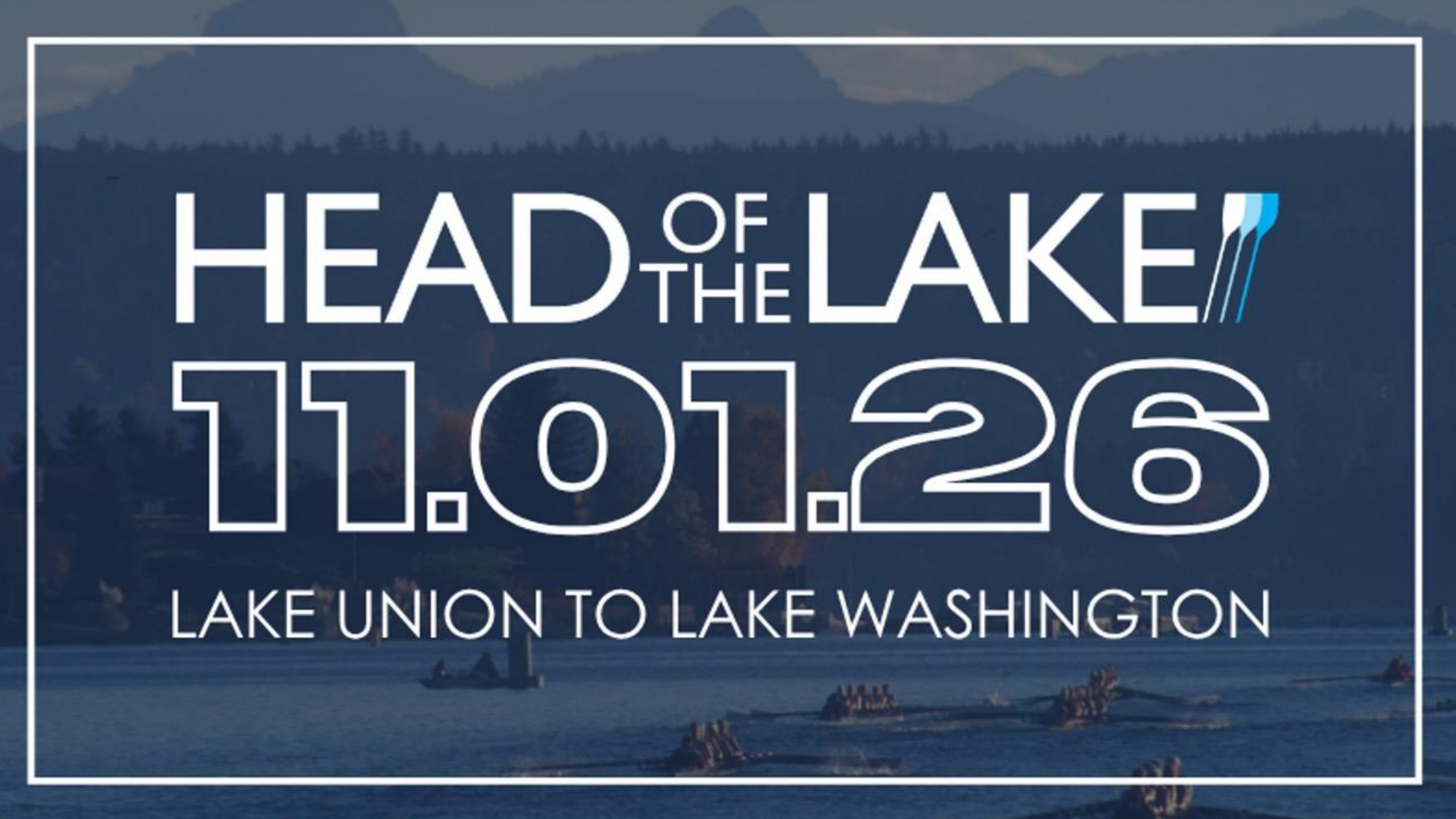
HEAD OF THE LAKE

Sunday, November 1, 2026

Coaches & Coxswains Meeting

Race Director Mike Rucier | Chief Referee Dee McComb

© Lake Washington Rowing Club


HEAD OF THE LAKE
11.01.26
LAKE UNION TO LAKE WASHINGTON

Thank you!

