

2015
**world
rowing**

Coastal Championships

TM



**Lima
Peru**

TEAM CAPTAINS MANUAL



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1. WELCOME



Dear rowers: It is a great honour for Peru to have been selected as the Host of the 2015 World Rowing Coastal Championships in Lima.

We thank FISA for the trust place in us and want to relay to all of you that we are committed to holding the event with the responsibility and quality it deserves. The competitions will take place off the coast of the Chorrillos district, a historic part of town located just south of downtown Lima. This area of our beautiful coast has the perfect conditions for this type of competition.

The Venue of the event will be located at the Regatas "Lima" club, which was founded by rowers back in 1875 and is now one of the biggest clubs in Peru with a strong investment in Olympic sports. The club has the ideal infrastructure to host this championship, from boating facilities for the competitors, to guest accommodations such as restaurants and seating areas.

The Peruvian Rowing Federation (*FPR*) has made the investment to purchase a fleet of 60 boats, which will be available to you at no cost.

We're working on getting a wide range of options on accommodations and transportation to the event. In addition to accommodations during the event, we are designing tour packages especially crafted for you, in case you have time to stay and learn more about our beautiful city and our wonderful Peru.

We are eagerly anticipating your participation between November 13-15. Also on November 11, we will organize Beach Sprint races in the Masters category. We are confident that this will be an unforgettable experience for all participants and other attendees and are counting on your presence at the 2015 World Rowing Coastal Championships in Lima.

Regards,
Sebastian Gracey
President of the Organising Committee

FISA WELCOME

Congratulations on being part of the first World Rowing Coastal Championship outside of Europe. As the discipline grows it does so with the energy of the best coastal rowers in the world; who have the courage to travel to new places to take on the challenge of rowing in different waters.

The FISA team has been working with the Peruvian Rowing Federation, Regatas Lima and the Organising Committee for over 2 years to bring you the best possible racing.

I hope the weather rewards us with some safe and exciting racing so we can crown the very best crews as World Champions.

The Pacific is a special Ocean and I know that racing in the big green waves of Lima will be a memory that lives a lifetime in your heart.

Be safe and race hard

Guin Batten
Chair of the Rowing for All Commission
[Coastal Racing]



2. ORGANISING COMMITTEE

Address: Av. Chachi Dibós 1201, Chorrillos, Lima - Perú
Registration: registration@wrcch2015.com
Boat Reservations: info@wrcch2015.com
Accommodations/Travel questions: travel@wrcch2015.com
Media: press@wrcch2015.com
Contact: (+511) 213-4567

During the Championships, FISA and the Organising Committee offices will be located at the venue.

Key positions of the Organising Committee

José Antonio Tord - *President of the Peruvian Rowing Federation* - +51 989-146-009

Sebastian Gracey - *OC President and Coordinator* - +51 998-152-389

Jaime Cornejo - *Infrastructure* - +51 998-161-410

Marco Sanguinetti - *Infrastructure* - +51 998-183-424

Eduardo Jackson - *Operations* - +51 994-606-534

Luis Felipe De la Puente - *Marketing and Communications* - +51 950-466-209

Alejandro Gordillo - *Registration* - + 51 997-910-121

Diego Andrade - *Protocol* - +51 961-762-733

Manuel De la Cruz - *Logistics* - +51 999-443-300

Juan Carlos Salas - *Finance* - +51 994-100-225

3. GENERAL INFORMATION

EMERGENCY TELEPHONE NUMBERS

Emergency

Police: 105

Fire Department: 116 (*Rescue, Ambulances, Firefighting*)

Ministry of Health – Emergency Service (SAMU): 106

Local Clinics

Clínica Internacional (Lima)

1420 Garcilaso de la Vega Ave. – Lima +511 6196161 (*option #1*)

Clínica Internacional (San Borja)

385 Guardia Civil Ave. – San Borja +511 6196161 (*option #1*)

Sanna (Clínica San Borja)

337 Guardia Civil Ave. – San Borja +511 6355000 (*option #2*)

Clínica Inca

1331 28 de Julio Ave. – Miraflores +511 6106666

Clínica San Pablo

789 El Polo Ave. – Surco +511 6103333 (*option #2*)

Clínica Padre Luis Tezza

570 El Polo Ave. – Surco +511 6334444

Clínica Delgado Auna

General Borgoño St. – Miraflores +511 3777000

Clínica Good Hope

Malecón Balta 956 St. – Miraflores +511 6107319

Sanna (Clínica El Golf)

1030 Aurelio Miró Quesada Ave. – San Isidro +511 6355000 (*option #2*)

Clínica Ricardo Palma

1066 Javier Prado Este Ave. – San Isidro +511 2242224

Clínica Angloamericana

350 Alfredo Salazar St. – San Isidro +511 6168910

LOCATION

The championships will be held at the Regatas "Lima" Club in Chorrillos.
Address: Av. Chachi Dibós 1201, Chorrillos, Lima - Perú. - See map on page 33.
It is easy to get to the venue by taxi.

TOURIST INFORMATION

You can find all the city tourist information on our Website: www.wrcch2015.com/tours.php

INFORMATION DESK

The Information Desk is located close to the Venue Entrance, and will be open from **09:00Hrs to 17:00 hours**. Please see number 21 on map at page 34.



4. GREEN EVENT

ENVIRONMENTAL POLICY

The World Rowing Coastal Championship in Lima aims to be a "green event". The environment and climate considerations are an integral part of all our decisions and we want to be a good example for other events.

We want to spread the knowledge how to work on reducing the environmental impact. The people who are working with WRCCH understand the environmental consequences of their own actions and take responsibility for this.

WHAT WE DO!

