

# Content



- Introduction
  - Key facilities
  - Safety
- Race Day Traffic Pattern - Very Important
  - Launching
  - Heading to the Start
  - Start / Finish / Return
- Coxswain briefing – 6:30 AM
  - Note – Race Day briefing will be a much abbreviated version of this briefing
    - News of the day
    - Safety items, highlights of other areas
    - Q&A afterwards
- No check-ins, no lightweight weigh ins
- Race day scratches – report to Regatta HQ



# Introduction

- Key Facilities
  - Athletic trainer, First Aid – tent in front of lowest boathouse
  - Registration – no need to check in
  - Regatta HQ – regatta directors, announcer
  - Lost and found – Regatta HQ during race day, Park office after hours
  - Race day scratches – report to Race Director at Regatta HQ
  - Results – [crewtimer.com](https://crewtimer.com) select OMS regatta
  - Awards – OBC Results tent near Regatta HQ
- Finish line viewing area at the Grandstand
  - Walking trail – entrance in lot C or along river at bottom of Sandy Run hill
  - Shuttle to grandstand - Lot C (to left after the park entrance gate)
- Water conditions (subject to race day updates)

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# Introduction



- Land Safety
  - Be aware of your surroundings – Lots of boat traffic on land and not so aware pedestrians
- Rower safety
  - Make sure your rowers have any special provisions with them (inhalers, etc)
  - Flips / rower in water - You may make 1 or 2 attempts to re-enter then we will pull you out
  - Coaches – know your rowers, be available to assist your rower on land
- Weather Safety
  - 90's and muggy, monitor your athletes and peers
  - Water refill station across from port-a-johns

# Introduction



- **Weather Safety** - Summer thunderstorms high storm winds or lightning
  - On the race course, officials will signal to clear the course
    - Crews return to main docks quickly
  - At Sandy Run Park
    - Sandy Run has a lightning detection system – When lightening is detected, the system will sound one 15 second blast on the horn and the strobe light will flash.
    - CLEAR THE WATER AND DOCKs
    - CLEAR ALL OPEN SPACES. Seek shelter in buildings or vehicles.
    - WAIT FOR ALL CLEAR SIGNAL. Do not move from sheltered area until horn has sounded three 5-second blasts and the strobe light stops flashing

# Introduction



- Schedule
  - We make every effort to run on time
  - We want to beat any afternoon thunderstorms
  - Your part
    - Prepare your crew – bow number, oars, working cox box, etc
    - Be realistic, don't overschedule your crews
    - Launch on time and quickly

# Race Day Traffic Pattern



- **OMS is the one day Sandy Run uses a reverse traffic pattern.** This is to facilitate any hot docking at the grandstand area.





# Launching



- Two docks in use. From right to left coming down the hill
  - Dock 1 (aka main dock) - launch primarily. Recovery depending on flow
  - Dock 2 (aka short dock) – generally recovery only. Fits two 8+ each side
  - You do not know where you will recover so don't leave anything behind on the dock
- Staging equipment
  - Oars - you may stage oars at the bottom of the hill
  - Please do not drive vehicles down the hill to drop off oars, there is too much pedestrian traffic
  - Boats for Hot Docking
    - For hot docking only, you may stage boats the bottom of the hill
    - If you are not sure where, ask





# Launching

- Key to smooth launch
  - Correct lane number on your boat (use some tape if your bow number clip fits loosely)
    - Bring your own bow #'s. Very limited bow #'s available
  - You must have your oars with you when you come down the hill
  - Make sure you have all your key gear – seats, tested cox box, etc
  - Two minute launch drill –
    - Oars in and go – finish setup on the water
    - Minimum support crew on the dock
- Launch timing – determine what your crew needs
  - Plan to get into Start platform queue at least 5 minutes before your race
  - Timeline to the start position = launch dock time + 3K to start + boat traffic + queue time
  - Average 30-40 minutes before race time

# Heading to the Start



- Occoquan River layout
  - Fairfax side – port side going to start
  - Prince William side – starboard side going to start
  - Finish line tower – approximately 2000 M from launch
  - Start platform – solid low platform across all six lanes at the 1000 M shoreline marker
- Immediately after launch, make a hard turn to port to follow the Fairfax shoreline.  
Watch for crossing traffic – returning traffic and boats coming from up river (boats launched from Oxford House)

# Heading to the Start



- Marshalling area
  - Proceed past the start platform
  - Recommend do not go more than 500 M past the Start as you may not hear your race called. There is a 1500 M marker on the Fairfax shore.
  - **DANGER - Stay well away from the Orange barrels at the dam. If you are near the Orange barrels you have gone way to far.**
- If you are late to the Start
  - Raise hand, inform the Start Platform crew and ask for instructions
  - **Late arrivals – there are no guarantees you will be able to race**
  - The Starter may insert you immediately, hold you for another event or dismiss your boat
- Start queue
  - Line up along left shore to enter platform area at least 5 minutes before your race
  - Lanes numbered 1 to 6 left to right facing downriver
  - Follow instructions from Starter and Platform crew to enter



# Start / Finish / Return

- Starter announces event, calls off boats, be ready to start
- Finish
  - Horn will sound as boats cross
  - Continue paddling to clear the finish area for the next event behind you
  - Protests – Raise hand, file any protests with the referee of your race
  - Need assistance – Raise hand, notify referee
- If hot docking at finish line area
  - Paddle down enough to let next race come through
  - Turn to Finish Tower (toward Fairfax shore), get into downstream flow



# Return and Landing

- Return to main launch docks along Prince William shore
  - Watch for other up river boats at the crossover point
  - Approach docks, keep orange cone to your starboard side
- Let dockmasters know if you are hot docking
- Follow dockmaster instructions on which dock to land
  - Avoid excess speed coming in
  - Ask for help landing if you need it, that's what we are here for
- Two minute dock drill – oars out, shoes on, exit dock
- Celebrate your race !!
  - Collect your medals
  - Have some ice cream, it free to all participants!!