

2024 Regional Park Regatta at the Occoquan

Drop off and Spectator Parking Directions



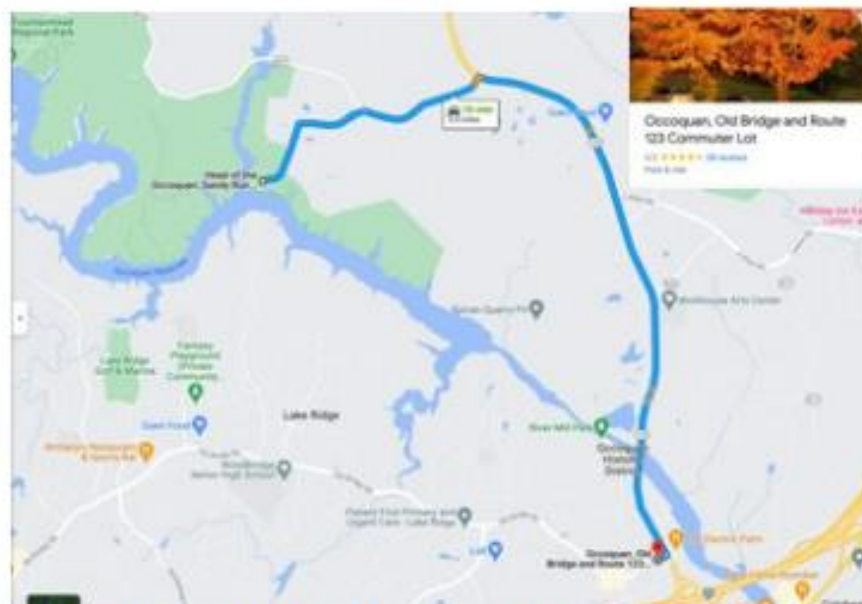
Note that *Spectator Parking/Shuttle* is at the **Commuter Lot (1325 Old Bridge Road, Woodbridge, VA 22192)**. ***This is a change from last week!

Sandy Run Drop-Off & Commuter Lot Parking

Only coaches and special volunteers can park close-by. You'll drop off your athlete and need to exit to park at the high school.



You'll park in the designated parking area and look for the shuttles



When the Commuter Lot is designated, the location is: 1325 Old Bridge Rd
Woodbridge VA 22192

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2024 Regatta season at the Occoquan

Regional Park 3/23/24 Regatta Information:



Timing and parking:

- Approximate event timing: [9am-3:30pm](#).
- About 25 miles away, est. 30 min. drive w/o traffic.
- **All spectator parking** is at the commuter parking lot (**NEW location**) **1325 Old Bridge Rd Woodbridge, VA 22192**
- Shuttle from parking to Sandy Run, \$15 CASH per person round trip. Rowers in uniform ride the shuttle for free.
- Allow extra time for shuttle. At peak time it can take up to 45min to get from parking to grandstands.
- Handicap parking at lot C (see map). ½ mile trail to grandstands.
- Athlete and volunteer parking at lot but it fills up early so athletes arriving late must allow for extra shuttle time. Carpooling highly encouraged
- Maps and parking <https://www.vasra.org/regattas/parking>