We will assure that the gasoline supply for the motorboats will have the proper procedure to avoid any spillage and the motors will go under an intense maintenance to avoid leakage.

We will place recycling bins throughout the venue.

We will have an army of personnel that will permanently be cleaning the venue.

WHAT CAN YOU DO?

- Be aware of sensitive habitats.
- Do not throw waste into the sea.
- Keep water bottles and other items secured in boats.
- Good waste management will be everyone's priority.
- Travel to the venue by the official shuttles.

Keep the sea clean - please **DO NOT** throw your water bottles into the water!

5. EVENT SCHEDULE

Monday and Tuesday (November 9th and 10th)

08:00 - 17:00 Venue opens just for training and accreditation

Wednesday (November 11th)

08:00 - 17:00 Venue opens and accreditation (*first day on when the regatta venue officially opens*)

08:45 Close of entries for Master Sprint Regatta

09:00 - 10:00 Crew briefing

10:00 - 15:00 Master Sprint Regatta

10:00 - 12:00 Crew registration

14:00 - 17:00 Crew registration

Thursday (November 12th)

09:00 Venue opens

09:00 - 18:00 Training time & boat hire pick up

10:00 - 14:00 Crew registration (*Note REGISTRATION WILL CLOSE AT 14.00*)

10:00 - 19:00 Accreditation

13:00 Technical race rehearsal

16:00 Captains Meeting (*Note CREW CAPTAINS MUST ATTEND*)

17:00 Jury Meeting

19:00 Opening Ceremony

Friday (November 13th)

07:00 - 09:00 Accreditation

07:00 - 19:00 Competitors facilities open-weighing for coxes

09:00 - 16:10 Heats (*Group 1: CM4x+/CW2x/CM1x & Group 2: CW4x+/CM2x/Cw1x*)

Saturday (November 14th)

07:00 - 18:00 Competitors facilities open

09:00 - 11:10 Finals B

12:40 - 13:50 Finals A Group 1 & Victory Ceremony

14:30 - 15:40 Finals A Group 2 & Victory Ceremony

17:30 - 18:00 Medallist Reception

18:00 - 22:00 Closing Ceremony, Medal Presentation and Athlete Party

Sunday (November 15th)

10:00 - 15:00 Mixed Beach Sprints
(*Finals will be run on Sunday if adverse weather delays racing*)

Check www.wrcch2015.com for the latest version of the event schedule.

6. ACCREDITATION & REGISTRATION

ACCREDITATION

All crew members will receive an accreditation card. This can be collected during the opening times of the accreditation center as shown below:

Monday, November 9th through Saturday, November 14th. The accreditation center will be situated at the venue: Club de Regatas "Lima". Opening hours are **08:00-17:00**.

You do not need to show up in person but the person who collects your accreditation cards will be required to bring your photo identification (*passport or international identification card*).

NOTE!

All competitors are required to carry their accreditation cards with them throughout the championship.

REGISTRATION OF RACING CREWS

Wednesday, November 11th through Thursday, November 12th

The registration desk will be situated at the venue: Club de Regatas "Lima".

Opening hours:

Wednesday 11th

10:00-12:00 - 14:00-17:00

Thursday 12th

08:00-14:00

Make sure that your crew is registered no later than 14:00 on Thursday 12th. At registration you will be asked to show your photo identification (*passport or international identification card*) when register your crew. Please have your contact information at hand.

CREW CHANGES

Team managers are requested to check their crew listings upon registration. Any changes should be made using the "crew changes form" and according to FISA rules. All crew changes before the draw should be submitted to the FISA representative at the registration desk.

BOAT RENTALS

The Organising Committee has a maximum of 16 boats per boat class that will be provided at no cost to the different delegations via a pool boat process.

7. ACCOMMODATION

All the boats are new, from Euro Diffusion's, and they are equipped with oars. Crews will be sharing the boats for competition and for training. The Organising Committee will try to allocate the same boat to each crew, but this is not always possible. Please be prepared to switch between boats for training, heats and finals.

Please make your reservation as soon as possible. All bookings will be subject to availability. Please respect the practice time assigned to you.

BOAT RESERVATION PROCESS

In order to make a reservation for your crew, here is the process to follow:

1. Send an email to info@wrcch2015.com including the following information:
 - a. National Federation:
 - b. Club:
 - c. National Federation Boat Rank (*If available at the time of reservation. If not, you can update it later until October 26th*).
 - d. Boat Class: CM1X, CW1X, CM2X, CW2X, CM4X+, or CW4X+
 - e. Contact details (*name, email and phone number*).
2. If you need a boat for training as well, please provide day and timeframe of preference.

NOTE: The venue will be open for training from Tuesday November 10th until Thursday November 12th, from **09:00 to 18:00 hours**. Please let us know in which timeframe (*morning or afternoon*) you want us to reserve a slot for your crew to train. Initially we will be assigning 1 hour slots for training per day per crew, but depending on the final number of crews, we would increase the number of slots. We will publish the training timetable by Tuesday October 27th.

CREW NUMBER - COUNTRY CODE AND RANK STICKERS

Country code and rank stickers will be issued at registration. You will get 4 stickers to use. If you rent a boat or share your boat with other crews you have to ensure that your crew number is always in place during races Friday, Saturday and/or Sunday (*reserve day*).

RUNNER'S NUMBERS

This year the finish line will be at the beach finish and one (1) crew member shall be the runner. The runner will show their Country Code and Rank on their upper arm and leg (*like triathlon*). Please remember to make sure your runner is 'numbered' at control commission before they go on the water to race.

There are many places to stay in Lima for all price rates. Try and stay close to the Club Regattas "Lima" to reduce your spend on taxis, as Lima is a big city. The area of Miraflores, close to Larcomar Mall is the most convenient and is about 5km from the race venue.