REGATTA HOSTS

WASHINGTON ROWING

LWRC LAKE WASHINGTON ROWING CLUB

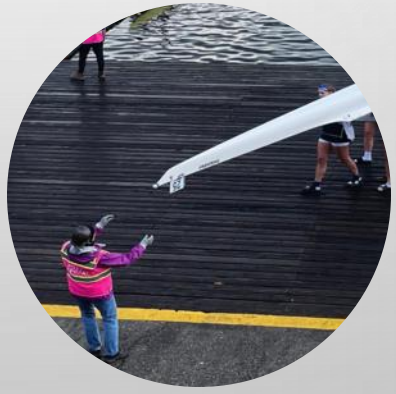
REGATTA SPONSORS

NORTHWEST YACHT BROKERS ASSOCIATION

POCOCK

200+ VOLUNTEERS, OFFICIALS & REGATTA STAFF






VISIT CONIBEAR SHELLHOUSE ON RACEDAY

MERCHANDISE



Pre-orders end tonight (10/29) at midnight!
headofthelake.org/shop

FOOD VENDORS

Kathmandu MoMoCha
KM
BEST DUMPLINGS FROM NEPAL

Panama COFFEE

PARTNERS

USRowing

USRowing on the Docks is coming to Head of the Lake!

Meet the team, pick up giveaways, and learn about programs across the rowing community.

WATCH HEAD OF THE LAKE LIVE!

STREAM ON THE ROWING CHANNEL

ONLINE OR ON THE iOS APP

trc.live/watch/hotl26

HELP OUR ANNOUNCERS

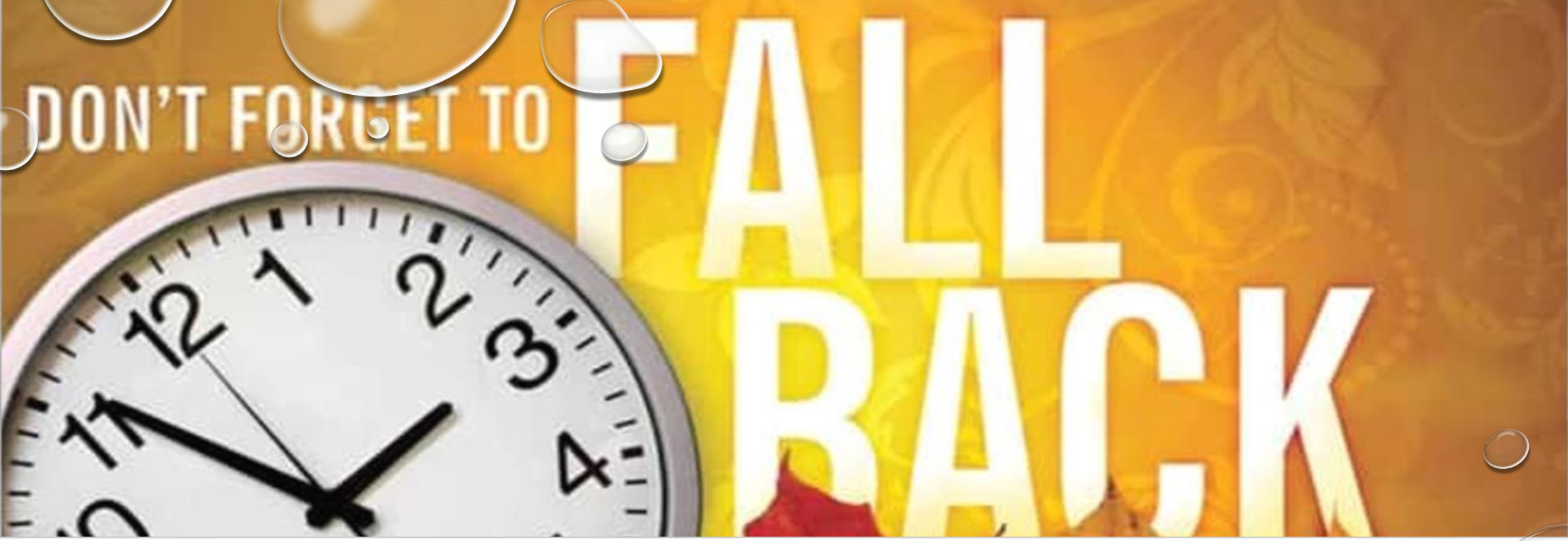
TELL US ABOUT YOUR CREW

Use this survey to provide information about your crew for the live broadcast.

HUDSON

Thank you to our livestream sponsor, Hudson Boat Works!

2026



PACIFIC DAYLIGHT TIME ENDS
2:00 AM SUNDAY 11/1/2026

© Lake Washington Rowing Club

BEFORE RACE DAY

2026



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



Be familiar with the race course 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



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

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

© Lake Washington Rowing Club

PACKET PICKUP

- Packet pickup @ Lake Washington Rowing Club and Conibear
  - **Lake Washington Rowing Club: Saturday**
    - 10/31 From 3:00 – 6:00 PM

    Address: 910 N. Northlake Way
  - **Conibear: Sunday**
    - 11/1 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!

