



Regatta Guide

Northwest Regionals

May 15-17, 2026

Travel Day for Athletes May 14 2026

Vancouver Lake Park

6801 NW Lower River Rd, Vancouver, WA 98660

WHAT TYPE OF RACE IS THIS?

Welcome to Regionals! The US Rowing Northwest Regionals Championships is one of six regional regattas across the United States which serves as a qualifying regatta for the US Rowing Youth Nationals in Sarasota, Florida. The other regions are Southwest, Central, Mid-Atlantic, Southeast, and the Northeast. For the Northwest Regionals, anyone living in Washington, Oregon, Alaska, Montana, North Dakota, South Dakota, Idaho, and Wyoming is eligible to compete.

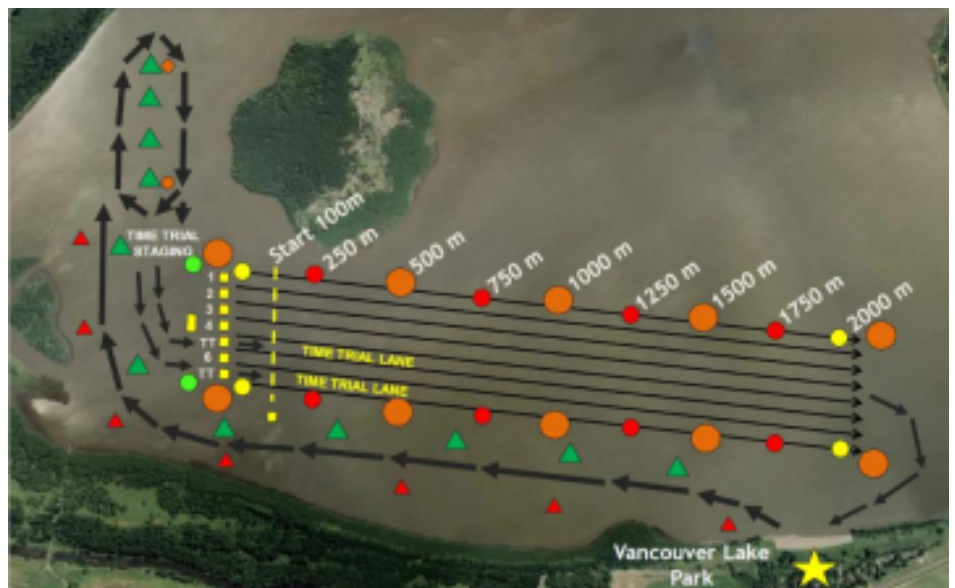
For a complete list of the rules and information about this event, read more here:

<https://usrowing.org/youth-regional-championships/northwest>

WHAT IS THE COURSE?

The boats will “beach launch” from the north end of Vancouver Lake approximately ~30-45 min from race time, row out to the warmup area and then position themselves near the beginning of the course about 10-15 minutes before their start time.

There are two styles of racing this weekend, time trials (1900m) and sprints (2000m). Each boat’s relative finish in the time trial determines whether they compete in the A or B final, as well as their lane assignments in that race (with the fastest boats getting the best lane



TIME TRIAL TRAFFIC PATTERN

assignments).

For the time trials, they start at 2000m and have 100 meters to build their start, but their time will only be based on 1900 meters. For sprints, timing is based on the full 2000m course. To line up, the coxes will negotiate their boats to a stake boat where a race volunteer holds the stern of the boat, and the race begins immediately once the start marshal says “GO”. There are seven lanes, lane 1 is on the south side and lane 7 is closest to the shore. There are different colored buoys along the course, red buoys are placed every 250m and orange buoys are every 500m.



Boats will line up via stake boats while a race volunteer holds their stern until the start marshal says “GO”.



The venue and carrying the cox to and from the boat during a beach launch.

WHO IS PARTICIPATING AND WHEN DO THEY RACE?

(Potential Race Schedule)

Event #	Event	Time Trial	A Final
1	Mens 1V8	Friday 8:00 am	Sat 8:00 am
2	Womens 1V8	Friday 8:08 am	Sat 8:14 am
3	Mens 2V8	Friday 8:16 am	Sat 8:21 am
4	Womens 2V8	Friday 8:24 am	Sat 8:35 am
16	Womens 2-	Friday 10:12 am	Sat 11:56 am

