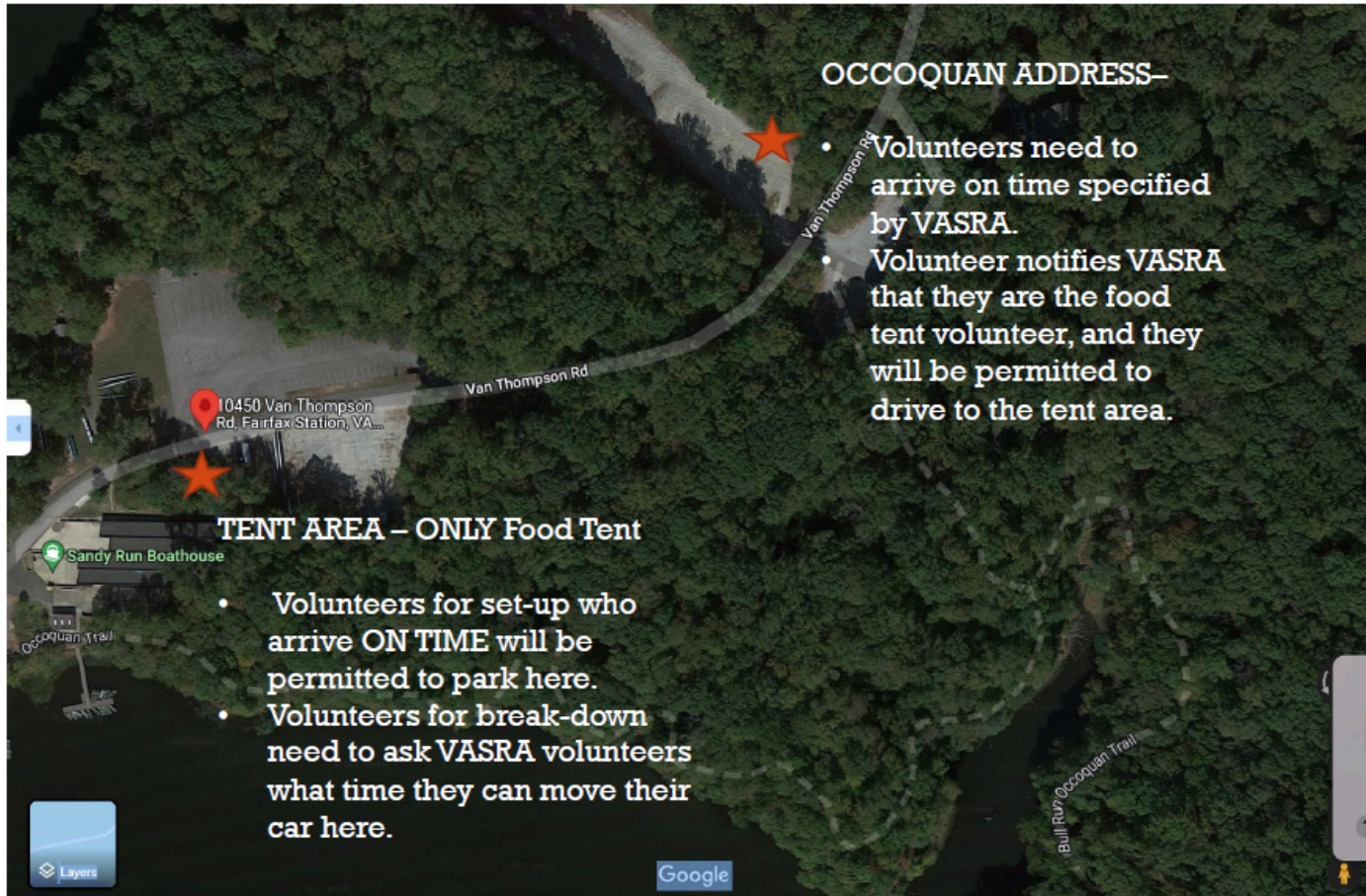


# 2024 Regatta Season at the Occoquan



## Volunteer Parking Directions

Spectator Parking/Shuttle is at **South County High School (8501 Silverbrook Rd, Lorton VA)**



### **OCOCOQUAN ADDRESS**

For athlete drop-off and Food Tent Volunteers:

10450 Van Thompson Rd, Fairfax Station, VA

### **HIGH SCHOOL PARKING ADDRESS**

*(10-15 min away)*

For parents and visitors to park their car and catch shuttle to Occoquan:

8501 Silverbrook Rd, Lorton, VA

# Saturday, May 4th at Occoquan



## VSRC Day 1 Regatta Information: Boys/Girls 3V, 4V, and Freshman 8+

### Timing and parking:

- Approximate event timing: **9am-1pm.**
- About 25 miles away, est. 30 min. drive w/o traffic.
- **All spectator parking** is at South County High School: [8501 Silverbrook Rd, Lorton, VA 22079.](https://www.vasra.org/regattas/parking)
- Shuttle from parking to Sandy Run, \$15 CASH per person round trip. Rowers in uniform ride the shuttle for free.
- Allow extra time for the shuttle. At peak time it can take up to 45 mins to get from parking to grandstands.
- Handicap parking at lot C (see map). ½ mile trail to grandstands.
- Athlete and volunteer parking at the lot but it fills up early so athletes arriving late must allow for extra shuttle time. Carpooling is highly encouraged.
- Maps and parking <https://www.vasra.org/regattas/parking>

