

Notes for rowers coming to Aon Jury Club, Wanganui.
Saturday November 29th 2014

1. Welcome – to all rowers and Club management. Regatta briefing will be at 7:15am at the Regatta Secretary's hut. Each club to have a representative present.
2. Regatta start time is 8:00am. This is the time the 1st race commences. Be prepared!
3. Before loading the trailer to come to Wanganui, check that your boats comply with all safety requirements – bow balls, heel restraints, cox egress, and that the cox's lifejacket is sufficient to keep him/her afloat if you capsize
4. On Regatta Day, know what crew you are and what race you are in – write this on your hand if need be.
5. At this regatta coxswains will not be weighed.
6. Boats and "On Water":
 - Be organised, as you put your boat in the water – ensure the bow is pointing upstream.
 - Allow sufficient time to get to the start.
 - Check the following: Bow ball /Cox egress /Heel restraints / Life Jackets / Lane number
7. Traffic Circulation – understand the route to the start, must stay on the Aramoho (boatpark) side and the flow of boat traffic up-river from the start line, in the marshalling area) **Under no circumstances** must crews do practice starts against the flow of traffic. See attached map.
8. Race Time – assume your race will start at the advertised time unless advised otherwise.
9. At the Start:
 - Be with the other Alpha numbers like yours – i.e. all the "B"'s together.
 - Be positioned to row into the start immediately the previous race starts – listen carefully to what the starter is saying.
 - Lane 1 is nearest to starter i.e. the true right bank (Aramoho Bank)
10. React quickly to any instruction from the race umpire – they are there for your safety, and the fairness of the race.
11. During the race, if capsize occurs, stay with the boat.
12. Please row right through the bridge at the finish – don't stop on the line and risk getting T-boned by the crews finishing behind you! Move off the course ASAP to the Aramoho bank (boatpark side) before turning upriver and stay in close. Look out for the AWRC pontoons.
13. Have BIG fun – it's an amazing sport!



START LINE

warm up area circulate clockwise

Return lane

FINISH LINE