

Regattas

Times

The first races generally start at 9:00 a.m. and usually last into the afternoon. The length of each regatta depends on the number of races. Up to six boats can race in each heat. If more than six boats are entered in a category, there will be more than one heat for that category. The first regatta, the Polar Bear, does not have Novice racers, so it usually lasts a relatively short time, while the state championship regatta normally lasts a long time due to the number of teams attending.

Arrival

Rowers

- It is absolutely critical that athletes **BE ON TIME** and dressed in their uniform. One late person jeopardizes the entire boat!
- The race schedule is announced 24-48 hours prior to the regatta. Coaches will notify the team members each week when to be at [Sandy Run](#) based on the race schedule.
- The [Booster Club](#) will send out a link to the schedule once it is posted; parents are encouraged to download the schedule and print it.
- On regatta days, parents can drop their athlete off at the [checkpoint at Parking Lot C](#). Alternately, parents and athletes can take the [South County HS Shuttle](#) to the park. Athletes in uniform ride the parking shuttle for free.

Parents

Only athletes, coaches, VASRA staff, and [VASRA volunteers](#) may park at Sandy Run. Parking for these groups is free, in Lot D.

Parents can drop their athlete off in the morning and come back later in the day, but it will take longer to get to the grandstand for the races as the regatta progresses, so allow ample time. If parents arrive well in advance of their athlete's required arrival time, they can both use the South County HS Shuttle. Allow at least 45 minutes to get to the grandstand from the South County parking lot.

Parking and Shuttles

There are two different shuttles for parking at Sandy Run on regatta days – one to Parking Lot C from South County High School and one from Parking Lot C to the Grandstand. See [Regatta Parking and Shuttles](#) for detailed information.

Volunteering at Regattas

[VASRA](#)

- Volunteers filling VASRA positions **MUST** sign in at the volunteer tent at the boat house area. Volunteering without signing in does not count towards meeting the volunteer requirements, and Langley is fined for not fulfilling its volunteer obligation.
- Please sign in ONE HOUR in advance of your position start time.
- Children are not allowed to accompany parents at any assignment.
- See [VASRA Volunteer Opportunities](#) for details on the volunteer positions available.

Team Support

The [Booster Club](#) sets up the Langley canopy near the boathouse, providing nutritional support for the rowers. A [Signup Genius](#) will be created for each regatta, with a list of food items needed as well as when and where to drop off the food items.

What to Bring

Rowers

- Sunscreen
- Blanket or sleeping bag for the early regattas when the boat house is cold (optional)
- Water bottle
- Tech shirt
- Jacket

Parents

Wear **comfortable walking shoes** (no flip-flops) and dress in layers, as it is often chilly in the mornings but warm in the afternoons. **DO NOT BRING PETS. Bring cash - SANDY RUN IS CASH ONLY.**

- Sunscreen
- Blanket for the early regattas (optional)
- Water bottle
- Jacket
- Binoculars
- Hand sanitizer
- Snacks (concessions sometimes run out)
- Hat
- Padded seat or collapsible chair
- Small bills for concessions and grandstand shuttle – they are **cash only**

