

Seattle Parks and Recreation  
NORTHWEST JUNIOR REGIONAL CHAMPIONSHIPS  
**GREEN LAKE CREW**  
Vancouver, Washington  
May 16-19, 2019

The 2019 Northwest Junior Regional Championships will be held on Vancouver Lake in Vancouver, Washington on Friday, May 17 through Sunday, May 19. Because of early start times on Friday morning, we depart Seattle on Thursday afternoon, May 16.

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. This race course is six-lanes and 2,000-meters.

### **CONTACT INFO:**

The team is staying at: The Red Lion Inn & Suites, 13206 NE Hwy 99, Vancouver, WA 98686, (360-573-0511). Jason Frisk is the trip leader and will be in room 120, and can be reached via the hotel phone, his cell phone (206-612-6341) or email ([Jason.Frisk@Seattle.gov](mailto:Jason.Frisk@Seattle.gov)).

### **ITINERARY:**

#### **Thursday, May 16, 2019**

**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.

#### **Friday, May 17, 2019**

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

#### **Saturday, May 18, 2019**

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 19, 2019**

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 Red Lion Inn. Each athlete should bring enough money to cover dinner on Thursday,

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 **\$425.00**. Payment covers transportation, housing, equipment transport, entry fees, breakfast, snacks, and lunches. Five thousand dollars from the Lovsted Endowment has been applied to the budget to reduce costs to families.

### ***Payment is due on or before Tuesday May 14, 2019. 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.*

### **WHAT TO BRING:**

Bring your team racing uniform, water bottle, rain gear, sun hat, sun screen, and spare clothes.

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, please call as soon as possible to reserve your space. Please contact Jason(206-684-4074 or [Jason.Frisk@Seattle.gov](mailto:Jason.Frisk@Seattle.gov)) if you have any questions.

### **AWARDS CEREMONY:**

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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**PAYMENT SLIP**

*Payment and due no later than Tuesday May 14, 2019*

**Payment:**

Regionals Regatta Fee: **\$425**

Payments can be made online using course #[18647](#)

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>2019</b>
Entries	\$ 7,300.00	\$ 9,800
Hotel	\$ 15,000.00	\$ 16,500
Buses	\$ 10,500.00	\$ 11,000
Food/Truck	\$ 3,500.00	\$ 3,500
Fuel/Misc/Boat Trailer	\$ 650.00	\$ 1,700
Coaching	\$ 8,200.00	\$ 11,300
Regatta Supplies	\$ 500.00	\$ 500
Awards	\$ 1,000.00	\$ 2,000
Volunteer Fees	\$ 830.00	\$ 1,000
Tent Rental	\$ 1,000.00	\$ 1,500
Total	\$ 47,480.00	\$ 59,200
		\$
B & O Tax 1.5%	\$ 48,192.20	\$ 900
Gross Total	\$ 48,192.20	\$ 60,100
Lovsted Credit (\$5,000)		\$ 55,100
Activenet 3%		\$ 1,800
Net Total	\$ 48,192.20	\$ 56,900
# of Rowers 134	\$ 430.00	\$ \$424
Price	\$430	\$ \$425

You and your family are cordially invited to the

*2019 GREEN LAKE*  
***JUNIOR CREW***  
***AWARDS CEREMONY***

Wednesday, May 22, 2019

6:00-9:00pm

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

Come and celebrate the accomplishments of Green Lake Crew's  
Junior athletes during the 2018-2019 season!

Light Snacks and Beverages will be served.

Congratulations on a great year!!