Please follow the link to the list of hotels in our website: www.wrcch2015.com/hotels.php



8. PARKING & TRANSPORTATION

PARKING - CARS

There's no parking inside the venue. Public parking is available in the surrounding area, outside the Club de Regatas "Lima".

PRIVATE BOATS

Private boats should be unloaded in the boat parking lot in the places allocated to them on the beach, between November 9th and November 15th. There is not any boat parking lot available inside the Club de Regatas "Lima" for trailers. If you need some, please let us know to help you find a place.

If you are bringing your boats to the Club de Regatas "Lima" in containers, you should unload the boats in the boat parking lot, but you can't leave the container at the venue. There is no space available inside for the containers. If you need some, please let us know to help you find a place.

All boats must be removed from the boat parking lot by the latest Sunday November 15th at 16:00 hours.

TAXI

Please do not try to hail any taxi from the streets in Lima.

Taxis do not use taximeters and it is not advisable to try to haggle overrates in the middle of your ride.

We strongly recommend arranging for a taxi service from your hotel, or by phone from your current location.

When doing so, set the rate and have the exact destination at hand. Also remember that Lima's streets are all available for navigation from a smart phone.

Suggested reliable Taxi services in Lima:

- Taxi Satelital (01 355 5555 from your smart phone).
- Uber - Lima (download the application on your smart phone).
- Easy Taxy (download the application in your smart phone).

9. FOOD & BEVERAGES

There will be no food and/or drinks sold at the beach, but the Club does offer a variety of restaurants and snack schacks from which participants can purchase food and drink items. All meals will be at the individual's own cost.

RESTAURANTES



BEMBOS

Description: a fast-food burger joint serving Peruvian-style burgers, chicken nuggets, grilled patties and other food items similar to the ones served at the American McDonalds or Burger King. This is a low-budget and fast-serving food option, and is popular amongst families with small children.

Location: Main building - 1st floor

Price range: US\$ 3 - 6



CAPIRENA

Description: a family-style restaurant overlooking the ocean and the Beach 3 pier, this is one of the Club members' favorite options for a sit-down meal. Peruvian-style dish options include hot and cold entrees; fish, chicken or meat main courses; salads and deserts. Well known for serving tasty traditional Peruvian cuisine food options such as ceviches, lomo saltado, causa, makis, etc.

Location: Beach 3 - pier

Price range: US\$ 9 - 30



CASTAÑEDA

Description: a sit-down restaurant that offers Peruvian-style dish options including hot and cold entrees; and fish, chicken or meat main courses.

Location: Main street - next to the Colosseum in volleyball

Price range: US\$ 10 - 20



CHARLOTTE

Description: a sit-down restaurant offering tasty breakfast lunch and diner meal options. Breakfast options include American/continental menus, waffles, hotcakes and omelettes); lunch and diner options including healthy salads, chicken/meat dishes and a variety of sandwiches. The restaurant also offers a popular **\$5 menu from 12:00-15:00** Monday through Friday.

Location: Terrace 2

Price range: US\$ 5 - 30



EL PARADOR DE GUADALCANAL

Description: a modern-style trendy Peruvian cuisine restaurant, this is one of the Club member's favorite options for a sit-down meal. Guests can enjoy excellent "gourmet" meals, while overlooking the ocean from a raised view. Dishes include hot and cold entrees; fish, chicken or meat main courses; salads and desserts. One can also enjoy drinks and refreshments at the bar lounge.

Location: Dock 2 - beach 2

Price range: US\$ 9 - 35



EMBARCADERO 41

Description: a family-style restaurant overlooking the ocean, this is one of the Club members' favorite options for a sit-down meal. Peruvian-style dish options include hot and cold entrees; fish, chicken or meat main courses; salads and deserts. Well known for serving tasty traditional Peruvian cuisine food options such as ceviches, lomo saltado, tacu-tacu, causa, etc. Some dishes also incorporate a Peruvian-fusion cooking style.

Location: Beach 3

Price range: US\$ 9 - 30



FU JOU

Description: a Chinese-style sit-down meal option for those who wish to try the popular Peruvian-Chinese food hybrid known as "Chifa". Great for large groups and families.

Location: Main Building - 6th floor of main building

Price range: US\$ 10 - 35



NIQEI

Description: serving Japanese-style food, this is one of the Club's newest sit-down restaurant options. Meal options include everything from sushi and makis to larger main dish platters.

Location: Beach 3 - Sports Cultural Building

Price range: US\$ 9 - 30



RESTAURANTE 1875

Description: owned by the Club itself and named after the year of its funding, this is one of the Club members' favorite option for a fancier sit-down meal. Some of its dish options are more on the gourmet side with excellent presentation and taste, yet not too costly. Dish options include hot and cold entrees; fish, chicken or meat main courses; salads and deserts.

Location: Terrace 1 - Hall

Price range: US\$ 15 - 35



SALÓN REGATAS

Description: a lounge space where one can purchase drinks and small food items, and enjoy a great view of the Club.

Location: Main Building - 7th floor of main building

Price range: US\$ 1 - 20



SALÓN REGATAS - BAÑOS TURCOS

Description: a sit-down restaurant inside the turkish baths that offers Peruvian-style dish options including hot and cold entrees; and fish, chicken or meat main courses.

Location: Turkish Baths - 4th floor of main building

Price range: US\$ 6 - 14



SAN TELMO

Description: a family-style restaurant overlooking Beach 1, this is a great option for a sit-down meal. Peruvian-style dish options include hot and cold entrees; fish, chicken or meat main courses; salads and deserts. The restaurant has also recently added a grill option.

