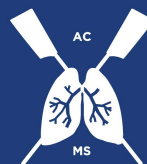


AEROBIC MONSTERS

Race Day:
October 27th
Race Start:
11H



**Row fast,
die last.**

International Singles Regatta
2024 Edition

Patrocinadores



Apoios



AEROBIC MONSTERS REGATTA – GENERAL LAYOUT



AEROBIC MONSTERS

Race Day:
October 27th
Race Start:
11H



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2024 Edition

Row fast,
die last.

SCHEDULE

➤ RACE DAY

- Briefing: 09:00h
- Boarding start from: 10:00h
- Race Start: 11:00h
- Victory ceremony: 12:30h
- Lunch service: 13:30h

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Row fast,
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START PROCEDURE

- Pré-positioning at round white buoys – 5 MINUTES TO START
 - 2 alignment lines
 - 1 line for odd numbers
 - 1 line for even numbers
- Individual Flying Start, with 30 seconds intervals between competitors

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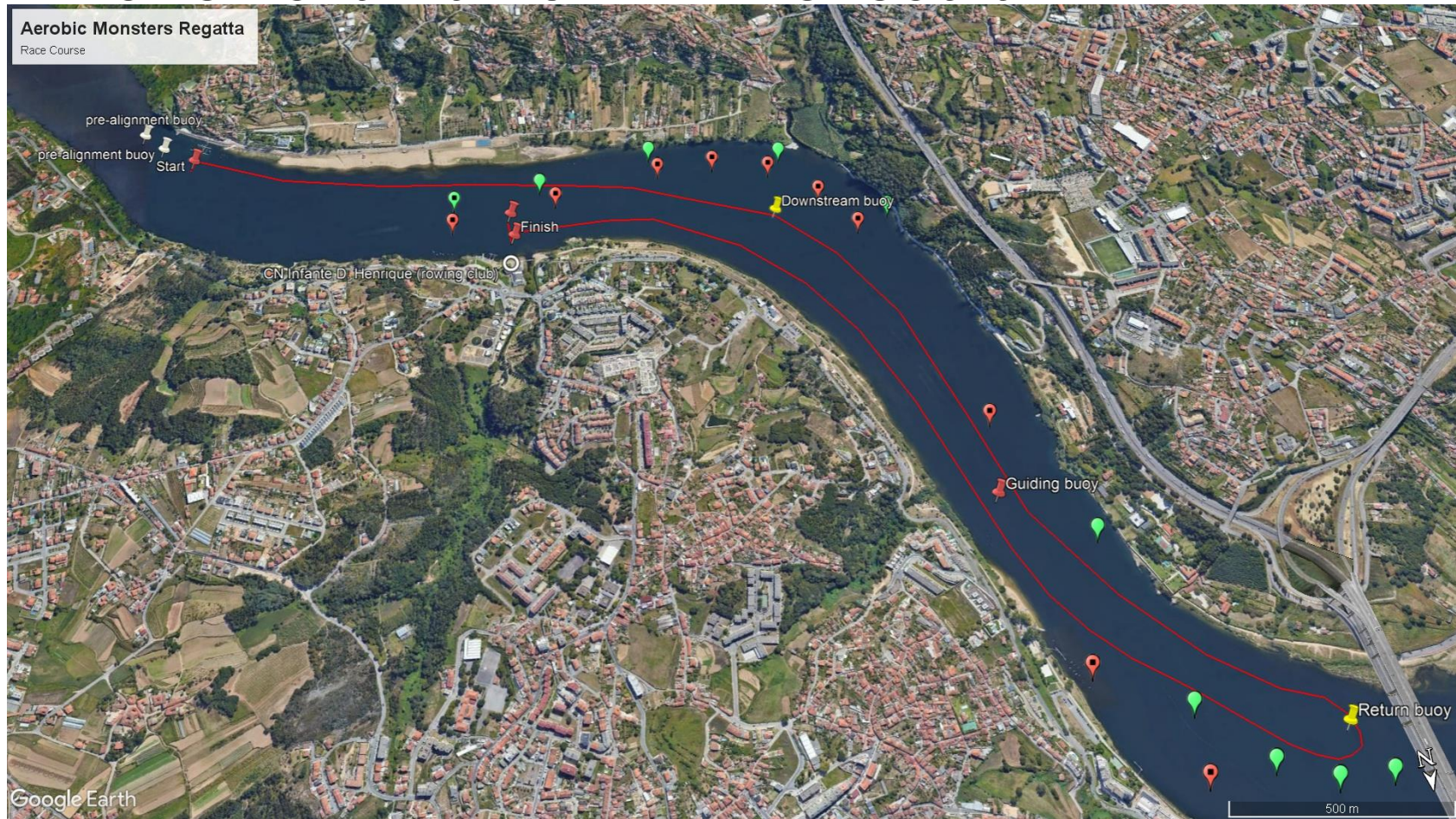
International Singles Regatta
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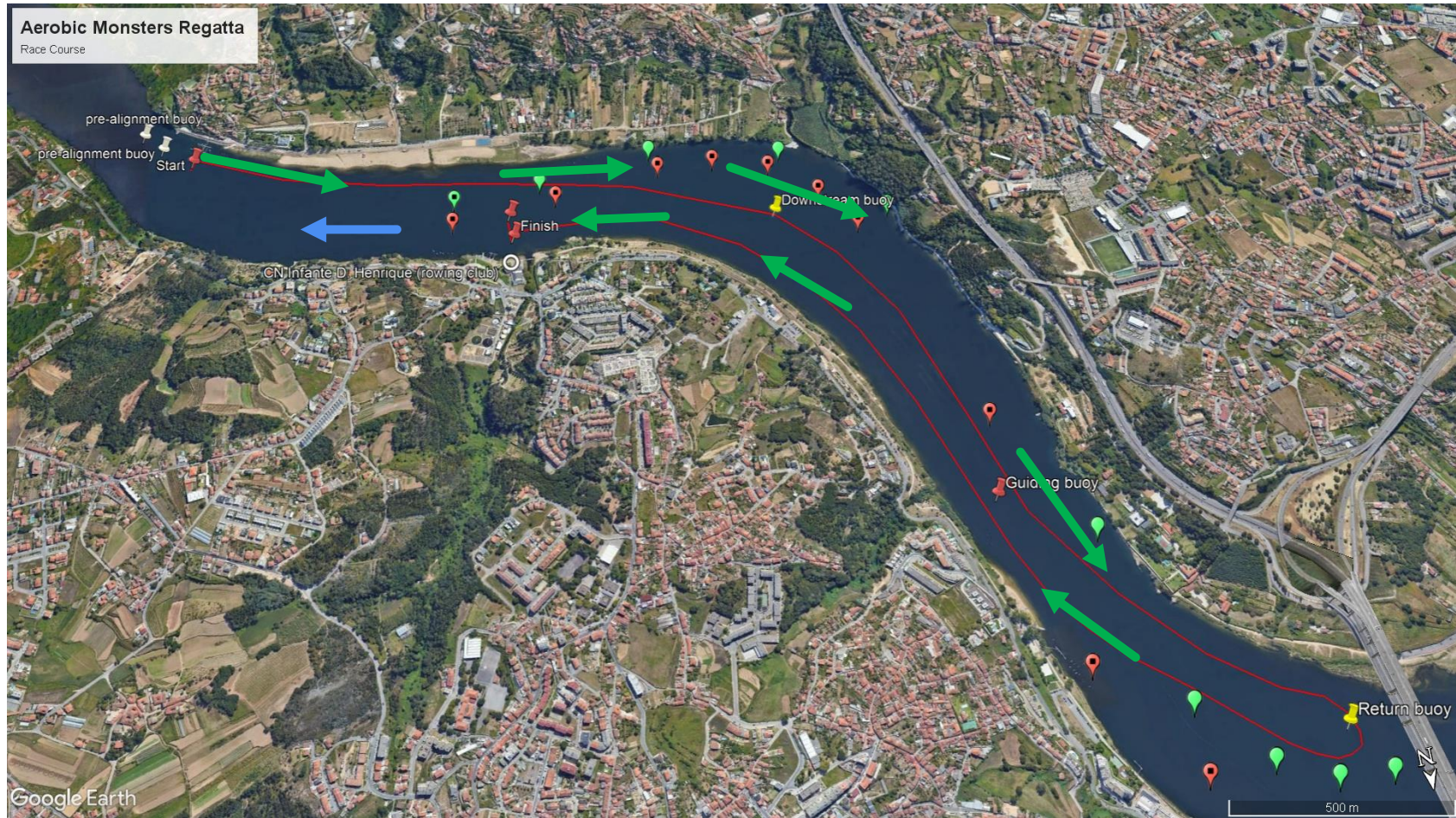
RECOMENDATIONS

