

The background of the slide is a light gray gradient with several realistic water droplets and bubbles of various sizes scattered across it. The main title is in a large, dark blue, sans-serif font. The word 'HEAD' is the largest, followed by 'THE LAKE' in a slightly smaller size. The words 'OF' and 'THE' are stacked vertically between 'HEAD' and 'LAKE'. To the right of 'LAKE' is a stylized blue graphic of a rowing oar.

# HEAD <sup>OF</sup> THE LAKE

— Sunday, November 2, 2025 —

## Coaches & Coxswains Meeting

Race Director Mike Rucier | Chief Referee Dee McComb

Regatta Hosts

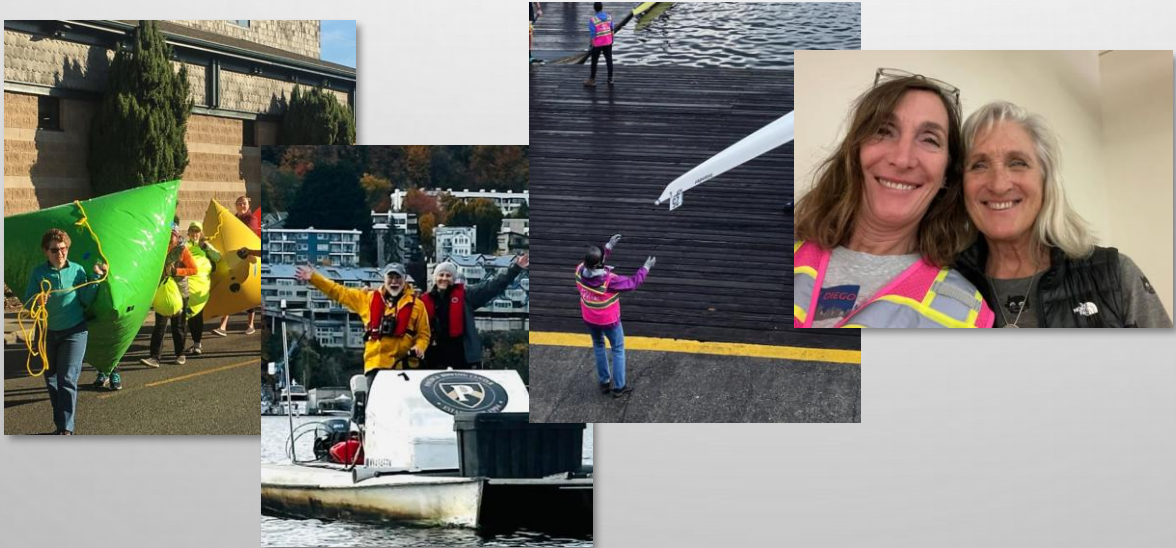


Regatta Sponsors



Thank you!

200+ Volunteers, Officials, and Regatta Staff



Bill Bowden  
Dock Master Extraordinaire

In memoriam



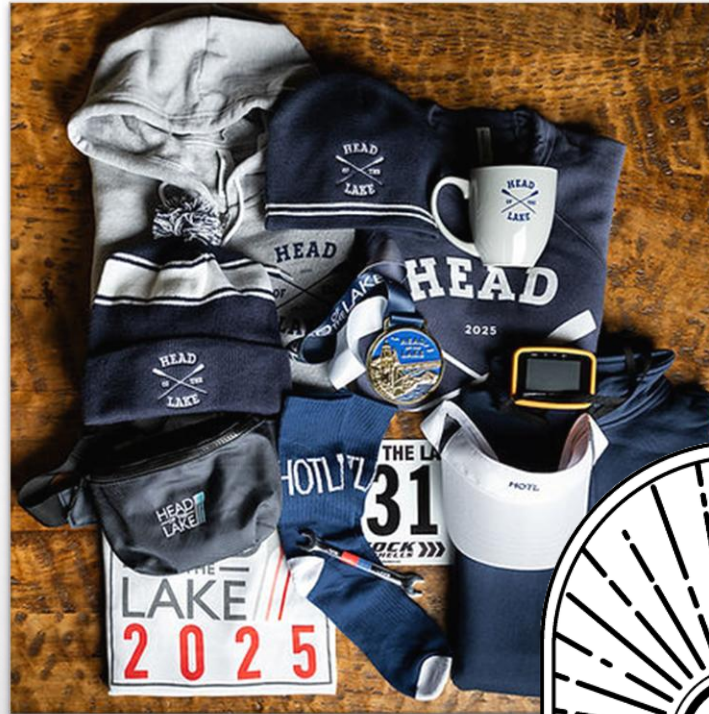


HEAD<sup>OF</sup> THE LAKE!

11.02.25

LAKE UNION TO LAKE WASHINGTON

Visit Conibear Shellhouse on race day for Head of the Lake merchandise, plus coffee and bites across from the shellhouse in Lot E7



Merch pre-orders end tonight (10/30) at midnight!  
[headofthelake.org/shop](https://headofthelake.org/shop)



How to identify regatta staff





DON'T FORGET TO

FALL  
BACK



**PACIFIC DAYLIGHT TIME ENDS  
2:00 AM SUNDAY 11/2/2025**

# BEFORE RACE DAY



Sign your waiver, renew your USRowing membership, and complete your SafeSport attest (US Rowers 18 and over)  
<https://membership.usrowing.org/>



Read the race booklet  
[www.Headofthelake.Org/Competitors](http://www.Headofthelake.Org/Competitors)



Be familiar with the race course  
[www.Headofthelake.Org/Course-information](http://www.Headofthelake.Org/Course-information)

Watch the videos  
Study the map  
Know the rules



Attend the coaches and coxswains meeting or watch the recording: [www.headofthelake.org/coaches-coxswains-meeting](http://www.headofthelake.org/coaches-coxswains-meeting)



Instruct your crews to pack warm gear for before, during and after racing

Pacific Northwest weather can change quickly. Don't get caught unprepared!

