



# Head of the American 2019 Itinerary

The race is attended by three 8+'s of Novice Boys, Varsity Boys, Novice Girls, and two 8+'s of Varsity Girls selected by the coaches.

**Thursday 10/24--** Loading Shell Trailer at Practice

**Friday 10/25**

- Depart NAC @ 5am on 2 charter buses
- Athletes arrive at Lake Natoma approx. 2pm, rig boats, and practice on the race course (breakfast & lunch is on the road, please bring food or money to purchase)
- Depart Race Course for hotel at approx. 5pm
- Dinner at Hotel
- 9:00pm Lights Out

**Saturday 10/26**

- Depart Hotel for race course as assigned by coaches (checking out on departure, bring bag to course)
- Racing all day; snacks, lunch, and water provided at the course
- All Athletes depart for NAC upon conclusion of racing and trailer loading (please bring money for dinner on the road). Arrival @ NAC approx. 11pm-12am

## Hotel Information

- Hawthorn Suites 12180 Tributary Point Dr, Gold River, CA 95670. (916) 351-9192