Event #	Event	Time Trial	A Final
17	Mens Novice 4+	Friday 10:20 am	Sat 12:10 pm
18	Womens Novice 4+	Friday 10:28 am	Sat 12:31 pm
21	Mens 2V 4+	Friday 10:52 am	Sat 12:45 pm
22	Womens 2V 4+	Friday 11:00 am	Sat 12:59 pm
36	Mens 1V 4+	Friday 1:28 pm	Sun 8:00 am
37	Womens 1V 4+	Friday 1:36 pm	Sun 8:14 am
38	Mens 3V 4+	Friday 1:44 pm	Sunday 8:28 am
39	Womens 3V 4+	Friday 1:52 pm	Sunday 8:42 am
40	Mens 4V 4+	Friday 2:00 pm	Sunday 8:56 am
43	Womens 2X	Friday 2:16 pm	Sunday 9:45 am
48	Mens U17 4+	Friday 3:04 pm	Sunday 10:48 am
49	Womens u17 4+	Friday 3:12 pm	Sunday 11:16 am
54	Mens 3V 8+	Friday 4:04	Sunday 1:34 pm

Note: Events in bold are qualifying events for Nationals. However, the 2V 8+ only qualifies for Nationals if they finish in the top four AND the 1V 8+ also qualifies and competes at Nationals. After time trials, the top 6 fastest boats advance to A finals, the second fastest 7 to B finals. Please be advised that not all boats that qualify for

Nationals will go due to cost, national competitive ranking, logistical constraints, and athlete availability or ability to pay— Coaches will discuss results with the athletes and decide whether to send any boat based on multiple factors.

To date, Inglemoor will be competing in 18 events, so this will be a fun regatta to have so many NSD boats competing. Double check race times on the day of in case race organizers change the order of events and times (which they often do). Coaches will inform their respective athletes when they are expected at the racecourse. As usual, these times are tentative and may change due to weather or other unforeseen circumstances.

RACE DAY COMMUNICATIONS

If the race course or race events are altered, delayed, or cancelled, it will be announced via Regatta Central, and announced at the event via a public address.. For real-time regatta updates, text #NW26 to 1-609-354-7711.

HOW CAN I WATCH OR EXPERIENCE THIS WITH MY KID?

Races will be livestreamed at www.Overnght.com. Membership costs \$11.99/mo. For those traveling to Vancouver, there is a great view of the last 350 m of this race at the finish line near the beach. With a good pair of binoculars, you can see nearly the entirety of the whole course.

As with previous regattas, expect that your kid contact will be limited once they are in the care of the team. Boosters will be supporting a team Comfort Station (see below!) and you might find your athlete there. Rowers often will not have their phones on them so be aware of the difficulty in getting speedy replies. Boats typically launch about 30-45 minutes before their posted race time. Wear your Northshore/Inglemoor swag and head to the beach or comfort station to meet up with other parents to enjoy watching the races in solidarity.

If you would like to get an idea of what goes on in the boat from a coxswain's perspective, watch this cox recording taken in 2016 by Green Lake Crew (actual race starts about 3 min in, but earlier footage shows how lining up at the stake boats can look): [NW Regionals Cox Recording](#).

HOW TO HELP PART I - NORTHSHORE/INGLEMOOR CREW REGATTA COMFORT STATION

Please sign up to help support our athletes this coming weekend! Look for the black and gold Inglemoor Crew flag, south of the launching beach. Regionals is a heavy lift and many hands make light work. Please sign up on the Sign Up Genius at the link below! If you plan to pitch in, please do note it in the SUG so we don't duplicate efforts. Thank you so much! <https://www.signupgenius.com/go/10C0E45ADAD2DAAF9CE9-63349389-2026?useFullSite=true#/>

Donations of your time, funding, or material goods are always appreciated! Inglemoor Crew Boosters is a 501(c) 3 organization, and your donation is tax deductible. Several companies such as Boeing and Microsoft will also match your hours or cash donation! Check out our [Donation Page on our Website](#). Come down to Vancouver and cheer on all the boats! We'll see you there!

HOW TO HELP PART II - US ROWING NORTHWEST YOUTH CHAMPIONSHIPS VOLUNTEERING

The USRowing NW Regionals event requires two volunteers per day per club! This is new and exciting, and US Rowing will even donate money to our club for each volunteer who steps up! Here is the link: [NW YOUTH CHAMPIONSHIPS VOLUNTEER REQUEST](#).

WHO WON?!?

Real-time results are posted using a link (which won't be active until race day) on Regatta Central—click on the "results" button on the top right corner of the webpage:

[Regatta Central Results](#).

We will also provide links to results via the TeamLinkt app. Final race will be determined by time trial time and each final will have 6-7 boats depending on number of entries. For questions on how finals seeding works please see the USRowing guide linked above.



WHERE ARE THE TOILETS AND CAN I BUY FOOD OR MERCHANDISE?

There are several flush toilets located at both ends of the park as well as port-a-potties. On occasion they run out of toilet paper, so you might consider packing some..

