686041580# US (Seattle)

+12532158782,,99686041580# US (Tacoma)

Dial by your location

+1 206 337 9723 US (Seattle)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 602 753 0140 US (Phoenix)

+1 669 219 2599 US (San Jose)

+1 669 900 6833 US (San Jose)

+1 720 928 9299 US (Denver)

+1 971 247 1195 US (Portland)

+1 213 338 8477 US (Los Angeles)

+1 651 372 8299 US (Minnesota)

+1 786 635 1003 US (Miami)

+1 267 831 0333 US (Philadelphia)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 470 250 9358 US (Atlanta)

+1 470 381 2552 US (Atlanta)

+1 646 518 9805 US (New York)

+1 646 876 9923 US (New York)

Meeting ID: 996 8604 1580

Find your local number: <https://washington.zoom.us/j/99686041580>

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Rowing Management Solutions provided by [RegattaCentral](#) | 6233 Riverside Dr, Suite 1N | Dublin OH  
43017 USA