© Lake Washington Rowing Club

SATURDAY PRACTICE

All rowing outside regatta hours is at your own risk.

UW dock closed

No Saturday launching from Conibear. Public access only during the regatta on race day.

Course setup in progress

Big-turn buoys go in Friday. Buoy crews work Saturday from late morning into early afternoon.

No HOTL safety coverage

No regatta support launches or on-water personnel available to assist outside regatta hours.

© Lake Washington Rowing Club

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

© Lake Washington Rowing Club

LAUNCHING AT CONIBEAR

2026

- **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.

© Lake Washington Rowing Club

PRE-LAUNCH 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.



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.



© Lake Washington Rowing Club

PRE-LAUNCH CHECKS

BOW AND BIB NUMBERS



3-110 BOW NUMBERS

Each boat shall be capable of having mounted on its bow an identifying card of sufficient size and contrast such that a Race Official can easily identify the Crew

CHECK THAT YOUR BOW CARD IS SECURELY AFFIXED TO YOUR BOAT – USE TAPE IF NEEDED

The bib number goes on the back of the bow rower or single sculler.

© Lake Washington Rowing Club

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.***

© Lake Washington Rowing Club

APPROACHING THE WARM-UP AREA

FROM THE UNIVERSITY OF WASHINGTON TO THE START LINE

OR RETURNING AFTER FINISH TO OTHER LAUNCH SITES

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WARM UP
MONTLAKE CUT

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

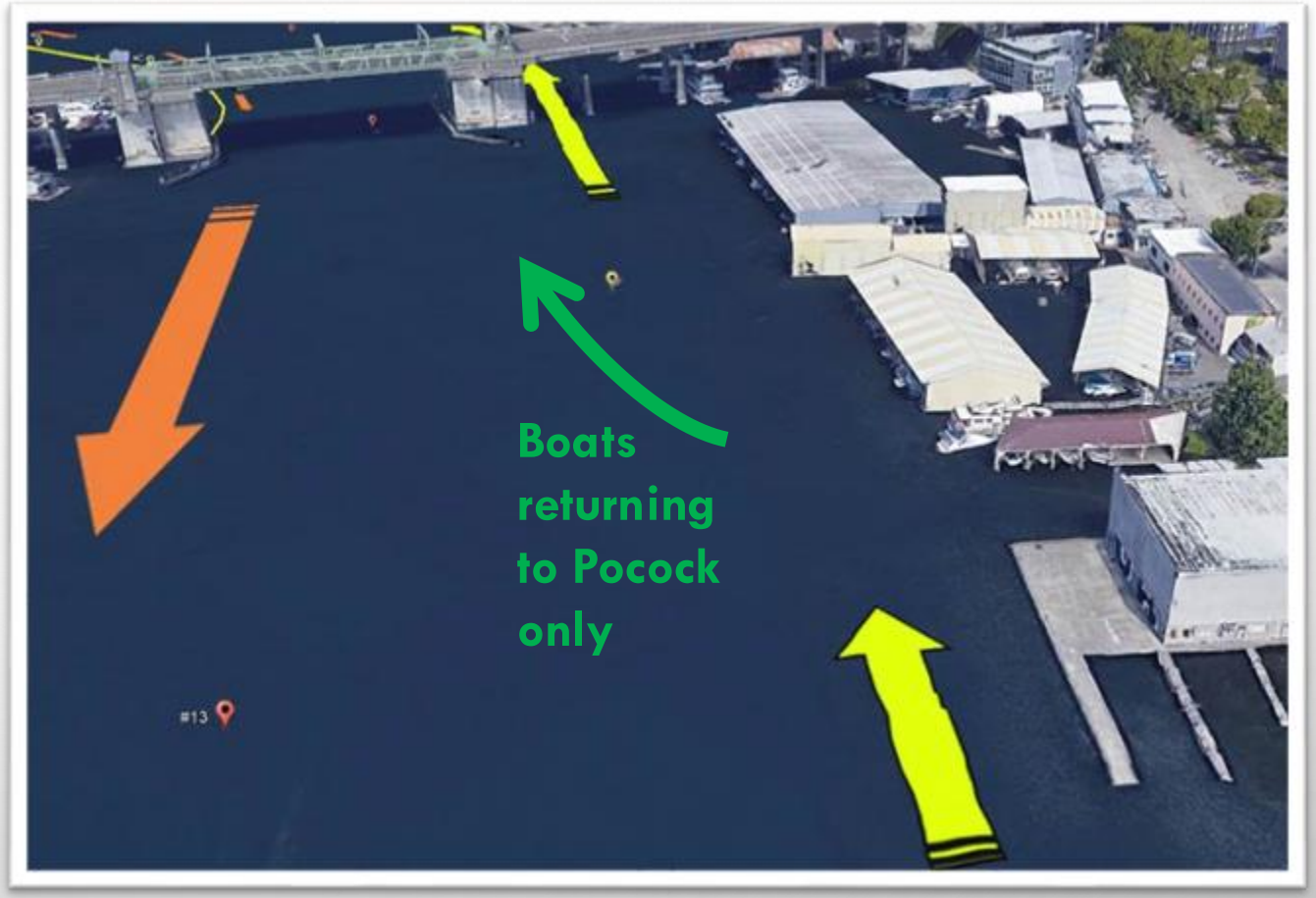




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WARM UP
UNIVERSITY BRIDGE

- 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



© Lake Washington Rowing Club

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 or request stickers at packet pickup
- **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.***

2026

© Lake Washington Rowing Club



© Lake Washington Rowing Club

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.

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

© Lake Washington Rowing Club

APPROACHING THE WARM-UP AREA

FROM WESTERN AREA BOAT HOUSES TO THE START LINE

© Lake Washington Rowing Club

2026

© Lake Washington Rowing Club

FROM WESTERN-AREA BOATHOUSES

- Enter the oval and proceed counter-clockwise (keep the warm up buoys on port side)
- Don't be late!
- *Cutting is at the discretion of the warm-up wrangler*



