

2017 ProMedica Frogtown Regatta

Course Overview

Launch

Crews will use one of two docks to launch to the start. The “River” Dock is located farthest away from the boathouse and is positioned perpendicular to the shore. The “Lagoon” Dock is located in the International Park Lagoon. The River Dock will be the primary launch docks, but crews will be launched from the Lagoon dock when both are available for launch. Crews should do their very best to launch in order of event bow numbers.

To Start

Crews will row directly across the river towards the ProMedica Headquarters building (The building with large steam stacks). Once across the river, crews turn upstream (to Port) and row through the large blue suspension bridge. Crews will pass to the right of the stationary, red navigational buoy. Once through the blue suspension bridge, crews will point toward the first bridge span on the upstream railroad bridge. Distance between bridges is around 1200 meters. Once through the first bridge span of the railroad bridge, crews will travel about 400 meters to a starboard turn that will point them towards the staging area just downstream of the large highway bridge (I-75). The racing course will always remain on the coxswain’s left hand side. Once crews reach the staging area, turn and row across the river upstream of the starting line which will be marked with two large orange buoys.

Staging Area

Events will be sent through the starting shoot in ascending bow number order. Crews should line up in rows of four with the lowest bow number towards the race course shore. For example, bow numbers 1, 2, 3 and 4 would group themselves together closest to the starting shoot with bow numbers 5, 6, 7, and 8 grouped behind the first group. Bow numbers 1 and 5 would be closest to shore in this scenario.

Starting the Race

Lowest bow number in the event will be called first. Ascending bow numbers should follow once the first boat has been called to the shoot leaving a 10 second gap between boats (about 4 lengths in an eight). Starting in order and on time is heavily reliant on sculler and coxswain awareness. ***Please be aware of your starting time and order. Please be ready to be on the paddle once your event order starts.***

At the Start

Crews will enter the starting shoot and be allowed to bring boats to full racing pace and pressure. ***Please be mindful of the 10 second spacing and allow all teams to start their race without a crew tailing closely behind.*** It is the intention that all crews will be given a starting signal, but crews should be prepared to race once crossing the starting line marked with two large orange buoys with or without a signal.

Racing

From the start, crews will have approximately 500m of a straight course before a slight port turn to enter the first bridge. Crews must use the designated railroad bridge arch from the course map, second bridge span from right. ******* 2 sweep boats only through the railroad bridge**** Crews creating a 3 boat passage through bridge will be subject to a 20 sec penalty.***

Once through the bridge, keep the course buoys on coxswains left. The river becomes shallow quickly near the shore, please keep this in mind when racing towards the slight starboard turns towards the end of the course.

Once through the blue suspension bridge, the course will start to bend slightly to starboard. Crews should continue to keep buoys on left and point directly between the two large, Orange Finish Line buoys. All boats will be given an audible signal when they cross the finish line.

******MOST IMPORTANT******

Once your race has finished at no point should you stop rowing. Please bring down the pressure and paddle until the end of the sea wall/ Lagoon. Crews should enter the lagoon and prepare for return dock.

Passing

Before first bridge – yield to starboard shore, passing boat takes buoy line

After first bridge – yield to port buoy line, passing boat takes shore line

Recovery Docking

Crews will enter Lagoon and turn to recovery dock. The return/Lagoon dock has two designated sides, The River side and the Boathouse side. Crews will be given direction from the dock master on which side to approach. Singles, Doubles, Quads and Fours will be overlapped to create docking space.

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