Regatta Parking & Shuttles

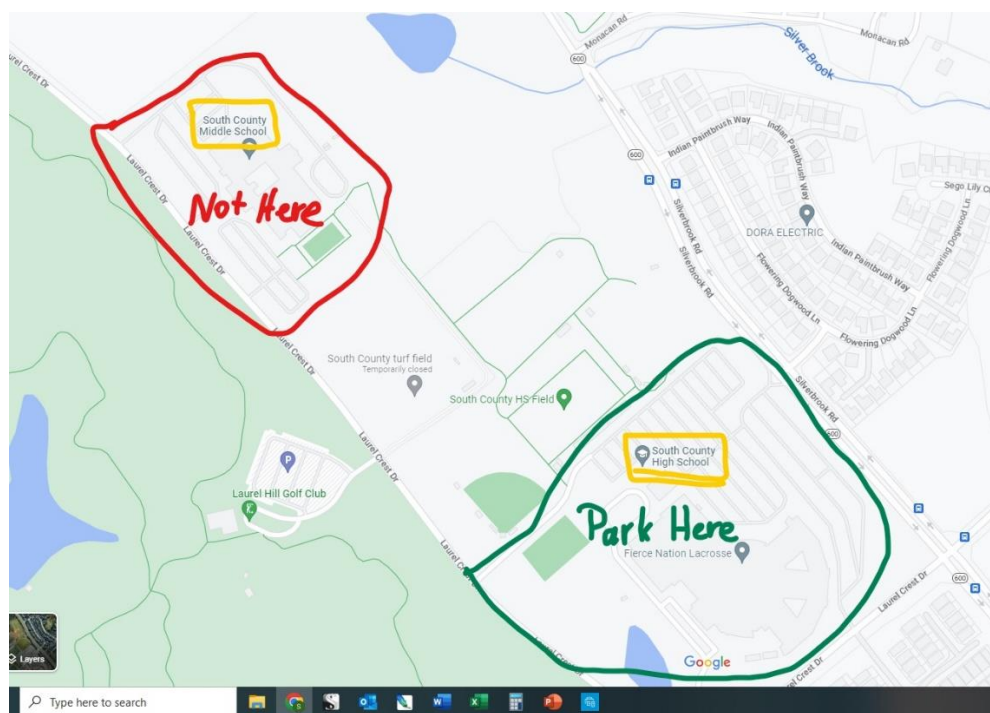
Parking

Athletes, Coaches, Staff and VASRA Volunteers

Park in Parking Lot D. There is no charge.

Parents

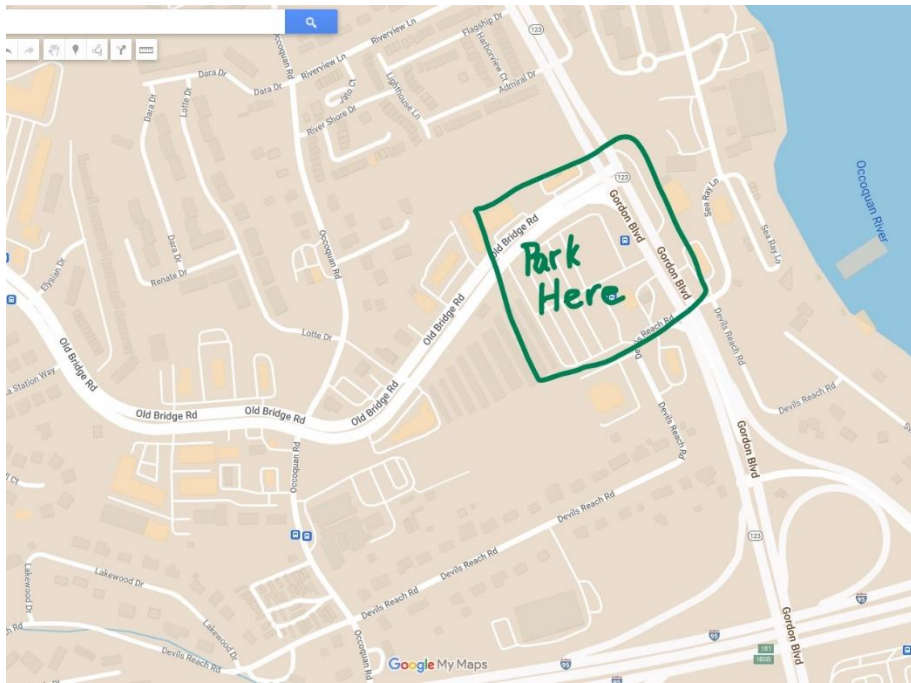
Parents and any attendees who are not athletes, coaches, staff, or volunteers must park at South County High School, 8501 Silverbrook Rd, Lorton, VA. **Make sure you are at the HIGH SCHOOL, *not the MIDDLE SCHOOL next door*. If you don't see anyone there, or only a few people watching a soccer game, you're at the wrong school.**