# PACKET PICKUP

- Packet pickup @ Lake Washington Rowing Club and Conibear

- **Lake Washington Rowing Club: Saturday**

- 11/1 From 3:00 - 6:00 PM

Address: 910 N. Northlake Way

- **Conibear: Sunday**

- 11/2 From 6:00 AM - 8:00 AM

Address: 3896 Walla Walla Road

- ✓ On race day all race participants must have an unexpired:
  - ✓ USRowing waiver
  - ✓ USRowing membership
  - ✓ SafeSport attestation (US Adults)
- ✓ **Race packets WILL NOT be released to racers and crews unless everyone racing in the boat is compliant.**
- ✓ Get this done in advance of arriving at the regatta!

# RACE DAY COMMUNICATIONS



Stay up to date with real-time, race day announcements via the HOTL WhatsApp group.



Scan with your phone camera or click [here](#) to join

## **WHAT WILL BE BROADCAST ON WHATSAPP?**

- General race-day operations updates
- Any change in normal regatta operations, e.g.:
  - Warm-up area closed
  - Short course now in effect
  - Delay due to oncoming boat traffic
- Cancellation of races



# LAUNCHING AT CONIBEAR

2025

- **No launching will be allowed:**
  - Prior to 7:10AM unless otherwise authorized by dock master
  - If rowers are not dressed appropriately for the weather
  - Without a bow number displayed
  - From the waterfront activity center
- **Oars**
  - You may pre-stage blades in the wood chip area.
  - No oars on the dock: have assistants carry oars and collect shoes.
  - Dock masters may move oars off dock to keep them clear for launching.
- You must rig your boats in E-18 and walk them to the boathouse for launching. No boats may be rigged or staged in the E-8 parking lot or the wood chip area.
- Arrive at launch area bow first; no room to turn boat on apron. Coxswains must be on bow before entering the E-8 parking lot.
- Safety checks will be conducted by race staff; avoid problems by checking *before arriving* at launch area.
- Launch in event order.

# SAFETY CHECKS: BOW BALLS

## 3-105 BOWBALLS

Every boat shall have a supple or plastic ball, of a white or fluorescent color, firmly attached and mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bowball shall be at least 4 centimeters in diameter.





# SAFETY CHECKS: FOOTGEAR RELEASE

## **3-108 FOOTGEAR RELEASE**

(a) In all boats, the foot stretchers, shoes or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay. (b) Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored.





## Hot seat procedures (at Conibear only):

- Pick up a red hot seat card from the dock masters during your safety check.
- Display red card to dock masters when returning to Conibear
- *If practical*, hot seating boats will be given priority for recovery/relaunch

*Do not just “do it” and ask for forgiveness later. Failure to follow referee, marshal, or dock master instructions results in **exclusion**.*