### Helpful regatta information for Athletes and Parents:

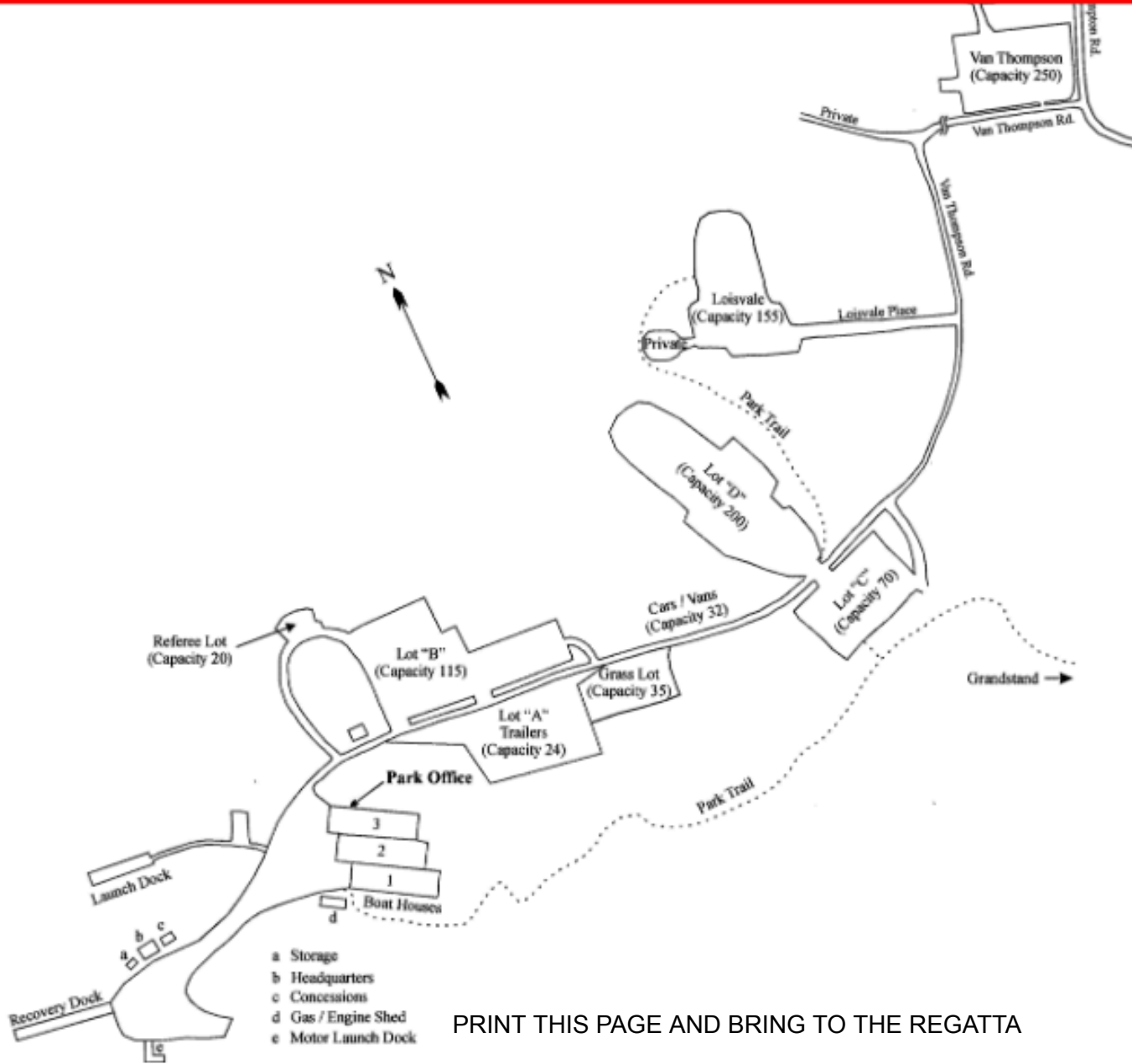
Athletes should eat a good breakfast before departure and bring lunch or cash for concessions after the races.

- Athletes will be given instruction on when to arrive by their coach.
- **No parents are allowed in the team tent area** - the regatta team will provide basic, healthy snacks for the team (no drinks).
- Athletes must bring their own water bottle(s). Bring 2 bottles of water. There will NOT be running potable water onsite for refills.
- Athletes are responsible for setting up the team tent, keeping the area tidy and cleaning up/breaking down the tent after the regatta.
- Bring layered clothes and a chair or blanket for comfort in the tent area.
- The same is advisable for spectators. The grandstands are concrete. Bring seat cushions or blankets to sit on.
- Bathroom facilities are behind the grandstands.
- HQ/Athlete site offers only port-a-johns.

- Heat sheets will be published [here](#) (VASRA Site)
- For VASRA results follow: @VASRA\_SRRP on X (Twitter)
- Concessions at the Grandstand /spectator area and the HQ/athlete area with food, drinks and regatta T-shirts.
- **CASH ONLY!** Bring cash both for shuttle buses and concessions.
- There is very little shelter. Sunglasses and sunscreen are advisable on sunny days.
- No dogs or alcohol allowed.
- More information: <https://www.vasra.org/regattas/regatta-101>

**Regatta questions?:** Call Julie Tran, 703-261-3653, or Heather Whitney at 703.832.6865 or email: [regattachair@mcleancrew.org](mailto:regattachair@mcleancrew.org)

# Sandy Run (Fairfax Station) Park Map



PRINT THIS PAGE AND BRING TO THE REGATTA