

54th ANNUAL FROSTBITE REGATTA!

Date: Saturday, November 3rd 2018
Location: Green Lake - Seattle, Washington
Distance: All races will be 1,000 meters; Special note: Buoyed course again this year!

Entry Deadline: Entries and Fees must be *received* by Wednesday, **October 10th, 2018** to be considered. **Only one entry packet per club please! Please identify only one club representative for future Frostbite correspondence.** Our goal is to have the **schedule on the web page (www.greenlakecrew.org) by October 18th.** USRA waivers may be brought the day of the regatta. **Please note:** If your team turned them in at either the Spring Regatta or the Summer Extravaganza, we only need forms from your **new** people.

Race Course: This year we will be putting in a buoyed 8 lane race course.

Entry Fee: **Non-refundable** entry fees for each organization: **\$35 per person (including coxswains).** Payment is due along with your entry form on **October 11th.** Your fees go towards the **City Participation fee, registration cost, race course installation, and miscellaneous race expenditures.** Make checks payable (in U.S. dollars) to the "**City of Seattle**", or you may pay by VISA, MasterCard, or American Express. **Entries will not be accepted without payment; entries received after October 11th will owe DOUBLE the fees and are subject to space available.** Entry fees will only be refunded if the event is cancelled due to insufficient entries or your entry is waitlisted, and your rowers have no race.

Entries: Entries will be limited to **one entry per team** in each event, except for some Masters events that are in a *different* age category. A random selection will be used to fill any vacancies for a second entry. **Space available entries** will be accepted after October 8th up to race day at double the entry fee. Events with fewer than three entries, from different clubs, will be removed from the schedule unless it is possible to combine the event with another. **IMPORTANT:** Master's boat average ages are also due October 8th to allow for consideration of age groupings. Masters entries without boat averages will be listed as 27.

Scratch Fee: **A scratch fee of \$50.00 will be assessed for any scratches made after 4:00pm on Wednesday, October 31st 2018.** Fees assessed for scratches made prior to the regatta must be paid by the conclusion of the coaches' and coxswains' meeting. Any scratches or non-launched entries occurring during the regatta will also be assessed the fee. Extenuating circumstances occurring at the regatta such as illness, injury, emergency, etc. will be reviewed on a case by case basis. The goal of instituting the scratch fee policy is to reduce the number of scratches and no-shows at the starting line, and to allow sufficient notice of available racing opportunities to clubs on the waiting list.

Insurance: This is a USRA registered regatta. (The cost of insurance is included with the entry fee.) Current USRA waivers must be signed by each participant -- minors must have a parent or guardian signature on the release -- and turned in by race day or the participant will not be allowed to race. Please do **not** fax more than 3 waivers!

Parks Fee: Because we are a Seattle Parks Department cosponsored event, a **non-refundable per person fee** has been included in the entry fee to offset the cost of Parks services related to an event of this kind.

Awards: Medals will be awarded to all first, second and third place crews.

Equipment: Please make arrangements to bring your own equipment. Overnight security is provided from 7:00pm Friday to 6:00am Saturday. Guards will be on duty during this period of time but equipment is left **at your own risk**. Reserved parking for trailers is available in the west parking lot.

Housing: Green Lake is working with the Nexus Hotel for good rates for out of town athletes. Please call 206-365-0700 and ask to be transferred to Nikki Brame or email at Nikki@360hotelgroup.com

Permits: The Seattle Fire Department has requested that we obtain a LPG Assembly Occupation permit for all the crews that will be using propane. Green Lake will apply for this permit for the regatta. If you use any propane you will be required to have an approved fire extinguisher. Acceptable fire extinguishers require a classification of 2A 40BC or greater. For crews wanting to put up tents larger than 200 square feet or shelters larger than 400 square feet, you will be required to apply for a permit with the Seattle Fire Department www.seattle.gov/fire . The permit that you will need is the 3201 Tent or Air-Supported Structure.

