

Dear Coaches,

Seattle Rowing Center is hosting a spring race the weekend after Easter, April 6-8th. Spring Madness, hopes to promote quality race experiences in the NW. We will be holding our event at Camp Lutherwood on Lake Samish in Bellingham WA. Many local crews have used this site with Carlos and RP3 in the past. We put on a regatta there this fall and had an amazing time with absolutely perfect conditions. We are hoping to build an event that allows each team to have races they can evaluate and build from, and foster stronger NW regional performances.

Spring Madness is a three day, junior and middle school only regatta. The venue is pretty idyllic for an event like this. We have bunk housing for 120+ athletes, food provided and places for athletes to hang out or meet. Coaches can spend their evenings sharing ideas and thoughts with other coaches from the region as coaches are housed in their own cabin with shared, but comfortable accommodations separate from the athletes. Everyone is on site so coaches and the LOC can accommodate interests and alternate activities should inclement weather occur. The events are spread out over three days with a full day on Saturday and slightly shorter days on Friday and Sunday to accommodate unloading, loading and travel. The cost is \$225 a head including room, board, and entry fees. Included meals are Friday- lunch and dinner, Saturday breakfast, lunch and dinner, Sunday breakfast and lunch.

We will have a 2k course marked on the big lake and a 1000m course set up in the small lake should we have inclement weather. The 1000meter course will also be used for the Middle School scrimmages at 500m and 1k. There will also be a skills row in 2X's and 4X+'s for Middle School participants.

We would like to offer every boat class you want to race. My tentative schedule has Age Group races in sweep and scull as well as most events from 8+'s to 1x's including 2-'s and 4-'s. HOWEVER, in a desire to run events that are useful to you I would love your feedback on what events you would like to see.

If you could return the below chart or an email with your events **By January 5th** if your interested in attending with your preferred events, we would be happy to have a tentative Schedule out by Jan 15th.

We hope you choose to bring your team for a fun week-end filled with lots and lots of race opportunities!

Please email your responses to conal@seattlerowingcenter.com

Crew name	Men	Women
Open 8+		
Lwt 8+		
4x		
Lwt 4x		
open 4+		
Lwt 4+		
open 2x		
Open 4-		
Lwt 2x		
open 1x		
Lwt 1x		
u17 8+		
u15 8+		
u 17 4x		
u 15 4x		
Novice 8		
Novice 4		
MIDDLE SCHOOL	boys	Girls
1x 7th/8th		
2x 7th/8th		
4x 7th/8th		
4+ 7th/8th		

Crew name	Men	Women
8+ 7th/8th		
1x 6th		
2x 6th		
4+ 6th		
8+ 6th		
OTHER		