

# 2024 Cooper Cup Regatta

Coaches and Coxswains Meeting  
April 24, 2024

# Regatta Overview

- Sunday, April 28, 2024
  - USRowing Registered Regatta
  - Hosted by South Jersey Rowing Club
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- Dennis Smith, Chief Referee
  - Eileen Normoyle, Regatta Director

# Agenda

Welcome - Objectives, Referee Team

The Cooper River Rowing Course

Pre Race Safety Check

Launching and Warm up

The Start

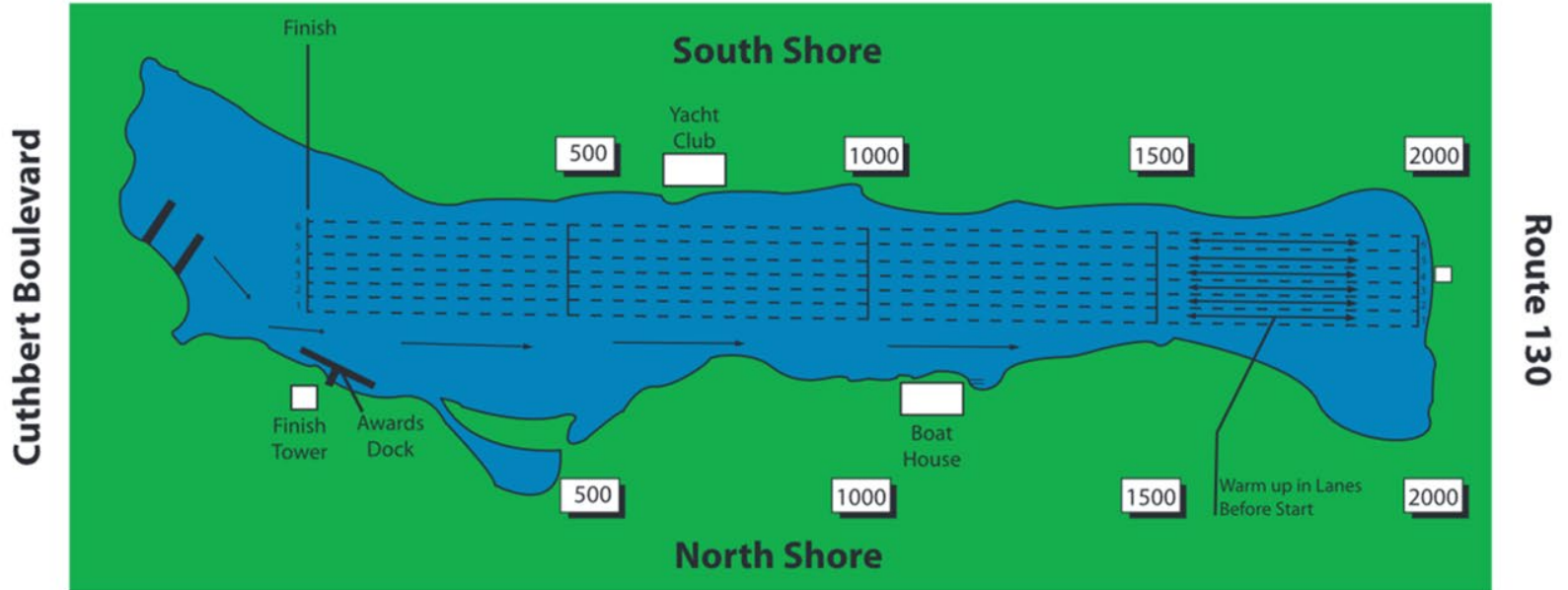
The Race and Post Race

Questions

# Cooper River Rowing Course

## Venue

Traffic Rules- Racing



# Prelaunch Check List

- Crews must use the provided bow numbers for all time trial events. Bow numbers will be provided with entry packets.
- Registration is at the Gazebo near the finish line.
- Crews are responsible for providing their own bow numbers during Novice & JV flights as well as finals events
- Double check your equipment – is everything tightened?
- Is your bow ball secure?
- Check your heel ties – are they secured?