Location: Terrace 2 - 1st floor

Price range: US\$ 6 - 15

SNACK SHACKS & FOOD STORES



BESO FRANCÉS

Description: a snack shack serving design-your-own and menu-option sweet and salty crepes that are made right in front of you and can be taken to-go.

Location: Terrace 2 - in front of the toddler's patera pool

Price range: US\$ 3 - 5



DONOFRIO

Description: a snack shack selling ice cream and other sweets.

Location: Terrace 1 - near Beach1

Price range: US\$ 1 - 4



FRUIT BOWL

Description: a snack shack selling quality healthy food options such as fruit salads, fruit juices and smoothies, muffins and paninis.

Location: Terrace 2 - in front of fronton courts

Price range: US\$ 1 - 6



LA CASA DEL ALFAJOR

Description: a store selling Lima's most well-known "Alfajor" and other sweets.

Location: Commercial zone (club entrance)

Price range: US\$ 1 - 15



LA DULCITECA

Description: a store selling drink and food items including fruit juices, coffee and tea, and small sandwiches and desserts.

Location: Terrace 1 - Main Hall

Price range: US\$ 1 - 3



LA ROTONDA CAFETERÍA

Description: sweet and salty snack shack serving a variety of food and drink options such as sandwiches and entrees; hot and cold drinks; and many desserts.

Location: Terrace 2 - between the children's playing area and the toddler's patera pool

Price range: US\$ 1 - 3



PALETTI

Description: snack shack serving a wide variety of fruit and chocolate gourmet gelato sticks.

Location: Terrace 2 - in front of the toddler's patera pool

Price range: US\$ 5 - 5



ZUGATTI

Description: sweet and salty snack shack serving a variety of food and drink options such as gelato and other desserts; fruit juices shakes and other drinks; paninis and sandwiches to-go; and coffee.

Location: Terrace 2 - between Beach 2, the parking lot and the primary First Aid Station

Price range: US\$ 1 - 5



100% NATURAL

Description: shop selling a variety of healthy and 100% natural snacks.

Location: Commercial Zone (club entrance)

Price range: US\$ 3 - 20

DRINKING WATER

Tap water is not drinkable in Lima. We recommend bottled water.

You will find bottled water and energy drinks in vending machines or in any food location.

10. MISCELLANEOUS

- Lost & found** – Located at the Bags Storage area, at the competition venue.
- WiFi** – Free internet zones can be found all over the venue.
- Banking** – ATM Cashiers and Peruvian main banks offices can be found at the financial area of the Club, close to the competition area.

11. MEDICAL FACILITIES & DOPING

Medical Centre: Located at the venue entrance, connected with the competition area with a short walk. Will be covering all medical and emergency events for the competitors. - *Please see number 5 on map at page 28.*

Ambulances: Two well-equipped ambulances will be parked in the following positions: Ambulance #1: At the Pier entrance, just behind the main tribunes; Ambulance #2: At the Medical Centre. - *Please see number 5 on map at page 28.*

Fist Aid: First aid will be provided for general public on the Medical Centre located at the venue entrance and in the First Aid Centre located in the second beach, adjacent to the parking lot. - *Please see number 5 and 9 on map at page 34*

Doping Control Centre: Doping controls will be implemented at the Championships. The doping control facility is located at the Medical Centre. Selected athletes will be identified for testing and will be guided to the facility by chaperones.

12. OFFICIAL CEREMONIES & OTHER EVENTS

OPENING CEREMONY

The Opening ceremony will take place at the main terrace of the Venue on Thursday 12th at **19:00 hours**. Rowers and supporters are invited. **Please wear your club colours.**

VICTORY CEREMONY AND FLOWER CEREMONY

The Victory Ceremonies will be held immediately after the A finals, on the beach close to the finish line. Rowers are asked to report to the area immediately after their race, wearing their racing uniforms.

MEDALLISTS' RECEPTION, MEDAL CEREMONIES & PARTY

All medallists are invited to a reception before the medal ceremonies at **17:30 hours** at the Main terrace of the Venue. *Please see map at page 34.*

The medals will be presented at the Athlete Party on Saturday 14th at Main terrace of the Venue. Medallists are expected to wear a matching club uniform for the Ceremony. The medal ceremonies will begin at **18:30 hours**.

After the medal ceremonies, food and beverages will be available. There will be a cash bar at discounted prices. Tickets can also be bought upon registration/ accreditation and also at the Info Desk.

Mixed sprint races – SUNDAY 15th

Take the opportunity to come and have some relaxed racing at the mixed sprints on Sunday. The new official Beach Sprint format will be used. This format was used in Pescara at the 2015 Mediterranean Beach Games. Even if you don't have crew to race come and watch the fun and excitement of this new type of racing. The races will only take place if Sunday isn't used as a reserve day.

Register your crew at the Information Desk: Name, club and telephone number. First come first served and limited to 8 boats per boat class.

Open C1x (*both men and women*).

Mixed C2x (*one man and one women*).

Mixed C4x+ (*two female rowers and two male rowers*).

Registration at 09:00.

Briefing at 10:00 (Boat Park).

Racing starts from 10:30.

13. RACING INFORMATION

CREW CAPTAIN'S OBLIGATIONS

Extract from FISA Rule Book, Appendix 14 Event Regulations Coastal Rowing 2013.

18.3.2 Crew Captain's obligations

According to international maritime law, all sea-going vessels must have one person responsible for safety and navigation. In Coastal Rowing, this will be one member of the crew who will be designated the "Crew Captain". The designated Crew Captain for every boat shall be notified to the organising committee in writing at the time of the crew's Registration under Regulation 12. Such notification is the responsibility of the national federation or the club in whose name the 8 crew is entered, and the crew concerned. Any crew for which a Crew Captain has not been notified shall not be permitted on the water.

