



Regatta Guide

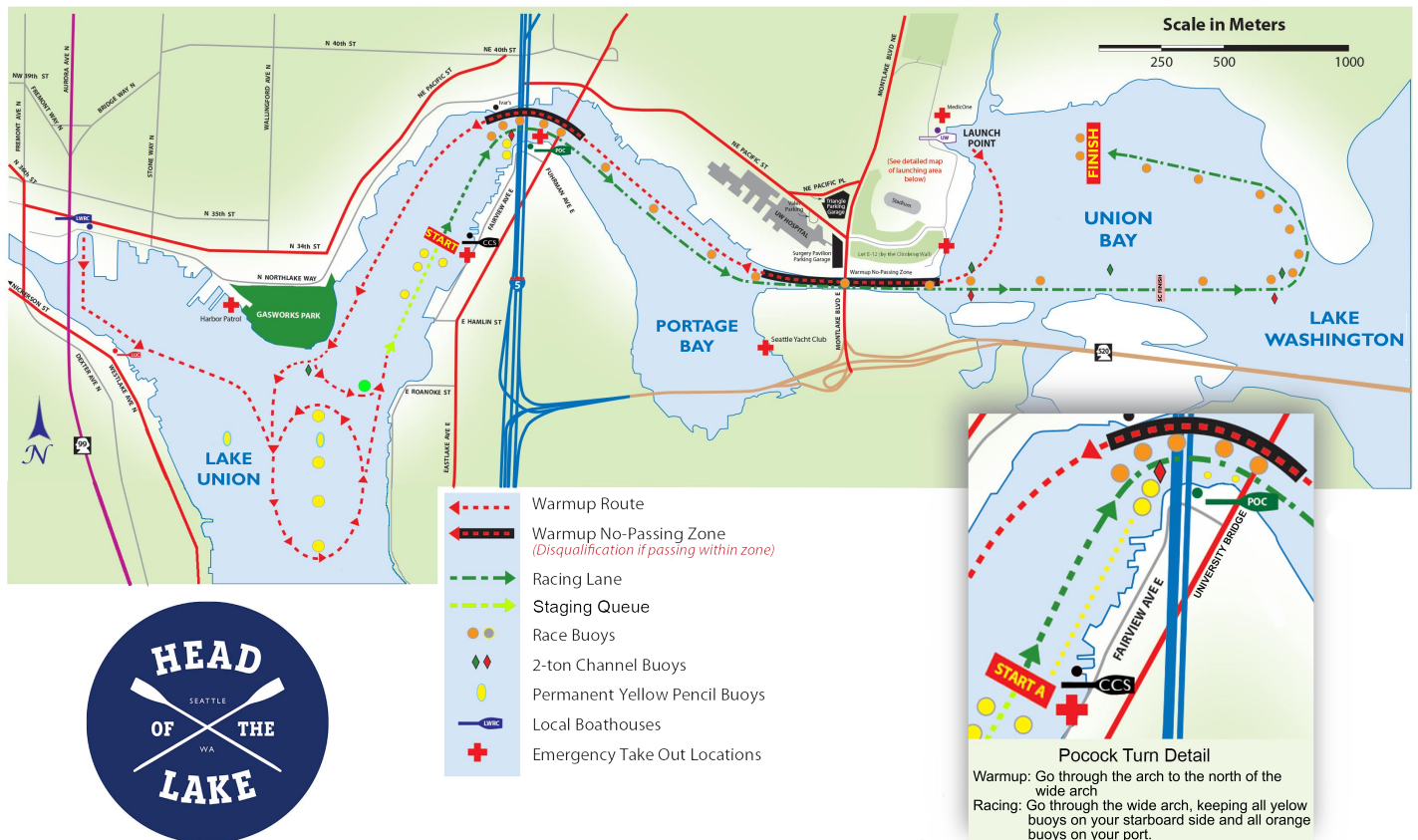
HEAD OF THE LAKE

November 2, 2025

Welcome everyone to the premier regatta of the fall season! This is not necessarily a complete guide to everything to expect but we are hopeful that it will help prepare you for the upcoming races. If you have any questions, please do not hesitate to ask!