- Avoid confusion on boarding pontoon
 - Boarding is Priority - when YOU FINISH, DON'T STOP and go upstream 500m to stay on water until all competitors have boarded
- Warm-Up Circulation is in Clockwise Direction – it's a mandatory rule
- Beware with navigation buoys (green or red)
- Regatta Yellow Buoys are “sausage” style (different from others you can meet)
- Cross the finish Line between Big Red buoys, to allow umpires to identify you correctly
- Keep your boat safe – Organization is not responsible for any damages
- Stay on-time with Schedule

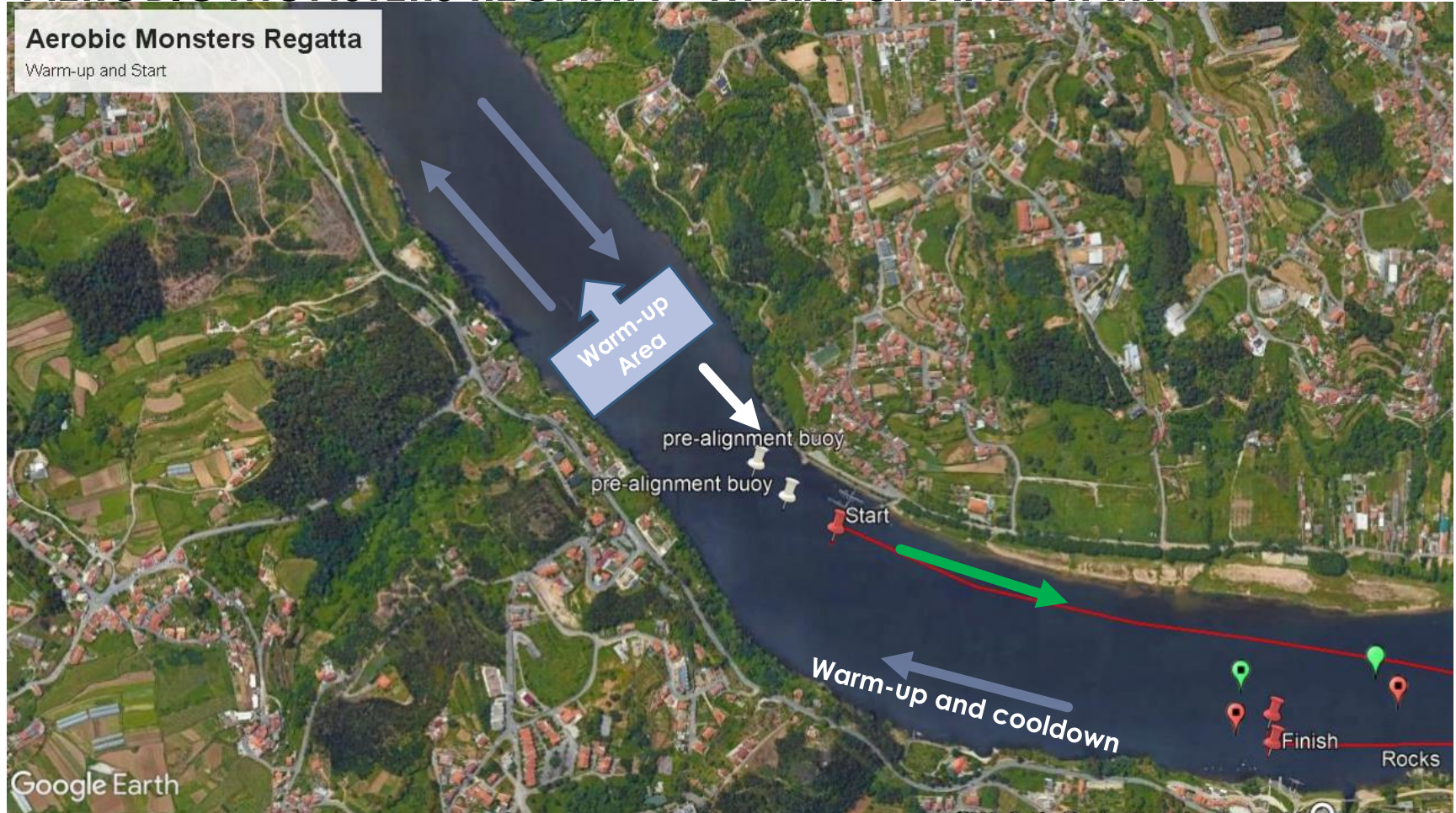