There are four 2023 regattas where the South County parking lot will not be available:

- March 25 – Regional Park Regatta
- April 15 – Ted Phoenix Regatta
- April 22 – Ryz Obuchowica Regatta
- April 29 – Al Urquia Regatta

For those four regattas, parking will be available at the Lake Ridge Kiss and Ride lot on the corner of Old Bridge Rd and Rt 123.



Pickup and Dropoff

The Sandy Run pickup/dropoff point for both athletes and spectators is at Parking Lot C. VASRA strongly recommends that most spectators be dropped off here, to lessen the number of people parking at South County, which will shorten the wait times to get on a bus.

Shuttles

South County Shuttle

VASRA runs buses to shuttle people from South County High School to Parking Lot C. The bus from South County is \$15 round trip, payable when boarding at SCHS. You cannot pay for only one way, so anyone planning to take the bus back to South County should pay and board at South County. From Lot C, you can either walk the trail to the grandstand or take the Grandstand Van.

Grandstand Van

VASRA runs vans to shuttle people from Parking Lot C to the grandstand. The cost is \$5 each way, cash only.

Timing

South County Shuttle

The shuttle runs from 1 hour before the first race until 1 hour after the last race. The ride from South County to Parking Lot C will take about 15 minutes, with about 5 minutes each for boarding and unloading. It will take approximately the same amount of time from either South County or the Lake Ridge Kiss and Ride.

Grandstand Van

The vans run continuously, and take about 10 minutes, including loading and unloading, each trip.

Grandstand Trail

It's a 15- to 20-minute walk along the trail between Parking Lot C and the grandstand. The path is wooded and relatively cool, but hilly. Those with difficulty hiking should consider the grandstand van.

Allow for a minimum of 45 minutes to get to the grandstand from parking at South County High School or the Lake Ridge Kiss and Ride, not counting waiting in line to get on to the buses:

Parking area to Parking Lot C	25 minutes
<u>Grandstand Trail</u>	<u>20 minutes</u>
Total	45 minutes

Parking area to Parking Lot C	25 minutes
<u>Grandstand Van</u>	<u>10 minutes</u>
Total	35 minutes

Regatta Checklist

Regatta season is here! Are you ready to go?

