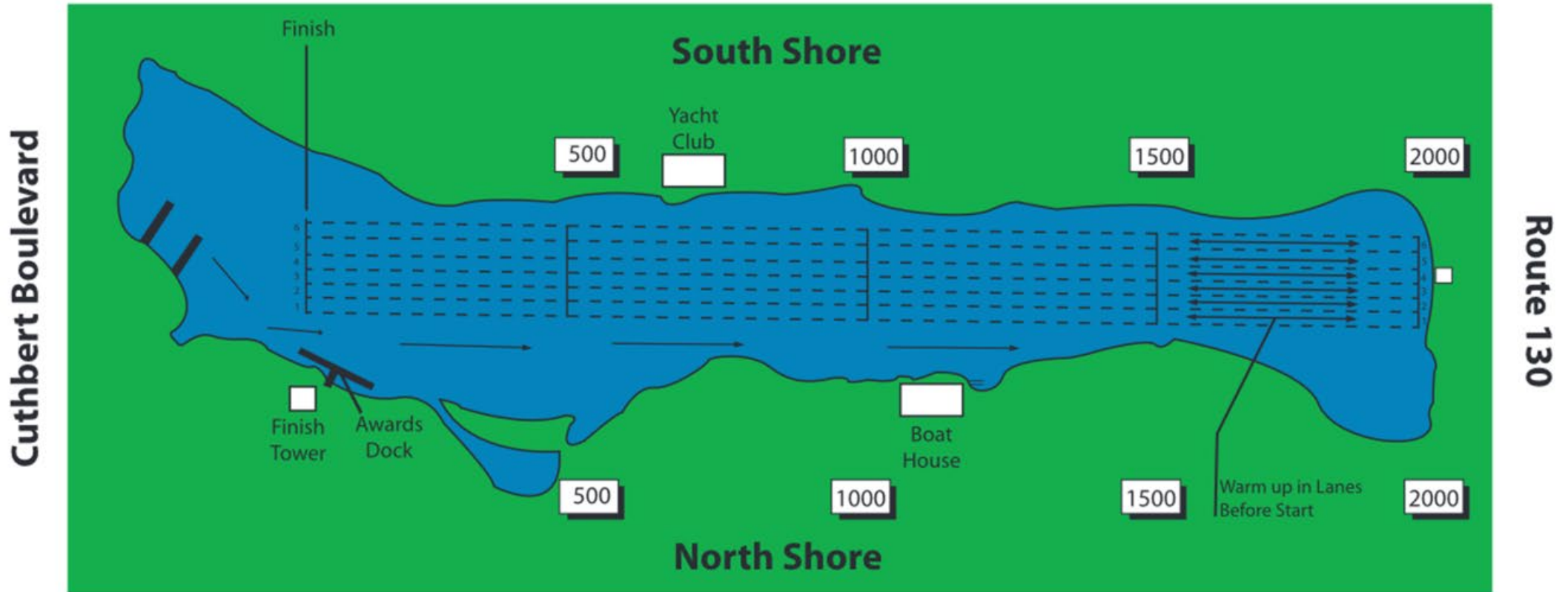




**STEVE NECZYPOR REGATTA  
COACHES AND COXSWAINS MEETING**

# Cooper River Rowing Course

## Traffic Rules- Racing



# Prelaunch Checklist

- ▶ Crews provide bow numbers
- ▶ Double check equipment before launching (heel ties, bow balls)

# Launching and Warmup

- ▶ Launch 25-30 min before start of race
- ▶ 90 sec on dock
- ▶ Do not cross finish line while a race is in progress
- ▶ Row up to start outside Lane 1, keeping the buoy line to port side
- ▶ Crews may not go under bridge at Route 130

# Entering Course

- ▶ Crews should organize in numeric order ready enter the course as the race before is locking on to their stakeboats.
- ▶ Crews will enter their respective lanes at the direction of the start Marshall referee.
- ▶ Lane 6 will load first, followed by lane 5 and so forth.

# The Start

- ▶ Weather permitting, the start will be on to a stake boat.
- ▶ Aligning will be from the South bank. Once aligned, a white flag will be raised.
- ▶ Raise your hand if you are NOT aligned.
- ▶ Crews will be announced. Hands will not be recognized at this point.
- ▶ The starting commands will be ATTENTION (pause) GO. A red flag will be dropped on the word GO
- ▶ Quick Start format may be used if poor weather or running behind schedule

# The race and post race

- ▶ This is a buoyed course. Stay in your lane.
- ▶ Respond to referee commands immediately.
- ▶ Objections must be done on the water. After the race the referee will observe each crew to look for hands or any medical issues.
- ▶ Sportsmanlike conduct is expected before, during and after the race.

# Post Race

- ▶ Coaches must have someone on the landing dock to recover crews off the dock quickly.
- ▶ Medals will be awarded to the first, second, and third place finishers in each flight and final. Medals may be picked up at the gazebo behind the finish line throughout the day.
- ▶ Three points trophies will be awarded: Men's, Women's, and Overall