AEROBIC MONSTERS REGATTA – RACE COURSE



AEROBIC MONSTERS REGATTA – RACE COURSE



AEROBIC MONSTERS REGATTA - WARM-UP AND START



AEROBIC MONSTERS REGATTA – DOWNSTREAM BUOY



AEROBIC MONSTERS REGATTA – GUIDING BUOY

Aerobic Monsters Regatta

Guiding buoy

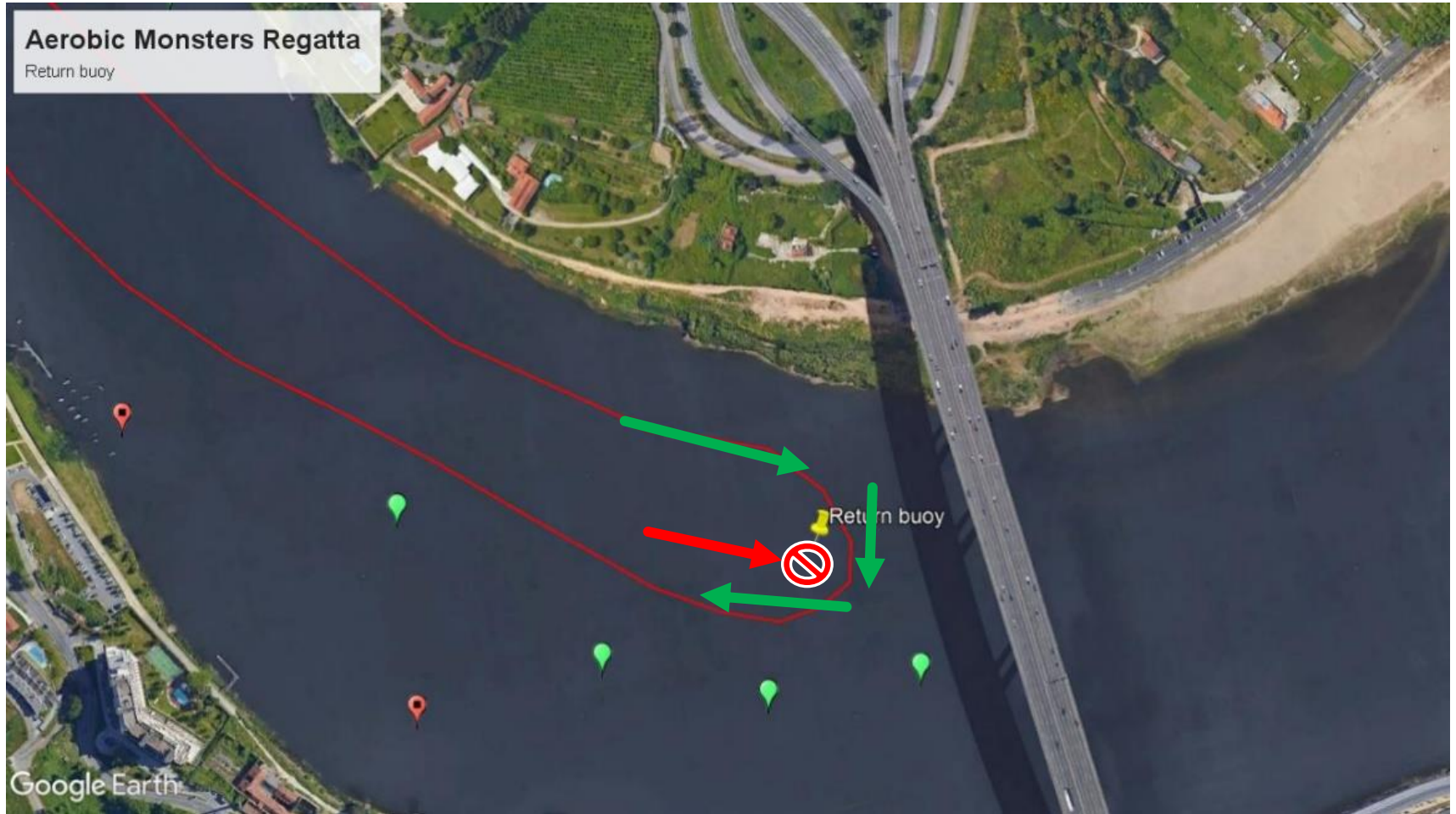


Google Earth

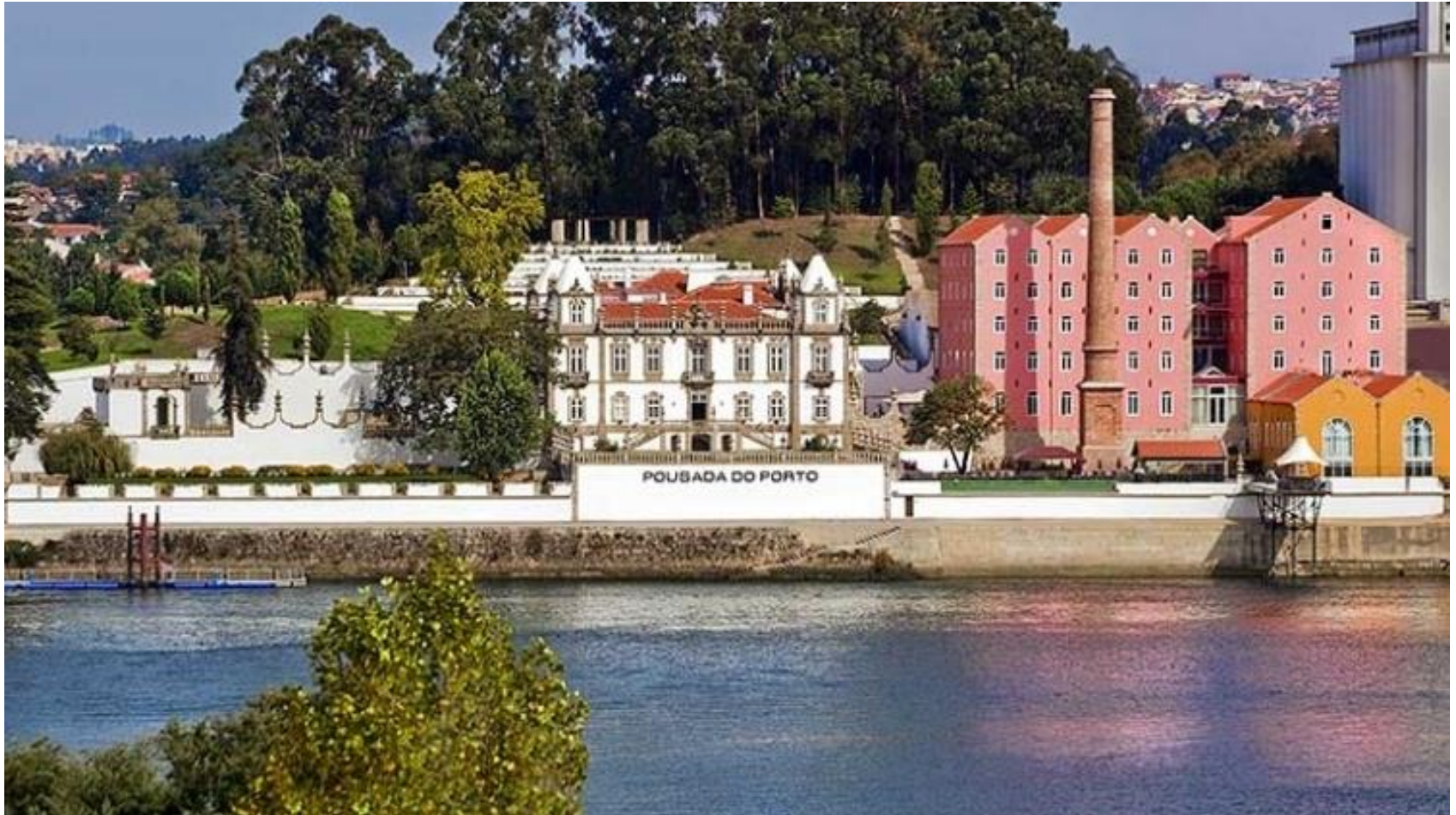
AEROBIC MONSTERS REGATTA – RETURN BUOY

Aerobic Monsters Regatta

Return buoy



AEROBIC MONSTERS REGATTA – RETURN BUOY / PALÁCIO DO FREIXO



AEROBIC MONSTERS REGATTA – BOARDING

Aerobic Monsters Regatta

Race Course - Finish line



AEROBIC MONSTERS

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FAIR PLAY

56



55



BOW 55 OVERTOOK BOW 56

- Priority to the Lowest bow number
- Umpires will be at strategical points and will not follow competitors

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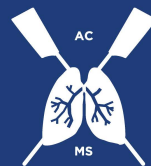
Row fast,
die last.

PENALTIES

- ▶ FALSE START: 30 seconds penalty
- ▶ FAIR-PLAY violation: 30 seconds penalty
- ▶ MISSING DOWNSTREAM YELLOW BUOY= 5 minutes penalty
- ▶ MISSING RETURN YELLOW BUOY = DESQUALIFICATION

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Good luck and Enjoy!!