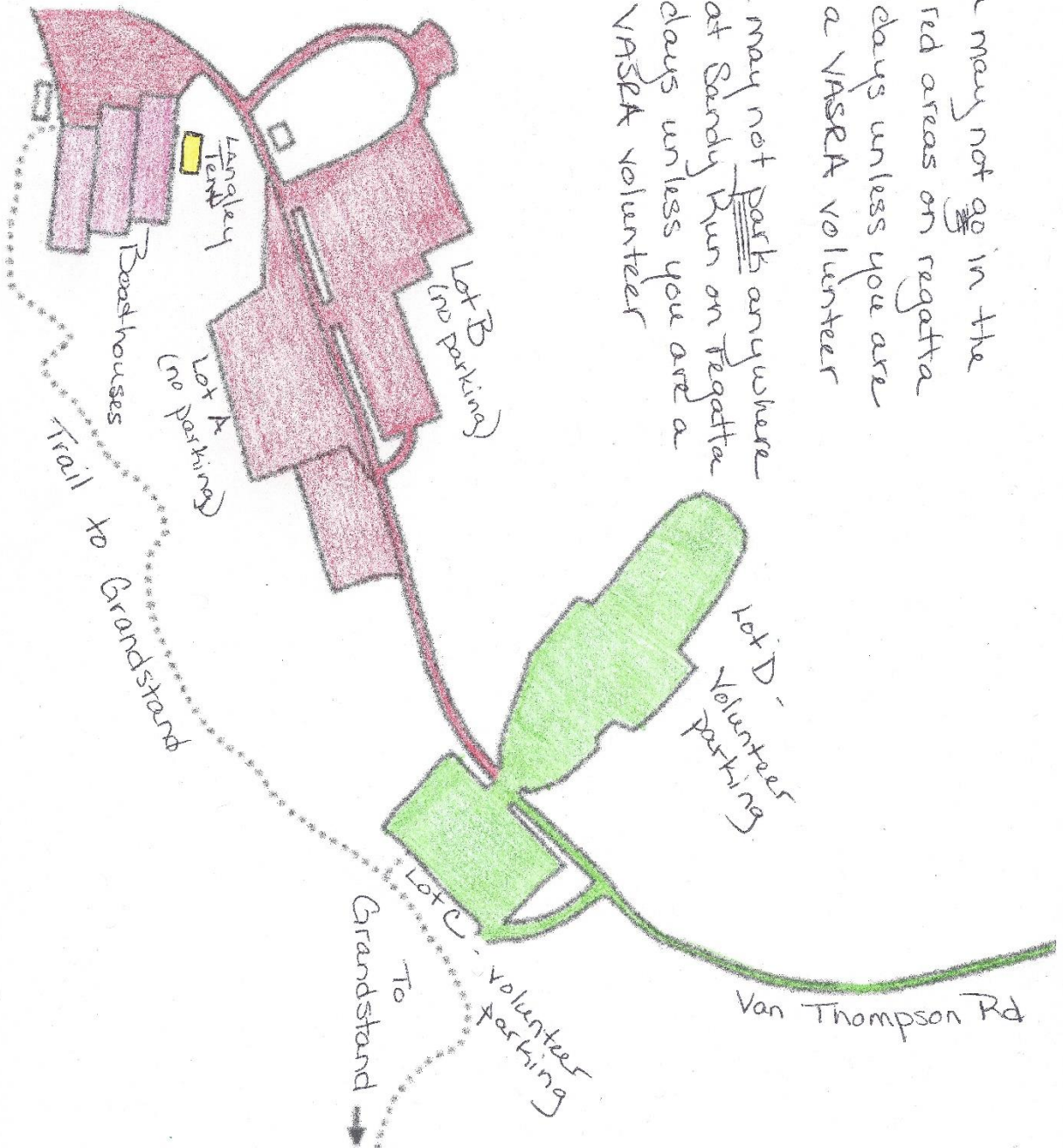
I reviewed the Regatta Survival Guide or March All Aboard slide deck	Yes	No
I know what time my rower will be racing	Yes	No
I know what time my rower will need to be dropped off at the park	Yes	No
My rower has their uniform, tech shirt, hat, and a jacket	Yes	No
I know where to drop off my rower and any other passengers	Yes	No
I know where to park the car – * South County HIGH SCHOOL (8501 Silverbrook Rd, Lorton) not South County MIDDLE SCHOOL (8700 Laurel Crest Dr, Lorton), right next door or ** Lake Ridge Metro Kiss & Ride (1325 Old Bridge Rd, Woodbridge)	Yes	No
I have cash with me, no bills larger than a \$20	Yes	No
I have packed binoculars, sunscreen, sunglasses, hat, water bottle, and something soft to sit on	Yes	No
I have printed out the heat sheet	Yes	No
I have joined the VASRA Mastodon group to see results (https://vasra.masto.host/public/local)	Yes	No
Everything and everyone is in the car	Yes	No
I can go now	Yes	No

