

Välkomna till Jönköping Coastal Beach Sprint

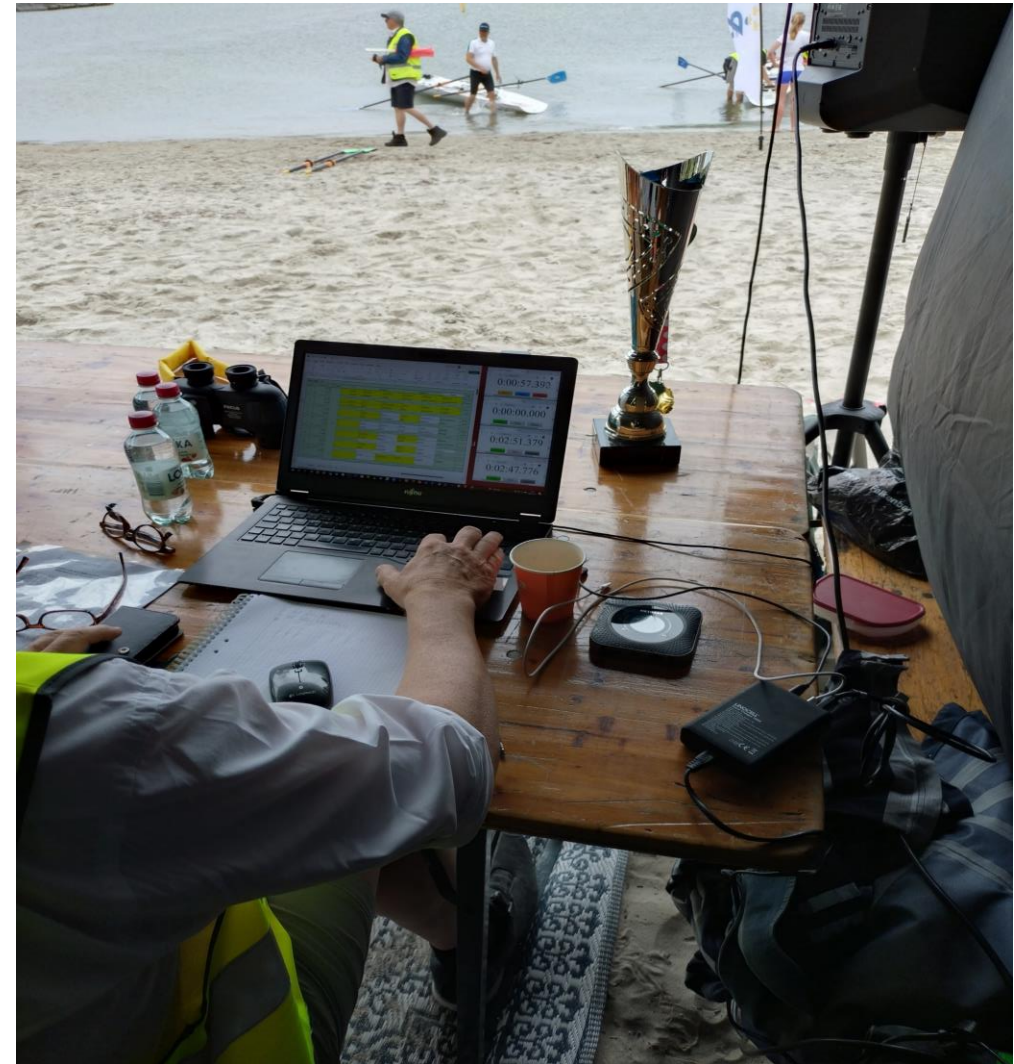
Lördag 7 September 10:00

Anmäl dig innan den 22 augusti.

