



All coaches & coxswains are requested to view the full C&C Presentation. A copy of the presentation as well as a video replay of the presentation livestream is available on our website: www.headofthehooch.org/coaches-and-coxswains.

Due to the number of entries, there are special instructions to coxswains and crews to ensure that the regatta runs on time and safely. Please pay close attention to the instructions provided to you before and during the regatta. We have created these special instructions for you to handout to your team members.

LAUNCH RULES

- Assemble your crew at least 30 minutes before your race is called
- Place oars near the launch dock scheduled for your race before your race
- Launch when your race is called to avoid congestion at the docks
- Move quickly onto and off the dock when Dockmaster gives instructions to do so
- Immediately row away from the dock so that the Tennessee River current does not push your crew back onto the dock

ROWING TO THE START

- Do not delay when rowing to the start area
- Stay pointed upstream at each buoy station near the start
- Be at Buoy #1 10-15 minutes before your scheduled race
- At Buoy #1, be within five bow numbers of the bow numbers around you
- The Marshal will send groups of 10 boats to the next buoy. All rowers shall row on the paddle when instructed
- Remove warm-up gear before receiving instruction to move across river to start
- You will be instructed to row across river in groups of five

START RULES

- Once across the river, row toward the start chute in numerical order
- Follow the crew in front of you by about 1 length of open water
- Crews must speed up or slow down as instructed by the Marshal 200 meters upstream of start
- Build to full pressure and race pace prior to start line
- Do not catch up with another boat in the start chute
- Enjoy your race!