© Lake Washington Rowing Club

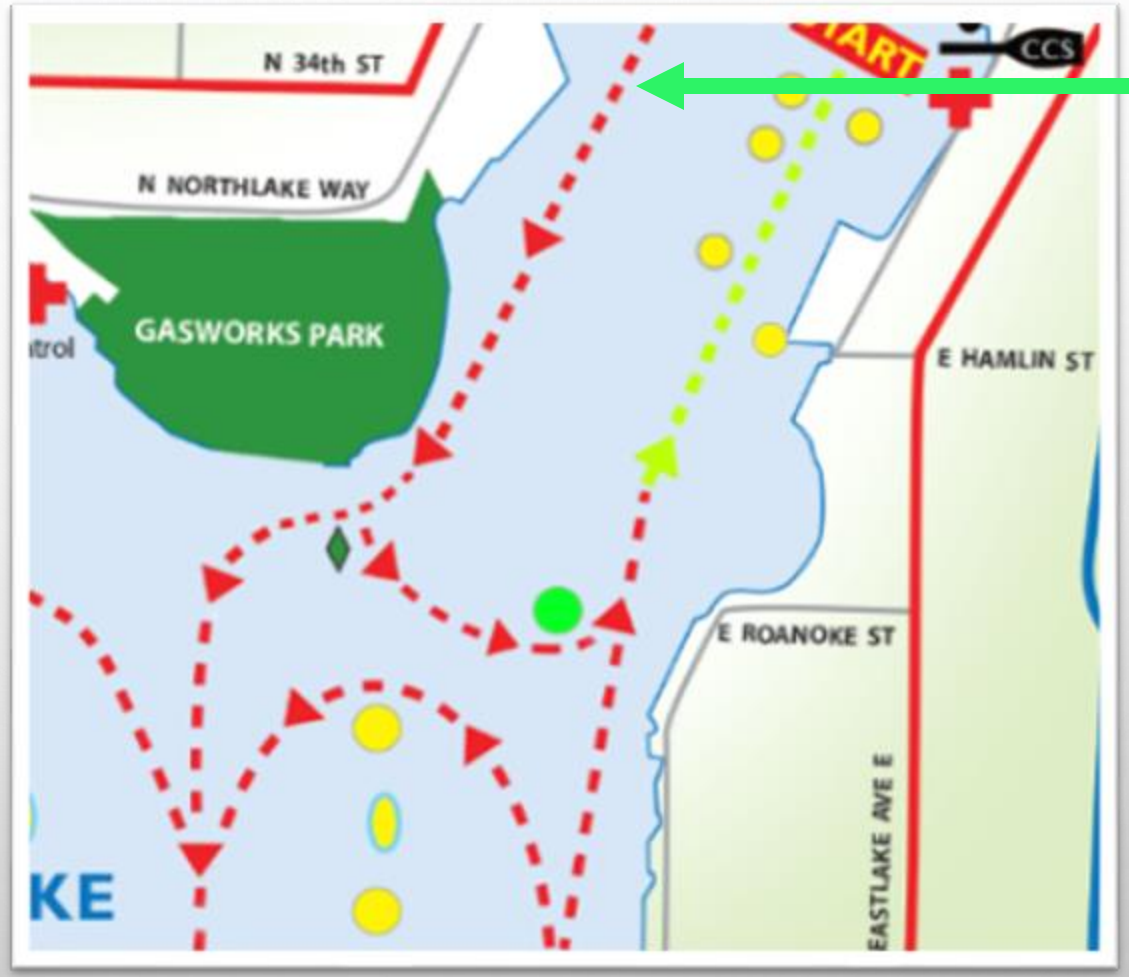
APPROACHING THE WARM-UP AREA

FROM COLLEGE CLUB TO THE STARTING LINE

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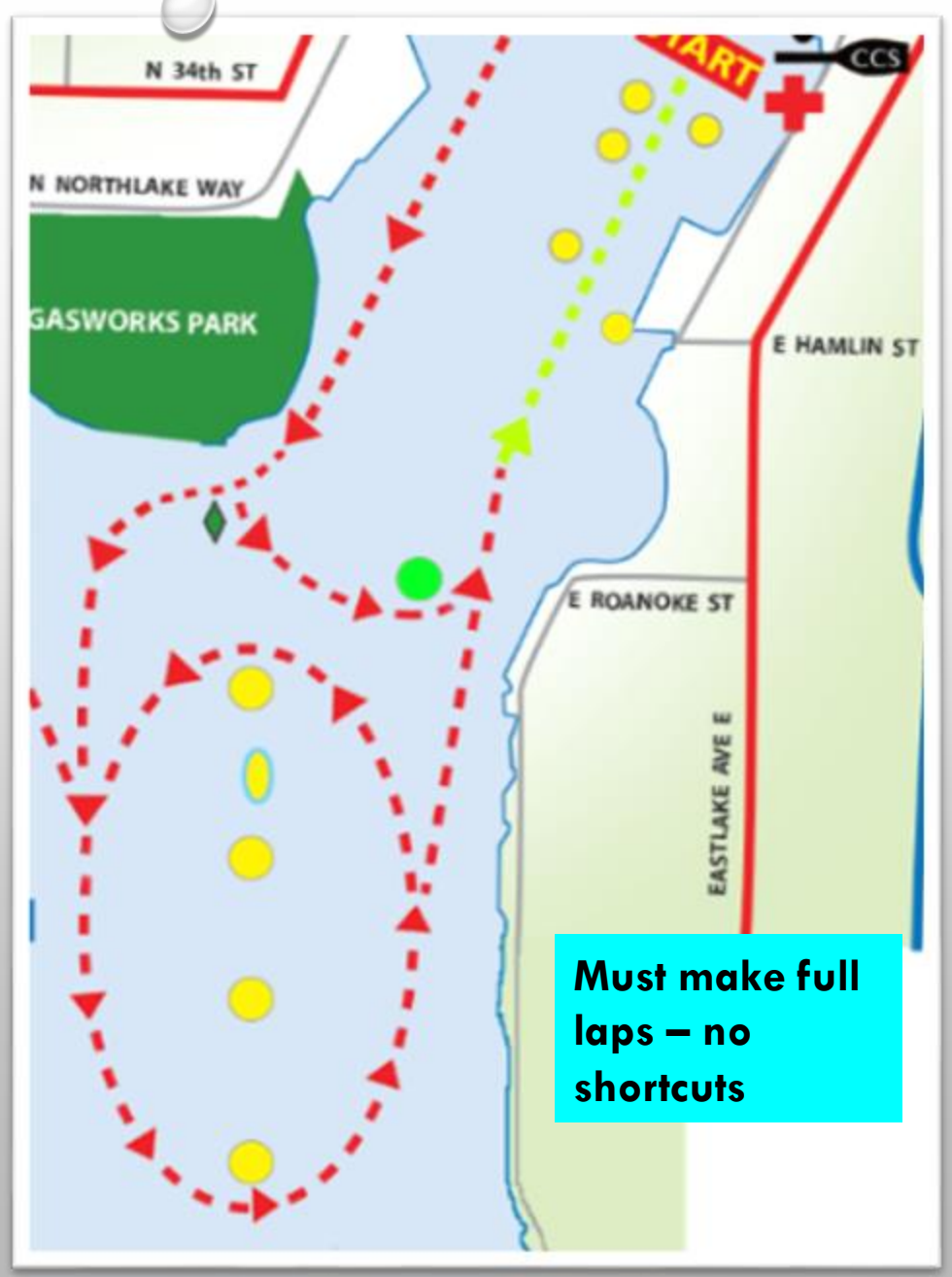
FROM COLLEGE CLUB

- Row straight across
- Enter the oval and proceed counter-clockwise (keep the warm up buoys on port side)
- 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

© Lake Washington Rowing Club



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**

2026

© Lake Washington Rowing Club

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.***



© Lake Washington Rowing Club

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

© Lake Washington Rowing Club

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

2026

- 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.