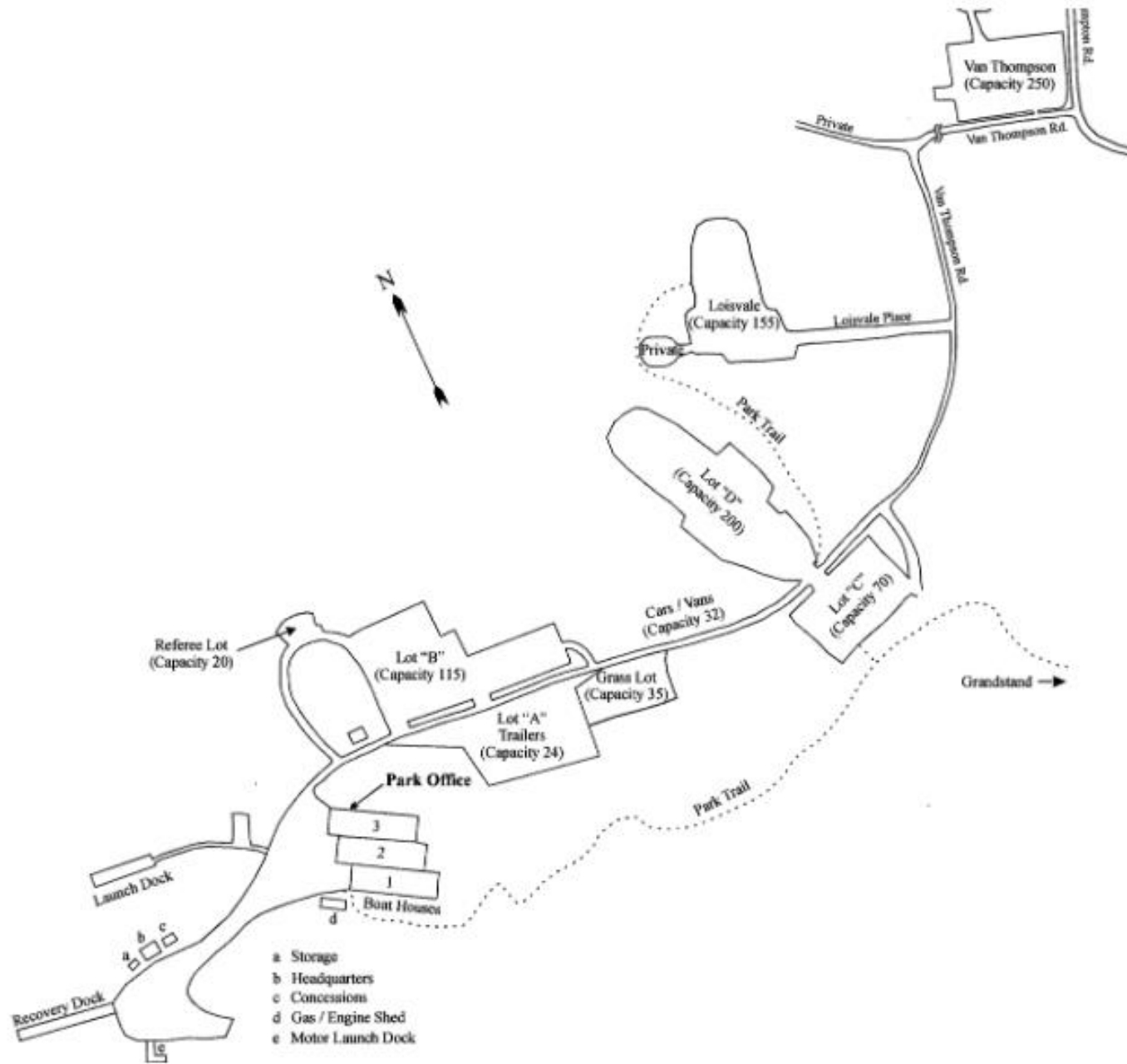
Helpful regatta Information for athletes and parents:

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

- Rowers will be given instruction on when to arrive by their coach.
- **No parents are allowed in the team tent area** but we (the regatta team) will provide basic, healthy snacks for the team (no drinks).
- Athletes must bring own water bottle(s). There will be running potable water onsite for refills
- Athletes are responsible for setting up 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 behind grandstands.
- HQ/Athlete site offers only port-a-johns.

- Heat sheets will be published here: www.vasra.org
 - For VASRA results follow: @VASRA_SRRP on X (Twitter)
 - Concessions at the Grandstand /spectator area and the Headquarter/athlete area with food, drinks and regatta T-shirts.
 - **CASH ONLY!** Bring cash both for shuttle buses and concessions.
 - There is rain in the forecast so please dress for the weather and do not bring any technology you don't want to get wet (airpods, cell phones, etc)
 - There is very little shelter. Sunglasses and sunscreen advisable on sunny days.
 - No dogs or alcohol allowed
 - More information: <https://www.vasra.org/regattas/regatta-101>
- Regatta questions???:** Feel free to call or email Heather Whitney at 703.832.6865, regattachair@mcleancrew.org

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Sandy Run Park Map

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