# APPROACHING THE WARM-UP AREA

FROM THE UNIVERSITY OF WASHINGTON TO THE START LINE  
OR RETURNING AFTER FINISH TO OTHER LAUNCH SITES

# WARM UP MONTLAKE CUT

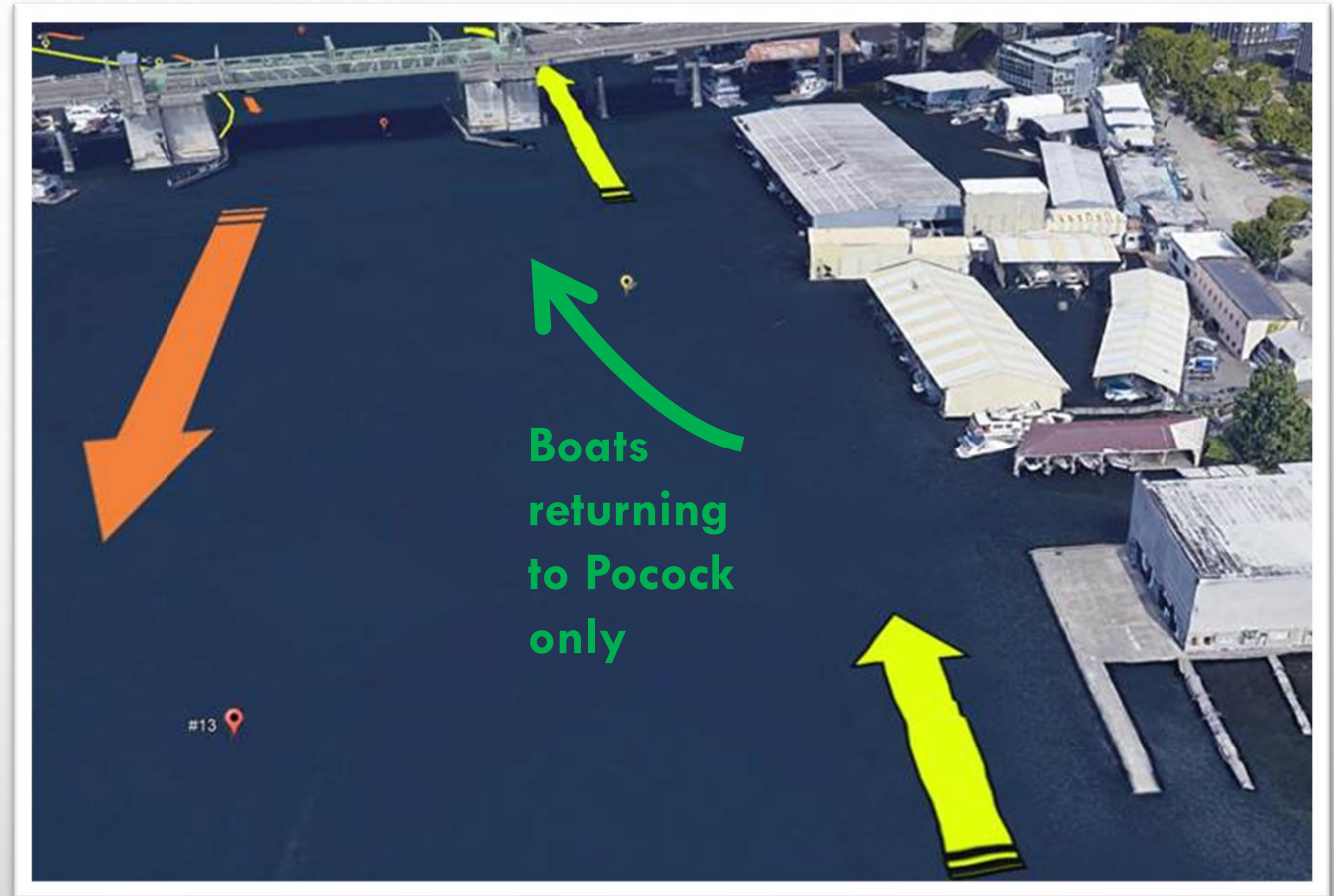
- No passing in the **warm-up lane**
- Keep buoys to port side





# WARM UP UNIVERSITY BRIDGE

- All crews need to travel **single file through the north arch**, *except for crews returning to Pocock after racing*
- **Boats returning to Pocock** should travel through the main arch in the **non-racing** lane and wait until they are given the green flag to cross over to Pocock
- Boats racing have the right of way - yield to racing boats



# BOATS RETURNING TO POCOCK

- Crews launching from Pocock will have a yellow dot on their bibs
  - If you are **guest-launching from Pocock**, email [hotl@lakewashingtonrowing.com](mailto:hotl@lakewashingtonrowing.com) or request stickers at packet pickup
- Please place yellow dots on bibs, *not plastic bow cards*
- After racing, crews returning to Pocock will be directed by Coach Farooq to proceed through the main arch of the University Bridge
- When it is safe, Coach Callahan will allow you to cross over the racing lanes and dock

*Do not just "do it" and ask for forgiveness later. Failure to follow referee, marshal, or dock master instructions results in **exclusion**.*







## WARM UP

DO NOT STOP UNTIL  
YOU ARE PAST THE  
FERRY

- Boats traveling under the university bridge in the warm-up lane **must not stop** under the bridge
- Boats must continue past the white ferry (Skansonia) before **any** stopping.

KEEP GOING PAST SKANSONIA

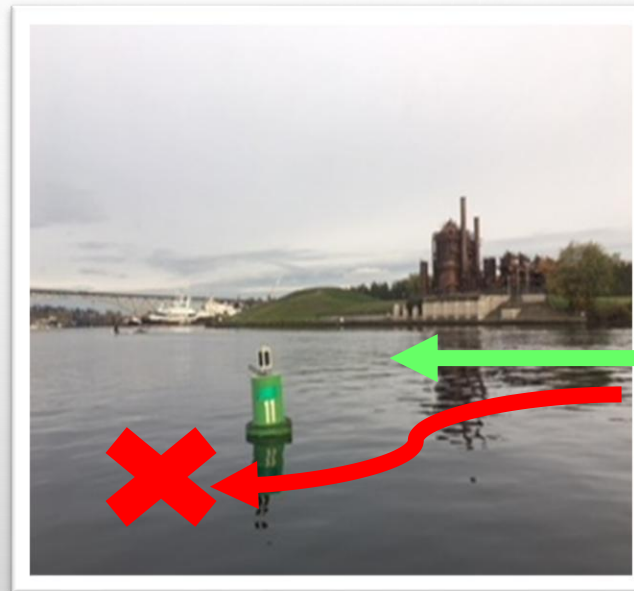




# TRAVELING TO THE PRE-RACE WARM UP AREA

When traveling to the warm-up area, crews **must stay to the north** side of the **green can** at Gasworks Park.