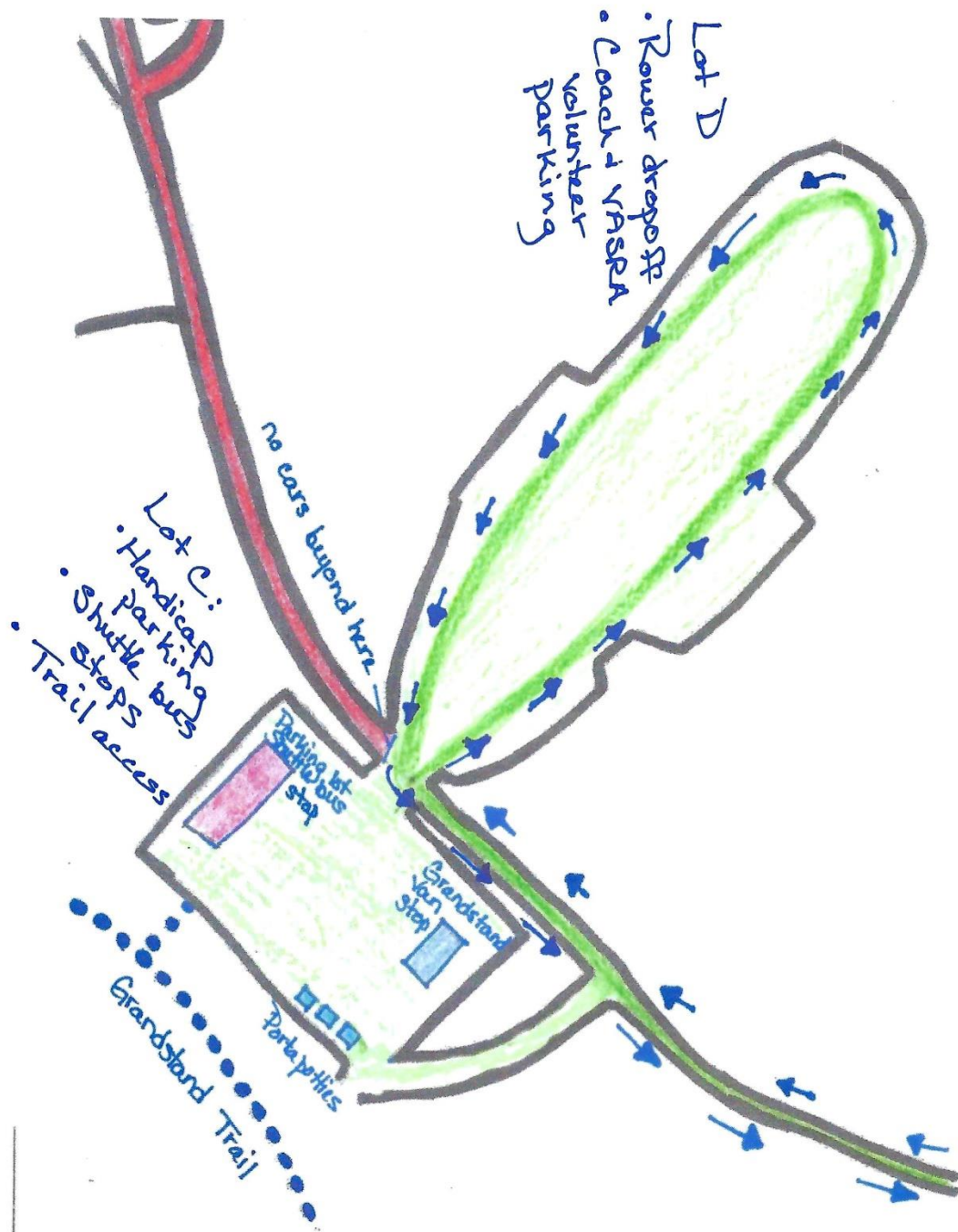
*South County: 3/11, 4/1, 4/8, 5/6, 5/13