WHAT TYPE OF RACE IS THIS?

Hosted by Lake Washington Rowing Club and the University of Washington, the 45th *Head of the Lake* is a 3-mile (4,800 meter) head race that starts in Lake Union and finishes after a dramatic turn to finish near the UW Conibear Shellhouse. This is the largest Fall regatta on the West Coast and a premier event featuring collegiate races.



WHAT IS THE COURSE?

The course begins at along the northeastern shore of Lake Union at College Club docks and winds past the Pocock Rowing Center and under the University Bridge. It continues east through Portage Bay and the famous Montlake Cut. Upon entering Union Bay and Lake Washington, rowers maneuver around a buoyed 3-point turn that takes them northwest towards the finish line near Husky Stadium and the Conibear Shellhouse. In case of poor weather conditions, they will offer a shortened (3,250 meter) course that finishes just past the Montlake Cut at Fox Point (before the "Big Turn"). If

weather conditions are poor but still not bad enough to cancel outright, they will run a “shortened course” with the finish line at Fox Point. There may be no advanced notice of the change and officials can make the decision mid-race as conditions deteriorate.

WHO IS PARTICIPATING AND WHEN DO THEY RACE?

We have six boats racing at HOTL. It should be a relatively short day. Lineups and events are coach prerogative and subject to change. Double check race times on the day of in case race organizers change the order of events and times (which they often do):

EVENT #	TIME	DESCRIPTION	NUMBER OF IHS/NSD BOATS
7	8:26	Mens Jr 8+ Cup	2
8	8:32	Womens Jr 8+ Cup	2
26	10:41	Womens Jr 2x	1
27	10:50	Mens U17 2x	1

HOW DOES MY CHILD GET THERE?

As per School policy, athletes are not allowed to drive themselves to this event. There will be van space for 16 athletes for this event, departing at 6:00 AM. **Please arrive no later than 5:50 AM at the Inglemoor bus parking lot to catch the van.** **For those not taking the vans, please arrive at the UW E-18 parking lot no later than 7 am.** It is critical that your athlete arrives on time, failure to do so affects an entire boat. Do not be late.

HOW CAN I WATCH?

Although you won't be able to see the entire race, this regatta wins points for its venue and viewing opportunities along the Montlake Cut and is an exciting race to watch due to the number of boats participating and because it is also a Collegiate race. Best views of the race are from the University or Montlake Bridges, along the Montlake Cut, and the shores of the Washington Arboretum.

As with previous regattas, after you drop off your child in the wee hours of the morning, you will have little to no contact with them at the venue. You can hang around near the boat trailer while they rig boats if you wish to catch them portaging the boat to Conibear to watch them launch. After that, go find a place to watch the races. Boats typically launch about 45 minutes before their posted race time. Boats will go through Montlake twice— once to get from Conibear to the starting line in Lake Union, and then they will then race back through the cut. Once they are finished with their race they will proceed directly to Conibear and quickly dock the boat and move it back to the trailer.

HOW CAN I FIND OUT THE RESULTS?

Results are usually posted on [Regatta Central](https://www.headofthelake.org/event-list-results) for this regatta. Other places to find results: <https://www.headofthelake.org/event-list-results>.



WHAT IS A PENALTY?

In addition to the actual racing, jockeying of boats, and navigating the course, there are all sorts of things that can go awry in a head race. Since boat mayhem is not safe for anyone, “penalties” are assigned if boats do not adhere to the rules. For the most egregious violations, boats are DQ’d from the event, but otherwise a time penalty is added to a crew’s raw time.

This is also a sport that prides itself on sportsmanship. **Profanity, especially at the youth level, is strictly forbidden no matter the circumstances and course referees can DQ you at their discretion.** Simply put, do not use profanity. At all. Or ever talk back to an official. Also remember that sound carries further across water.

