

SPECIAL INSTRUCTIONS FOR COXSWAINS AND CREWS

Due the large number of entries this year, the Organizing Committee is providing a few special instructions to coxswains and crews to make sure that regatta runs on time and runs safely. The Organizing Committee asks that all crews pay close attention to the instructions provided to you before and during the regatta. The following is a list of instructions crews are asked to follow:

- Assemble your crew at least **30 minutes before** your race is called
- Place oars near the launch dock **scheduled for your race before your race.**
- Please launch **when your race is called** to avoid congestion at the docks.
- Move quickly onto and off the dock when Dockmaster gives instructions to do so
- **Immediately row away from the dock** so that the Tennessee River current does not push your crew back onto the dock
- **Do not delay** when rowing to the start area.
- Stay **pointed upstream** at each buoy station near the start.
- Be at Buoy #1 **10 minutes to 15 minutes** before your scheduled race.
- At Buoy #1, **be within five bow numbers** of the bow numbers around you.
- Marshal will send groups of 10 boats to the next buoy. **All rowers to row on the paddle** when instructed.
- **Remove warm-up gear** before receiving instruction to move across river to start.
- You will be instructed to row across river in groups of five.
- Once across the river, **row toward the start chute in numerical order.**
- Follow the crew in front of you by about **1 length of open water.**
- Crews must **speed up or slow down** as instructed by marshal 200 meters upstream of start.
- **Build to full pressure** and race pace prior to start line.
- **Do not catch up** with another boat in the start chute.
- **Enjoy your race!**

Any additional river traffic details will be provided at the Coaches' and Coxswains' meeting.