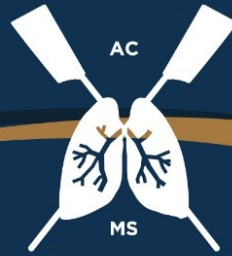


AEROBIC MONSTERS



International Singles Regatta
2025 Edition

Race Day:
October 26th
Race Start:
11H

Row fast, die last.

Apoios



NELO
ROWING



AEROBIC MONSTERS REGATTA – GENERAL LAYOUT



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– 2025 Edition –



International Singles Regatta

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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START PROCEDURE

Pre-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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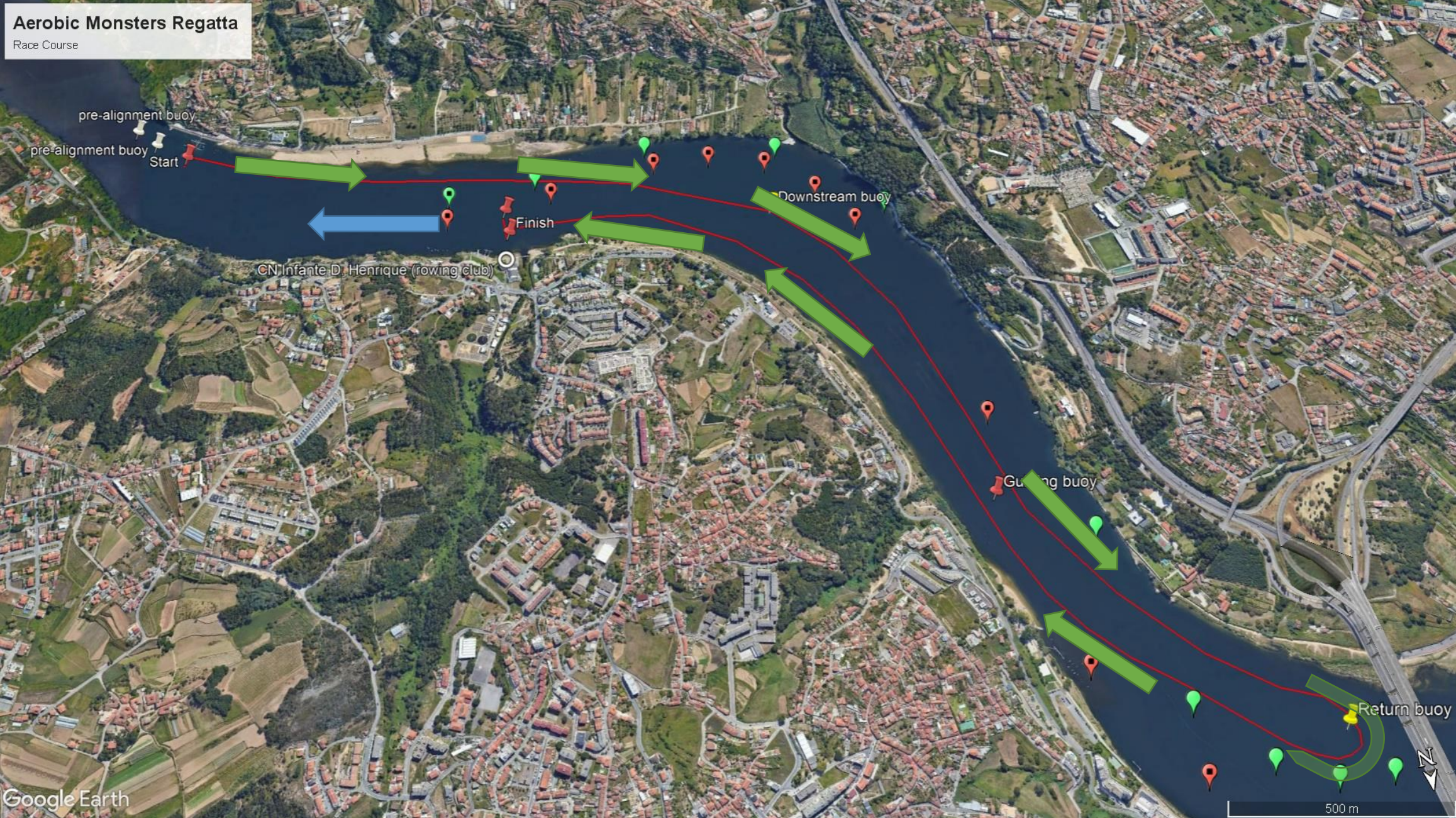
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RECOMENDATIONS

