

# Seattle Henley Regatta

## Coxswain Manual



Coxswains have a ton of information to manage and this regatta is NO DIFFERENT. The uniqueness of the format and the position of the course will make this a fun regatta, but requires complete focus and sound judgment.

We anticipate low powerboat traffic on a mid-March Sunday. However, you should prepare for all eventualities and keep your crews well within the traffic pattern.

### Launch/Warm-up

1. Launch from your dock well ahead of time to insure a proper warm-up and to allow time to find your place within your event for the time trial.
2. Know your scheduled Flight time, and your event's position within the Flight. Also know what events are in your flight.
3. If you are launching from south of Pocock Rowing Center keep the orange buoys to your Port (*Left from coxswain's view*). As you proceed to Portage Bay pass between the red navigation buoy and the orange course marker. This allows appropriate distance off of PRC's dock and prevents interference with marshalling crews.
4. In Portage Bay there are no buoys around which to warm up. You'll find the traffic on your map - use a counter-clockwise rotation. Row the rectangle outlined and keep to the sides of Portage Bay. It may become congested in the Bay and you want to leave the middle open and clear. There is plenty of room if you follow the shores and cut straight across when necessary.
5. Head out of Portage Bay to **be in the Marshalling Area 10 minutes before your flight time**. The marshalling area is between I-5 Bridge and the 'Skansonia'. Again refer to your map.
6. Do not rely on a launch telling you when to move forward – wear a watch and be prepared.
7. Ensure that you line up in numerical order (by bow number) within your event.

### Time Trial

1. You will be called forward in the order of your event and ascending bow number order.
2. If you are late your times will not be taken. All crews must race in order and only during their scheduled event slot. There is no breakage zone in either the time trial or the Henley final.
3. A very experienced Marshal will call you up. Do not second-guess the Marshal. Respond immediately to the Marshal's directions. The Marshal will get you across the line with the correct gaps between boats.

4. You will have between 5 – 7 strokes to be up to speed if you listen to the Marshal's call and start when instructed.
5. Position yourself between the "Stake boat dock" and the orange buoy (on your port) defining the racecourse start line.
6. Choose a straight (fastest course) line to Gas Works. Do not follow the buoys as they may be in a line but only define the edge of the race course.
7. **If you are being passed YOU MUST YIELD TO STARBOARD** (to the right, from a coxswain's perspective), moving toward shore to give the faster crew the straight shot. Failure to yield is a 30 second penalty; interference is between a 30-60 second penalty.
8. After crossing the finish line, keep your crew moving beyond the finish line as described below. Do not come to a stop after the finish line as this will constitute interference and you will be assessed a 30-60 second penalty.

## Awaiting results

1. Pass between the green can and Gas Works after completing the time trial.
2. A Marshal will direct you **past** the Gas Works Park wall. You should at this time point your boat into the wind and hold your position to await the announcement of the two finalists
3. If the wind is from the south, after clearing the Gas Works Parks wall point towards the Space Needle and make adjustments so as not to blow into the shore or another crew.
4. Results should be available in a matter of minutes.
5. If you are not announced as a Finalist you may now head safely back to your launching dock. If you are launching from Pocock or a UW facility, be careful to stay out of the racecourse and avoid crews awaiting the final. They will be stationed at the Boat Barns, (indicated by BB on your map, a.k.a. Sea Ray). You can still be penalized for interference upon returning to your dock.

## Henley Final

1. The launch in the middle of the course will direct the two finalist of each event to wait close to shore beside the Boat Barns, [BB]. If you are unfamiliar with the area or are confused, announce yourself to that middle race course Marshal.
2. As soon as the last crew of time trails in the flight after yours has started, the first event of your flight's finalists will be directed to cross over the course and back down onto the Stake Boat dock.
3. The boat with the lower bow number will take the shore side (west side).
4. You should back down beside the end of the dock. The stern of your boat will be beside one end or the other of the dock. This will allow the stake boat holder to move a crew bow or aft as needed to gain alignment.
5. Please ensure you know how to hold a point and back a crew onto a stake boat.

6. You will now be in the hands of the starter.
7. Masters Crews: You will be informed which boat is older, which boat is younger, and of your handicap difference by the starter. Handicaps are per US Rowing 2009 Rules of Rowing formula.
  - a. **Older Crew Start:** Once the boats are aligned, the traditional start command will be given (“Attention, Go” along with the flag drop), at which point the older crew starts.
  - b. **Younger Crew Start:** The start line official proceeds to count elapsed seconds out loud. The younger crew starts when the count reaches the handicap mentioned above. (For example: you have a 7 second handicap. You will hear, “Attention, Go...3, 4, 5, 6, 7(go)
  - c. Starting before your handicap number is announced will result in disqualification. If you are the first crew to start and start before the Start command is issued, you will be disqualified. There are no false starts.
8. There is no breakage zone in the Henley Final.

### **Awards**

1. Each winning crew should proceed through the finish line between the green navigation buoy (on your port side) and Gas Works.
2. A Marshal will award winning crews their medals on the water after each final. You will be approached from the stern by a launch with bumpers. The stroke or coxswain will be handed the medals for the entire boat.

**Good Luck to all crews. Be safe and fast!  
We hope you have a lot of fun!!**