



San Diego Crew Classic® Coxswain Run Sheet

1. Please check the following items to make sure your boat is ready to race:

- Rigging
- Steering
- Sound/Cox Box
- Heel ties
- Bow Ball

Heel ties and bow balls must conform to USRowing parameters and will be checked by referees prior to launching. Boats not meeting established parameters will not be allowed to race.

Please plan to be underway at least 45 minutes prior to your scheduled race time.

2. Before leaving shore: .

- Affix correct bow lane number on the shell
- Obtain the event/lane stickers for your race from the Beachmaster
- Apply stickers on the sides of the shell at the coxswain's seat. **Be sure the shell is clean and dry before applying the stickers**

3. **Make sure water is deep enough to launch.** Attempting to launch too close to the beach may result in damage to your fin.

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. In the event of equipment 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 serious equipment failure that prevents you from rowing, signal an official or safety launch and assistance will be provided as quickly as possible.

6. To warm up for racing:

- proceed east around the far side of Ski Island at the finish line. Turn southeast and head for the east side of the island with the "bowling pin". Turn south and head for the check-in boat with the large yellow flag.
- As you pass the stern of the check-in boat, clearly identify your crew, event number and lane number, and receive acknowledgement before proceeding.

- Proceed into South Pacific Passage (Sea World Channel) and warm up clockwise around the buoys

7. Entering the course:

- Please plan to be in the staging area 10 minutes prior to the start of your race.
- You may move into the staging area when the race immediately preceding yours has loaded into the stakeboats. The staging area is marked by four round red buoys. The starter's platform will display the number of the race that is being loaded/started.
- When the race immediately 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 staging area (Lane 1 first, etc.) but do not delay access to the racecourse if a crew is late to the start.
- You are required to be locked on to your stakeboat no less than 2 minutes before your race start time.

8. Coxswains must be able to accommodate crosswind and tidal water conditions which may impact a crew's ability to maintain a straight point on the race course. Sculling should be used when possible at the start to avoid detaching from the stakeboat.

Have a great race and good luck!