

Coastal 2x Regatta - 21. Oktober 2023 in Bregenz, Austria

Information for participating teams / coaches:

- **Start of the event: 9:00** -> race order see start list
- **Boats & oars:** on Thursday 19.10., 20:00 the rental boats will be drawn to the teams in each race. Each rental boat is equipped with life jackets and life rope according to the regulations. Each of the boats is set up and prepared as best as possible for Coastal rowing. No changes to the set-up are allowed. After boarding, the footboard and the height adjustment clips may still be changed. Oars are provided in length-optimized form with each boat. If own oars are to be used in a race, then the oars must be positioned at the jetty 1 hour before the race.
- **General-Captains-Meeting 08:00 in front of the boathouse**
 - The General-Captains-Meeting replaces the Obmänner-Meeting.
 - Attendance is compulsory for crews from the first race!
 - Crews from later races, (especially those taking part in a Coastal Regatta for the first time) are also encouraged to attend the General Captains Meeting
- **Crew briefings: 35-30min before each (further) race**
 - Mandatory for all teams of the respective race.
 - there is no possibility to follow the race in progress (in full length). Time of the briefings will be indicated on the final start list.
 - Location will be indicated by signs; postponements due to race delays will be announced
 - After crew briefings, teams will go immediately to the boats; the order of transfer will be determined by the draw of rental boats and the order of finish of the previous race. Immediately board the boat and make adjustments in the boat (stem board, dolle - height adjustment clips).
- **Warm-up: according to attached site plan until 5 min before start time**
- **After the race**, return immediately with the boat (order of disembarkation according to the result of the race) and warm up on land. Announce any material problems!
- **Explanation of the race courses**
 - **3.8km (2 laps)**
 - **Warm-up-area** Why-up-area (until 5 min before race): between lake mark 74 and 73 (landward away from start, lakeside towards start)
Start line: facing out to the lake; line of sight between marks 73 and 70
Buoy 1: first turning buoy over to the right
Buoy 2: second turning buoy over to the left
Buoy 3: third turning buoy over to the right
Buoy 4: fourth turning buoy over to the right
Buoy 5: fifth turning buoy over to the right
→ Entering the second round
Finish: line of sight between buoy 5 and buoy 6

Crews that do not round the buoys correctly have not successfully completed the race and will be scored as DNF.











Other essential points relevant to Coastal Rowing will be addressed in the **General Captains meeting and questions can be asked.**

- **Safety:**
 - In case of capsizing, stay with the boat and, if necessary, put on a life jacket until the rescue boat arrives; all boats must be equipped with sufficient life jackets (one per rower) and a lifeline.
 - Regatta participants have no special right of way over other watercraft. The Lake Constance Navigation Regulations must be observed. **It must not be expected that referees will be able to keep an eye on all boats and warn them.**

- **Fairness:**
 - Health and material is to be ranked higher than the race result (collisions of boats with material damage are severely punished by the jury with penalties); experience says that a good distance to the other boats (also during turns) brings a better result than if you get stuck with the oars with another boat or even endanger the other boat and people.
 - Time penalties (60 sec) will be given e.g. if 1 team hinders a visibly faster team from overtaking by changing course or if the faster crew does not leave enough space to the overtaken crew during an overtaking manoeuvre and thus provokes a collision or prevents them from rounding the buoy correctly.
 - No objections/appeals may be made against penalties imposed or not imposed.

- **Start procedure:**
 - Arrive at the start area 5 minutes before the start time.

- The start procedure begins with the raising of 3 signal balls and 3 short signals with the horn. At 2 minutes before the start, the first ball drops down and there are 2 short blasts on the horn. 1 minute before the start, the second ball falls down and there is one short blast on the horn. At the start time, the last signal ball will drop and a long blast will be sounded once (= start signal).

Time	Visual signals	Audio signals
-3 minutes		 3 short blasts of hooter
-2 minutes		 2 short blasts of hooter
-1 minutes		 1 short blast of hooter
START	 drops	 LONG Long blast of hooter
Mass false start	 Waving	 X repeated Repeated short blasts of hooter

- Boats may freely choose their starting position behind the starting line as long as they do not obstruct any other boats. The start judge does not (!) indicate to the rowers whether they are behind the start line with their boat. Positioning is the sole responsibility of the crews! The starting line may only be crossed after the starting signal has sounded. **In the event of a false start by individual crews, they will be given a 2-minute penalty.**