**Lakeland Rowing Club and Lakeland College Present:**

**2016 Head of the Vermilion**

Lakeland Rowing Club is celebrating our 20th anniversary in 2016, and would like to invite you to participate in our triannual head race: The Head of the Vermilion!

**Distance:** 3000m

**Coaches and Officials Meeting:** 9:30 am, coffee and muffins provided.

**Launch Times:** 10:30am and 1:00pm. See attached Entry Sheet to determine events in each launch.

**Cost:** $30 per athlete. Cheques payable to Lakeland Rowing Club, fees are due by the coaches meeting on the day of the regatta.

**Entries:** complete attached entry form and email to LRCvermilion@gmail.com. Entries are due by noon on September 21, 2016.

**Draw:** Preliminary draw will be sent to participating clubs on September 22, 2016. Finalized draw will be provided at the coaches meeting on the day of the regatta.

**Land and Course Traffic Maps:** will be provided to participating clubs prior to the regatta, and will also be posted at the boat house on the day of the regatta.

**Location and Parking:**  Vermilion Provincial Park. Follow the signs for the Park from the highway and through the town. Once in the park, follow the road straight towards the river. Boat trailers will go down the hill to the water and park by the boat house. All other vehicles are to park in the lot on top of the hill. Signs will be posted. There will be a cross country running event in the Provincial Park in the afternoon on the same day as the regatta. We will not be in each other’s way, but will be utilizing the same parking lot.

**Food:** We are looking into the possibility of having a food vendor present at the regatta. A menu and prices will be forwarded to participating clubs prior to the regatta if we are successful in securing a vendor. If we do not have a vendor present, pizza will be provided FREE to all athletes, coaches, and officials after the regatta.

Please email Kati ( [katiwhite@gmail.com](mailto:katiwhite@gmail.com) ) with any questions.