The Crew Captain shall be responsible to:

Before every outing:

- Take responsibility for assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions;
- Familiarize himself with the current and expected weather conditions;
- Register the outing with the Control Commission, showing the date and time of the outing, the estimated length of the outing and the route to be taken;
- Check the condition of the boat and the safety equipment on board.

During the outing:

- Ensure that the crew respects all navigational and safety rules;
- Require that all members of the crew wear their life jackets as necessary;
- Make necessary decisions for the safety of the crew if the weather deteriorates;
- Monitor any changes in the weather or water conditions which might affect the safety of the crew.

After the outing:

- Inform the Control Commission of the return of the crew;
- Complete the register to indicate the crew's return.

RACE SCHEDULE (provisional)

Check www.wrcch2015.com for latest version.
More information at the Captains Meeting.

2015 World Rowing Coastal Championships - Lima, Peru								
WEDNESDAY	THURSDAY	FRIDAY		SATURDAY		SUNDAY		
11-Nov	12-Nov	13-Nov		14-Nov		15-Nov		
		HEATS & Final C		FINALS		RESERVE DAY		
		*sunrise 05:33		*sunset 18:12				
			HEATS		Finals B			
09:00 hrs Masters Beach Sprint Regatta (Beach Games Format)	09:00 hrs Training	09:00	CW4x+	09:00	CW4x+	Beach Sprint Regatta (BeachGames Format)		
		09:15	CM2x	09:10	CM2x			
		09:30	CW1x	09:20	CW1x		10:00	Briefing
		11:00	CW4x+	10:50	CM4x+		10:30	C1xOpen Knock out & FINAL
		11:15	CM2x	11:00	CW2x		11:30	CM1xd2x Knock out & FINAL
		11:30	CW1x	11:10	CM1x			
					Finals A			
				12:30	CW4x+	12:30	CM1xd4x+ Knock out & FINAL	
				12:45	CM2x			
				13:00	CW1x			
	13:00 hrs Race Rehearsal				Victory Ceremony			
		13:30	CM4x+	13:40	CW4x+			
		13:45	CW2x	13:50	CM2x			
	14:00 hrs Training	14:00	CM1x	14:00	CW1x			
					Finals A			
				14:30	CM4x+			
				14:42	CW2x			
				14:50	CM1x			
		15:30	CM4x+					
		15:45	CW2x					
	16:00 hrs Captains Meeting	16:00	CW1x		Victory Ceremony			
	17:00 hrs Jury Meeting				CM4x+			
					CW2x			
					CM1x			
				17:30	Mdeallists' Reception	Entries based on Helbg SWE	Entries prov	
	19:00 hrs Opening Ceremony			18:00 hrs	Medal Ceremony & Party Buses will leave 22:00	CW1x 18	16	
						CM2x 31	34	
						CW4x+ 10	9	
						CM1x 32	25	
						CW2x 16	21	
						CM4x+ 21	32	

BOAT WEIGHING

Boat weighing is situated at the boat park. All boats will be eligible for boat weighing.
Please see number 12 on map at page 35.

COX WEIGHING

Coxswains shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race in each event in which they are competing on each day of the competition.

BOAT WASHING

Water for washing boats after races will be available.

NOTE!

Detergents are not allowed.



14. RACING PROCEDURES

LAUNCHING TIME

Launching time for boats will be at the *earliest* 30 minutes and the *latest* 20 minutes before race start time.

CONTROL COMMISSION

All crews must be checked out/ in by an Umpire at Control Commission. Each athlete will receive a wrist band once their accreditation and photo ID's have been checked. All boats leaving to race will also be checked for safety equipment and for country code and rank stickers. The finish runner will also need to wear their identification.

START PROCEDURE

The start procedure will be described at the Captains Meeting and will apply according to the FISA Rules and the Regulations for Coastal Rowing Championships (*Appendix 14*). In short the start procedure consists of both a visual and an audio signal. The visual signal consists of three white/red balls. The three balls are raised at -3 minutes + 3 honks. A ball is dropped at -2 minutes + 2 honks and at -1 minute + 1 honk. Start = the last ball is dropped + long honk.

TRAFFIC RULES – training

During training times on Thursday, crews may practice on the course itself. See the course map on page 30-31.

NOTE! The No Go-zones applies throughout training and the Championships.

TRAFFIC RULES – races

See the race course map on page 31-32.

RESCUE & SAFETY

Rescue Centre: Located in the Venue, on the beach area, will cover rescue operations during training and competition. *Please see number 10 on map at page 28.*

Rescue boats: There will be rescue boats with paramedics and rescue officials, at the regatta course, during training and competition days.

NOTE!

For others and your own safety respect the **NoGo Zones** throughout the Championships.

In the **NoGo-zones** there could be dangerous breaking waves, swimmers, rocks or working fishing boats.

During heats and finals, the Coast Guard and Sea Rescue will be patrolling the sea competition area.



15. ABOUT THE COURSE



NoGo Zones marked in red.

WAY TO THE START

- Boats will launch on the left side of the beach. The right side will be used for returning boats.
- Be aware of stones beneath the surface in the **No Go Zones**.

WAY BACK TO THE BEACH

- Before landing, if necessary, instructions will be given by the boat park-marshall or NTO.

WARM UP & LINE UP ZONE

- When leaving the beach, watch out for boats at the starting line and in line up-zone.
- Crews in the warm up zone area must row clockwise around four turning markers.

16. BEACH FINISH

NOTE!

