

Seattle Parks and Recreation  
NORTHWEST JUNIOR REGIONAL CHAMPIONSHIPS  
**GREEN LAKE CREW**  
Vancouver, Washington  
May 17-20, 2018

The 2018 Northwest Junior Regional Championships will be held on Vancouver Lake in Vancouver, Washington on Friday, May 18, Saturday, May 19, and Sunday, May 20. Because of earlier racing on Friday morning, we will be leaving for the regatta on Thursday afternoon, May 17. There will be a six-lane, 2,000-meter buoyed race course. Racing is **tentatively** scheduled from approximately 8:00am to about 4:30pm on Friday, 7:00am to 4:30pm on Saturday, and from 7:00am to 12:00pm on Sunday. The final schedule will be known closer to the regatta date.

## **ITINERARY:**

### **Thursday, May 17, 2018**

**BUSES: Meet at the GREEN LAKE boathouse at 4:00 pm** for a 4:15 pm departure. We will go straight to the hotel where we will be staying all weekend. The Shilo Inn, 13206 NE Hwy 99, Vancouver, WA 98686, 360-573-0511

### **Friday, May 18, 2018**

Coaches and coxswains meeting in the morning. Heats all day; athletes should plan on being at the venue all day.

### **Saturday, May 18, 2018**

Racing all day at Vancouver Lake. Buses will make trips out to the lake in the morning, buses will make return trips back to the hotel in the evening.

### **Sunday, May 20, 2018**

Racing until mid-day at Vancouver Lake. **Take all your belongings with you when you leave the hotel in the morning.** The team will depart about 2 to 2:30pm (or when racing is finished and the trailer is loaded) and should arrive in Seattle to unload boats about 6:30pm.

## **FOOD:**

Our Green Lake food tent will provide meals this weekend with menus similar to those at Brentwood. On Friday, an extended lunch will be served and on Saturday, both breakfast and an extended lunch will be served, then breakfast & lunch on Sunday. There are also many restaurants (Applebee's, Burgerville, Burger King, McDonald's, Taco Bell, Panda Express, Sushi Chiyo) and a Safeway within walking distance of the Shilo Inn. Each athlete should bring enough money to cover dinner on Friday and Saturday night. The team will also stop at McDonald's on the way home on Sunday night.

## **COST:**

The cost for the trip is **\$415.00**. Payment covers transportation, housing, equipment transport, entry fees, breakfast, snacks, and lunches.

***Payment is due on or before Tuesday May 15, 2018. PARENTS PLEASE NOTE:*** The regatta budget is attached. We have tried to keep the regatta expenses down as much as possible. Please contact Jason Frisk for further questions and details, 206-684-4074.

## **ALTERNATE TRANSPORTATION:**

If your athlete is not traveling with the team (i.e. riding with parents to or from the regatta) we need written permission from a parent/guardian in advance. This can be an email to [jason.frisk@seattle.gov](mailto:jason.frisk@seattle.gov) or a written note delivered to the office. All athletes must travel with the team unless we receive this advance, written permission.

## **HOUSING:**

We are staying at the Shilo Inn-Hazel Dell outside of Vancouver, WA. (360-573-0511) 13206 Highway 99, Vancouver, WA 98686. Jason will be staying in room **120**.

## **WHAT TO BRING:**

Don't forget your team racing uniform, water bottle, rain gear, sun hat, and sun screen. All personal belongings must be clearly labeled with your name. Green Lake Crew is not responsible for lost items.

## **CHAPERONES:**

Volunteers are needed to accompany the group and to help at the race course! Chaperones travel and stay with the team. Responsibilities include planning and preparing lunches, assisting in the official GLC tents and assisting with supervision at the hotel. Space on the buses is limited this year, so if you cannot drive call as soon as possible to reserve your space. Please contact Jason in the office at GLSCC (206-684-4074) if you have any questions. During the regatta, Jason Frisk will be in charge of the Green Lake group, and will be able to be reached at the hotel phone number, or at his cell phone (206-612-6341) or email ( [Jason.Frisk@Seattle.gov](mailto:Jason.Frisk@Seattle.gov)).

## **AWARDS CEREMONY:**

Please note the attached page regarding the Annual Awards Ceremony scheduled for 6pm Wednesday May 23<sup>rd</sup> at the Nile Golf and Country Club. Everyone is invited at no charge.

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**GREEN LAKE CREW**  
 Vancouver, Washington May 17-20, 2018  
**PAYMENT SLIP**

*Payment and due no later than Tuesday May 15, 2018*

**Payment:**

Regionals Regatta Fee: **\$415**

Payments can be made online using course #**167877**

Check: made payable to City of Seattle

Rowers Name: \_\_\_\_\_

VISA-MC-AMEX

Credit Card: \_\_\_\_\_ Exp Date: \_\_\_\_\_

<b>Budget</b>	<b>Regionals Expense Sheet</b>	
	<b>2018</b>	<b>2016</b>
Entries	\$ 8,800.00	\$ 6,300.00
Hotel	\$ 15,500.00	\$ 15,000.00
Buses	\$ 11,500.00	\$ 10,500.00
Food/Truck	\$ 3,700.00	\$ 3,500.00
Fuel/Misc/Boat Trailer	\$ 650.00	\$ 650.00
Coaching	\$ 10,000.00	\$ 8,200.00
Regatta Supplies	\$ 500.00	\$ 500.00
Awards	\$ 1,000.00	\$ 1,000.00
Volunteer Fees	\$ 960.00	\$ 830.00
Tent Rental	\$ 1,200.00	\$ 1,000.00
Total	\$ 53,810.00	\$ 47,480.00
B & O Tax 1.5%	\$ 808.00	\$ 48,192.20
Gross Total	\$ 54,617.00	\$ 48,192.20
Lovsted Credit	\$ (5,000.00)	
Net Total	\$ 49,617.00	\$ 48,192.20
# of Rowers 115	\$ 413.50	\$ 430.00
Price	\$415	\$430

You and your family are cordially invited to the

*2018 GREEN LAKE*  
***JUNIOR CREW***  
***AWARDS CEREMONY***

Wednesday, May 23, 2018

6:00-9:00pm

Nile Golf and Country Club  
6601 244<sup>th</sup> Street S.W. Mountlake Terrace, WA 98043

Light Snacks and Beverages will be served

Come and celebrate the accomplishments of  
Green Lake Crew's Junior athletes  
during the 2017-2018 season!

Congratulations on a great year!! See you there!