



San Diego Crew Classic® Coxswain's Checklist

1. Be sure that your shell is ready in all ways to race. Check rigging, steering system, and sound system components well before time to launch. Check that heel tie-downs and bow balls conform to US Rowing rules, they will be checked. Shells that do not conform will not be allowed to race. Plan on being underway at least 45 minutes before your start time.
2. Before leaving shore:
 - a. Have correct bow lane number on the shell.
 - b. Obtain the event/lane stickers for your race from the Beachmaster
 - c. Put the stickers on the sides of the shell at the coxswain's seat. (Be sure the shell is dry before trying to stick the stickers!)
3. MAKE SURE THE WATER IS DEEP ENOUGH WHEN LAUNCHING. You don't want to damage your skeg or rudder.
4. LOOK before launching! Do not pull away from the beach in front of a race! Row clear of the course run-out area before tying in.
5. Proceed east around the far side of the island at the finish line. Turn southeast and head for the far (East) side of the island with the "bowling pin". Turn south and head for the Check-in boat with the large yellow flag.
6. As you pass the stern of the check-in boat, clearly identify your crew, event number and lane number, and receive acknowledgement.
7. WARM-UP AREA Proceed into South Pacific Passage (Sea World Channel) and warm up clockwise around the buoys there.
8. You may move into the "on-deck" area when the race preceding yours has loaded into the stakeboats. The "on deck" area is bounded by four round red buoys. The Starter's platform will display the number of the race that is being loaded/started.
9. When the race preceding yours has started and cleared 100 meters, you may row onto the course and back into your stakeboat. Please try to proceed in lane number order out of the on-deck area (Lane 1 first, etc.), but don't wait for a laggard. The rules of rowing require you to be locked on to your stakeboat 2 minutes before your race start time.
10. 1STARTS For 2000-meter races, there will be stake boats for starts. Crosswind with tidal current is possible. Be skilled in sculling the bow into position as stake boat personnel cannot hold the sterns of boats maneuvered into position by taking a stroke.

NOTE: If you have breakage after launching, and rowing will not cause further damage, continue to the check-in boat and report the problem there. The check-in boat can relay the problem to your coach/rigger and tools/parts can be brought there quickly. If you have a serious problem and cannot continue to row, make a signal (waving clothing, yelling), so that we can send assistance.

HAVE A GREAT RACE – BEST OF LUCK FROM THE CREW CLASSIC!