An umpire will be located at the beach landing zone. Reckless or unsafe arrivals will penalise. Crews are expected not to interfere or foul other crews and reminded to respect the crew arriving behind them.

BEACH FINISH – Normal weather conditions

(Extract form FISA Rule Book, Appendix 14. Regulation 12.4)

“For races with beach finishes which require one or more crew members to exit the boat and cross the finish line on foot, every crew member crossing the finish line must clearly display their crew number on their personage.”

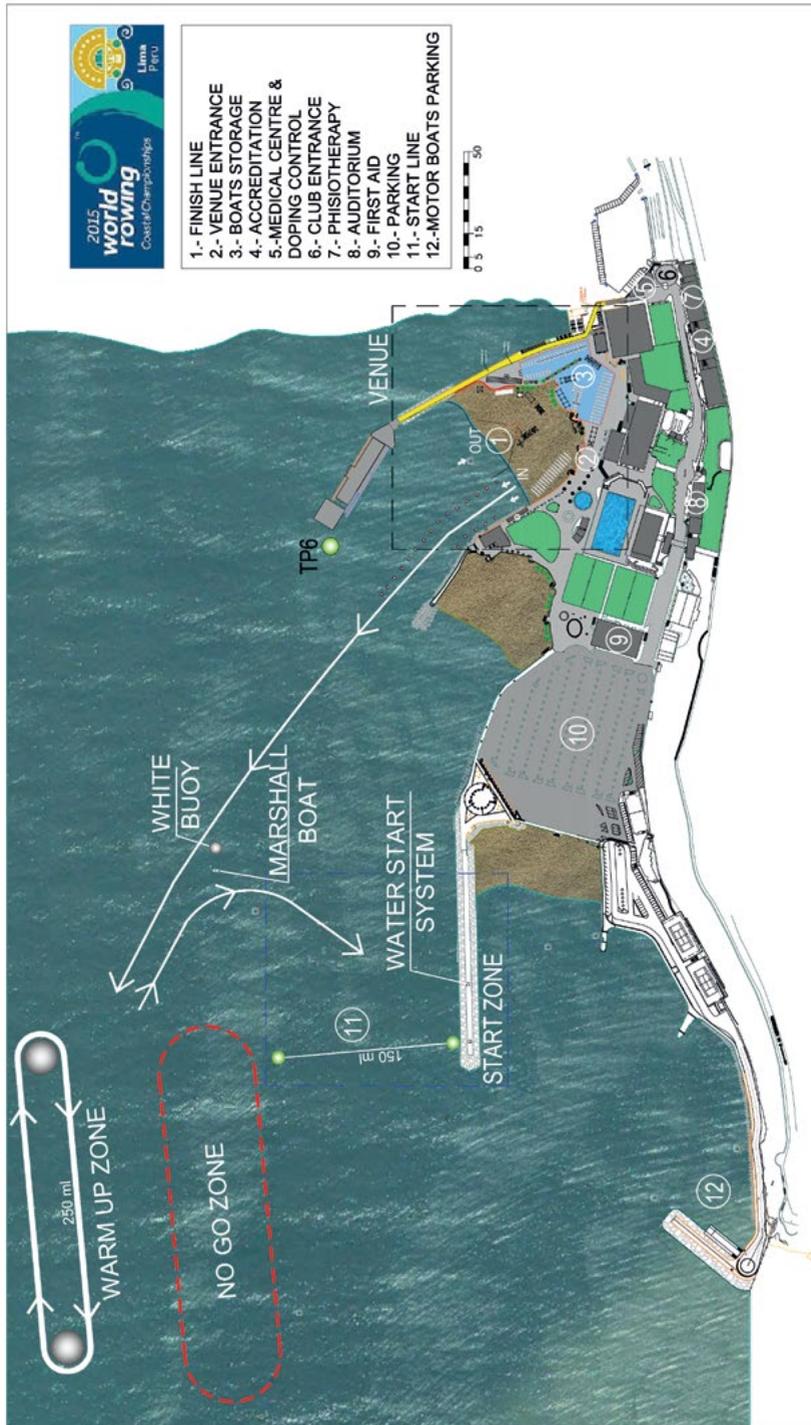
When the crew reaches the beach, one (1) person, the runner, exits the boat and runs towards the finish line. The beach run will be approximately 25-30 meters.

The rest of the crew shall stay with the boat and work with the professional watermen to get the boat out of the water. The waves have a lot of energy and it will be important that you are alert and ready to quickly take the boat out of the water.

Please listen to the instructions from the professional watermen and the OC volunteers. The safety of the crews and the boats are a priority.

BEACH FINISH – Rough weather conditions

In case of rough weather an emergency Captains Meeting may be called to inform crews of any changes. This will be held at the grandstand at the venue or in the boat park.