In other words, **travel between the green can and Gasworks Park**



North - Gasworks -  
GOOD

South - Space Needle  
- BAD

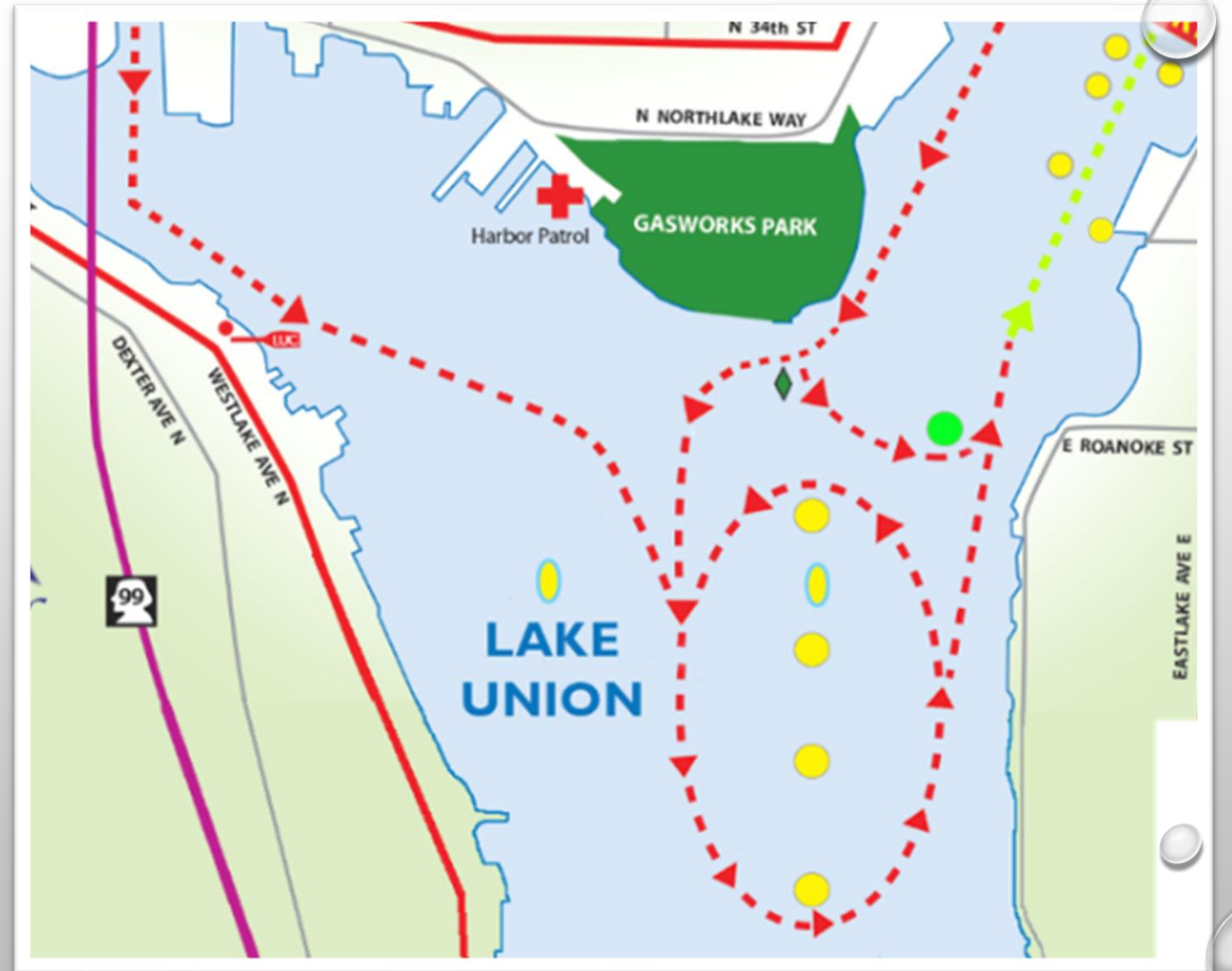


# APPROACHING THE WARM-UP AREA

FROM WESTERN AREA BOAT HOUSES TO THE START LINE

## FROM WESTERN-AREA BOATHOUSES

- Enter the oval and proceed counter-clockwise
- Don't be late!
- *Cutting is at the discretion of the warm-up wrangler*





