

Race Day Check List

- Attend Coxswain/Coaches Meeting
- Review course & weather conditions
- Identify landmarks and important spots on the course for race
- Know Race Time & Lane Assignment
- Plan time & place for boat meeting & launching
- Inform your rowers of times and where to meet
- Make sure all rowers use the restroom before your boat meeting and race launch time
- Check Boat
 - All riggers and top nuts tightened
 - Heal ties secure and proper length
 - Clean tracks and make sure seats are working properly
 - Check stability of bow ball
 - Make sure all boat adjustments and fixes are done prior to launching

- Bow number in place
- Blades moved to launch dock
- Bring water for boat
- Have your tools and safety equipment with you
- Arrange for teammates who are not rowing to retrieve team blades from launch dock after your race.
- Have fun, dominate your competition, and bring home some hardware!!!