17. THE COURSE

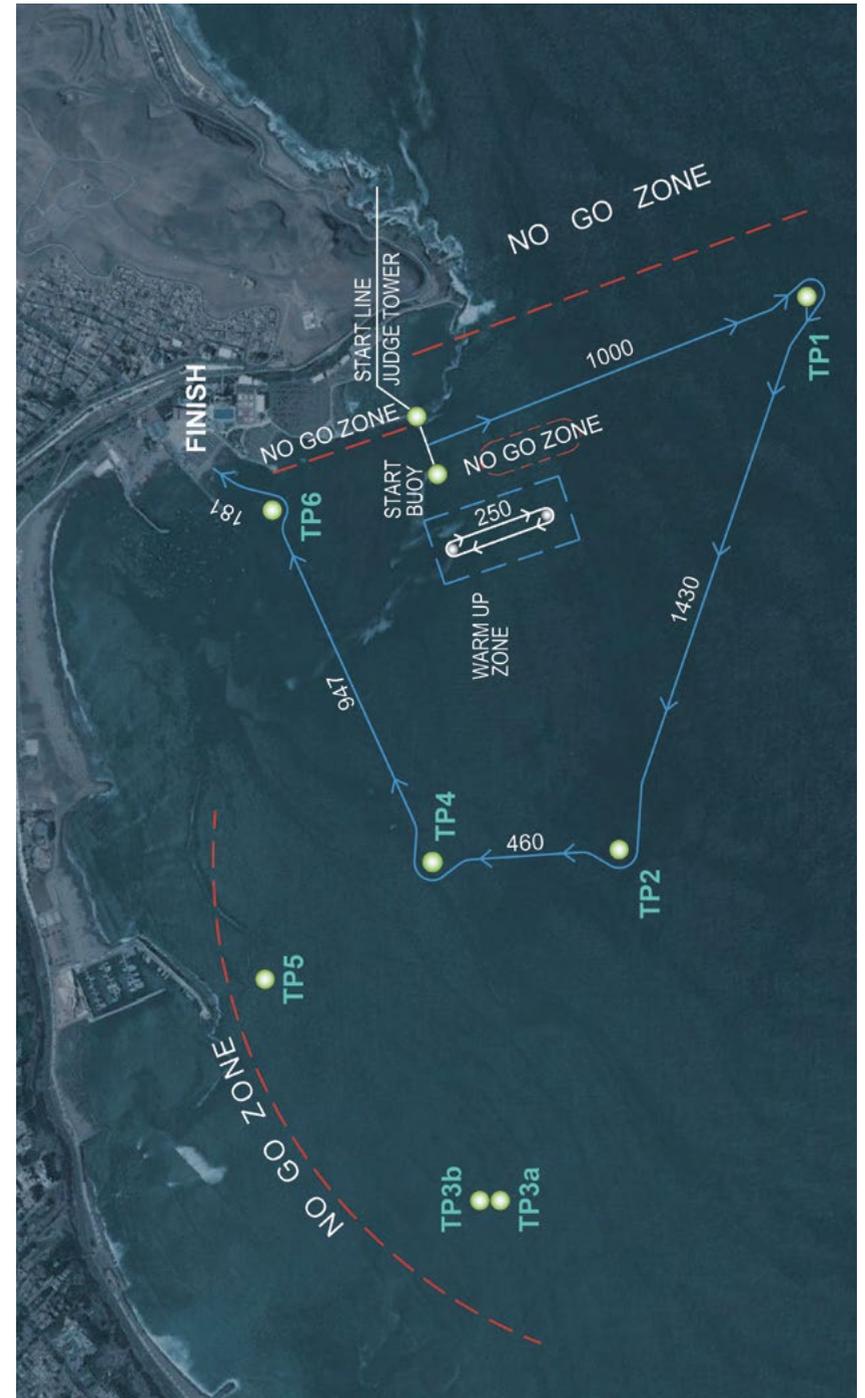
All races will have a sea start and a beach finish (if weather permits).

4km- Training, Heats and Final B

6km – Final A

List of the Legs' Length

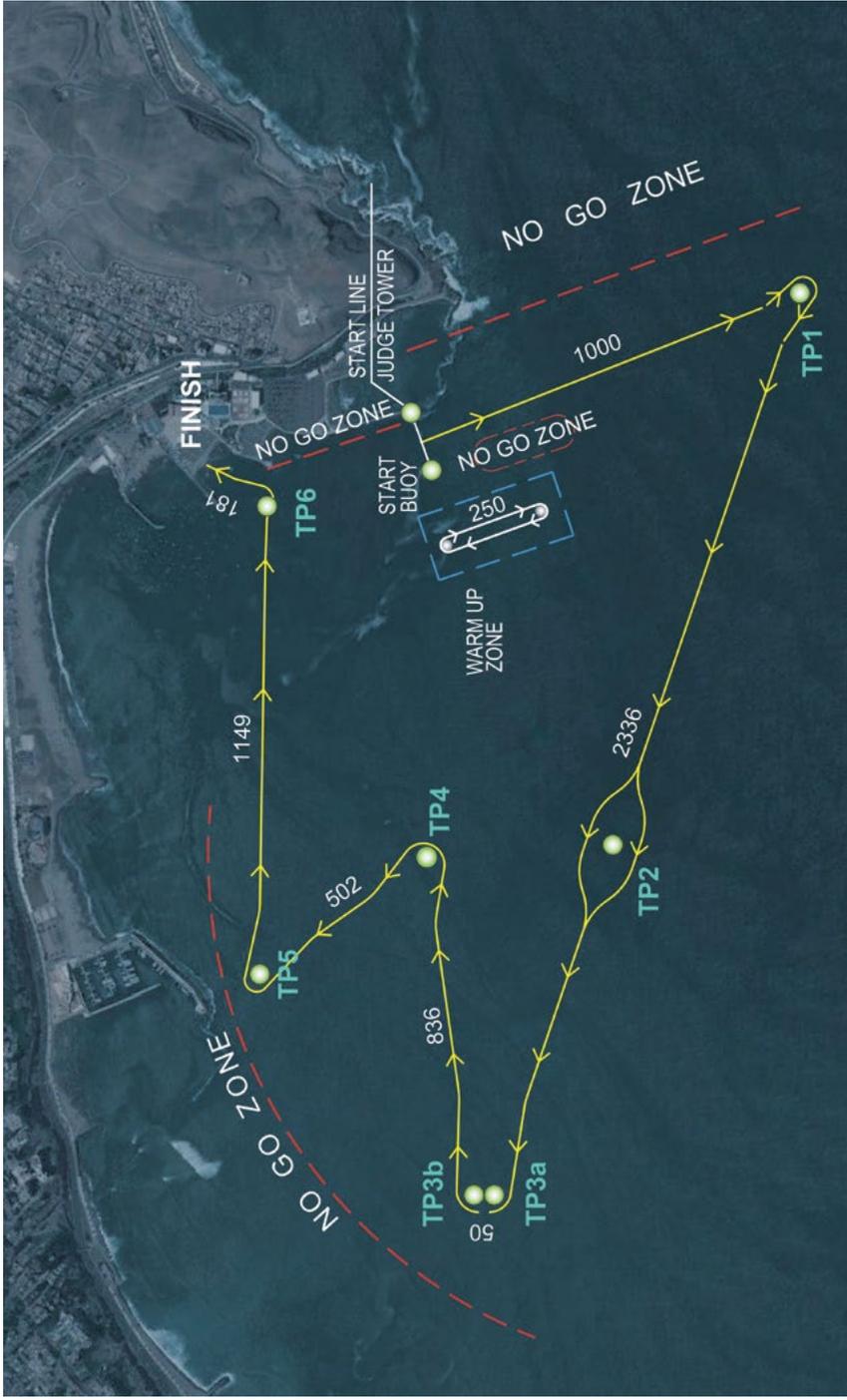
4km COURSE	METERS	6km COURSE	METERS
Start - TP1	1000	Start - TP1	1000
TP1 - TP2	1430	TP1 - TP3a	2336
TP2 - TP4	460	TP3a - TP3b	50
TP4 - TP6	947	TP3b - TP4	836
TP6 - Finish	181	TP4 - TP5	502
		TP5 - TP6	1149
		TP6 - Finish	181



