



Regatta Guide

Rose City Invitational

April 13, 2025

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

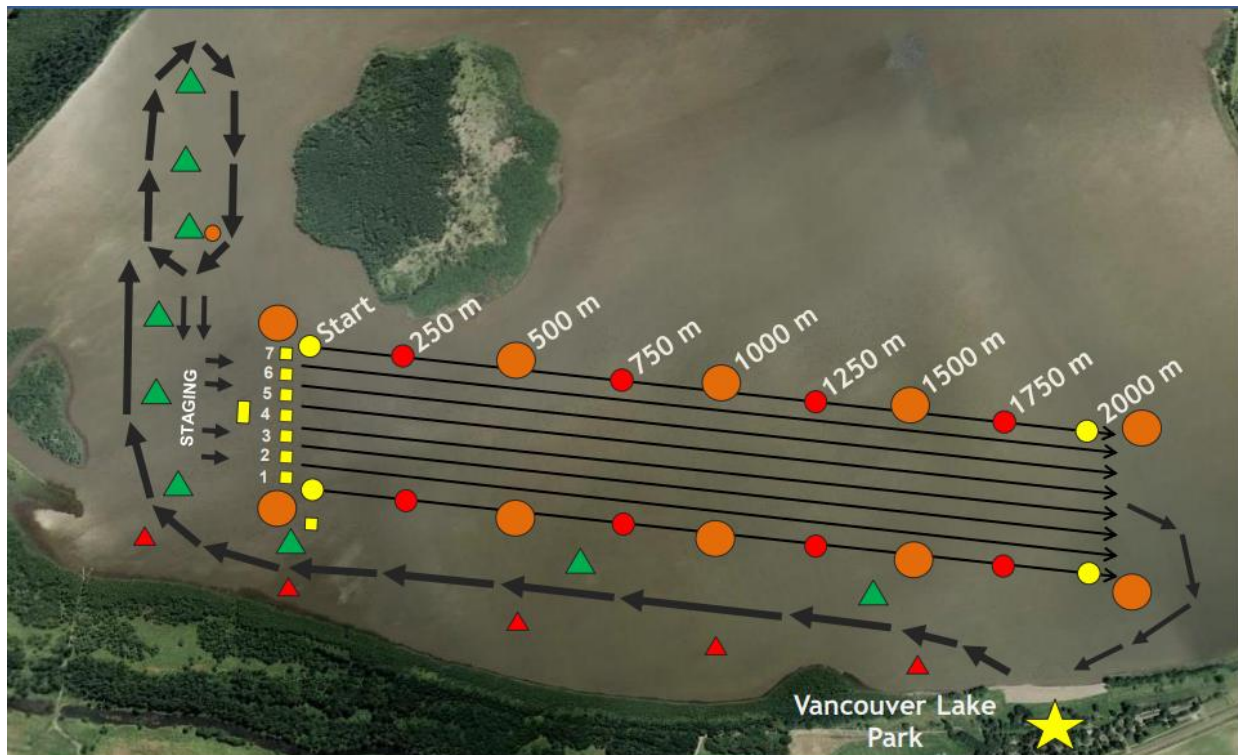
WHAT TYPE OF RACE IS THIS?

This regatta will consist of 2000m sprints. Hosted by the Rose City Rowing Club, it is by invitation only and limited to a select number of teams in Oregon and Washington. Although the Rose City Club is based in Portland, the regatta is held on Vancouver Lake on the same course that Regionals will be on next month. This will be the first time our team has competed at this event—thank you for your patience while we learn how this regatta operates and please excuse us for any errors in this guide. We’ve compiled the information from various sources and subject to change at the last minute.

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.

It is our understanding that they will use the same course as that of Regionals. 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?

As of now, Inglemoor will be competing in 12 events. The Order of Events is listed on the last page of this guide. 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?

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 the whole race.

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” (potentially 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 team colors and head to the beach or comfort station to meet up with other parents to enjoy watching the races in solidarity.

WHO WON?!? WHAT WAS THEIR TIME?!?

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, very much like a track sprint.

The official schedule/draw/results will be on this page: <https://docs.google.com/spreadsheets/d/1ewcT3YMGU-pY3ESzhUrfR8GsXAq58N3IrdhaUiCI5A/edit?gid=575176132#gid=575176132>

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. They do tend to run out of toilet paper, so you might consider packing an emergency roll.

It is our understanding that there will be no vendors on site. There is a nice general store & gas station very close to the venue if you need to run out for supplies or need ice.

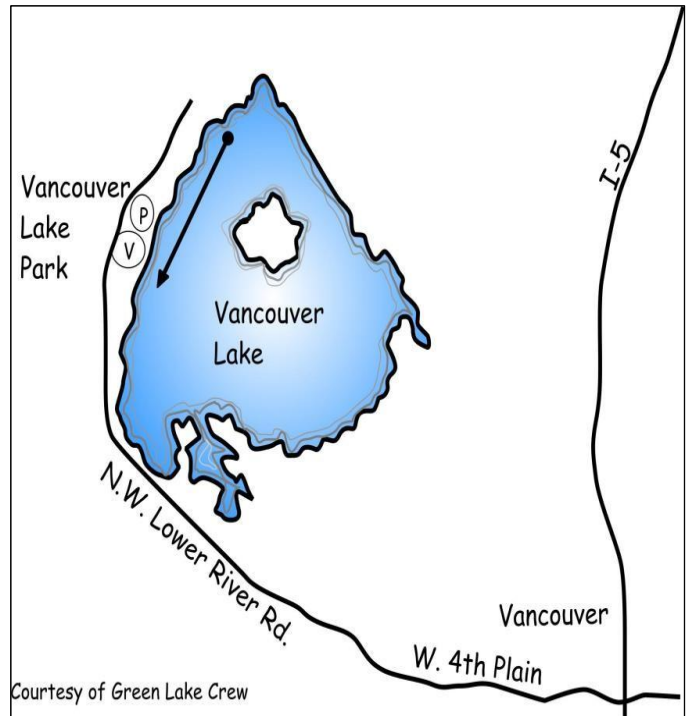
WHERE DO I PARK?

