

FHC Team Schedule for:
Grand Rapids High School Invitational Regatta

Friday: **Varsity women & men:** Arrive at Riverside Park, Boat Launch #2 at 3:30PM
Unload and rig boats. Light practice to row the race course. We will be off the water at approximately 6:30PM.

Novice women & men: Arrive at Riverside Park, Boat Launch #2 at 4:30PM to rig boats. Light practice to row the race course. Off the water at approximately 7:00PM

Saturday:

- Arrive Riverside Park **NO LATER THAN 6:15AM**
 - Please allow extra time as the site gets very busy early in the morning!
 - (Some crews may arrive later at the discretion of their coach)
 - All coxies attend Coach-Coxie meeting at 7:00 AM
 - Crews prepare their boats for racing
 - First call to water at approximately 7:10 AM with 1st race at 7:30 AM
 - Race schedule will be available on our WEB site
 - All crews can depart after Regatta when all equipment has been loaded and the park cleaned. Tentative departure time is 5:00 – 6:00PM.
 - All rowers are expected to return to the boathouse after leaving Riverside Park in order to put all equipment away.
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- Actual race schedule will vary once the regatta starts due to weather, experience of crews and possible false starts. Novice parents should be patient and expect some delays.
 - All crews are expected to help out on the docks when other FHC crews are launching or docking.
 - Breakfast & Lunch will be provided for all FHC crews at the regatta.
 - Regatta T-Shirts will be on sale.
 - Please bring clothing appropriate for the weather. We have seen temperatures range from the low 40's to the high 60's over the years that we have been holding this event. It is better to bring more clothes than not enough!
 - Athletes should stay out of the sun and keep hydrated during the day as much as possible.
 - Bring a change of dry clothes to put on after or between racing.
 - **Please put your name in ALL clothing. We usually end up with a large quantity of unmarked clothes after each regatta.**

This regatta is a long day as we are the host school. Please plan on a full day which may not end until 6 or 7 PM at our boathouse when all equipment has been stored.