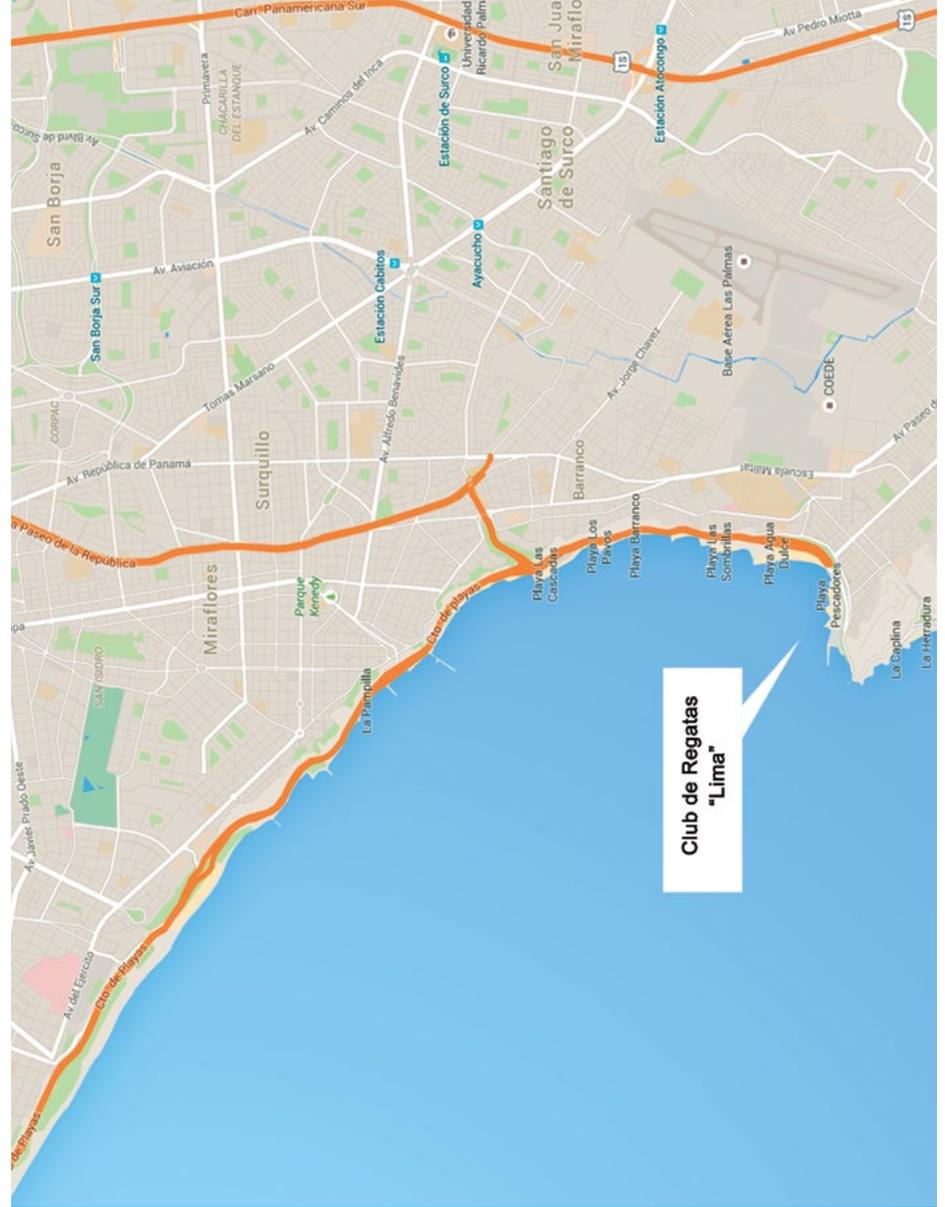
4Km COURSE
Training, Heats and Final B will be raced over a 4km course (see below).

6 Km COURSE

The Finals A will be raced on the 6km course.



18. VENUE MAP AND NEAREST LOCATIONS



19. VENUE MAP



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