Regatta Guide

TAIL OF THE LAKE

October 5, 2025

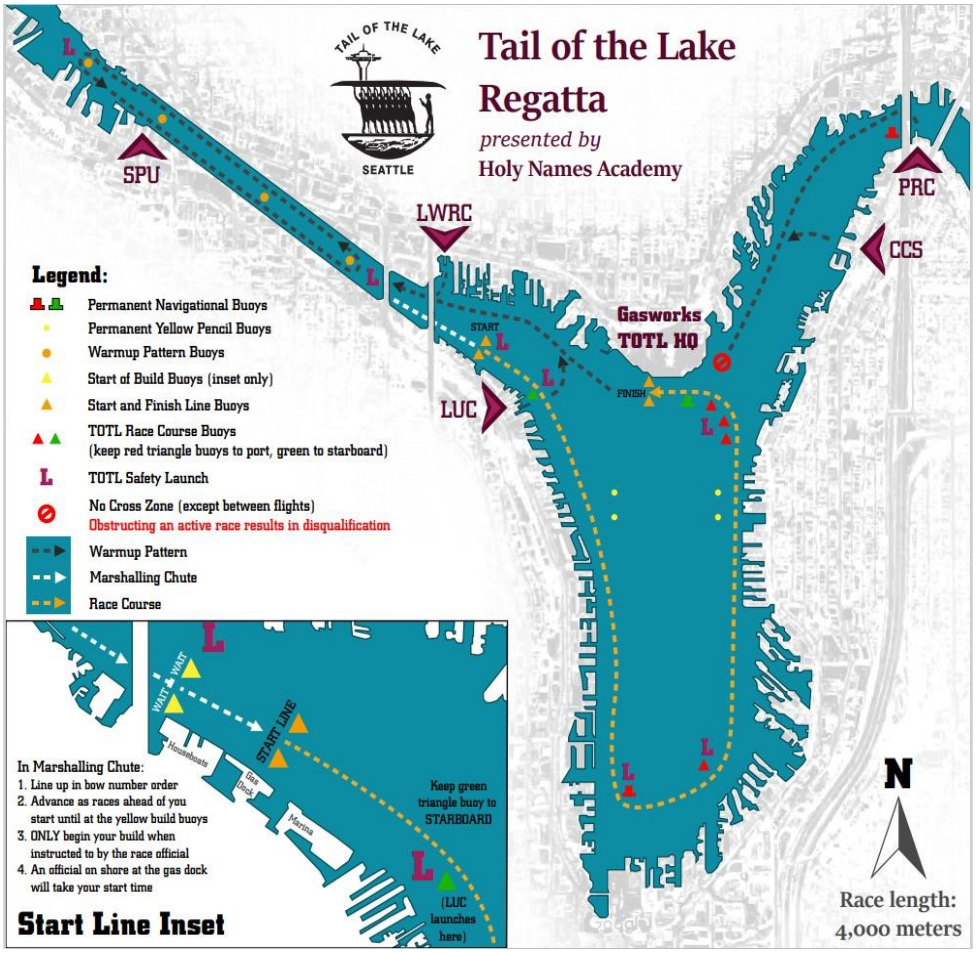
Welcome Inglemoor, Bothell, North Creek and Woodinville families to the **31st Annual Tail of the Lake** and our first regatta of the season! This is not necessarily a complete guide to everything to expect but we are hopeful that it will help prepare you for the upcoming races. If you have any questions, please do not hesitate to ask! The Crew Booster website is also a great resource to explore: https://leagues.teamlinkt.com/inglemoorcrew/Home

WHAT TYPE OF RACE IS THIS?

Tail of the Lake is a 4000m head race that circumnavigates Lake Union. Head races are run over a course instead of being a distance race, it's raced against the clock, with the goal being to have the fastest overall time with as few penalties as possible. Roughly speaking, head races are to sprints as fall cross country is to track. Boats typically start 10-15 seconds apart, allowing faster crews to overtake slower ones along the length of the course. Coxes need to make sharp turns and navigate jockeying boats. Due to the length of the race, the cadence is much lower when compared to a spring race although crews will certainly be sprinting the last 300 meters! Head races are aptly nicknamed "the coxswain's race" since navigating the turns and positioning as efficiently as possible aids the crew in achieving a fast overall time.