Information: Entries and information should be directed to:
FROSTBITE REGATTA
5900 W Green Lake Way N
Seattle, WA 98103-5900

Entries and General Information –
Alyssa Smith: 206-684-4074
Fax number: 206-684-4042
E-mail: Jason.Frisk@seattle.gov

Emailed entries are encouraged and please confirm delivery ☺

SCHEDULE:

- October 10:** Entry Deadline . . . Entries and money must be **received** by this date.
- October 17:** Our goal date to have a tentative schedule of events on our webpage.
- October 31:** Deadline for scratches without a fee.
- November 2:** Coach and Coxswain meeting at **6:00pm** at the Green Lake Small Craft Center, 5900 West Green Lake Way North, next door to the office. Waivers are due at this time.
- November 3:** **FROSTBITE REGATTA**
- November 5:** Head of the Lake Regatta, contact Lake Washington Rowing Club for more info at www.headofthelake.org

REGATTA RULES:

Rather than hope for good weather, we are planning for bad weather and have developed a list of rules designed to provide the best opportunity for competition for every athlete.

1. In anticipation of less than perfect racing conditions, we will limit entries to 5 crews in novice events, 7 in experienced events. No novice sculling events and no pairs and singles will be offered.
2. Each athlete will be allowed to compete in **TWO** events at the regatta, excluding coxswains.
3. Entries will be limited to **one entry per team** in each event except for possibly Masters events that are in a different age category. A random selection will be used to fill any vacancies for a second entry.
4. Masters' entries received without an average age for the crew **will be listed as age 27**. Divisions will be made for masters' categories in events with a large number of entries. The USRA handicapping system will be used for all Masters races. Anyone that turns 21 in the 2018 calendar year will be qualified to row as a master. We will use 27 as lowest age average.
5. Parking on site has been a problem in the past and we ask you to PLEASE inform your participants to park legally. Seattle Police will be on hand to ticket and have towed illegally parked vehicles. Additional parking is available by the tennis courts and Lower Woodland Park. **Parking is NOT allowed along West Green Lake Way North; cars will be ticketed and towed at owners' expense.**
6. All races will be 1,000 meters with crews being grouped and lined up at 1,200 meters and paddling as a group to the starting line.
7. Racing will be from 7:20am to 4:00pm . . . dawn to dusk. The first race of the day will likely start at 7:20am, with races scheduled at 7 and 10-minute intervals. Estimated starting times for all events will be included on our web page after Oct 17th. (Some races may need to be at five- or seven-minute intervals, if the schedule requires it . . .)

8. USRA licensed referees will officiate at this regatta. 2018 USRA Rules of Boat Racing as amended will apply unless otherwise stated.
9. All boats must be equipped with bow clips and bow balls. Each crew is required to supply **their own** bow numbers.
10. All competitors must be competent swimmers. It is the responsibility of the entering organization to verify this.
11. There will be no weigh-ins for coxswains and rowers. The weights are 130 max for women lightweights, 150 for men lightweights; coxswains are minimum 110 for women's events and 120 for men's races. Everyone is on the honor system!
12. The coaches' and coxswains' meeting is scheduled for **Friday, November 2nd, from 6:00pm to 7:00pm** at the Green Lake Small Craft Center, 5900 W Green Lake Way N, in the boathouse. Every team **MUST** have a representative in attendance. It is highly recommended that all coxswains attend. **This will be your last chance to make any changes in the race schedule prior to racing. (i.e. masters' ages, scratches, etc.)**

13. Definitions:

- JUNIOR:** Enrolled in high school (grades 7-12) or those who are age 18 and under.
- Jr 16 and under:** All rowers must be 16 years of age and younger while participating at the event.
- NOVICE:** New to rowing as of **June 2018** -- *including coxswains* (sweep and/or sculling).
- INTERMEDIATE:** This category is restricted to those rowers who are not at a varsity level. It is open to recreational, club, junior, and less experienced crews who do not qualify as novice.
- MASTERS:** Open to rowers ages 21 and older, excluding the coxswain. USRA age groupings may be used or if age groups are combined USRA handicapping will be used. **IMPORTANT:** Masters ages must be provided.
- MIXED:** A crew with half of the rowers being male and half female. Please note that the Mixed Eight in this regatta requires Masters eligibility as well.
- OPEN:** Elite, varsity, no restrictions.
- COXSWAIN:** A minimum weight of 110 pounds for women's races and 120 for men's events. The coxswain must provide his/her own weight to meet the minimum weight requirement and this is on an honor system. No coach may cox his/her crew in a race. Novice events must have novice coxswains. On your honor!
- VARSITY:** The top, fastest boat in a program.
- JV:** Generally considered to be the second fastest boat in a program. Lightweight boats may qualify for this category.
- 3V:** All boats that do not qualify for either Varsity or JV status.