© Lake Washington Rowing Club

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*

2026

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.

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PASSING continued

2026

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.

© Lake Washington Rowing Club

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.



2026 COURSE UPDATES

- **2 buoys** have been added in the straightaway between Fox Point and the last turn





HAZARDS

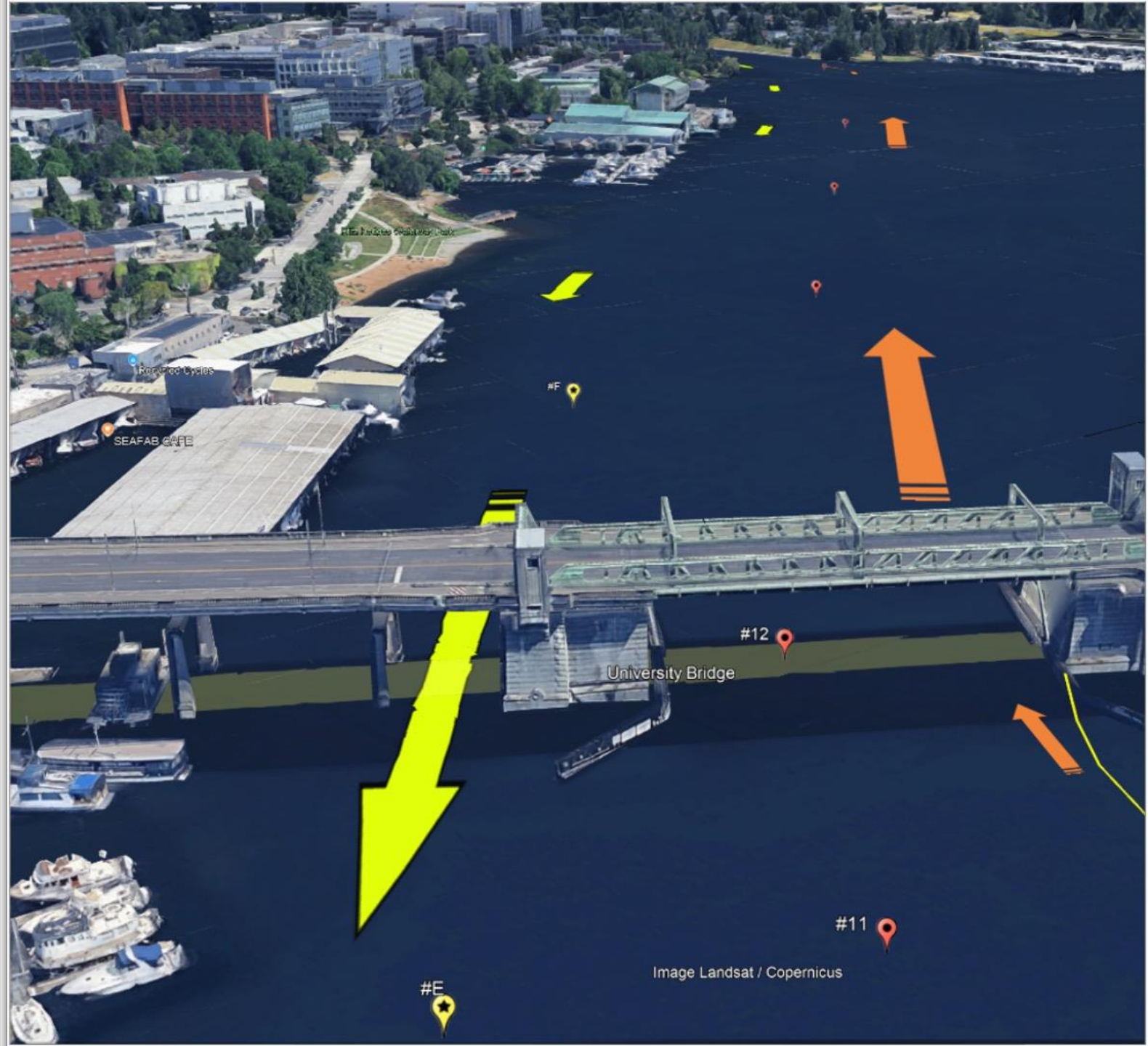
POCOCK TURN

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

HAZARDS

EXITING THE CUT

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



© Lake Washington Rowing Club



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**



© Lake Washington Rowing Club



HOW TO PASS A CREW
(AND BE PASSED)