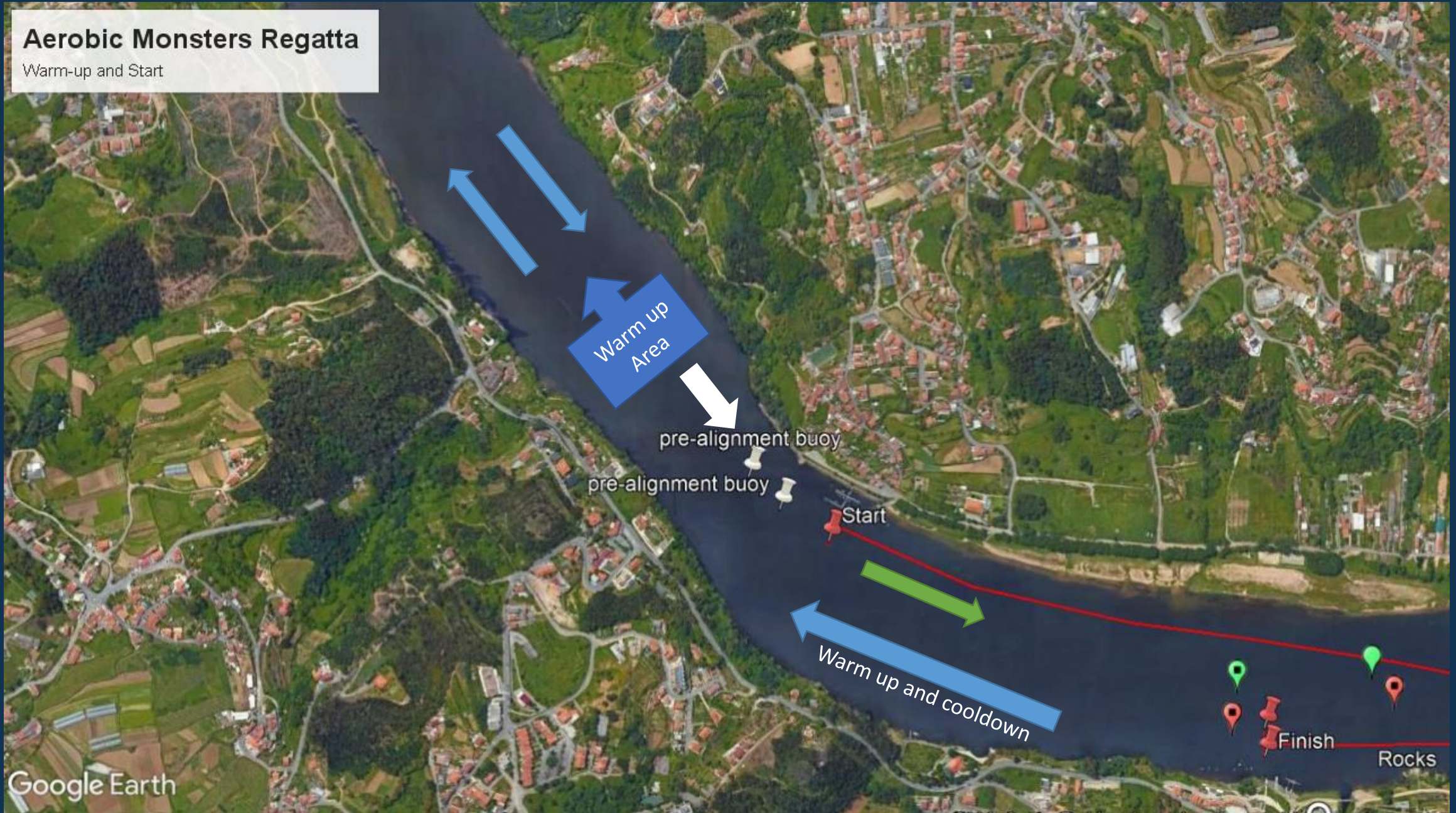
Avoid confusion on boarding pontoon

- **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



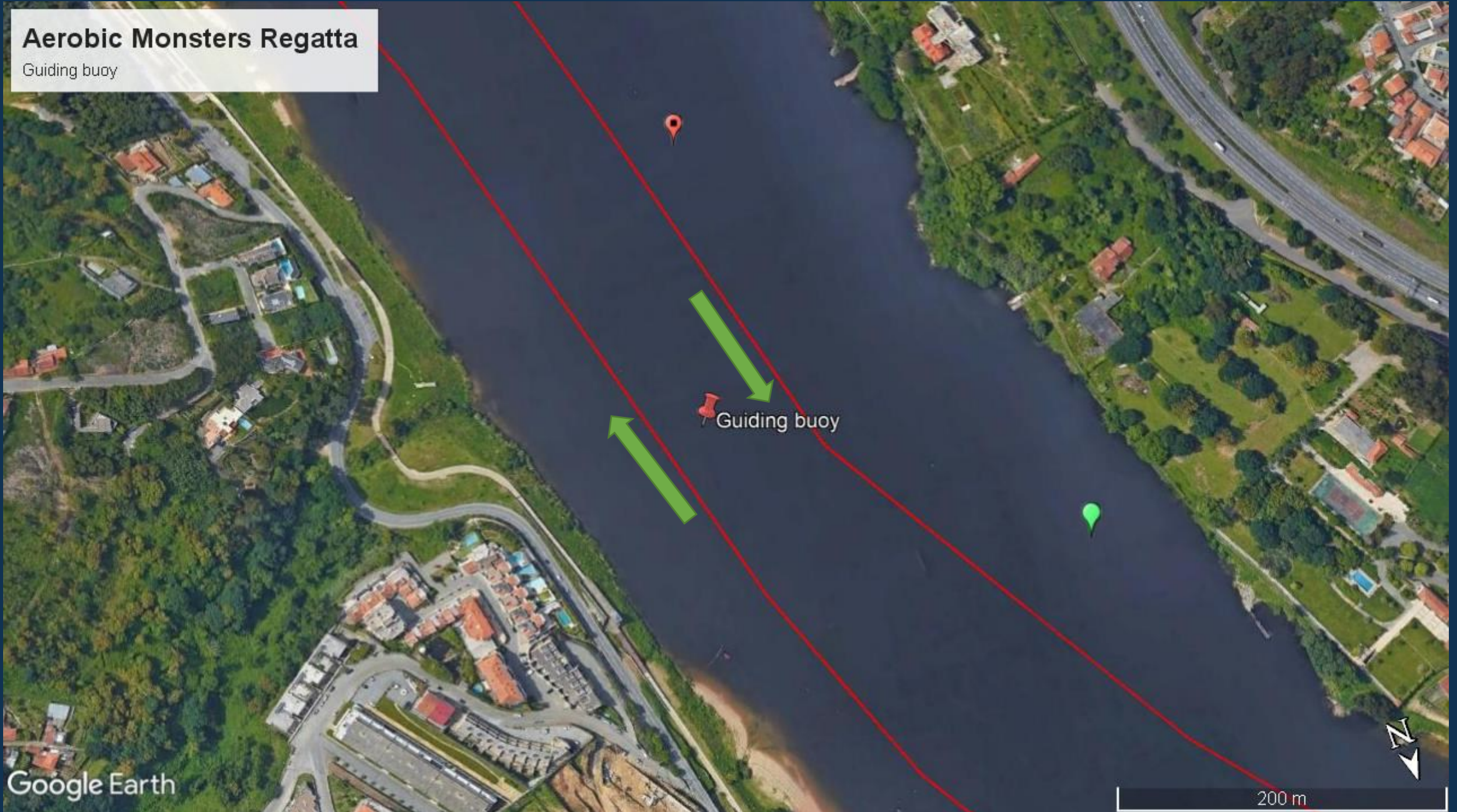
AEROBIC MONSTERS REGATTA – WARM UP AND START



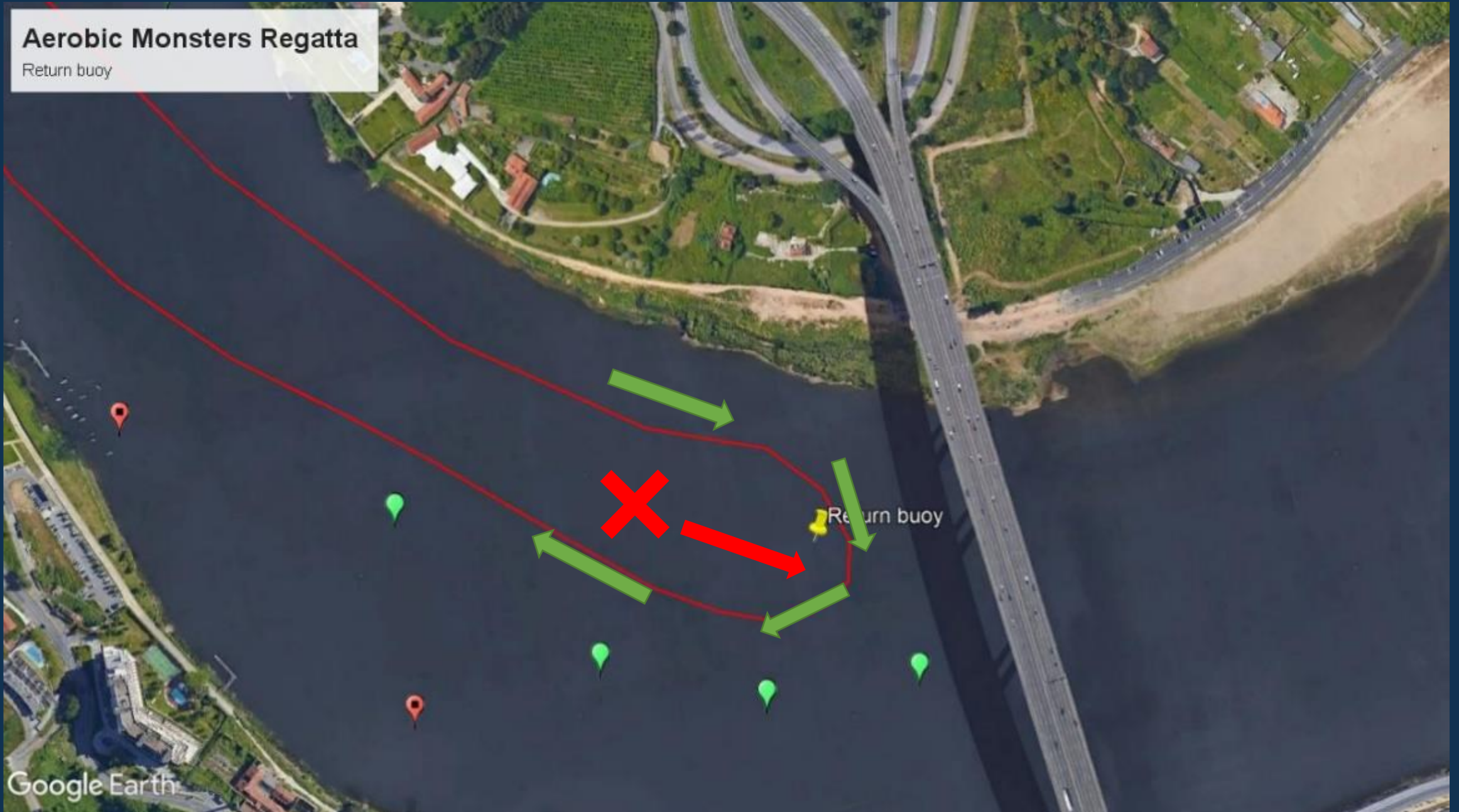
