



# SAN DIEGO PRIDE SPRINTS



June 2, 2024

*Presented by the San Diego Crew Classic® in partnership with The Trevor Project*

## 2024 Coaches Packet

### **Coaches/Coxswains/Scullers Meeting (two locations, choose one)**

10:30 AM, June 2, 2024 - There will not be a virtual meeting

- ZLAC Rowing Club–1111 Pacific Beach Dr, 92109
- San Diego Rowing Club–1220 El Carmel Pl, 92109

### **Categories**

8+, 4+, 4X, 2X, 1X

All boats are mixed with no gender or age requirement.

The USRowing Waiver is not required to participate in this regatta, however all participants must be, at minimum, guest members of either SDRC or ZLAC; and must have signed waivers for both clubs in order to participate.

[SDRC Waiver](#)

[ZLAC Waiver](#)

### **Schedule**

The final schedule will be determined based on the number of entries received.

The schedule will be sent to all participants no later than 48h in advance of the event. Racing will begin at 11:00 AM in [Sail Bay](#) (West Mission Bay).

### **Parking (Competitor and Spectator vehicles)**

Parking for vehicles is located in the neighborhood around ZLAC (not in lot) or the parking lots at San Diego Rowing Club.

- ZLAC: 1111 Pacific Beach Dr., 92109
- SDRC: 1220 El Carmel Pl., 92109



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## Check-in

Participants and teams must check in before racing in Sail Bay.

Crews launching from a local boathouse (not off a trailer) should plan to arrive at regatta check-in in advance of the 10:30am coaches and coxswains meeting in order to allow time to complete check in.

*All participants must be checked in by 11:00 AM on race day.*

## Boat Storage

Boats being stored at San Diego Rowing Club (SDRC) or ZLAC should be stored at their boathouses the morning of the race and launched and rowed to the north of the start line.

## Launching/Returning

All crews should be launching from SDRC or ZLAC. Please plan on launching following the Coaches and Coxswains meeting.

All rowers should meet at one of the boathouses. This will be a wet launch—there is no dock. Make sure to put/keep the boat in deep enough water so you do not lose your skeg. Launching will take place at the appropriate boathouses.

## Bow Balls/Heel Ties/Bow Number

No shell may be launched without a bow ball or heel ties. This will be on the honor system. Bow numbers will be provided at the appropriate boathouses.

## Rules of Racing

USRowing rules will be in effect with additional notes added below:

1. All boats must strictly adhere to the Mission Bay traffic pattern as will be discussed at the Coaches and Coxswains meeting.
2. There will be no formal buoy lines/lanes in place, aside from the start and finish line. Crews are responsible for their own steering.
3. Gender/identity, age, and experience categories do not apply



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## Regatta Format

Pride Sprints will be run as a series of 500m side by side races featuring no more than three crews per race. Crews do not need to be the same crew size/format in order to race one another (8+ may race 4X; 4+ may race 1X etc.)

Each race will be conducted as a floating start as determined by the start line marshal. It is important that all crews work together and follow marshal instructions to make alignment as safe and efficient as possible.

If a start is deemed unsafe or unfair by the marshal, a flight may have up to two opportunities to restart. If a race is not able to achieve a safe and fair start by the third attempt, the flight will be canceled and the next race on the schedule will proceed. Crews from any canceled flights should safely row to the finish in accordance with the traffic pattern *outside of the racing lanes* on the west side (closest to Santa Clara Point).

The finish and start line will be marked by red buoys. Crews must cross between the finish line buoys to receive a finish time.

Switching lineups: part of the fun of Pride Sprints is rowing in different lineups with different people throughout the event (if you so choose). Crews wishing to switch boats should proceed to the beach at SDRC in order to safely land and allow athletes to switch seats.

## Results and Awards

Results will be posted here: [📄 Pride Sprints Timing Sheet 060224](#)

All participants will receive their Pride ribbons after returning their bow numbers at the finish line.

## Pride Sprints Gear

Participants may pre-order Pride Sprints gear on the Pride Sprints store and pick it up on race day. No additional gear will be sold/provided on site.



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## PRIDE SPRINTS MAP

Mission Bay, San Diego



Key	
Launch/Launch Pattern/Warm-Up Pattern	
Race Course/Recovery	
Parking Area	
Buoy Line	