WHAT IS THE COURSE?

The start is about where Lake Union Crew's boathouse is ("LUC" below) on the west shore just east of the Aurora Bridge and runs counterclockwise to the south of Lake Union with the finish line at Gas Works Park.



WHO IS PARTICIPATING?

We have 11 boats racing today. Lineups and events are coach prerogative and subject to change at the last minute.

HOW DOES MY CHILD GET THERE?

Families will be responsible for transportation. As per School policy, rowers are not allowed to drive themselves to this race and must ride with a parent (both directions). Carpools encouraged, parking will be

a challenge. Coaches will let you know what time they must arrive at the **Lake Washington Rowing Club** boathouse.

Boathouse Address:

910 N Northlake Way, Seattle, WA.

It is absolutely critical that your rower arrives on time—failing to arrive on time, not only jeopardizes their own race, but affects an entire boat. Do not be late. Parking will be limited so please anticipate dropping your rower off near Lake Washington Rowing Club and then go to find parking.

HOW CAN I WATCH?

Be prepared, crew is not a spectator sport! For Tail of the Lake, after you drop off your child, you will have little to no contact with them—rowers will not have their phones on them while in the boat. 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. *This is all normal*. If you bring a good pair of binoculars, you might be able to see them once they pass the start line, but then will lose them until they round the last set of buoys as they head towards the southern end of the lake. The finish line is just to the right of the Lake View Point at Gas Works Park and makes for the best place to view the last 750m. Or, set up a blanket on the south facing hillside to the west of the point near the finish line. Boats typically launch about 35-45 minutes before their posted race time.

WHAT IS A FLIGHT AND WHEN DO THEY RACE?

Boats for Tail of the Lake are sent out in three different "flights." In between flights the officials take a short break, some boat traffic clears for those that need to cross the racecourse, and it also allows for teams to "hot seat" coxes and/or rowers (jumping into a different boat at the last minute for the race) as needed. Please note that the schedule often changes for a number of reasons and is highly weather dependent. The full schedule is posted online at **Regatta Central**. Click on the link for heat sheets for the most up to date times of race events: Regatta Central TOL.

EVENT #	TIME*	FLIGHT	DESCRIPTION	NUMBER OF IHS-RC BOATS
29	9:39	2	Mens U17 8+	**1**
30	9:41	2	Mens Jr Nov 8+	**2**
31	9:43	2	Womens U17 8+	**1**
32	9:45	2	Womens Jr Nov 8+	**1**
56	11:30	3	Mens Jr 8+	**3**
58	11:35	3	Womens Jr 8+	**3**

*subject to change, all times are AM.

WHAT DOES THE DESCRIPTION MEAN?

We promise, this will all make perfect sense by the spring season. But junior racing events are broken down by age and number of rowers, by oar type (sculling vs. sweep), by experience, and if they have a coxswain. What you will not see at Tail of the Lake are Varsity or JV categories, or at least they will not be listed as such. Instead, if multiple boats from the same team are entered into an event, teams will post **A** and **B** (or more) boats under the working assumption that **A** boats will be composed of the fastest rowers. It goes without saying that seating can be very fluid across a season as

rowers develop or how boats best mesh, so boat lineups change throughout the season. Here is a rough guide of the event terminology so you can follow the schedule like a seasoned pro:

- **Eight (8+):** A shell with eight rowers and a coxswain. The plus sign next to the number signifies that there is a coxswain. This is called a sweep boat, with each rower having one oar.
- **Four (4-) or (4+):** A shell with four rowers. 4+ means a four with (with a coxswain). Coxless fours (4-) are often referred to as "straight fours". The minus sign refers to, minus a coxswain. This is a sweep boat.
- **Pair (2-):** A shell with two rowers rowing sweep, no cox.
- **Quad (4x):** A four-person boat where each person has two oars. This can be with (4x+) or without (4x) a coxswain. This is a sculling boat.
- **Double (2x):** A sculling shell with two rowers, each with two oars.
- **Single (1x):** A shell with one rower, two oars.
- **U19** Athletes can compete as under the age of 19 if they will not turn 19 on or before Dec 31, 2025—including coxswains. Athletes who are or have already turned 19 but will not turn 20 in the calendar year and have been continuously enrolled as a full-time student seeking a high school diploma are also eligible to compete.
- **U17** Athletes may compete in the U17 category until December 31 of the year of their 16th birthday.
- **Novice** All crew members must be new to competition, as of October 6th, 2024.