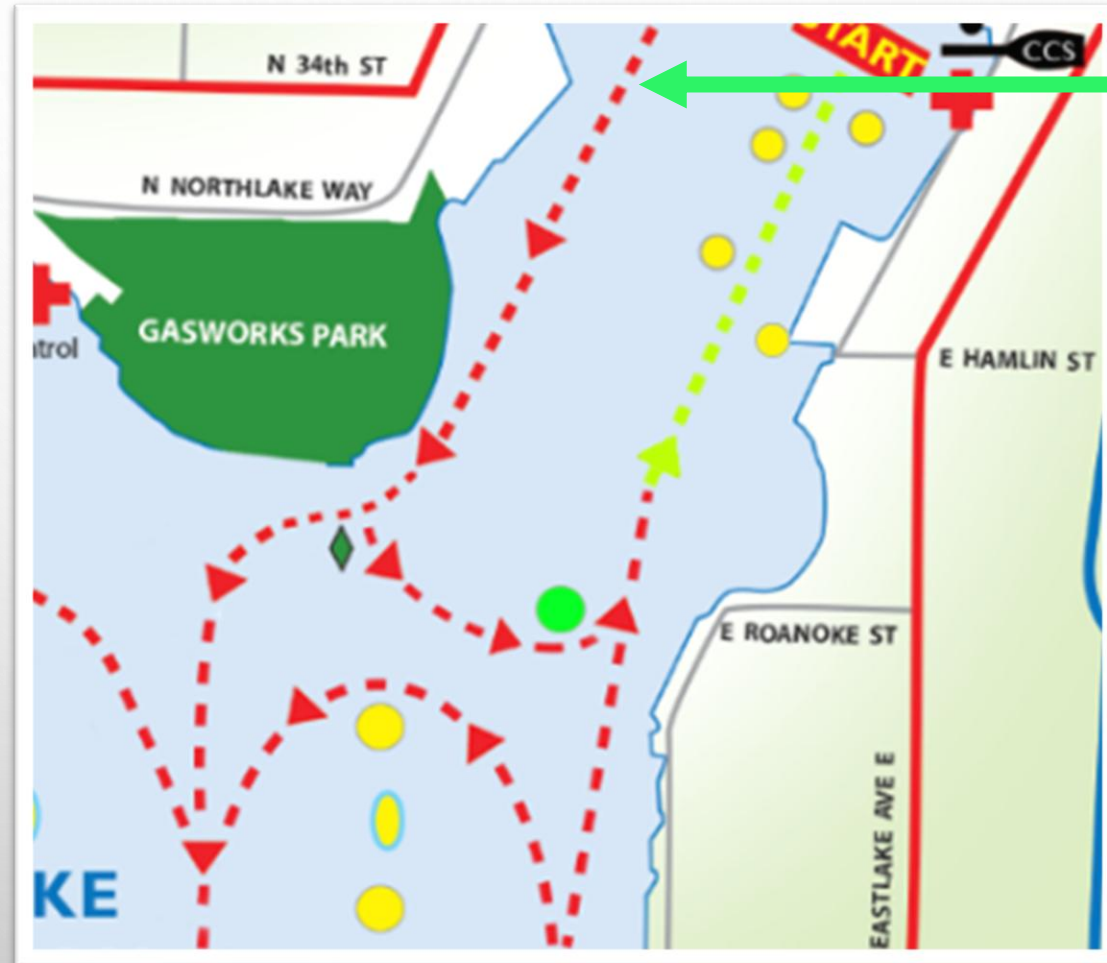


# APPROACHING THE WARM-UP AREA

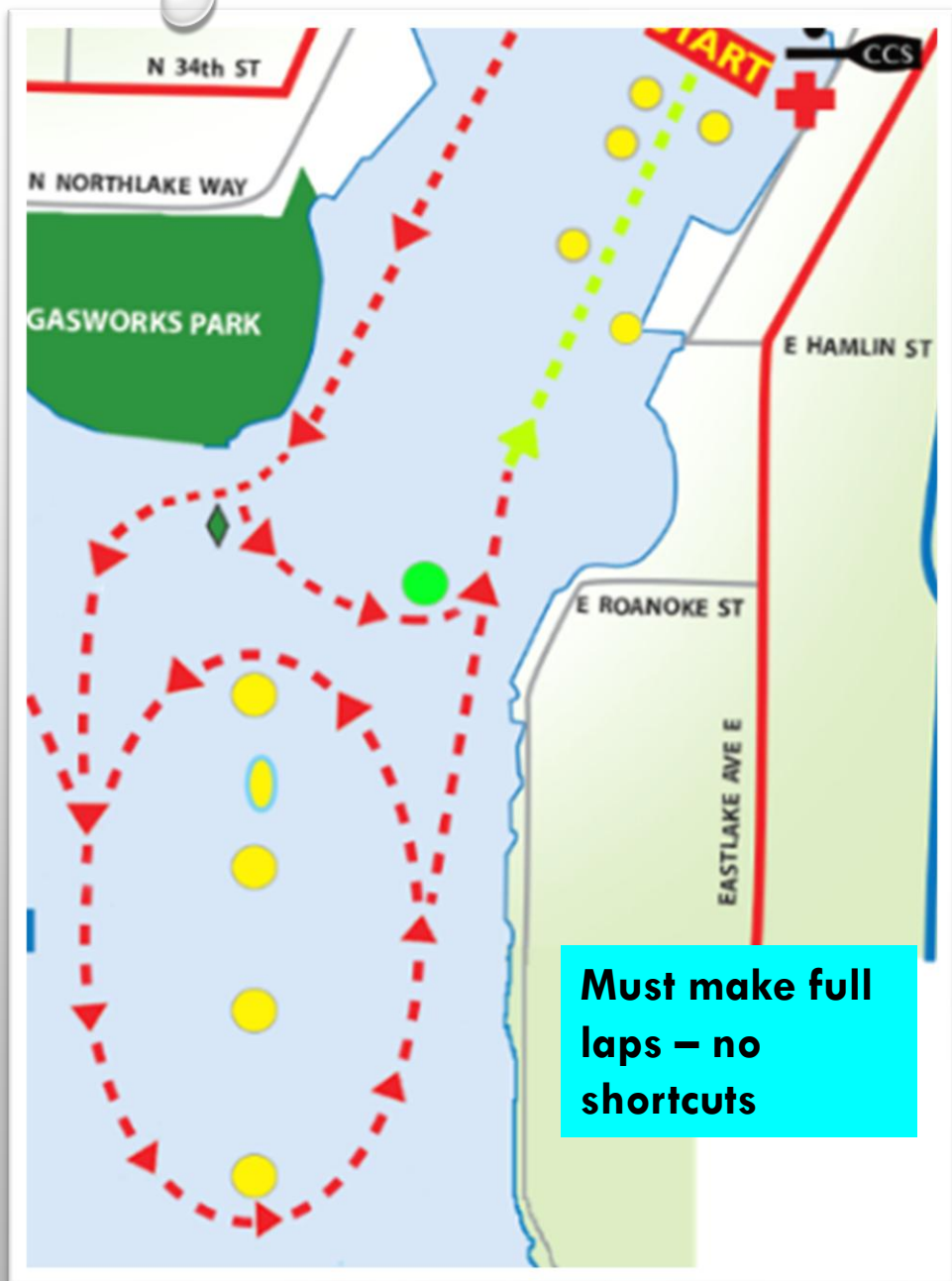
FROM COLLEGE CLUB TO THE STARTING LINE

## FROM COLLEGE CLUB

- Row straight across
- Enter the oval and proceed counter-clockwise
- Don't be late
- *Cutting the oval is at the discretion of the warm-up wrangler*



