

Regatta Basics

There are two types of competitive races in rowing- Sprint Races and Head Races.

Sprint Races- generally run in the spring and summer and are 1,000 meters long. The exception is Opening Day which is a 2,000 meter course. Crews are lined up at a starting line and start simultaneously down a straight course. Each crew has its own 'lane' divided by a line of buoys.

Head Races- races are on a 4000 meter to 6000 meter course. Head races are staggered starts; crews leaving the starting line in time intervals. The courses are often along rivers and may feature bridges and turns. The course will have buoyed markers for the race and specified warm up areas.

Events- each regatta features multiple events (races). Each boat in an event will have a 'bow number' which identifies that boat's 'lane' in a Sprint race or its racing order in a Head race.

Events **may** include:

1x or SINGLE (1 person sculling)

2x or DOUBLE (2 people sculling)

4x or QUAD (4 people sculling)

4x+ or COXED QUAD (4 people sculling with a cox-more common in Head racing)

2- or PAIR (2 people sweeping; no cox)

4+ or FOUR (4 people sweeping with cox)

8+ or EIGHT (8 people sweeping with cox).

Events may include: Women's, Men's, Mixed women and men (MX) or Novice (N) events. Age brackets are indicated by the letters A-H (A=27+...H=70+)

Age Handicaps - Masters races are 'handicapped' based on the average age of the rowers in a particular boat. Age handicapping is done either as a time adjustment in which time is subtracted from the raw finish time or by the 'event' class where all boats are within a specified age bracket.

Coaches and Coxswain meeting: If you are 'bow' seat in an un-coxed boat (doubles, pair, quad) you are generally required to attend the pre-race Coaches and Coxswain Meeting to learn the course, rules for passing, and information specific to the particular regatta.

What to wear: You will need to wear your team UNIFORM- Green Lake racing tank top and black trou or leggings. Racing tanks are available for purchase in the boathouse office. Call the office 206-684-4074 to pay for and set aside a tank if you are not able to make it in. Tanks are \$35 each, White hats (optional) are also available at \$25 each. Additional Green Lake Team gear can also be purchased through www.JLRacing.com. The TEAM STORE is open twice yearly for ordering and purchasing gear. Check periodic emails for dates.

Regardless of the forecast, wear layers that will keep you warm even when wet and bring a change of clothes for post-race. High winds or lightning can cancel a regatta, but rarely rain.

Home Regattas- Green Lake Crew hosts three regattas: Spring Regatta (March) Summer Extravaganza (August) and Frostbite (November) on our 1000 meter sprint course. Masters will have two events each and are expected to sign up /volunteer for “Dock Duty”. Dock masters direct traffic, insure order and safety on the docks, check foot stretchers (making sure they are tightly fastened into the boat) and bow numbers (event lanes) before each boat launches. Generally, the Junior parents provide food for the Green Lake Juniors and Masters teams at these events. If you have food sensitivities you will want to bring your own snacks. Costs are the per person entry fee as listed in the Regatta calendar.

Away Regattas- Away regattas may be local or out of the area, and run for one day or multiple days. The anticipated cost may include: transportation, lodging, meals and often shared costs of trailering boats or boat rentals, and coaching staff. These costs will also vary depending upon the number of participants.

Note about cost - GLC Regatta Fees cover boats, boat transport, coaches, and regatta fees. Additional expenses may be required that will include coxswain fees, food (purchased and available at the regatta) and will be payable to the MAC Treasurer. Lodging and other meals outside of the regatta are the responsibility of the individual rowers.

Eligibility and practice commitments- The eligibility criteria and practice requirements will vary depending on the regatta. **Boating line-ups are determined by coaches** and may be subject to a competitive selection process which may include: technical skill, erg tests, experience level, fitness, seat racing, age, and practice time availability.

De-rigging/loading/re-rigging- With the exception of Otter Island and National/East coast regattas, individual participation in away regattas will **require** de-rigging and loading/unloading, rigging and washing boats by participating rowers. Riggers refers to the triangular metal or composite pieces that attach to the boat and holds the oars in place. The riggers are removed prior to loading boats onto a trailer for transporting to/from regattas. Check the Green Lake Masters Regatta and Event Schedule for scheduled boat maintenance clinics which will include information on boat rigging. Unless you are experienced in boat and equipment maintenance, **buddy with a regatta veteran** to learn hands-on how boats are rigged when preparing for a specific regatta. **Note: how a boat is rigged will vary by type of boat and whether it is port or starboard stroked. For the safety of your fellow teammates, it is imperative that rigging be done correctly- there is no room for error.**

Food/lodging- as a team we make every effort to keep associated expenses reasonable. For day-long or multi-day events we provide food at the venue on a shared cost basis. We also try to reserve group discounted rates at venue hotels or a group shared home for lodging. Individuals are encouraged to carpool and share accommodation in an effort to keep costs down.

Scholarships- Green Lake Adult Crew encourages all members to participate in regattas according to their skill and interest level. Scholarships to help cover the expenses associated with regatta participation are available on a financial need basis. Please contact your team captain, program coordinator or the boathouse office to apply.