

# GROA training

Selwyn Jackson  
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# Agenda

- What's new
- Course
- Some reminders









# Buoys for Roodeplaat Dam

12.5

	Colour	Distance	Per lane	All lanes	Spacing
Start line	White		1	9	6.25
Start Zone	Red	100	16	144	6.25
	White	150	11	99	12.5
1750 metre	Red		1	9	12.5
	White	250	19	171	12.5
1500 metre	Red		1	9	12.5
	White	250	19	171	12.5
1250 metre	Red		1	9	12.5
	White	250	19	171	12.5
1000 start line	Red		1	9	12.5
Start zone	Red	100	8	72	12.5
	White	150	11	99	12.5
750 metre	Red		1	9	12.5
	White	250	19	171	12.5
500 metre	Red		1	9	12.5
	White	250	19	171	12.5
250 metre	Red		1	9	12.5
	Red	50	3	27	12.5
200 metre	White		1	9	12.5
	Red	200	15	135	12.5
Finish line	White		1	9	12.5
Total buoys		2000	169	1521	
Total Red	Red		49	441	
Total White	White		120	1080	



# Summary of buoys

- 2000m start zone of 100m in red (half spacing)
- 1000m start zone of 100m in red
- Every 250m is marked in red
- Last 250m is red
- 200m is marked in white for canoeists
  
- Large yellow buoys at start – middle 3 red
  
- Please be careful of buoys while piloting

# Coxswains

- JU19 and Senior coxes must be weighed:
  - Minimum weight – **55kg; JWU19 50kg**
  - Max deadweight – **15kg**
  - Deadweight – **Steel shot, lead shot or sand – no liquids**
  - Weigh in – **1 to 2 hours before first race each day**
  - Breach of weight – **Exclusion**
- Cox is a member of crew (dress code etc.)
- Cox of a junior school shall be a scholar
- Schools crews may be coxed by a scholar of same age category or two categories younger
- First part of season U14 may be coxed by an older more experienced cox

# Heel straps

- **Must allow rower to get clear with no delay**
- If shoes fixed to boat
  - Independently restrained max length 70mm
- If Velcro
  - released with single quick hand action
- If shoes not fixed to boat
  - released without hands or
  - with single quick hand action





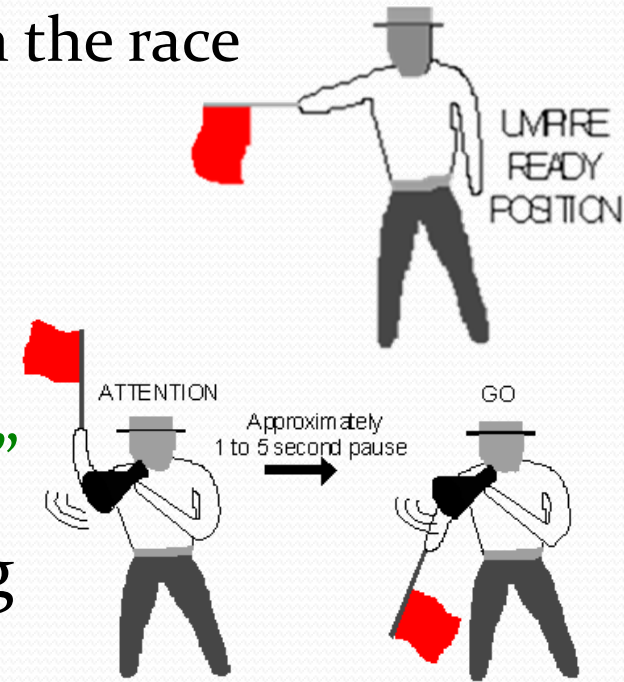
# Aligning procedure

- <lane> touch <distance>
  - To move crews towards finish
- <lane> back <distance>
  - To move crews away from finish
- <lane> hold
  - To make a crew stop
- Hold it all crews and raise white flag
  - To indicate that crews are aligned
  - **Do not hold flag out while aligning**
- **Remember it's easier to touch than back**



# Starter / umpire

- Call the roll
  - Ensure that all the correct crews are in the race
- Call crews to the start
- Hand over to the Aligner
- Hold red flag horizontally
- Wait for aligner's "Hold it all crews"
- Call attention and raise the red flag
- Check white flag is still there
- After **1 to 5 seconds** call "Go" and drop the flag to side
- Check that aligner does not call a false start



# Umpire

- Crews are allowed to leave their lanes
  - as long as this does not interfere with other boats
- Don't steer crews unless
  - Affecting another crew who is in its own water
  - Obstruction
  - If crew is told to stop rowing, can tell them to continue -  
<crew> continue rowing
- Call crew – **show direction** it is to move
  - Can use Keep Apart
- Remember safety of crews and boats

# Heads races

- Time trials
- All stop watches are synchronised beforehand
- Crews are set off at 20 second intervals
- As crews cross line Aligner calls <crew #> Go
- Start times are recorded on 2 sets of watches
- Finish times recorded on 2 sets of watches
- **Important record bow number and lap number**
  - Put your name at top of sheet
- Watches uploaded, races times are calculated





# Whatsapp

Races in order as far as possible

Race 24 - All six boats checked out.

09:56

Race 25 - SCRATCHED Lane 7 St Stithians dos Reis, all five other boats checked out.

10:03

Race 26 - SCRATCHED Lane 5 St Stithians Morais - All five other boats checked out.

10:06

Race 27 LATE ENTRY Lane 1, Soweto, Sithole, Thandi & Mpho, Magabulle. DNS Lane 5, Mondeor. All five other boats checked out.

10:08

Race 28 - DNS Mondeor Lane 4. All four other boats checked out.

10:08

Race 29 - Only Lane 3 (KES) and 5(Jeppe) have checked out. Others DNS

10:29

Race 30 - SCRATCH Lane 7 St Dunstants, DNS Lane 2 St Benedicts. Four boats checked out

10:32

Race 31 - LATE ENTRY Lane 1 KES Dickson, Roofus, Seven boats checked out.

10:33

Race 32 - LATE ENTRY Lane 1 Soweto Nthimkulu, Buhle, SCRATCH Lane 2 St Benedicts DNS Lane 5 St Stithians Five boats checked out

10:36

Race 33 - NAME CHANGE Bowman From Riccardt to Redman, Ethan. Lane 7 Stroke change from Dawoodjee to Booysen, Adam. DNS Lane 4 Germiston Maji Seven boats checked out

10:39

Race 34 - All four boats checked out.

10:40

# Newest medals WRU23CH 2018