**Lake Ridge: 3/25, 4/15, 4/22, 4/29

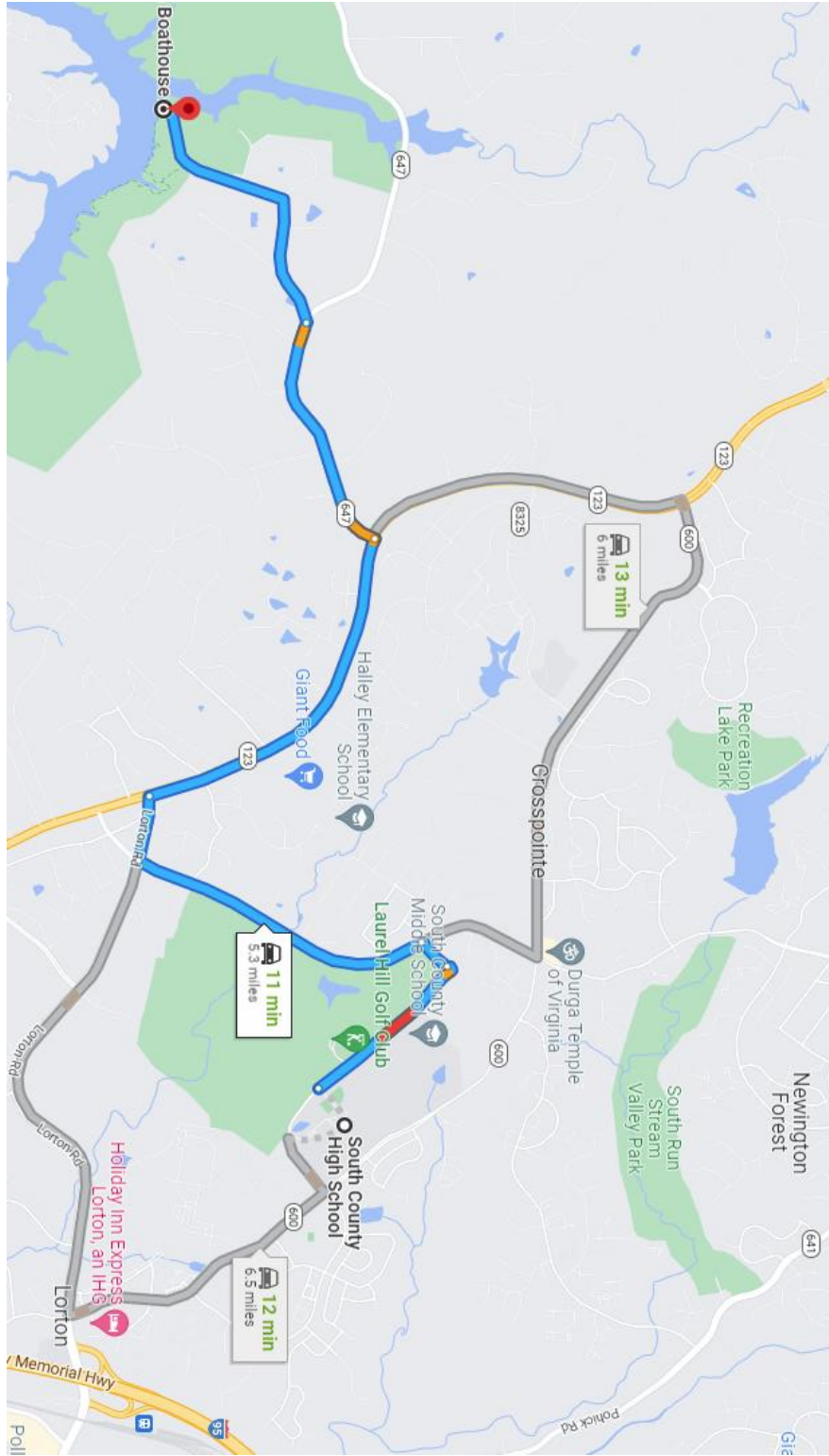
You may not go in the red areas on regatta days unless you are a VASRA volunteer

You may not park anywhere at Sandy Run on Regatta days unless you are a VASRA volunteer





Directions to South County HS from Lot C



SANDY RUN RACE COURSE