© Lake Washington Rowing Club

PENALTIES

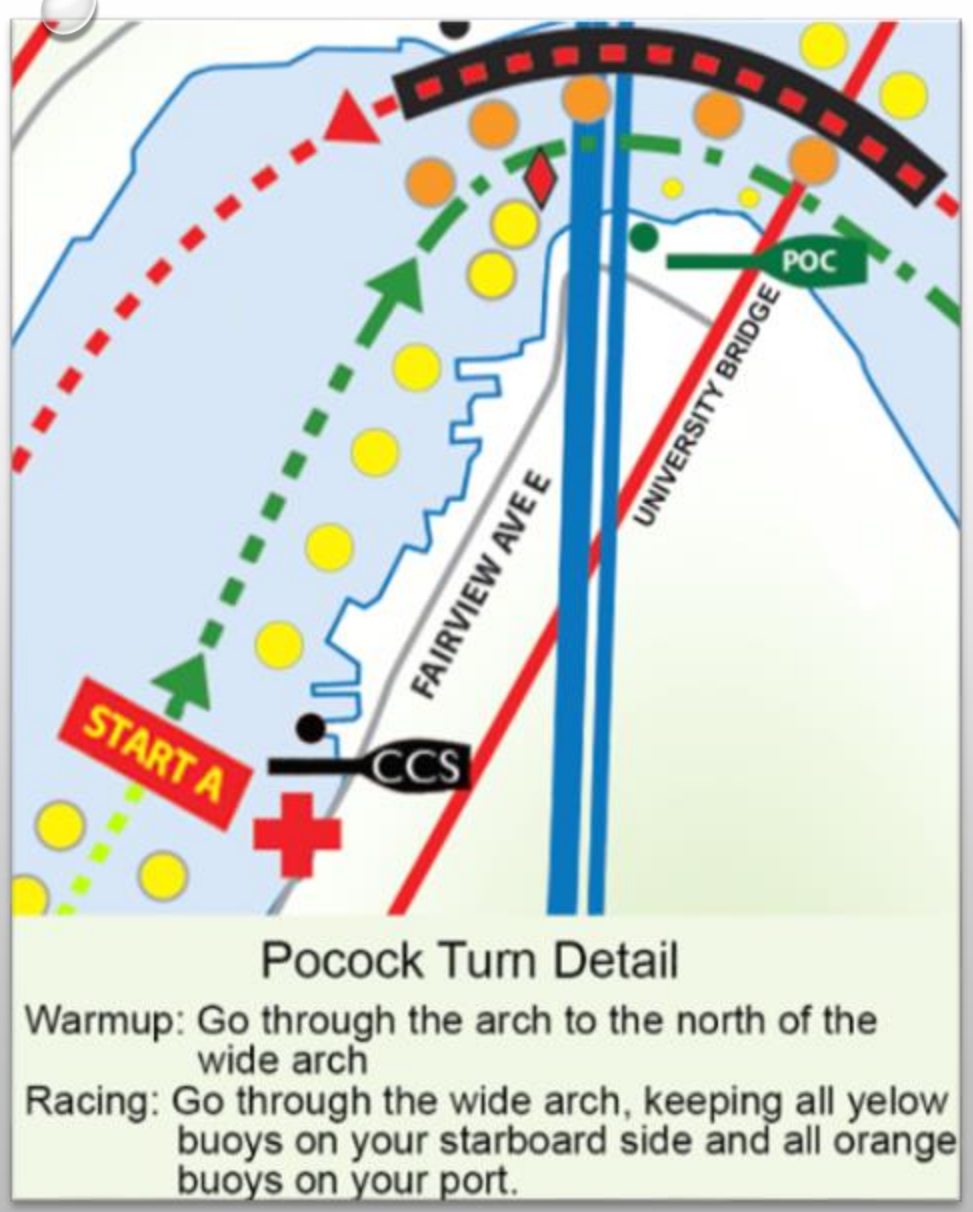




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Code	Description	Penalty	Explanation
OOX	Missed event	Exclusion	Cannot row the course
IN	Invisible number	No race time	If crew cannot be identified at both the start and finish a time will not be captured
CBX	Cross buoy line & interfere with racing 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 at to the type of penalty assessed

