## Concept:

## Boats and oars will be provided by WinTech Racing for all teams.

Red Bull High Stakes is a head-to-head rowing relay race contested between teams comprised of 4 boats each (single, double, four, eight) over a total distance of 2000 meters. The race course allows 2 teams to compete simultaneously in an out-and-back 500-meter relay that includes a stake turn around the Red Bull buoy at the 250 -meter mark. Singles will race first, followed by doubles, fours, and eights. The w

The event will consist of 8 heats and 1 final race. Each heat contains 2 teams. The top 2 fastest times across all 8 heats will advance to the 2 -team final. The top 2 fastest times may come from a single heat.

## Eligibility:

Open to all rowing teams and clubs. All teams must have 15 rowers and 1 coxswain ( 8 female and 8 male) to fill the required boat classes in the race. Registration will be capped at 16 teams.

All participants must be 16+ years old. All participants 18+ years old will sign a Red Bull Event Liability Waiver, and all participants 16 and 17 years old will sign a Red Bull Liability Waiver and have a parent or guardian sign a Parental Consent Waiver. These waivers are only available during registration on event day.

## Format:

All boats will launch from the Riverside Boat Club dock and will be marshaled upstream before the race to warm up. Before the race, all boats will sit just behind the start/finish line of their lane in order of racing with plenty of room in between each boat class ( $1 x, 2 x, 4 x$ and $8+$ ). When the race begins, each boat will race 250 meters down the course before completing a stake turn around the Red Bull buoy and racing back up the course to the start/finish line.

After each team's first boat races 500 meters and crosses the finish line, that team's next boat will then start down the course. The bow of any racing boat must complete its 500 -meter segment and cross the finish line before the next boat starts. As each boat completes its segment, it will be marshaled away from the course. Once all boats have completed the course, teams will proceed to the dock for landing.

Race will be timed - lowest total time for relay will determine advancement and winner.

## Competition Schedule

-1st race begins at 1:00pm, final race at 5:30-5:45pm
$\cdot 30-45$ minute races (including staging and racing)
-Schedule allows for 10 total races
-Single Elimination Format or Fastest time progresses to final

## Before The Race:

Launch \& Warm-up:

## Ergs will be provided for warmup

1. Check in with dock master; if there is a problem, please report.
2. Check that each boat has appropriate bow number and functional bow ball
3. Carefully follow normal warm-up pattern as laid out in course configuration ***** TBD
4. Please be on time to the start
5. Follow traffic pattern carefully and watch for power boats and other traffic on the river
6. Races will run on 45 min centers with a 15 min power boat break each hour, single elimination (or) fastest time progresses to end of the day final

## The Race:

At the Start:

1. Be at the starting area no later than 5 minutes before race
2. Listen to starter's voice and cadence from previous race to get sense of racing procedure
3. Know the various starting commands. ("Attention, Row!" will be the starting command)
4. Check in with referee to identity your team before the race
5. The first boat (single) must be on the start line 3 minutes before the race. Remaining boats will be in the marshaling area and proceed to the line in order as the prior boat starts. Total race time is determined when the $8+$ crosses the finish line.
6. Progression of Boats $1 \mathrm{x}, 2 \mathrm{x}, 4 \mathrm{x}, 8+$
7. Get your point and target; compensate for wind or current in keeping point; if there is a long delay, know where to keep your point to compensate for winds
8. Check points at all times
9. Know exactly how to scull bow around; check on where you want blades depending on current/wind
10. Acknowledge the starter
11. Remember, the movement of the flag starts the race not the voice of the starter
12. When one boat crosses the finish line the next boat can progress down the course
13. If you are late and permission has been given, don't panic your team on getting to the line
14. False starts: kinds of alignments; misleading other crews; backing down and your rudder
15. There is no stopping in the racing zone unless there is breakage

The Body of the Race:

1. Lanes: know your own and others on buoyed and non-buoyed courses and when are you out of your water
2. Interference and fouls; leaving your lane; others leaving theirs
3. Referee commands and flags: white and red flags.
4. Steering and over - steering
5. Each boat must go out 250 meters and turn around their own Red Bull Buoy and return in their lane and cross the finish line before the next boat is to go, the eight will be the final boat to go

The Finish of the Race:

1. Make sure you have crossed the line; finish buoys or flags are usually beyond the line
2. What five things the referees need to do at the finish: safety, time, look for protests, certify race with white flag.
3. Checking your athlete's health; lying down in the boat
4. Knowing when to leave the finish
5. Meaning of the flags: White flag (start); Red flag (Finish)

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