Park Hours: The main entrance gate to the park will open at 6:00 am Sunday morning and closes 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.** The parking lots closest to the beach/boats fill up fast, but there is plenty of accessory parking to the far left after you go through the payment station.

Parking Fees: Parking fees are typically \$3 for cars, \$6 for cars with trailers. They should take credit cards (although sometimes the machines aren't working) so have CASH ready if necessary to pay the attendant.

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.

RV Parking and Camping: All RVs must park in the overflow lot. Overnight camping in the park is strictly **PROHIBITED**, either in tents or RVs. Please do not contact the city or county to obtain special use permits. Park employees will patrol the park at night, and anyone found camping or staying in an RV overnight will be asked to leave.



HOW IS MY KID GETTING THERE AND EATING?

There will be a team bus for this event for those that need transportation to and/or from the event. Coaches will send out details regarding transportation but please let Coach Doug know if your child will be on the bus. The bus will not wait for them on Sunday morning, so do not be late. Inglemoor to Lake Vancouver is 184 miles, by bus, driving time is 3 hours plus a potential potty break and traffic. (Note: be sure to use restroom before getting on the bus, especially on the ride home!).

Sunday Schedule

5am Bus leaves Inglemoor (arrive by 445am)

8am-815am Bus arrives at venue

830am Unload trailer and rig boats

10am First race (launch at 915am)

3pm Last race.

Athletes need to eat a light breakfast at home. Boosters will be providing light snacks/beverages food for an early grab and go items in the morning and a cooked lunch (burgers and veggie burgers). **Please bring a reusable water bottle.**

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. There will be a lot of downtime between races and the support tent is might be located quite a distance from the launch beach. At the minimum, athletes should try to 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. 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: <https://www.signupgenius.com/go/10C0E45ADAD2DAAF9CE9-56136423-rose>

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 where we hold regattas. Although we see a few dogs there every year at Regionals, just be prepared that if you bring your dog, you might be asked to leave, especially if you bring your dog down on the beach where all the rowers and officials are. Please note, that there are often *E.coli* outbreaks in the lake 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 generally frowned upon at regattas without prior approval.

HOW CAN I HELP?

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

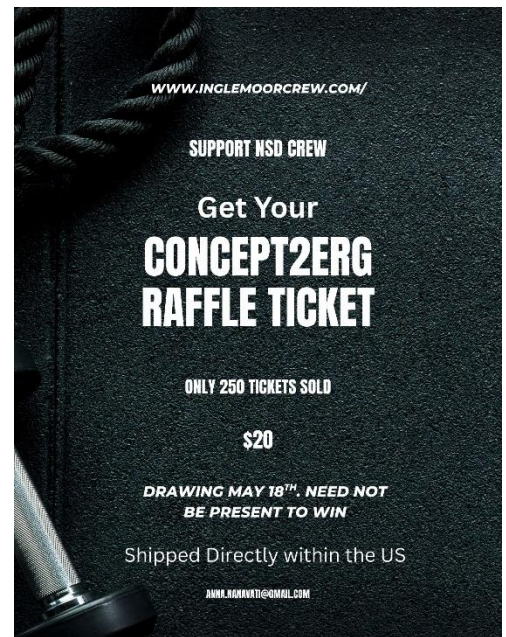
Donations of your time, funding, or material goods are always appreciated! Inglemoor Crew Boosters is a 501(c) 3 organization, and your donation is tax deductible. Several companies such as Boeing and Microsoft will also match your hours or cash donation! Our PayPal link is https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=QYFFPQTMD56RJ

WHAT'S THIS ABOUT WINNING A NEW CONCEPT2 ERG?!?

Also, Boosters is pleased to announce that we are now selling raffle tickets for you to win your very own Concept2 Erg! Raffle tickets are \$20 and will be on sale at all the next regattas. The lottery will be held May 18th at Regionals (attendance not necessary to participate). Please buy one (or more!) before we run out. Sales are limited to \$250 tickets. If you already own an erg, you can even donate it back to the program!

HOW ELSE CAN I STAY INFORMED?

Check out our 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.



Order of Events

Note: The schedule is tentative and subject to change. Inglemoor is entered in events highlighted in yellow. Final schedule and lane assignments will be posted here: <https://docs.google.com/spreadsheets/d/1ewcT3YMgU-pY3ESzhUrifR8GsXAq58N3IrdhaUiCI5A/edit?gid=575176132#gid=575176132>

Time	Event	Time	Event
10:00	B V8+	12:48	G Nov8+B
10:12	G V8+	13:00	B Nov8+B
10:24	B Nov8+A / U16	13:12	B U178+
10:36	G Nov8+A / U16	13:24	G U178+
10:48	G 4V8+	13:36	B Nov4+
11:00	B 4V8+	13:48	G Nov4+
11:12	G JV8+	14:00	B 4-
11:24	B 2-	14:12	G 4-
11:36	G 2-	14:24	B 3V4+
11:48	B JV8+	14:36	G 3V4+
12:00	B 3V8+	14:48	B JV4+ / U17 4+
12:12	G 3V8+	15:00	G JV4+ / U 174+
12:24	B V4+	15:12	TBD
12:36	G V4+	15:24	TBD
		15:36	TBD