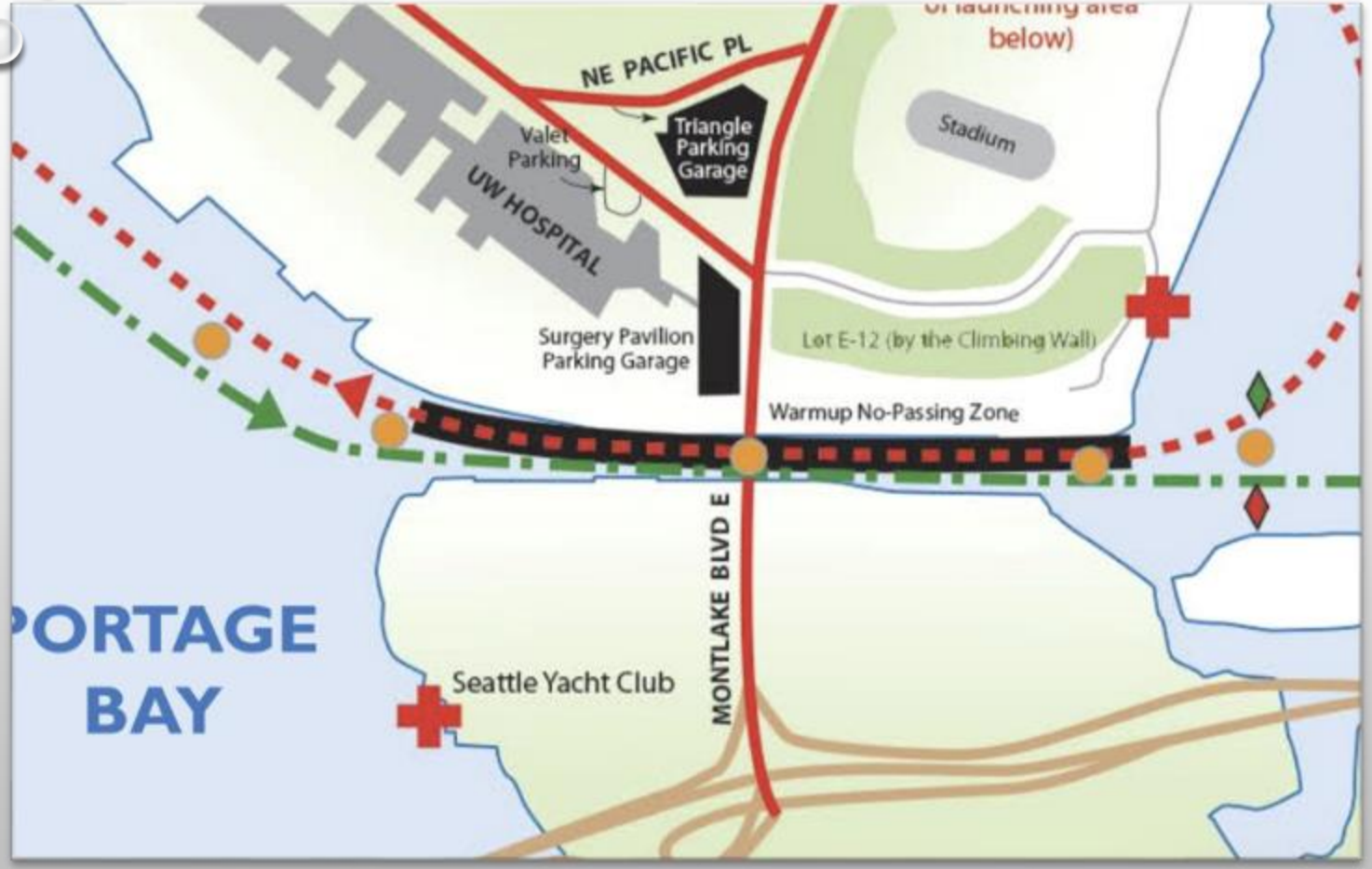


PENALTIES: SPECIAL ATTENTION

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

X VIOLATION RESULTS IN EXCLUSION

© Lake Washington Rowing Club



PENALTIES: SPECIAL ATTENTION

WARM UP/COOL DOWN: NO PASSING ZONE

THROUGH

MONTLAKE CUT

X VIOLATION RESULTS IN EXCLUSION

© Lake Washington Rowing Club





IF YOU LOSE A ROWER

STAY WITH THE ROWER

X PENALTY FOR LEAVING A ROWER ALONE IS EXCLUSION

© Lake Washington Rowing Club

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 at to the type of penalty assessed

© Lake Washington Rowing Club

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 inquiries or objections:
  - This form must be submitted within 1 hour of the conclusion of your race
  - If you want to protest a penalty, 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
- Results will be unofficial until 1 hour after event finishes
- **Referee calls and observations are considered findings of fact**



© Lake Washington Rowing Club

ON WATER EMERGENCIES

2026

- If you need assistance or need to exit the race, **seek out a launch.** 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)

© Lake Washington Rowing Club

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

2026

© Lake Washington Rowing Club



ADJUSTED WARM UP AREA

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

© Lake Washington Rowing Club



THE SHORT COURSE:
3250 METERS

SHORT COURSE FINISH LINE AT FOX POINT

© Lake Washington Rowing Club

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

2026

© Lake Washington Rowing Club



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



© Lake Washington Rowing Club



BATMAN SAYS

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

Any questions?