

HEAD OF THE LAKE

Dear Head of the Lake Community,

Race day is fast approaching!

2023 Handbook and Coach/Coxswain Meeting

The 2023 handbook has been posted [here](#). The coach/coxswain meeting will be held Friday evening at 7PM via Zoom. Meeting information is available at this [link](#). Meeting slides are available to view [here](#). The meeting recording will be posted afterward to this same page.

Masters Age Divisions and Lineup Changes

Masters age divisions have been posted on [RegattaCentral](#). Lineup changes may be made up to race time, *provided that, for Masters events, the change does not move an entry to a new age category*. The average age of rowers in the boat must match the age category for the event. **Please ensure that any added athletes are in [compliance](#) with the requirements for participating in USRowing-sanctioned regattas.**

Packet Pickup

Race packets will be available for pickup on Saturday from 3-6PM at LWRC (910 N Northlake Way, Seattle, WA 98103) and on Sunday at Conibear from 6:00-8:00AM. **PACKETS WILL NOT BE RELEASED FOR BOATS WITH OUTSTANDING COMPLIANCE ISSUES.** Please ensure that athletes are in [compliance](#) with the requirements for participating in USRowing-sanctioned regattas.

Concessions at Conibear

Limited concessions (e.g., granola bars, hot cocoa packets) will be available for sale at Conibear on Sunday. Please plan accordingly!

Saturday Trailer Parking

If you plan to arrive at UW Saturday (4PM-6PM) with a trailer and have not provided the ETA and contact information for your driver, please respond to this email with the information.

Race-day Communications

Participants can stay up to date with real-time, race day announcements via the HOTL Whatsapp group. We will use this channel to broadcast alterations to the race course, delays or cancellations of events, and announcements of events underway. Join using the link below or scan the QR code with your phone camera.

[Join the HOTL WhatsApp Group](#)



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

Head of the Lake Regatta
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