

## URA Championship Regatta Coaches and Coxswains Meeting Information



### Launching Boats

- Beach launch – bring extra socks and warm clothes
- Go around buoy in launch area
- Don't be shy about asking the Dock Master when your race is launching. Please help us stay on time

### Proceeding to the Start

- Go around the marker buoy near the point – avoid losing a fin
- Stay off the race course – there is plenty of room to warm up to the side and past the start

### At the Start

- Plenty of room to warm up past the start line
- The race is a floating start
- Ensure good spacing between crews while approaching the starting buoys
- Aligner is off to the side – rowers do not wait for your coxswain – please listen to the aligner and respond immediately
- Chase launch will follow behind each race to give directions
- You do not have to stay within the buoys at the finish line (no penalty) – though recommended because you'll have completed a straight course
- The race course is wide enough to accommodate 7-8 lanes, but if you stray out of the course you are at risk of:
  - running aground
  - losing time
  - hitting crews going to the start
    - So please call out to other crews if you spot trouble
- Heed the umpires at all times. They are the head coaches of your programs and they know what they are doing.
- Starting Commands: "Attention, Go!" with the drop of a flag

### At the Finish

- A flag and air horn will signal the finish
- The buoys at the finish may not perfectly align with the actual finish. Row through the buoys until you see the flag or hear the horn.
- When returning to the launch area, do not cut too close to shore to avoid losing a fin.

### Protest

- All protests will be settled by the head coaches after the event. Talk to your coaches if you have an issue during the race.

## **Breakages**

- If something breaks with the first 25 strokes of the race:
  - Stop
  - Put your hand into the air

## **Regatta Schedule**

- Listen to the Dock Master announcing events. Be on time.
- If there is inclement weather we may run slightly off schedule due to difficulty aligning boats at the start
- Please work with the Dock Master – check about your launch time before laying hands on the shell
- Please notify the Regatta Director after the coaches and coxswains meeting of scratches or additions

## **Awards**

- An awards ceremony will be held at the end of the day to hand out medals and trophies
- Betting shirts is expected at the URA regatta. Please don't wait until the awards ceremony to hand over your shirt. Go meet the person you raced against and shake their hand. You may find out they are trying to be a doctor too and struggle balancing school and crew.
- At the 2009 race, shirt betting will be for all Eight races plus the Varsity Four and Varsity Pair races. No other races will have shirt betting. Rowers are asked that if they beat a team multiple times they only accept one shirt from that team. If you have extra shirts, please use it as an excuse to meet other rowers and trade shirts.

## **Trash**

- The regatta site must be spotless when you leave
- Trash bags are provided

## **The URA Regatta**

- The regatta is funded by alumni of your schools
- Your head coaches volunteer to run the race
- Everyone that races is a "true" scholar athlete that struggles to balance the demands of school and a team that's a club sport. If you win or lose you know that everyone in your event has the same talents and challenges. No excuses.

**Thank You and Good Luck**

