

Head of the Silcox Regatta, Saturday, October 17, 2009

Directions to American Lake Crew Boathouse, Tacoma, Washington

From Interstate 5

- Take exit 123, the Thorne Lane exit, off of I-5.
- Head west (left from the south, right from the north) and proceed over the railroad tracks. You will be on Thorne Lane.
- Follow this road straight ahead. As the road begins to curve to the left, take an immediate right onto Thorne Lane.
- Harry Todd Park will be ahead on your right. Follow the chain link fence to the main entrance on the right.

Format: Crews will race 2000 meters, then row back to start and race a second 2000 meters. Rolling starts – no race starts –

4:45 am - MEET Charter Bus in parking lot near Sparks- Be On time!

5:00 am - BUS LEAVES – DO NOT BE LATE!

8:45 - Coaches/coxswains meeting

9:15 - First crews launch

10:00 - 10:40 - WV8 (LC, WU, PLU, UPS) Womens Varsity 8+, cox Lyndsy, 8 Heidi Hall, 7 Morgan, 6 Emily R, 5 Janelle, 4 Kate, 3 Annie, 2 Lacy, bow Lacey; spare: Emily Mitchell

Alternating with MV8 (LC, WU, PLU, UPS) Mens Varsity 8+, cox Alzada, 8 John, 7 Dan, 6 Marc, 5 Andrew, 4 Peter, 3 Joel, 2 Phil, bow Colton

10:55 - 11:25 - W2N8 (WU, PLU, UPS) Kayla, 8 Donna, 7 Natalie, 6 Mia, 5 Abby, 4 Alicia, 3 Kelsey, 2 Rachel, bow Nicki

Alternating with WV4 (WU and UPS) cox Alzada, 4 Emily M, 3 Leslie, 2 Lauren Mc, bow Eva

11:30 - 12:10 - WN8 (LC, WU, PLU, UPS) Blair, 8 Kate, 7 Elena, 6 Valerie, 5 Lauren, 4 Meagan, 3 Anna, 2 Caitlin, bow Sarah

Alternating with MN8 (LC, WU, PLU, UPS) Men's Novice 8+, cox Alex Maresh, 8 Lucas, 7 Pat, 6 Max, 5 Charlie, 4 Kevin, 3 Jeff, 2 Jackson, bow Gabe

Competition: LC = Lewis & Clark College, WU = Willamette University, PLU = Pacific Lutheran University, UPS = University of Puget Sound

Willamette University Coaches:

Coach Susan Parkman (503) 758-5928

Coach Todd Vogt (503) 317-7246

Coach Jeff Jorgensen (206) 851-2083

Coach Chase Cunitz (248) 417-0297