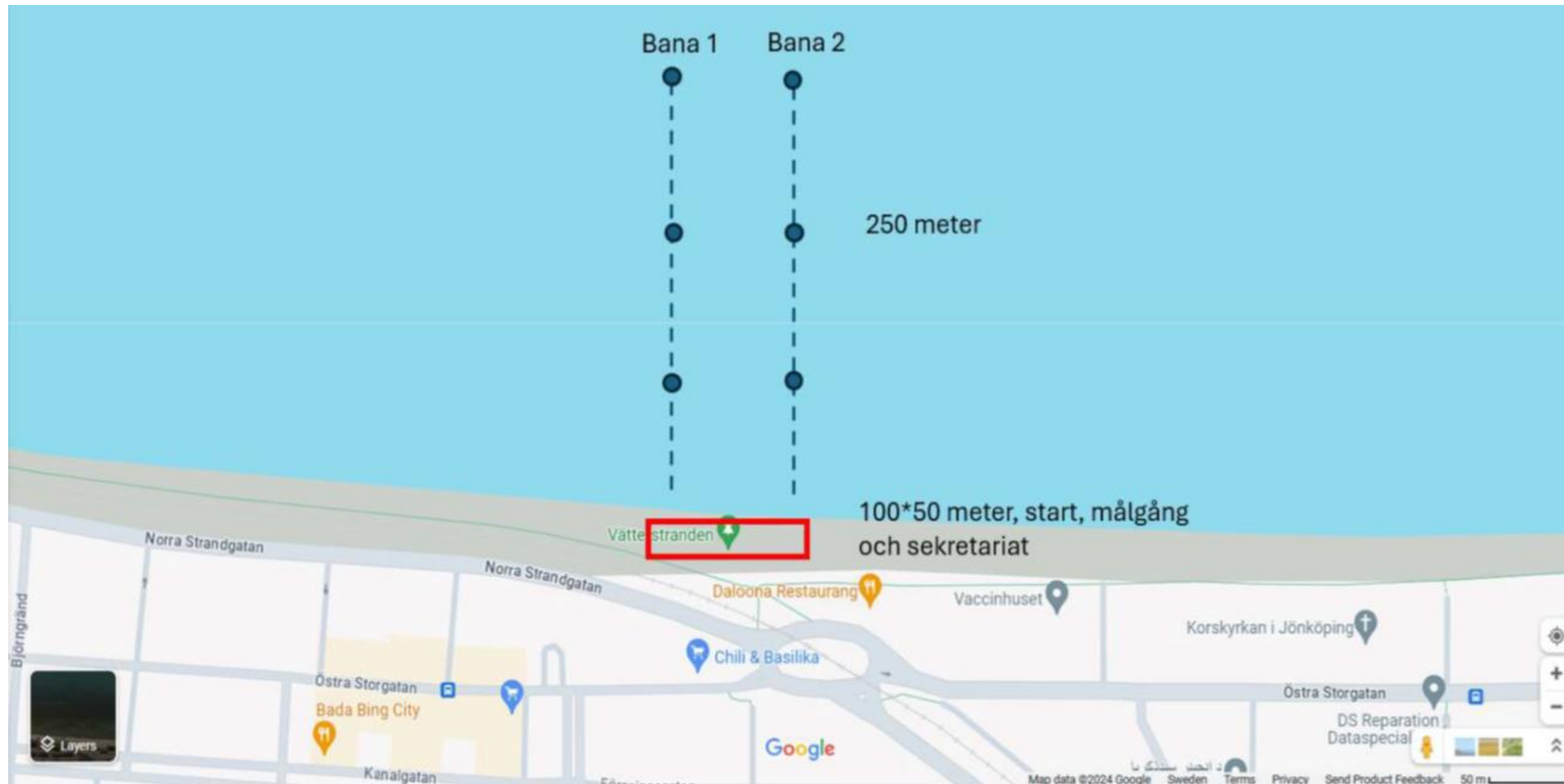


Organisation

- **Tävlingsledare**
 - Björn Thafvelin
 - Kenneth Alfelt
- **Tävlingssekretariat**
 - Mats Jangefors och Magnus Ekros
- **Bana**
 - Paul Buckley och Carter Arnold
- **Båtansvarig**
 - Kommer snart ett namn.
- **Speaker**
 - Marcus Liden
- **Tidtagare**
 - Mats Jangefors och Magnus Ekros
- **Domare**
 - Lars Börje
 - Funktionärer alla som kan.



Arenan är vid Vätter stranden



Hur gör vi

- Time Trial C1X 10:00-
 - Time Trial C2X
 - Lunch ta med matsäck
 - Finalpass C1X
 - C2X
- Följer WR tävlingsformat
 - Minst 2 lopp per startande och tävlingsklass
 - Inleder med Time trial för ranking
 - 2 eller 4 minuter mellan resp start i Time trail
 - Knock out

Inför start

- Du som är tävlande tillsammans med din "Boat Handler"
- Justera fotspark
- Justera ev höjd - snabbjustering
- (Byt åror) om det behövs



