

Traffic Pattern

- All crews will use the staging area on North Park Drive and Cuthbert Road to launch approximately 200 meters downstream of the finish line.
- Crews arriving on ***Friday*** are allowed to launch and practice from the staging area. If you need a truck permit contact Andy Salisbury at NJSRC@AOL.COM
- ***Failure to observe the traffic patterns may result in disqualification.***

Traffic Patterns for Practice

- Cooper River traffic patterns apply:
- Crews launching from the staging area:
- *(During practice you are allowed to run the course in lanes 3 & 4 on Friday for practice)*
- *(Please be aware that the course may still be in the process of being installed. Stay far enough away from the barge and travel wakes less if you are in a chase launch)*

Traffic Patterns During the Regatta

Crews launching from the staging area:

- Head up the course using lane 0 (same side as the finish line) remain close to the shore and be aware of races approaching as you head towards the start. Stay in the marshaling area until an official directs you to the starting platforms. Check in with the starting line so they can register your presence.
- After the race is finished please leave the finish line area and return to the staging area. You must be aware of launching crews, as the area will become very congested. There will be a Marshall on the water to help with the traffic flow. Once you are within the launching area listen for the dock master to call you in from the course.

Do not enter the race course at any point for any reason!

The Start

- Upon arriving at the starting line, please check in so they can record your presence.
- There will be colored buoys approximately 250 meters above the start. Do not go past the buoys; wait there until the marshal calls you to the start.
- US Rowing Rules of racing apply.

Safety Guidelines

- Coaches must be aware of weather forecasts and conditions. Coaches are responsible for the safety of their crews.
- Lightning: Crews should return immediately to the nearest dock at the first sign of lightning. A lightning detector will be in the management office. If lightning is anywhere within 10 miles of the river no crews will be permitted to shove. Finish line trailer will have updated reports on line throughout the regatta.
- Fog: Whenever fog is on the river no crews will be permitted to row. Fog limits visibility and also mutes sound making for unsafe rowing conditions.
- Wind: At any time there are strong winds crews are expected not to row. White caps across the river are a good indicator of unrowable conditions.

Equipment

- All boats must be equipped with a bow ball in accordance with US Rowing rules.
- All sneaker type foot stretchers will be equipped with the proper quick release straps and heel tie downs in accordance with US Rowing rules.