



Regatta Guide

Northwest Regionals

May 16-18, 2025

Vancouver Lake Park
6801 NW Lower River Rd, Vancouver, WA 98660

WHAT TYPE OF RACE IS THIS?

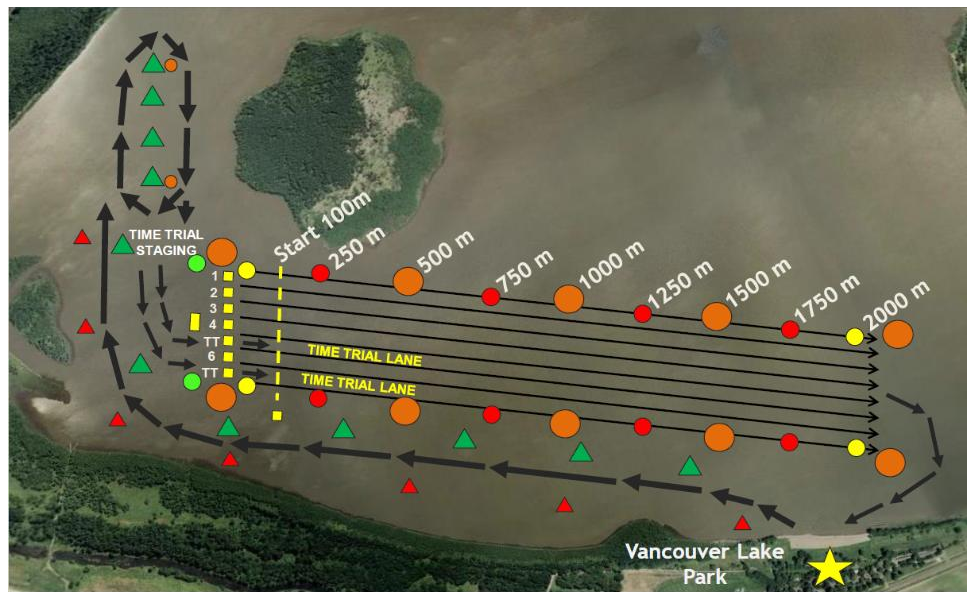
The US Rowing Northwest Regionals is one of six regional regattas across the United States which serves as a qualifying regatta for the US Rowing Youth Nationals in Sarasota, Florida. The other regions are Southwest, Central, Mid-Atlantic, Southeast, and the Northeast. For the Northwest Regionals, anyone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

For all the rules and information about this event, read more here: [USrowing NW Youth Championships](https://www.usrowing.org/nw-youth-championships)

WHAT IS THE COURSE?

The boats will “beach launch” from the north end of Vancouver Lake approximately ~30 min or so 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). **New to this year, every event has a time trial.** 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 assignments).



TIME TRIAL TRAFFIC PATTERN

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. Yellow buoys mark the first 100m of the course. Time trials will use lanes 5 and 7 and boats will be released about every 15 to 20 seconds, like how a head race is managed.

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?

Event #	Event	Time Trials	A Final	B Final
1	Mens Youth 8+	8:00 Friday	8:00 Saturday	8:07 Saturday
2	Womens Youth 8+	8:08 Friday	8:14 Saturday	
3	Mens 2V 8+	8:16 Friday	8:21 Saturday	8:28 Saturday
4	Womens 2V 8+	8:24 Friday	8:35 Saturday	
9	Mens U17 8+	9:04 Friday	10:06 Saturday	
10	Womens U17 8+	9:12 Friday	10:13 Saturday	
15	Mens Youth Nov 8+	9:52 Friday	11:02 Saturday	
19	Mens Youth Nov 4+	10:36 Friday	12:58 pm Saturday	1:05 pm Saturday
20	Womens Youth Nov 4+	10:44 Friday	1:12 pm Saturday	1:19 pm Saturday
23	Mens Youth 2V 4+	11:08 Friday	1:54 pm Saturday	2:01 pm Saturday
24	Womens Youth 2V 4+	11:16 Friday	2:08 pm Saturday	2:15 pm Saturday
38	Mens Youth 4+	2:00 pm Friday	8:00 Sunday	8:07 Sunday
39	Womens Youth 4+	2:08 pm Friday	8:14 Sunday	8:21 Sunday
40	Mens Youth 3V 4+	2:16 pm Friday	8:28 Sunday	8:35 Sunday
50	Mens U17 4+	3:36 pm Friday	10:27 Sunday	10:34 Sunday
51	Womens U17 4+	3:44 pm Friday	10:41 Sunday	10:48 Sunday
57	Womens Youth 3V 8+	4:40 pm Friday	1:10 pm Sunday	

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 17 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.

HOW CAN I WATCH OR EXPERIENCE THIS WITH MY KID?

****THE RACES SHOULD BE LIVE STREAMED THIS YEAR!!!**** To find the video stream for the NW Regionals click: [HERE](#) or cut and paste this link into your browser: <https://www.overnght.com/>, membership costs \$11.99/mo. For those in Vancouver, there is 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” (often quite a long walk from the launch site/finish line) so you will get your steps in walking between areas. Rowers often will not have their phones on them so be aware of the difficulty in getting speedy replies. You will most likely not have any idea when they launch or when they start the race, and undoubtedly you will be cheering for the wrong boat at some point. Boats typically launch about 30-45 minutes before their posted race time. Wear your Inglemoor school colors 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 six years ago by Green Lake Crew (actual race starts about 3 min in, but earlier footage shoes how lining up at the stake boats can look): [NW Regionals Cox Recording](#).