Wait for permission from the crossing official on the College Club dock before crossing



## WARM UP OVAL

- There are 4 big yellow buoys and 2 small speed buoys
- Counter-clockwise warm up pattern
- Not a pick turn - make wide turns and keep moving
- Done properly you should not have to stop to turn
- If you need to stop pull off to the side
- **Pay attention to the warm up wranglers**



# REMINDERS

- **Sometimes** a crew may need to head to the staging queue as soon as they enter the warm-up oval instead of going all the way to the south end of the warm-up oval
- This immediate cross to the staging queue **can only be done with permission** of the safety/marshal launch that is positioned by the yellow buoy at the northwest corner of the warm-up oval
- The crew should stop by the marshal launch and **ask permission** before crossing.

*Do not just “do it” and ask for forgiveness later.  
Failure to follow referee, marshal, or dock master instructions  
results in **exclusion**.*



# DISTANCES FROM THE START LINE

Distance (meters)	Landmark
500	I-5 Bridge/Pocock
1650	Timing station 1/opening of Montlake Cut
3250	Timing station 2/Fox Point
3900	Beginning of big turn
4100	North end of big turn
4800	Finish line

# STARTING PROCEDURE

- Start line at College Club on east side of Lake Union
- Arrive at staging area 10 minutes prior to race time
- Start in bow order; follow instructions of race marshal
- Move with other boats in your event to start chute
- Line-up in bow number order:
  - even numbers on starboard side
  - odd numbers on port side
- The start marshal will call each boat to the start line - BE ALERT!





# RULES OF RACING

- HOTL is a 4.8k race with a wide buoyed turn near the finish.
- All turns must be made with the entire crew rowing. If you stop or hold down while making a turn, you will be excluded. NOTE: a crew may stop without penalty to avoid colliding with another crew/boat.
- Where buoys mark the boundaries of the course, a crew shall be penalized ten seconds for each buoy that they pass incorrectly.
- Any boat showing a blatant disregard for safety will be disqualified from the regatta.
- Fours, eights and coxed quads must have the coxswain on board during the entire race.
- Good sportsmanship is expected at all times.

# PASSING

*defined as one boat overtaking another when the passer has moved within one length of open water of the crew they want to pass*

## **Responsibilities of the overtaking boat (passer)**

- The overtaking crew may choose which side to pass on.
- If a pass is attempted, and there is neither room nor time to pass safely, the overtaking boat must delay passing.
- If passing next to the warm-up lanes, you may not cross the buoy line into the warm-up lanes during any part of the race.
- If you force the boat you are passing into or across the buoy line you, the passer, may be excluded.
- The passer must allow time for the boat that they are overtaking to safely yield.
- If the passing crew does not yield when safety is a factor and if they cause a collision or injury to another rower during the process, a penalty or exclusion will be assessed.

# PASSING continued

## **Responsibilities of the boat being passed**

- The crew being passed must yield the line taken by the passing crew as quickly as possible.
- Movement to yield must begin when the passing crew is within one length of open water.
- Always be alert to possible upcoming passing attempts, be prepared to decrease speed to allow the passer to pass safely and without interference.
- All shells coxed from the bow are advised to have their bow seat rower notify the coxswain when a following crew is positioning themselves to attempt to pass and on which side of the boat they will be passing.



# THE FINISH

- The finish line is located **750** meters in front of the opening to the Conibear Shell House.
- A finish line dock is positioned there.
- As you pass in front of the finish line dock a horn will sound signifying that you have crossed the finish line.
- Keep rowing away from the finish area to allow space for the crews behind you to cross the finish line safely.
- Do not allow the finish area to become a collision zone.





## HAZARDS POCOCK TURN

### RED CHANNEL BUOY

before first turn under  
University Bridge @ Pocock  
- keep it to starboard





# HAZARDS PORTAGE BAY

## STRAIGHT AWAY

through Portage Bay headed for the Cut or in the warmup lane - easy to lose sight of buoys and cross over

© Lake Washington Rowing Club







# HAZARDS

## SOUTH SIDE OF MONTLAKE CUT

Pedestrian pathway juts outward sharply ~550 feet from the east entrance to the Cut

Image Landsat / Copernicus  
Image © 2025 Airbus



# HAZARDS EXITING THE CUT

**RED CHANNEL BUOY** exiting  
the Cut racing to the big turn  
- keep it to starboard

© Lake Washington Rowing Club



Image Landsat / Copernicus  
Image © 2025 Airbus





## HAZARDS BOAT TRAFFIC

**THE RACECOURSE CANNOT BE CLOSED TO BOATING TRAFFIC** for the duration of the race. Race officials, HOTL staff, and Harbor Patrol will be monitoring activity and may need to allow vessels to travel in the race lane or warmup lane to reach their destination. You may need to be patient and follow a boat.





