

## **Veteran's Day Race 2 Remember @ Lake Samish November 10-12, 2017**

### **Overview:**

R2R is a three day regatta with Masters, Juniors, U23, Open and Lightweight events. Friday's races will be Age Grouped junior races, the Family 2x, and the Mixed Quad Grand Challenge. Saturday and Sunday will have three flights of 3.1 mi/5km races. The top four places in each event will compete in a 1k sprint in the afternoon for the title in the event.

### **Room and Board option for Junior's, U23 and Coaches:**

A unique feature of this regatta is our ability to offer a very reasonable three day Room and Board option on regatta grounds at Camp Lutherwood. We will have the entire camp Friday crac of dawn through Sunday afternoon. Juniors will stay in heated bunkhouses. Two lodges are available for coaches. Seeping bags, pillows and towels are needed for all. Meals beginning with Lunch on Friday will be served in the Dining Hall. The last meal of the weekend will be lunch on Sunday. Indoor group meeting spaces will be available throughout the week-end.

## **ELIGIBILITY**

### **Classification**

U15(Jr C)	14 or under as of Dec 31 of current year
U17((Jr B)	16 or under as of Dec 31 of current year
U19 (JrA)	18 or under as of Dec. 31 of the current year
U23	22 or under as of Dec. 31 of the current year
Open	No age restrictions
Junior Varsity	Athletes enrolled in High School
Novices	Any athlete regardless of age that has been rowing less than one year.

SRC believes coaches know and must do what is in the best interest of the athletes. To that end we support entering athletes in events one year down from their birth, if this places them in a different category. This flexibility is to accommodate "late bloomers". This should not be to "stack races" or win events.

Junior Varsity: Multiple entries are allowed and expected. There are not separate events for JV, 3V or lower boats. We believe this offers a more competitive event. JV boats can race and try to beat their Varsity as well as place higher than other team's Varsity. The highest finishing "B" entries and "C" entries will be recognized. "A" entries need to be the top boat, "B" entries your next best entry and so on.

### **Masters:**

AA	age 21-26	E	Age 55-59
A	age 27-35	F	age 60-64
B	age 36-42	G	age 65-69
C	age 43-49	H	age 70-74
D	age 50-54	I	age 75-79

**Masters races:** The top four boats to advanced to the Sprint 1k will be assessed with the handicaps included. The 1k Sprints will have the handicaps added at the start to the nearest second. So spectators will know who won by order of finish.

**Novices:** Unless designated in the event name - Novice race include juniors and masters.

**Coxswains meeting:**

A brief meeting will be held one hour prior to racing. The meeting will be held in the smaller park with the picnic tables.

**Distances:**

All races are planned to be 5k for the head races and 1km sprint for the top 4 in each event. Please be sure to understand the maps of the course and traffic flow for warm-ups. Your safety and the safety of others rests in your hands.

**Race Courses:**

Should weather not cooperate and we need to use a contingency plan, races will be run as a 1k time trial in the smaller lake with the top 4 still proceeding to the 1k side by side sprint in the afternoon. We will do everything we can to put on a full regatta. Every contingency will be reviewed to hold as many races regardless of the distance. We know you have put so much into this we want to ensure this becomes a fun competitive experience.

**1K Sprints:**

In Junior Varsity races only the top 4 finishers regardless of designation ("A" "B" "C"..) will race the 1k.

In Masters Races the top four boats to advance to the sprints will be determined with the handicap assessed to the head race times. The Handicaps will be

**The Head Race** will start past the bridge separating the big Lake Samish from the small lake that Lutherwood is on. From the start crews will head east and slightly south keeping the boys to their port side. Just shy of one mile from the start the course will get very angular and create a sharp point "like a sword" before spinning back West towards the bridge. Once through the bridge crews will follow the port shore, keeping boys on their starboard side. The last few hundred meters will be a turn north (turning toward starboard) to finish perpendicular to the Western Washington Launch Dock. Please see map.

**Penalties:**

Late to the start: No penalty Just funny looks from the starter! If you are late to the start please place your self at the back of your event. If you are later than that, please place yourself at the end of your flight. If you are later than that, Humph - something must have happened. We want to clear the course after each flight, So coaches, if something dramatic happens please see the regatta coordinators and we will try to fit your crew in one of the remaining flights without conflict.

Missing buoys: Most buoys - :30 (thirty seconds)

Missing the Apex of the turn - 3:00 (three minutes)

Interference with another crew - :30 or 1:00 (thirty seconds or 1:00 depending on severity)

Failure to yield: - :30 (thirty seconds)

Crossing into Start area during the race - Total Global Thermal Nuclear War no penalty is great enough!

**Rules of racing;**

Except where noted here and at the coxswain meeting the USRowing 2017 Rules of Rowing will be applied.

**Weigh-In's:**

Ltwt and Coxswain weights are on the honor system. Please respect your competition and follow the rules.

**Safety:**

All shells must be equipped with a secure bowball and heel restraints no longer than 3 inches/7cm. Boats MAY be inspected **but**, you and your coaches are **responsible** to meet these requirements. Crews must obey the traffic patterns and the commands of all marshals on the course.

**Bow Numbers:**

Bow numbers will be available at the Coaches and Cox meeting 1hr before racing. Please return all bow numbers or you may be assessed a 10\$ fine.

**Location:**

Camp Lutherwood, Lake Samish  
1185 Roy Road  
Bellingham WA, 98229

**Venue:**

No "food tents" or support vehicles besides truck and trailer are allowed for this event or on this property.

**Order of events:** As listed.

**Hours:**

Sunrise should be at 7:13 and Sunset at 4:34. We will ensure all races occur during these hours so that remaining light can be used for set up, loading/unloading of trailers and course management

**Entry Fees:**

1x	\$15.00
2- /2x	\$30.00
4+ / 4- / 4X	\$60.00
8+	\$90.00

**Room and Board:** \$175/person

Friday and Sat Night Dorms for athletes, lodges for coaches

Friday- Lunch & Dinner, Saturday- Breakfast, Lunch & Dinner, Sunday- Breakfast & Lunch

**Entry deadline:**

Deadline for entries involving room and board/teams: October 16, 2017

Individual races - not requiring accommodations: Oct 30, 2017

Entry scratches deadline: Oct 30th. Scratches and no shows will be assessed a \$10 fee.