The various offenses and penalties for HOTL are:

- Illegal 3-pt turn (holding down) - exclusion
- Missing bow number – no time recorded
- Failure to yield - 60" or exclusion
- Interference with another crew - 60" or exclusion
- Miss single buoy - 10"
- Miss more than one buoy - disqualification
- Safety violation (e.g., crossing course) – exclusion
- Unsafe Pass - exclusion

A SPECIAL NOTE ON UNIFORMS

Unless otherwise specified by race officials, the **HOTL enforces the US Rowing Uniform rule (3-201)** that stipulates that **all competitors in a crew must wear identical clothing on the torso of the body including sweat gear and jackets**, but matching hats/visors is optional. The Chief Referee may grant exceptions to this rule on account of unusual weather conditions. However, once lineups are determined it is important that everyone in a boat agree as to what they are going to wear on race day so that they are identical—this includes compression shirts underneath singlets, etc. Your athlete might need to borrow gear if necessary and will need to communicate with their boat as to what to wear.

WHERE CAN I BUY FOOD OR MERCHANDISE?

In years past, there has been a light refreshment stand outside Conibear that sells coffee, drinks, and some snacks. Also, in years past, portable toilets have been available in parking lots E-8 and outside Conibear. Public access to toilets inside Conibear is not always available. The merchandise tent is located outside Conibear Shellhouse 6:00am-1:30pm on Sunday. You can pre-order merchandise **until October 30th** and pick it up at 3:00-6:00 pm on Saturday Nov. 1 at Lake Washington Rowing Club or between 6:00 am and 1:30 pm on Sunday Nov. 2 in front of Conibear. **We would recommend pre-ordering and buying early since they do sell out and sizes are limited for some items.**

2-410 Unsportsmanlike Conduct (*)

(a) A Crew or Team that engages in Unsportsmanlike conduct, as witnessed by a Race Official, may be assessed by a Race Official with one of the penalties described in Rule 2-602 (“Types of Penalties”), regardless of whether such conduct otherwise constitutes a violation of these rules. If another Crew’s opportunity to win, place, or advance is affected by such conduct, the Race Official shall take appropriate action to restore that opportunity, pursuant to Rule 2-603 (“Restoring Opportunity of Winning; Altering Results”).

(b) Any Team member, including a Competitor, who engages in Unsportsmanlike conduct at any time during the Regatta, as witnessed by a Race Official, may have his or her further participation at the Regatta curtailed or prohibited by a Race Official.

