



REGIONAL'S DATES

- Thursday April 29th [5:00 - 7:00 pm] - De rig and load the trailer (all athletes and coaches)
- Friday April 30th [6:00 am] - Depart Austin
- **Friday April 30th [2:00 pm] - Arrive in OKC at 800 Riversport Dr, Oklahoma City, OK 73129**
 - Check in at the trailer with the designated coach (TBA)
 - Temperature check and attendance record required
- Friday April 30th [6:00 pm] - Coach and Coxswain Meeting (location TBD)
- Saturday May 1st [Course arrival time TBD] - Race Day
- Sunday May 2nd [Course arrival time TBD] - Race Day
- Sunday May 2nd [ARC return time TBD] - Drive back to ARC to unload the trailer and re rig

HOTEL

- Embassy Suites Oklahoma City Downtown/Medical Center
- 741 N Phillips Ave, Oklahoma City, OK, 73104
- [CLICK THIS LINK](#) to book your hotel in the ARC block of rooms. Rooms available are:
 - (7) Two-queen bed suite with a pullout couch
 - (40+) One king bed suite with a pullout couch
- The group rate is \$119 per night
- No outside food/drink into public areas of the hotel

COSTS

- Due to ARC: \$335
 - This will include trailer costs, coaching costs (travel and regatta hours), athlete and coach lunch on Saturday and Sunday, COVID cleaning supplies, entry fees, and uniforms.
 - The \$335 payment to ARC will be a charge on your MBO account.
- Hotel (at \$119 per night - not paid through ARC)
- Gas
- Food (the only food provided will be lunch for athletes and coaches at the venue on Saturday and Sunday)

CONFIRM YOUR ATTENDANCE BY 03/25/2021

- Write an email to jeff.tyrrel@austinrowing.org in order to officially confirm that you or another family is bringing your athlete to regionals. Include:
 1. Athlete's name
 2. Will they be competing in regionals?
 3. Will you be driving your own athlete? If not, who is?
 4. Are you able to help carpool/bring one other athlete if needed?
 5. How many people will you be bringing and whom (parents, siblings, etc)?
 6. Have you booked your hotel under the ARC block of rooms?
 7. If not, will you be booking a room at this hotel?
 8. If you are not staying at the hotel that we have secured a block of rooms in, please provide the address of where the athlete will be staying.

CREATE YOUR USROWING ACCOUNT

- [Follow this link](#) to see the instructions on how to do this. This needs to be complete **no later than 03/31/2021**
- It is imperative that this step is complete before we register your athlete for the event in their lineups
- Please be sure to enter your **athlete's** information (such as DOB and name) and not yours