# HAZARDS UNION BAY

- Mud islands are floating clumps of mud/grass that appear in and around the finish area and launch points from Conibear. Be aware of your surroundings, as shells are not designed to row through mud!
- **Mud islands of particular concern will be marked with a flag for boats to avoid**



# PENALTIES



Code	Description	Penalty	Explanation
OOX	Missed event	Exclusion	Cannot row the course
IN	Invisible number	No race time	If crew cannot be identified at both the start and finish a time will not be captured
CBX	Cross buoy line & interfere with racing crews	Exclusion	
FCX	Force crew into opposite traffic	Exclusion	
MB	Missed buoy	10 seconds per buoy	
HDX	Hold down on 3-point turn	Exclusion	Penalty will not be assessed if holding down is necessary to avoid a collision. Referee decision is final.
FY/FYX*	Failure to yield while being passed / same with contact	60 seconds / Exclusion	
IF/IFX*	Interference (Passing crew interferes) / same with contact	60 seconds / Exclusion	
UP/UPX*	Unsafe pass / same with contact	60 seconds / Exclusion	
NPX	Pass in NO PASS ZONE	Exclusion	In Montlake Cut in non-racing lane (while going to the start or returning to launch dock) or passing in front of Pocock (unless racing)
DRX	Flagrant disregard for rules	Disqualification	
FFX	Failure to follow instructions from referees and course marshals	Exclusion	
LRX	Leave rower in water alone	Exclusion	
TP/TPX	Traffic pattern violation / same with contact	60 seconds / Exclusion	

\*Interference with another crew either failing to yield safely to allow a boat to pass (block their path intentionally) or the passing not allowing time for the crew they are passing to yield to the passer safely will result in a penalty assessed. It will be at the referee's discretion as to the type of penalty assessed





Pocock Turn Detail

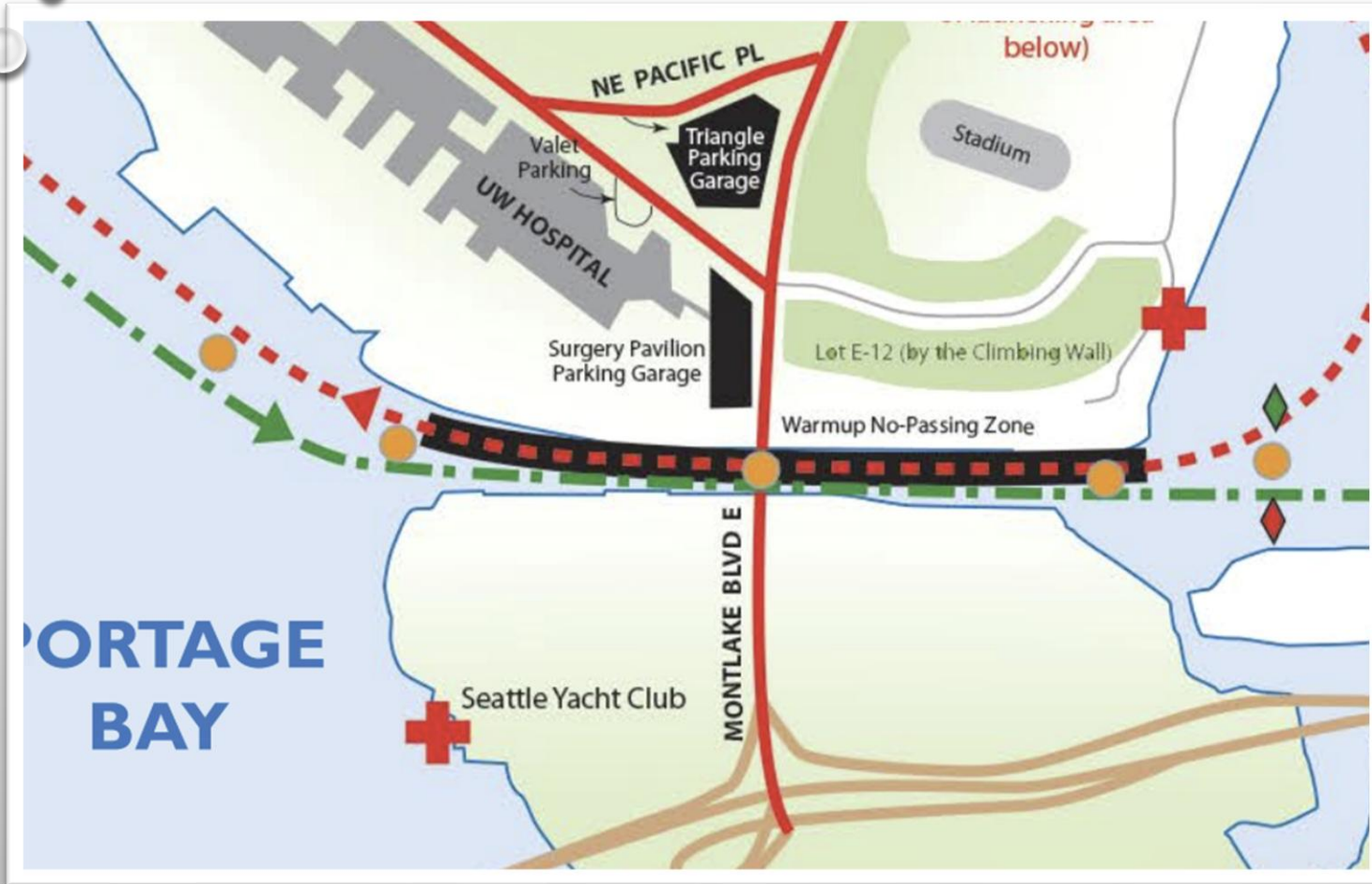
Warmup: Go through the arch to the north of the wide arch

Racing: Go through the wide arch, keeping all yellow buoys on your starboard side and all orange buoys on your port.