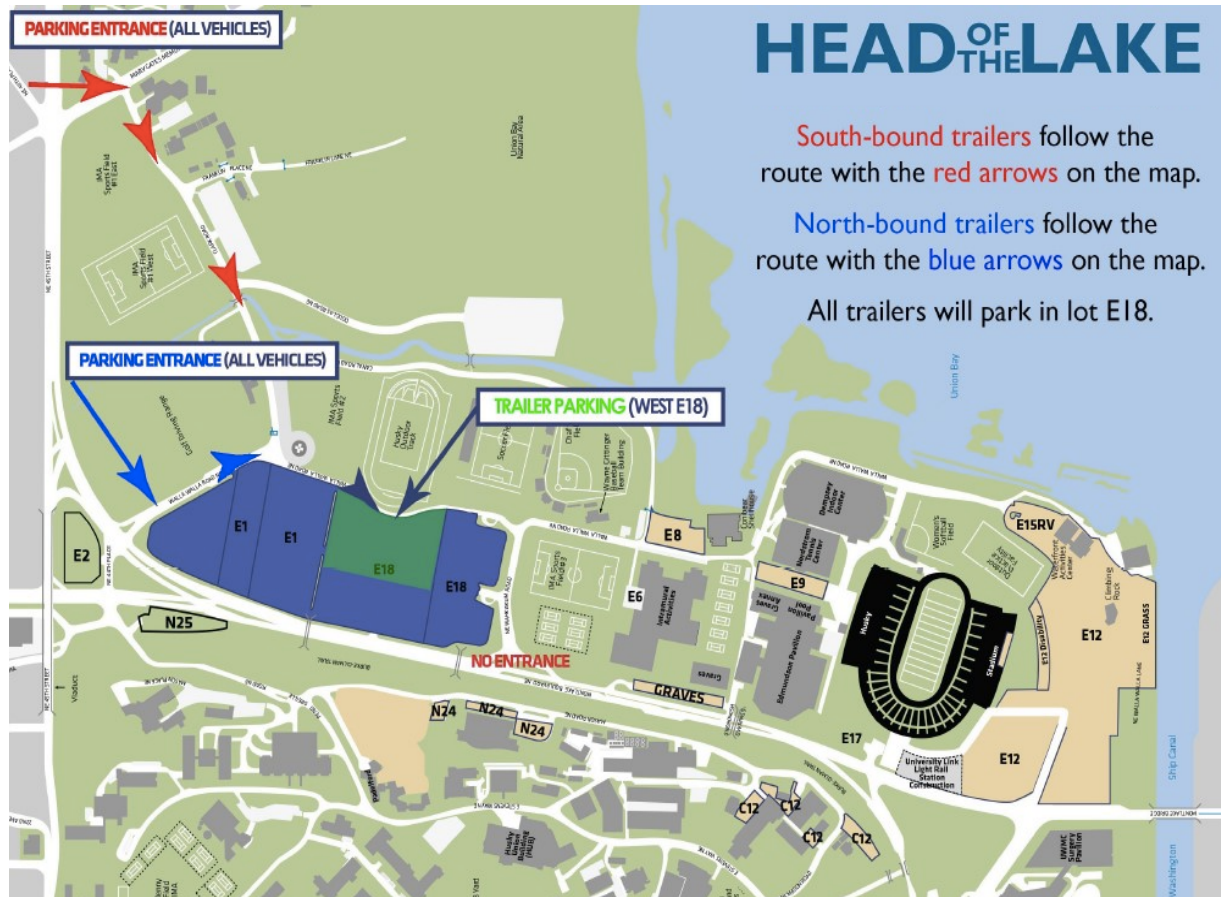
(c) If any Team member engages in personally abusive language or conduct, the incident shall be reported by a witnessing Race Official to USRowing.



Most likely, your athlete won't have access to the merchandise stand so you might want to ask them what they want before Sunday. For more information or to pre-order, click here: <https://www.headofthelake.org/shop>

WHERE DO I PARK?

Parking is not usually too limited for HOTL (unlike Windermere Cup). Athletes need to be dropped off no later than 7:00 am; but for those arriving later, do arrive before 8am to catch the first college races. Cars can park in **Lots E-1 or E-18**. All cars need to enter the lots from the **NORTH** entrance. The South entrance will not be open.



WHAT DO I BRING?

The team will launch from University of Washington's Conibear Boathouse and the trailer will be in parking lot E-18. Rowers should eat a nutritious light breakfast and pack some power bar type snacks for before race and post-race munchies. Boosters will provide very light snacks and beverages. **Athletes should dress for weather.** Don't forget to pack warm clothes to change into post-race!

Parents will appreciate having a pair of binoculars, being dressed for weather, and wearing good walking shoes. Bring a cow bell if you have one to ring. Here is the link to the Inglemoor Crew Boosters [Regatta Survival Guide](#).

WHERE CAN I FIND PICTURES?

If you have good images or video to share, please upload them to our Crew Boosters HOTL photo site: [HOTL Album](#). Also, there might be pro pictures available to purchase (\$) from row2k, Grummer or Jon Turvey photos, you can find those links [here](#) at the HOTL home page.

HOTL RACE DAY COMMUNICATIONS

- There is a WhatsApp page this year for race day communications. Use the QR code to the right to join the **HOTL WhatsApp group**. This group will be used to share course changes, delays, and cancellation notifications. Join by clicking on the link below or by scanning the QR code to the right with your phone camera.
- [JOIN VIA LINK](#)
- Other HOTL Communication Outlets: [Instagram](#), [Facebook](#)



HOW CAN I HELP?

Come on out to the Montlake Cut and cheer for all the boats!

Please attend and help support the end of season banquet and as always, financial donations are appreciated! Inglemoor Crew Boosters is a 501(c) 3 organization, and your donation is tax deductible. Our PayPal link is https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=QYFFPQTMD56RJ

Thank you for all your support, Go Team!