



Regatta Guide #2

American Lake Fall Classic

Harry Todd Park

8928 N Thorne Ln SW, Lakewood, WA 98498.

October 13, 2024

Welcome Inglemoor, Bothell, North Creek and Woodinville families to the second regatta of the 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. We do our best to provide you with the most accurate information we have at the time of writing this, but things might change, so if you have any questions, please do not hesitate to ask! Please check out the Crew Booster website for more information on regatta planning and what to expect: <https://www.inglemoorcrew.com/>

WHAT TYPE OF RACE IS THIS?

The *American Lake Fall Classic* is a 5000m head race that circumnavigates a course on American Lake. This will be Inglemoor's third year at this event.

WHAT IS THE COURSE?

The start is across from Harry Todd Park and runs counterclockwise with the finish line near the docks.

WHO IS PARTICIPATING?

At the time of this writing, we have 13 boats competing this year, however lineups and events are coach prerogative and subject to change.

American Lake uses a Varsity, Junior Varsity, and Novice hierarchy. So "A" or first varsity (1V) boats race under the Varsity category; "B" or second varsity (2V)/JV boats race in the JV category. Novices are anyone who have not raced before Sept 2024. They are considered "novices" for the entirety of both fall and spring seasons.



EVENT #	FLIGHT TIME*	FLIGHT	DESCRIPTION	NUMBER OF IHS/BHS BOATS
1	9:00	1	Womens Jr Varsity 8+	1
2		1	Mens Jr Nov 8+	1
3		1	Womens Jr 3V 8+	1
8		1	Mens Jr Varsity 4+	1
10		1	Womens Jr JV 4+	1
25	11:15	2	Mens Jr Varsity 8+	1
28		2	Womens Jr Novice 8+	1
30		2	Mens Jr JV 4+	1
33		2	Womens Jr Varsity 4+	1
45	1:30	3	Mens Jr JV 8+	1
47		3	Womens Jr JV 8+	1
54		3	Womens Jr U17 4+	1
58		3	Mens Jr Novice 4+	1

*These change, see HereNow for exact race times, these can change the morning of the race.

HOW DOES MY CHILD GET THERE?

As per School policy, athletes are not allowed to drive themselves to this race and it is expected that they will ride the team buses there unless prior arrangements have been approved by the coaches. **The buses will depart Inglemoor at 545am** from the bus parking lot immediately to the front left of the main gate when you enter the school grounds. It is absolutely critical that your rower arrives before the scheduled departure—failing to arrive on time not only jeopardizes their own race but affects an entire boat. Do not be late. One bus will be dropping off rowers at the regatta and the other will stay the remainder of the day and return to Inglemoor in the late afternoon.

HOW CAN I WATCH?

Be prepared, crew is not a spectator sport! Viewing for American Lake is limited to the last several hundred meters. If you bring a very good pair of binoculars, you might be able to see them once they pass the start line, but then will lose them when they go behind Silcox Island until they round the last set of buoys. The finish line is just to the right of the docks at Harry Todd Park and there is adequate viewing lakeside and on the hillside for the last 750m, make sure to pack some camp chairs.

The team will launch and land on the same side as where the Booster comfort station will be located so you will have much more contact with your

rower than at Tail of the Lake. However, it's still a crew race and to be honest, the athletes tend to hang out more with



their teammates than with their parents so go in with an expectation for limited interaction (unless you are purchasing merch or helping at the Booster tent with all the food!).

WHEN DO THEY RACE?

American Lake has three "Flights" for this regatta. We should have boats in all three flights. Please note that the schedule often changes at the last minute. Also, due to the lack of collegiate entries this year, it is most likely that the post times will change significantly from the tentative schedule, and races will be bumped up. Check the heat sheet on the day of for the most up to date schedule and exact time of race events: <https://herenow.com/>.

HOW LONG DOES IT LAST?

Individual events should last about 17-27 minutes each. The regatta runs from approximately 9am to 215 pm, and it's anticipated that our last boat will finish their race sometime between 130-145 if the regatta runs on time. Boats will need to be derigged and loaded onto the trailer before the bus departs for home. After returning home a portion of the team will be asked to unload the trailer back at the boathouse and rereg the boats.

HOW CAN I FIND OUT THE RESULTS?

Real time (well, mostly real time) results are posted on [Herenow.com](https://herenow.com/). Typically, you'll see when races are underway, but final results can take a while after races end since they have to factor in penalties to decide placing.