Post-covid there are only a few food/beverage vendors onsite, however there should be a coffee vendor there. Please remind your rowers/coxes that the lines can be really (really!) slow moving so do not miss a race because you are waiting in line for a smoothie.

There are several booths with rowing themed items for sale including jewelry, US Rowing items, key chains, stickers, etc. The US Rowing regatta t-shirts in the most popular sizes/colors often go quickly so it is best to get those early in the weekend.



WHERE DO I PARK?

Note: fee amounts in the above graphic are out of date..

Park Hours: The main entrance gate to the park will open at 6:00 am on Friday, Saturday & Sunday mornings and will close at dusk. Please note that there can be a significant time delay entering the park due to getting past the payment

stations, be sure to allow extra time to enter and park. DO NOT LEAVE VALUABLES IN YOUR CAR.. The parking lots fill up very quickly. Parking Fees: Parking fees are **\$5 per vehicle per day**. Please have cash ready or pay in advance on the parking app. 2-Day and 3-Day passes will be available for Sale on Friday and Saturday for \$10 or \$15. Bus Parking: Buses are not allowed to enter the park. Buses should drop off alongside the road outside of the park or at one of the staging areas. Please only drop off/pick up, and park in designated areas.

HOTEL

The team will be staying at the Best Western Plus near Vancouver Mall: 9420 NE Vancouver Mall Dr., Vancouver, WA 98661. Typically, the athletes are sharing rooms according to the stern four or bow four grouping for their assigned 8+ race. Coxswains room together. Students are not allowed to change rooms without a coach's approval.

HOW IS MY KID GETTING THERE AND EATING MEALS?

There will be a team bus to transport students down on Thursday afternoon, May 14th. Coaches will inform athletes of the most accurate information, but currently the plan is to leave Inglemoor at 3 PM, please arrive at 2:45 pm at the latest. If athletes are traveling to or from this event by parents/chaperones, please email athletic director Kealey kstanich@nsd.org and Coach Doug to let them know in advance.

In Vancouver, passenger vans will transport students between the hotel and regatta venue. On Sunday, for the ride home, most athletes ride back with their parents, but we will have space for approximately 30 students to ride the vans back home on Sunday and the students will be able to sign up for those spots on the [Transportation Sign Up Genius](#). Coaches will send out further details regarding transportation, lodging, and meals. Athletes need to bring enough money (cash/app/credit) for 3 dinner meals and any merch they might want. Boosters will provide food for an early grab and go continental breakfast, a cooked breakfast, and lunch, plus snacks and beverages. Please have your child bring a reusable water bottle (and fill it at the hotel daily).

WHAT DO I BRING?

A suggested Regatta packing list for both rowers and parents can be found on the Booster's webpage: [Regatta Survival Guide](#). Parents will appreciate binoculars and cowbells if they have them. There will be a lot of downtime between races. At a minimum, athletes should bring something to sit on at the picnic areas (chair/blanket), water bottle, personal hygiene and toiletry items including sunscreen, unisuit or team issued shirt. Since rain is expected, please pack a garbage bag to put your backpack/clothes in if necessary. Everyone should bring good walking shoes and chairs! If you have any camping/picnicking/tailgating equipment that you think might be useful (shade tents, portable grills/griddles, etc.) please consider signing up for much needed supplies on our [Sign Up Genius](#)! Reach out to the Boosters with questions: board@inglemoorcrewbooster.org

CAN I BRING MY DOG?

NO DOGS ARE ALLOWED IN THE PARK. From April through October, dogs are forbidden in the area of Vancouver Lake Park during regattas.

WHAT ABOUT MY DRONE? IT WOULD BE SO COOL TO HAVE AN AERIAL VIEW!

Please also leave your drones at home, they are strictly prohibited without prior approval. In accordance with USRowing's drone policy, anyone interested in utilizing a flying drone at the regatta venue must receive approval from USRowing and the Local Organizing Committee. To request approval, contact Regattas@usrowing.org for more information. Unapproved drones are not permitted anywhere on the regatta venue. A crew may be subject to an "unsportsmanlike conduct" penalty if ANY person affiliated with their organization, including spectators and parents,

engages in the use of an unapproved drone at the regatta venue. An “unsportsmanlike conduct” penalty issued for the use of a drone will carry a presumed penalty of “Disqualification” and the drone and its owner will be removed from the park.

HOW ELSE CAN I STAY INFORMED?

Check out our website! <https://leagues.teamlinkt.com/inglemoorcrew/Home> .Here you can find our Regatta Notes, learn more about the sport of rowing, check out our photo albums, and contribute towards our Booster support for every rower.

**We'll see you all soon! Don't forget: end-of-season banquet is May 20th at 6:30 pm,
Bothell HS Cafeteria (Note venue switchup!)**