

Notes for rowers coming to Jury Club, Wanganui.
Saturday 5 December 2015

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 unless advised otherwise. This is the time the first 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, you must stay on the Aramoho (boatpark) side of the river and move with the flow of boat traffic up-river to and beyond the start line.
8. **Under no circumstances** must crews do practice starts in the Marshalling area above the start line
9. A warm up area is provided and marked by two buoys above the start marshalling area. All boats using this area must rotate in a clockwise direction. 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