Previous results for 2023 can be found here: <https://legacy.herenow.com/results/#/races/21175/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 wrong in a head race. Since boat mayhem is not safe for anyone, there are associated "penalties" 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 their raw time. For more information about this, consult [The 2024 Rules of Rowing](#). The most typical offenses are:

Profanity (anyone on entire team) -- disqualification

Late to the start - 10"

Missing bow number - 10"

Failure to yield - 30"

Interference with another crew - 30-60"

Miss single buoy - 60"

Miss more than one buoy - disqualification

Safety violation (e.g., crossing course) - disqualification

WHERE CAN I BUY FOOD OR MERCHANDISE?

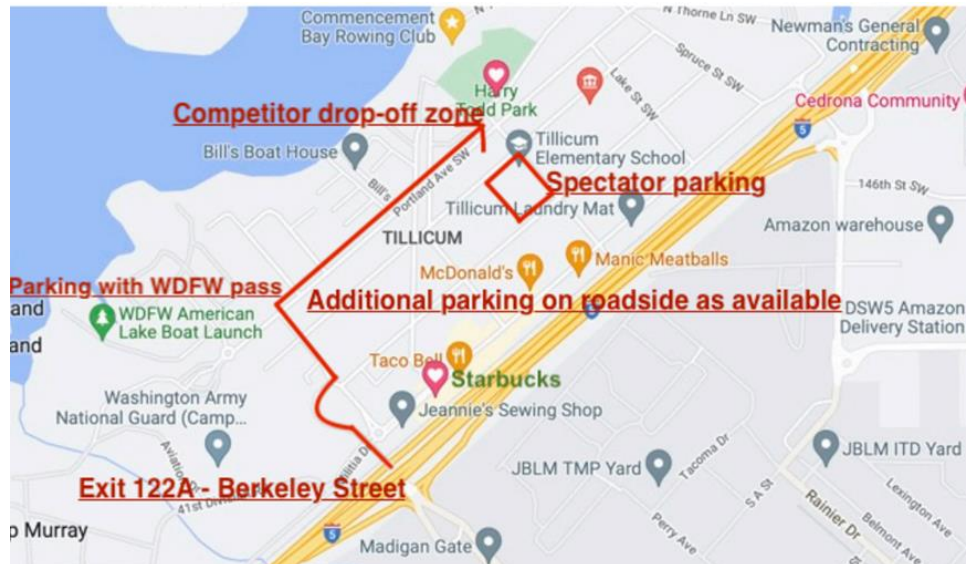
For the last several years, THERE WILL BE NO FOOD OR REFRESHMENTS FOR PURCHASE ON SITE although there might be coffee available. There is a merchandise tent with regatta themed clothing. We would recommend buying early since they do sell out and sizes are limited.

WHERE DO I PARK?

Competitors and spectators should approach Harry Todd Park by taking Exit 122A along Berkeley Street and Portland SW. Arrive early! Parking at the venue is limited to trailers/buses and getting in and out of the park itself (to drop off anyone) can be time consuming due to traffic. You can park in the neighborhood within walking distance (1/2 mile) of the venue, please be sure to only park in legal spaces, they do tow and ticket. The later you arrive, the more difficult parking becomes to find near the venue so pack your walking shoes. Do not leave valuables in your car.

The parking lots within Harry Todd Park will be used for trailer parking. Other cars must park in the surrounding neighborhood, making sure nobody's driveways are blocked, and steering clear of no-parking sections of the streets. Grant Avenue, Washington Avenue, and the side streets have plenty of street parking, and you can use the parking lots at Tillicum Elementary School. AVOID UNION AVENUE (THE STREET CLOSEST TO THE FREEWAY) BECAUSE OF ROAD CONSTRUCTION. (SEE MAP BELOW.)

The Regatta organizers have reserved a few spots within the park for handicap parking. If you need this, please speak with one of the parking attendants for directions.



WHAT DO I BRING?

For parents, we suggest packing a camp chair, suitable clothes for the weather, and binoculars if you have them. A suggested packing list can be found here: <https://www.inglemoorcrew.com/regatta-survival>

Rowers should eat a nutritious light breakfast, pack granola/power bar type snacks. The Boosters will provide burgers and veggie burgers between 1145 and the last race. There will be some light nutritional snacks, hot beverages (coffee/tea/cocoa/cider). Athletes should plan on bringing the bulk of what they need for food and cold beverages.

HOW CAN I HELP?

Come out to American Lake and cheer for all the boats!

Please sign up to help support the comfort stations at the upcoming races.

<https://www.signupgenius.com/go/10C0E45ADAD2DAAF9CE9-51982579-american#/>



And as always, monetary or food donations are always 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!