

**Midwest Championships  
Team Schedule**

---

*Please note:* This is a Championship Regatta, unfortunately; only select crews will be traveling to and competing at the event. All team members will be advised of their status approximately one week prior to the event. All athletes participating at the regatta will be excused from school on Friday. All athletes should notify all of their teachers with regard to the missed day.

**TRANSPORTATION / ACCOMODATIONS / FOOD:**

We will be traveling to the event by charter bus. Our accommodations at the site will be (To be determined, we have had a minor glitch in our reservation. We will post as soon as we know). There will be (4) athletes assigned to each room.

We will provide lunch on the bus Friday, and dinner on the bus for the ride home. All other meals will be supplied and served at the regatta site.

This is a two day regatta and the athletes should pack accordingly. Please pack extra clothing and rain gear in case we get bad weather. All uniforms and racing clothes should have a name in them in the case we need to dry them out in the hotel laundry. Please remember sunscreen!

**FRIDAY:**

Depart FHC on Friday at 8:30 AM. All athletes need to be at the school at 8 AM by the globe. We will arrive at the venue approximately 3 PM, rig boats and go for a short practice row. (Team members should carry rowing clothing on the bus with them). Dinner will be served at the regatta venue.

**SATURDAY:**

We will follow the racing schedule for Saturday & Sunday as published by the regatta. Wake-up and departure times will vary for each Crew depending on the regatta schedule. All crews will be notified of times each evening at the team meeting prior to lights out.

**SUNDAY:**

As with Saturday, Crews will depart for the regatta venue based on the race schedule. Wake-up and departure times will be announced at the team meeting on Saturday evening. After racing has been completed and all equipment has been loaded onto the trailer, we anticipate departure from the race venue at approximately 4 to 5 PM with an expected return to FHC between 11 PM and Midnight. Please remember that our return time is based on regatta results and weather conditions. We will have cell phones available to the kids to call home and let you know of our arrival time.

A full schedule as well as results can be tracked by going to the Regatta Central web site at [www.regattacentral.com](http://www.regattacentral.com) Please follow the instruction for a "guest". You may also be able to obtain almost immediate results at [www.racetrak.com](http://www.racetrak.com) the regatta is the 2010 Midwest Scholastic Rowing Championships.