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: https://www.regattacentral.com/regatta/?job_id=9268&org_id=0.

Like the fall head races, the placement of the timed trials won’t be finalized until after the last boat has finished the course. The progression for finals is below, with the top 6 or 7 fastest boats advancing to the A final, the next set advancing to the B final, and so on.

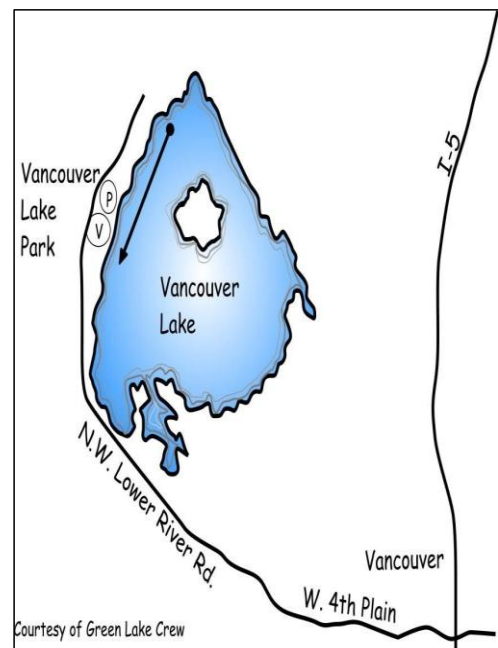
For the 2000m sprints, everyone in a heat will start at the same time from staked boats and race each other across the finish line,



*Progression

Entries	Time Trial	Advancing to A final	Semifinals	Advancing in each Semifinal	Final D*	Final C*	Final B	Final A
1 - 7	1	7	-	-	-	-	-	7
8 - 13	1	6	-	-	-	-	7	6
14	1	7	-	-	-	-	7	7
*15-19	1	6	-	-	-	7	6	6
*20	1	6	-	-	-	7	7	6
*21	1	7	-	-	-	7	7	7
*22+	1	6	-	-	7	6	6	6

Each crew is responsible for knowing the progression of their event.



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. 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 15th, leaving at 415pm from Inglemoor**, please arrive no later than 4pm. 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.

A combination of passenger vans and parents will transport students between the hotel and regatta venue and back home on Sunday for this event. Coaches will send out details regarding transportation, lodging, and meals. Athletes need to bring money (cash/app/credit) for dinner meals. Boosters will provide food for an early grab and go continental breakfast, a cooked breakfast, and lunch, plus healthy 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](#). Parents will appreciate binoculars and cowbells if they have them. There will be a lot of downtime between races and the support tent is often located quite a distance from the launch beach. At the minimum, athletes should bring something to sit on at the picnic areas (chair/blanket), water bottle, personal hygiene and toiletry items including sunscreen, unsuit 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/tail gaiting equipment that you think might be useful (shade tents, portable grills/griddles, etc.) please consider signing up for much needed supplies or reaching out to the Boosters: inglemoorbc@gmail.com

CAN I BRING MY DOG?

NO DOGS ARE ALLOWED IN THE PARK. From April through October, dogs are forbidden in the at area of Vancouver Lake Park during regattas. Regatta participants who violate this rule jeopardize future rowing events at the park. Note that they say that this rule will be strictly enforced (although we see dogs there every year), so just be prepared that if you bring your dog, you might be asked to leave. However, there are often *E.coli* outbreaks in the lake this time of year, so not only would allowing your dog to enter the water upset the race officials, it might also make your dog very sick.

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.

UNSPORTSMANLIKE CONDUCT

Of all regattas we will participate in this year, Regionals has a very strict Unsportsmanlike Conduct policy. It includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator. A crew that engages in unsportsmanlike conduct may be given a penalty by a race

official--this may include exclusion from an event or disqualification from the entire regatta. Please remember that sound carries further across the water so do not use obscene language at any time.

Any team member, including a competitor, who engages in unsportsmanlike conduct, on or off the water, at any time during the regatta, may have his or her or the entire team's further participation in the regatta curtailed or prohibited by a race official.

COMMUNICATION TO COACHES AND CREWS

- If the racecourse or race events are altered, delayed, or cancelled, it will be announced via Herenow ([Results](#)), via [Regatta Central](#), and announced at the event.
- Normal messages such as Racing Underway, Event Name and Number at start line, etc. will also be broadcast Via [Herenow.com](#). Note that you won't see the Title IX race on the Herenow.com website until race day.

For real-time regatta updates, **text #NW25 to +1 (609) 354-7711 – or [click here](#) to sign up!** After texting, remember to click the link to add your contact information to our community list.

HOW CAN I HELP?

Come down to Vancouver and cheer on all the boats! Please [sign up](#) for a volunteer shift in advance or offer to help at the picnic area—don't worry, we will make sure you do not miss your kids' race. If you have any questions, please do not hesitate to contact: inglemoorbc@gmail.com.

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! Our PayPal link is https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=QYFFPQTMD56RJ

HOW ELSE CAN I STAY INFORMED?

We have a website! <https://www.inglemoorcrew.com/welcome> Here you can find our Regatta Notes, learn more about the sport of rowing, and contribute towards our Booster support for every rower.

Don't forget our end-of-season banquet is May 27th at 645pm!