

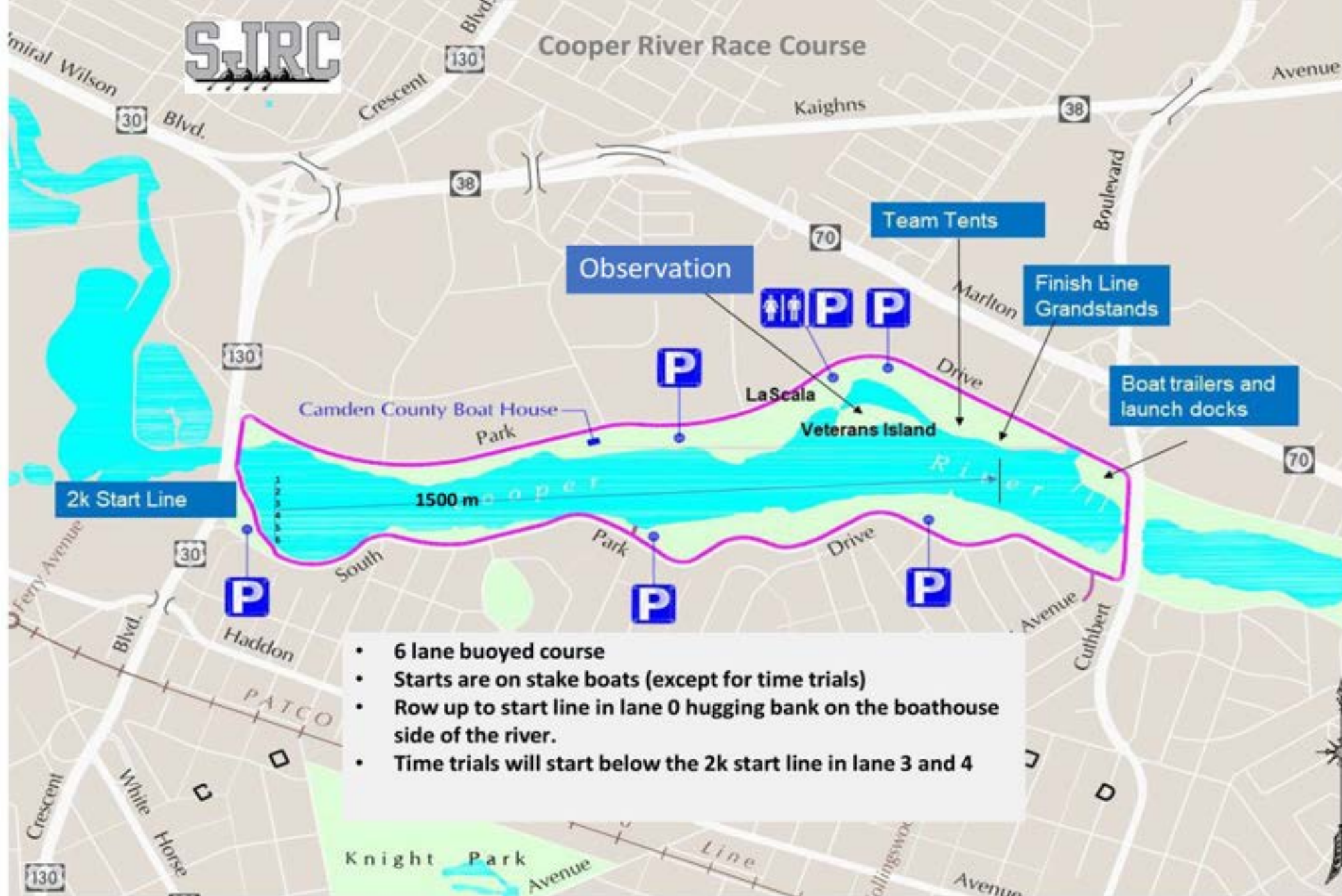


**Cooper Cup 2025**  
**Coaches and Coxswains Meeting**

**USRowing sanctioned regatta**







# Prelaunch Checklist

- bow numbers
- Double check equipment before launching.  
Heel ties, bow balls will be checked.

# Launching and Warmup

- **Launch** 25-30 min before start of race.  
Account for lines to launch.
- 90 sec on dock
- Do not cross finish line while a race is in progress
- Row up to start outside Lane 1, keeping the buoy line to port side

# Entering Course

- Crews should organize in numeric order ready enter the course as the race before is locking on to their stakeboats.
- Crews will enter their respective lanes at the direction of the start Marshall referee.
- Lane 6 will load first, followed by lane 5 and so forth.

# Time Trials

- U17 and U19 events
- Events will advance to A final, or A and B final, depending on the number of entries
- Start at 1500
- Lanes 3 and 4 will be used
- Bow numbers will be provided and must be returned
- Finals will be 2k from stake boats

# Novice and Finals

- Novice 1500, U19 and U17 2k from stake boats
- Aligning will be from the South bank. Once aligned, a white flag will be raised.
- The starting commands will be ATTENTION (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

# The race

- Fully buoyed course. Stay in your lane.
- Respond to referee commands immediately.
- Objections must be done on the water. After the race the referee will observe each crew to look for hands or any medical issues.
- Sportsmanlike conduct is expected before, during and after the race.





## Post Race

- Coaches must have someone on the landing dock to recover crews off the dock quickly.
- Medals will be awarded to
  - first place finishers in each novice and JV flight
  - first, second and third in the U17 and U19 finals.
- Medals may be picked up at the gazebo behind the finish line throughout the day.

# Cuthbert Lot

- No buses or cars
- Tow vehicles must be moved
- Lot is open 3 pm-8pm Saturday and 5 am Sunday
- Teams staying both days use spots 1-9
- No grills
- Be considerate!!





# LaScala Lot

- Will open 3 pm Saturday
- Same rules as Cuthbert
- Car toppers should use racks that are provided by the County and move car



**TRAILER PARKING LOT  
ZONE #4**

North Park Drive

Trailers **MUST** park in numerical order. Park Ambassadors will assist in parking trailers. No exceptions or preferential treatment for teams or trailer drivers.

Order of Camden County Boathouse

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