



Coaches & Coxes Meeting

1. Welcome to this year's Delta Deas Scholastic Regatta!
2. If you have to change your entry for whatever reason, please go see the regatta administration office in the boathouse. Which is also where you get your ribbons.
3. If you have to scratch or withdraw from a race, please go see Control Commission and let us know so we aren't expecting you.
4. Bring your blades down to the dock right before you line up to launch, not hours before you launch – there isn't a lot of room for stray oars.
5. At least 40-45 minutes before you race, please bring your boat to control so the umpires can make sure your boats are safe to row: we will check how much your shoes can lift up (not more than 7 cm) and whether your bow-ball is compliant with the rules of racing.
6. You want to be on the water at least 30 minutes before the start of your race – if the line-up is long at control, join the line-up sooner! If you are hot seating a rower, or a boat, please let the people in Control Commission know.
7. If you are launching your boat during low-tide be careful to watch your fin so it doesn't get knocked off.
8. Make a note of where the finish line buoys are for later.
9. Do not row across the course after launching to get to the start line while people are crossing the finish line: it will end badly.
10. As you are going up to the start, do not cross the finish line while other people are finishing their races. Worse: don't sit on the finish line and cheer – it makes it really hard to determine who has won.
11. Row up the east side towards the start. Do not row onto the course.
12. Follow the flow pattern as you warm up to race – look at the map posted at the regatta.
13. Do not go under the bridge and down the Fraser River to Japan. This is out of bounds.
14. About 10 minutes before your race, approach the holding area behind the start boat and wait for the marshal or starter to give you instructions. If everyone is early, we may start you early. If you are late, we may start without you.
15. You will be lined up to race with bow number 1 on the west side – the side with the trees and lane 6 closest to the apartment building on the east side. This is when you get yourselves all ready to race: time to do a final check of your boat, have your last drink of water, take off your parka and so on.
16. About 5 minutes before your race time, approach the start line together. The starter and the aligner will give you instructions.
17. Get your boat in line with the course so you can stay in your own lane – use the buoys or a distant tree on the shore to guide your course.

18. The aligner will help you get all lined up for the start of the race. The starter will then say "This will be a quick start. [pause] All crews: attention... [slight pause] GO" – time to start racing!
19. There will be at least 1 umpire following each race. Often 2, at least in the beginning of the race.
20. You have an obligation to row in a way that doesn't impact anyone else's chances of winning – you are responsible for steering your boat! The umpires are not there to help you with that.
21. If an umpire following your race waves a red flag, everyone in that race should stop rowing.
22. If an umpire raises a white flag, then calls out your club's name or your lane number, and then points the white flag in a particular direction, you should (if they called your name) go in that direction or do what they say to do: which could be stop! If the umpire didn't call out your name or lane number you can keep racing.
23. Do not change lanes, especially if you are ahead of others: everyone deserves an equal chance to win and they don't want to be in your wake.
24. Row until you hear the finish horn or pass the buoys at the finish. Look behind you to check for people crossing the course to row up to the start.
25. If you think that someone interfered with how you raced, and it made a difference to how you placed, hold up your hand and get the umpire's attention right after crossing the line and explain what happened to the umpire. The umpire can answer your questions or address your official "objection" to the fairness of the race.
26. Return your boat to the dock, and get off the water as quickly as you can. Don't forget to take your oars away as well.
27. If you have a question during the regatta about the rules for racing, please ask your coach or an umpire. We will do our best to sort out the answer.
28. If you see something that you don't think is right or you are worried about your safety: please talk to your coach or any coach, or an umpire, or one of the regatta volunteers.