

Bainbridge Island Dual Meet

Date: March 24th, 2018

Time: Exact schedule TBD. Approximately 7:00 – 12:30. Half of the crews will be on the water from 8 – 9:30; the other half from 9:45 – 11:30.

Competitors: Bainbridge Island Rowing, Everett Rowing

Who: All Everett Athletes, Varsity and Novice

Where: ERA Boathouse

Race location: In the interest of saving time, we will race multiple crews on different stretches of the river. Typically, crews will “leapfrog” pieces upriver toward Lowell, downriver toward Dagmar’s or even in Steamboat Slough for calm water.

Race Distance: The coaches from each squad will determine what distance is the most appropriate for their crews. This format allows both competitors to refine strategy as well as begin to “stretch out” the race distance toward the upcoming regatta distances. Crews will race multiple times while they are on the water. These are commonly called “pieces”.

Viewing: Viewing will be difficult, as is difficult to predict where crews will be at any given time. However, there will be plenty of energy and good things happening around the boathouse all morning.

Food: Please sign up for a shift at the Parent Booster Club tent. We will be feeding the athletes a hot brunch all day.

Athlete Notes:

Athletes racing in the first shift should eat a light breakfast before getting to the boathouse, and eat at the Food tent after racing.

Athletes in the second shift of racing should eat at the food tent before getting on the water.