AEROBIC MONSTERS REGATTA – DOWNSTREAM BUOY



AEROBIC MONSTERS REGATTA – GUIDING BUOY



AEROBIC MONSTERS REGATTA – RETURN BUOY



AEROBIC MONSTERS REGATTA – RETURN BUOY – PALÁCIO DO FREIXO



AEROBIC MONSTERS REGATTA – BOARDING & EXIT WATER



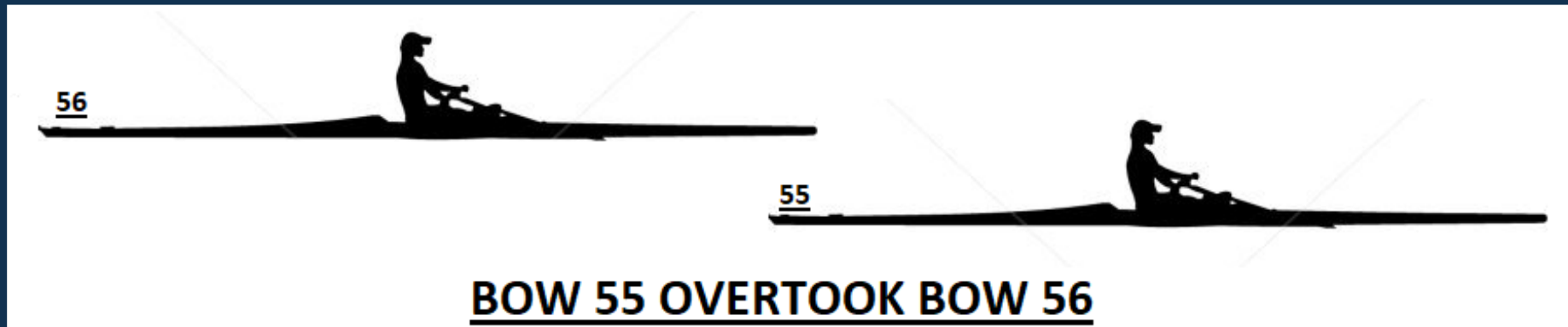
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FAIR PLAY



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

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– 2025 Edition –

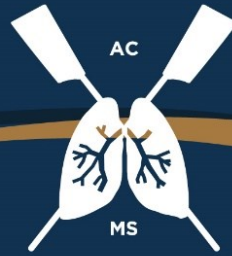


International Singles Regatta

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!!