54th ANNUAL FROSTBITE ROWING REGATTA ENTRY FORM

ORGANIZATION: _____

CONTACT PERSON: _____ (one per club please)

ADDRESS: _____

CITY: _____ STATE/PROVINCE: _____ ZIP: _____

PHONE: (DAY) _____ (EVE) _____ FAX _____

E-MAIL ADDRESS: _____ (please print legibly!)

_____ # PARTICIPANTS X \$35.00 = \$ _____
(including coxswains) (includes insurance and Park fees)

TOTAL AMOUNT ENCLOSED..... \$ _____
(Make checks payable to the "City of Seattle".)

MAXIMUM NUMBER OF ENTRIES PER COMPETITOR IS 2!

Mail Entry Packet to: *FROSTBITE REGATTA*
Green Lake Small Craft Center
5900 W Green Lake Way N
Seattle, WA 98103-5900

or email: Jason.Frisk@seattle.gov

or FAX (with **credit card numbers**) to: 206-684-4042 Type: VISA, MasterCard, AmExpress

Name on card: _____ Credit Card #: _____ Expiration: _____

Please include in your Registration packet: Entry Schedule, Masters' Ages, and Entry Fees.
USRowing waivers may be turned in at the coaches/coxswains meeting.
Crews will NOT be able to row until ALL Registration Requirements and Fees are met!!!

ENTRY DEADLINE: WEDNESDAY, OCTOBER 10TH!
LATE ENTRIES WILL OWE DOUBLE ENTRY FEES!

----- *FOR OFFICE USE ONLY* -----

AMOUNT RECEIVED _____ DATE: _____ RECEIPT # _____

USRA WAIVERS: _____ MASTERS AGES: _____ INITIALS: _____

“54th Frostbite E N T R Y”

<u>Event Number</u>	<u>Event Category</u>	<u>ENTRY</u>	<u>Master Crew Age</u>
1.	M Jr NOV 8+	_____	
2.	W MST 4X-	_____	_____
3.	W OPEN/Varsity Jr 4X+	_____	
4.	W INT/JV Jr 8+	_____	
5.	M INT/JV Jr 4+	_____	
6.	M MST 4X-	_____	_____
7.	M OPEN/Varsity Jr 4X+	_____	
8.	W Jr NOV 8+	_____	
9.	W 3V Jr 4+	_____	
10.	M 3V Jr 8+	_____	
11.	W OPEN/Varsity Jr 8+	_____	
12.	W MST 8+	_____	_____
13.	M MST 4+	_____	_____
14.	M OPEN/Varsity Jr 8+	_____	
15.	M OPEN NOV 4+	_____	
16.	W JR 16- 8+	_____	
17.	M MST 2X	_____	_____
18.	M Jr 16- 4+	_____	
19.	W OPEN NOV 4+	_____	
LUNCH BREAK			
20.	M OPEN NOV 8+	_____	
21.	W MST 4+	_____	_____
22.	M MST 8+	_____	_____
23.	W INT/JV Jr 4+	_____	
24.	W 3V Jr 8+	_____	
25.	W MST 2X	_____	_____
26.	M INT/JV Jr 8+	_____	
27.	W Jr 16- 4+	_____	
28.	W OPEN NOV 8+	_____	
29.	M 3V Jr 4+	_____	
30.	M JR 16- 8+	_____	
31.	MIXED 2X	_____	
32.	M OPEN/Varsity Jr 4+	_____	
33.	W OPEN/Varsity Jr 4+	_____	
34.	MIXED MST 8+	_____	_____
35.	MIXED MST 2X	_____	_____

ORGANIZATION: _____

CONTACT PERSON: _____