# PENALTIES: SPECIAL ATTENTION

**WARM UP/COOL DOWN: NO PASSING ZONE** NEAR AND UNDER THE UNIVERSITY BRIDGE

**X VIOLATION RESULTS IN EXCLUSION**



# PENALTIES: SPECIAL ATTENTION

**WARM UP/COOL DOWN:  
NO PASSING ZONE  
THROUGH  
MONTLAKE CUT**

**X VIOLATION RESULTS IN  
EXCLUSION**





**IF YOU LOSE A ROWER**

**STAY WITH THE ROWER**

**X PENALTY FOR LEAVING A ROWER ALONE IS EXCLUSION**



# DURING RACING

## SAFE PASSING IS ALLOWED

BUT PENALTIES MAY BE ASSESSED IF

Code	Description	Penalty
FY*	Failure to yield while being passed	60 seconds
FYX*	Failure to yield w/ contact while being passed	Exclusion
IF*	Interference (Passing crew interferes)	60 seconds
IFX*	Interference w/ contact - passing crew	Exclusion
UP*	Unsafe pass	60 seconds
UPX*	Unsafe pass with contact	Exclusion

\*Interference with another crew either failing to yield safely to allow a boat to pass (block their path intentionally) or the passing not allowing time for the crew they are passing to yield to the passer safely will result in a penalty assessed. It will be at the referee's discretion as to the type of penalty assessed



**SO LET'S NOT HAVE ANY OF THIS**

# PENALTY INQUIRY/PROTEST PROCEDURE



- If you wish to speak to a referee about a penalty or file a protest, you may complete and submit the form at <https://tinyurl.com/hotlpenalties>
- For protests:
  - This form must be submitted within 1 hour of the conclusion of your race
  - You must pay a protest fee of \$50 by check payable to Lake Washington Rowing Club and delivered to the Rose Room at Conibear; or by paying online [here](#) and emailing the receipt to [hotl@lakewashingtonrowing.com](mailto:hotl@lakewashingtonrowing.com)
- Results will be unofficial until 1 hour after event finishes
- **Referee calls and observations are considered findings of fact**





# ON WATER EMERGENCIES

2025

- The closest safety or referees launch responding will be in charge and will have direct contact with all regatta personal including the Seattle Harbor Patrol.
- The referee will raise a white flag if the mishap (overturned shell, rower in the water) occurs on the race course where shells may be passing.
- The referee may signal you to steer to one side in which case the white flag is dropped or waived to the preferred side.
- Should you see a **red flag stop racing!** Await further instruction from the nearest launch.
- If you overturn or are ejected from your shell and wish to continue racing, re-enter your shell and continue rowing.
- **If you are ejected from your shell, your crew must remain with you or your entire crew will be excluded.**
- Conibear, Pocock Rowing Center, Lake Washington Rowing Club, and College Club are equipped with warm rooms, blankets, and hot beverages
- Consider carrying a cell phone in a waterproof bag for communications *after* an emergency (e.g., for contacting your coach after drop off at a launch site)

# IN CASE OF BAD WEATHER

- The race committee may change the warm-up area and get rid of the oval
  - You will be directed to proceed directly to the starting line
  - Pay attention to the wranglers and referees
- The race committee may shorten the race course
  - Finish line will be at Fox Point
  - Distance of race will be approximately 3250 meters
- The race committee may cancel some races, e.g. pairs, singles, doubles
- The race committee may cancel the regatta
- In case of **thunder or lightning**, proceed immediately to the nearest shore location (e.g., Conibear, Pocock, College Club) and seek shelter inside



## ADJUSTED WARM UP AREA

- Oval will be eliminated
- Proceed under the direction of the wrangler, referee or other course marshal





# THE SHORT COURSE: 3250 METERS

**SHORT COURSE  
FINISH LINE AT  
FOX POINT**

# IN CASE OF BAD WEATHER

## HOW WILL YOU KNOW?

- The Race Committee will communicate with designated individuals at each launch site
- The designated individuals will communicate with teams launching from their respective boathouses
- A wrangler or referee or other course official will communicate with you
- You will know about the short course before your race starts





## **Return all bow numbers**

to the boxes at launch sites, or hand to a dockmaster upon returning to a launch site



# AWARDS

- **Gold medals:** for Masters events, gold medals are awarded for fastest handicapped time and raw time (adjusted for penalties)
- **Silver medals** are awarded for all Junior/U17 events; and collegiate/open events with at least 10 entries
- **Pick up medals** inside Conibear; there is no awards ceremony, but athletes are welcome to take pictures with medals and trophies in front of the HoTL backdrop





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# Batman says

Be safe, have fun, and  
have a great regatta!

Any questions?

2025