Startprocedur

- 1 min till start – Båthållare går fram till startlinjen med båt
- Båthållare håller i båt
- Topp roddare står vid sin plats (vid lagbåt) båda fötter i sanden, håll i åror
- Stråk redo för löpning
- Vid start kommando ”Attention GO!! – Spring, hoppa i båt och ro



sprint boat entry C1x Note entry side oar is parallel to boat



01. Pivot leg placement



02. Pivot body around pivot leg and step into boat



04. Sit and grasp handles

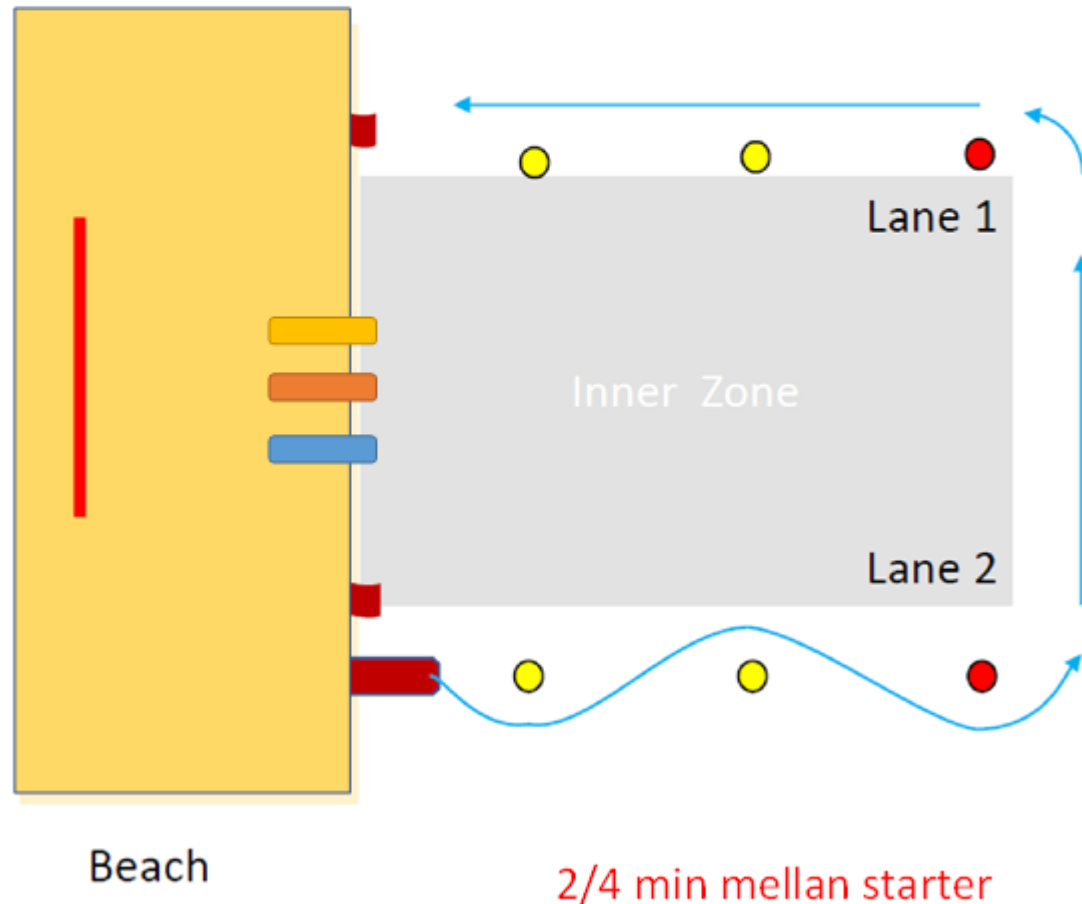


05. Row



02. Legs swing around 90° – pivot on seat

Processional Time Trial



THE COURSE

Run of 10-50m/ Row of 525m / Run of 10-50m

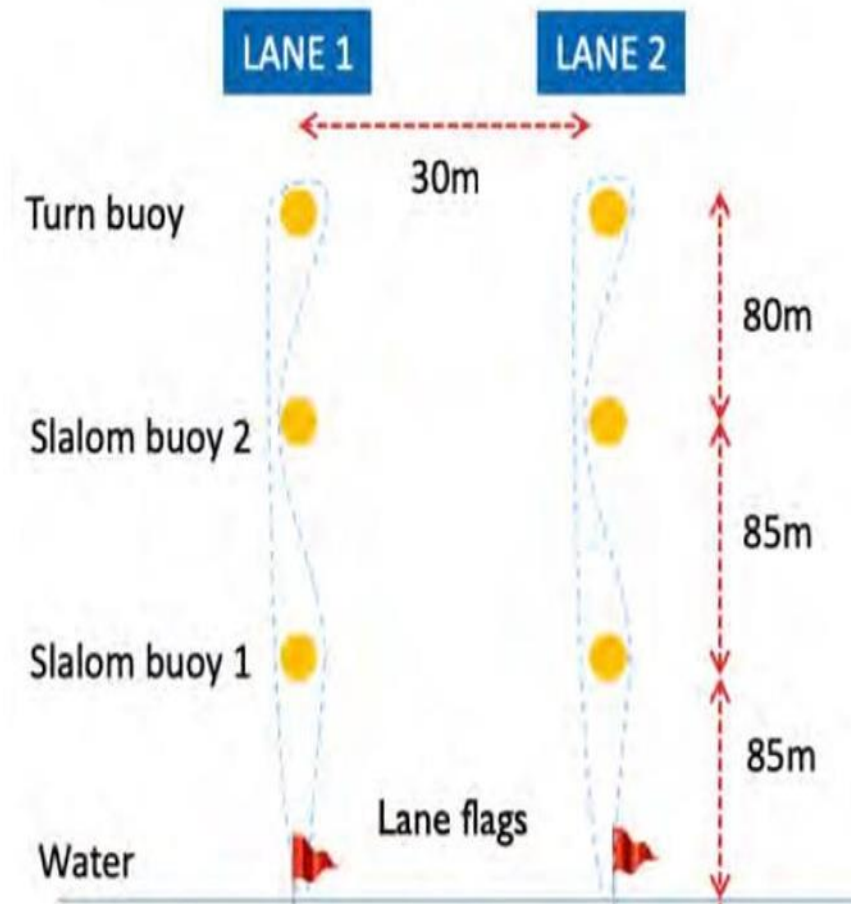
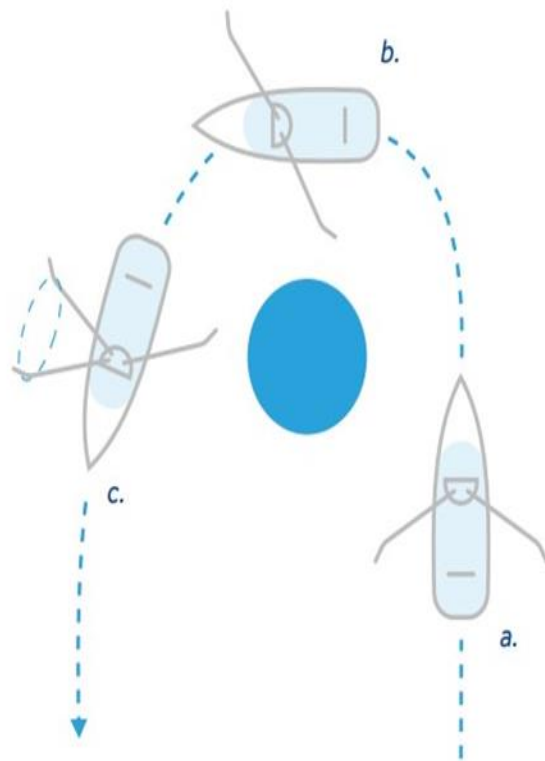
1. One of the crew will run from the start line, to the boat on the water in Lane 2 and enter the boat.
2. The crew will race 250m out to the end buoy, passing outside the 1st buoy slalom inside the 2nd buoy.
3. At the end of Lane 2, the crew will turn 90 degrees, passing outside the buoy, and row 25-30m to the Lane 1 end buoy and turn 90 degrees.
4. At the Lane 1 end buoy, the crew will again turn 90 degrees toward the beach, passing outside the buoy.
5. The crew will row 250m straight back to shore in Lane 1, keeping outside of all of the buoys.
6. Once on the shore one of the crew will run around the outside of the Lane Flag, up the beach to the finish line.

Note: The water area inside the Lane Flags, slalom buoys and end buoys, is termed the inner zone. This area is for crews that are being overtaken, have equipment failure or are retiring from the race.

Boat Preparation

Crews in the time trial must report to Control Commission (CC) to receive their boat, immediately when it comes off the water. Each crew and their boat handlers will have 3-4 minutes to prepare their boat and move it to the ready position.

Genomförande av knockout lopp



Tidstillägg

OK to touch the turning buoys with boat or oars, but the hull of the boat must pass around the correct side of the buoy.

- Buoy 1 and 2
- failure to pass around the correct side – 30 second penalty
- Buoy 3
- failure to turn around – 120 second penalty
- Return flag
- failure to run around – 10 second penalty