# Launching and Warm up

- Launch from dock approximately 25-30 minutes before the start of your race.
- Please observe 90 seconds on the dock as there is a significant amount of boat traffic.
- After launching or after finishing, do not linger below the finish. Do not cross the finish area while a race is finishing.
- Row up to the start staying outside Lane 1. Try to stop if possible if a race is coming down, but do not make yourself late to the start.
- Crews are not permitted to go underneath the bridge at route 130.
- Once the previous race crosses the first 250 meters of their race, crews will be instructed to load their respective lanes. Please wait to be instructed by the start marshal referee. There are 5 minutes (centers) between races
- Lane 6 will load first, followed by Lane 5 and so forth. Coxswains, please organize yourself in numeric order at the 1950-2000 meter mark with your bow pointed at the course, ready to load, as the race before you is locking on to their stakeboats, readying for their start.
- You will need to be locked on to your stakeboat at least two minutes before the start of your race.

# The Start

- U17 and U19 events will be run as time trials, starting just below the 2000m start line to allow them to row into the start. Odd bow numbers in lane 3, even in lane 4.
- Novice and JV events will be run as flights, a floating start at the 1500m mark
- Finals will start at the 2,000 meter mark, using stakeboats
- Once crews are locked on to the stakeboat, we will be aligning the boats from the south bank. Once crews are aligned, a white flag will be raised on the South bank.
- As you get your point, please raise your hand closest to the starting platform if you are NOT aligned
- Crews will be announced starting from Lane 1 through Lane 6. Hands will not be recognized at this point.
- The starting commands will be ATTENTION (variable pause) GO. A red flag will be dropped on the word Go.
- 'Quick Start' format may be used if poor weather or running behind schedule
- Time trials will be run by building through the line for the start.

# The Race and Post Race

- This is a buoyed course, please keep in your lane. Any crews wandering outside of their lane and interfering/impeding another crew runs the risk of being excluded
- If instructed during the race by a referee, please respond to their command immediately
- Referees will do their best not to be in the line of sight between two crews and not to wake any crews, but they must be within a reasonable distance to the lead crews.
- After the race, the referee will observe each crew to look for hands or any medical issues.
- Objections by a crew must be done on the water.\* Coxswain and/or the crew must get the following referee attention before the white flag is raised and the race is declared official.
- Sportsmanlike conduct is expected before, during and after the race

**\* - Objections: Rule 2-605 USRowing Rules of rowing**

An objection involving the conduct of a Race shall be lodged by the crew while it is still on the water and before the Referee declares it to be official, unless circumstances beyond its control prevent it from doing so. A coach or other team member may not lodge an objection on behalf of a Crew



# The Race and Post Race

- Coaches must have someone on the landing dock to get your crews oars off the dock quickly. Please observe 90 seconds on the dock as there is a significant amount of boat traffic.
- Medals will be awarded for first place in novice and JV flights and for 1st, 2nd, and 3rd place in U17 and U19 finals. Crews may pick up their medals following their race from the awards area.

# Trailer Parking

- Trailers for teams racing Sunday only are not permitted to arrive until the conclusion of Saturday's Garden States Regatta.
- Trailers should first enter the main parking lot (Cuthbert Blvd and N Park Dr.), once this space is filled trailers should enter the secondary lot (LaScala).
- Teams racing at both Garden States and Cooper Cup will stay in their specifically designated spots.
- Once trailers are parked, tow vehicles must exit the lot in the interests of space and safety.
- **Parking will be very tight, please do not spread your equipment beyond your own allotted space.**

# Additional Notes/Questions

- If you have any scratches after 5pm Friday, please text 856-904-9182.
- Registration table where teams must check in to receive time trial bow numbers will be located at the gazebo, which is located between the 2 dock locations, in the area of the finish line.
  
- Questions?

