

Portadown Regatta
1st May 2010
Course Length 1000m

Race Instructions

- Launch 15min before allocated race time (bowballs and heel restraints will be checked on the slip)
- Launch with Bow facing to the start
- Row to the start staying close into the bank of Lane 1 (cox's right \ steerer's left)
- Heed Bend Marshall's commands to stop and allow race in progress through
- Proceed through the start (hazard: rope across the river holding stakeboats)
- Warm up in the remaining 300m upstream of the start, circulating in an anti-clockwise pattern
- Attach to the stakeboats 2min before race or when called by starters
- Buoys ARE an integral part of the course

Finish Instructions

- Row through the finish and continue toward bridge before turning boats and bringing boats back toward the slip close to the riverbank of Lane 1