HOW CAN I FIND OUT THE RESULTS?

Real-time (well, mostly real time) results are posted on 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 determine final placing. In a head race, boats within an event are sent out every 15 seconds (with about 60 seconds or less between events). One tip is to pay attention to the bow numbers of your child's boat and then compare that to bow numbers that finish relative to them. Let's say your child's boat is #32, if they pass a boat with a lower bow number (#32 passes #31), they are relatively faster than the boat that left before they did; but if #35 passes your #32 then they will be three boats faster than #32. This doesn't consider any penalties, but it gives you something to think about while waiting for the official 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. More information on all the rules can be found at 2025 Rules of Rowing.

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.

The various offenses and penalties are:

- Late to the start - 10"
- Miss single buoy - 60"

- Missing bow number - 10"
- Miss more than one buoy - disqualification
- Failure to yield - 30"
- Safety violation (e.g., crossing course) or interference with another crew - 30-60" or disqualification

WHERE CAN I BUY FOOD OR MERCHANDISE?

There is a light refreshment stand at the point of Gas Works Park that sells coffee, drinks, and some snacks. The merchandise tent is also there (yes, they take credit). We would recommend buying early since they do sell out and sizes are limited. Your rower won't have access to the merchandise stand so you might want to ask them what they want before Sunday. They typically have a long sleeve technical shirt for this year's regatta, as well as some generic Tail of the Lake merchandise and sometimes heavily discounted shirts from previous years. For more information, click here: https://www.regattacentral.com/v3/cms/regatta/8075/merchandise?org_id=0

WHERE DO I PARK?

Parking is extremely limited! Arrive early at Gas Works Park (2101 N Northlake Way, Seattle, WA 98103). If you arrive late, you might be able to find parking along Northlake Way and Northlake Place heading toward Lake Washington Rowing Club. Do not leave valuables in your car. Note that it is approximately a 10-minute walk from Gas Works Park to the LWRC Boathouse.

WHAT DO I BRING?

For parents, we suggest packing a camp chair, suitable clothes for the weather, and binoculars if you have them. For rowers, they will be based out of one of the local boathouses (most likely Lake Washington Rowing Club) so they will not have a lot of personal space. A suggested packing list can be found here: **https://leagues.teamlinkt.com/inglemoorcrew/RegattaSurvivalGuide**

Rowers should eat a nutritious light breakfast, pack granola/power bar type snacks, and bring something a little more substantial for post-race munching. The Boosters will provide some light nutritional snacks but athletes should plan on bringing the bulk of what they need for food and beverages.

WHAT HAPPENS AFTER MY CHILD RACES?

After they cross the finish line for their event, they will paddle back to the Lake Washington Rowing Club to pull the boat out of the water. Boats will be derigged after racing and loaded onto the NSD boat trailer. Coaches will determine when athletes need to be at trailer for post-race activities—please do not leave without first clearing it with a coach. After all boats are loaded and the team is dismissed, the boats will need to be unloaded and rerigged back at the Kenmore Boathouse. The coaches will let the athletes know how many (and who) need to help with this.

HOW CAN I HELP?

Come on out to Gas Works and cheer for all the boats! If you have room in your car, please consider carpooling with other families since transportation might be difficult for some. Also, please sign up to help support the comfort stations at the upcoming races, the next regatta is October 12 at American Lake and we will need a lot of hands on that day. And as always, food or monetary 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=_sxclick&hosted_button_id=QYFFPQTMD56RJ

Thank you for all your support! Go Northshore, Go Inglemoor!