

FHC Team Schedule for:
Grand Rapids High School Invitational Regatta

Friday: **All Rowers:** Arrive at Riverside Park, Boat Launch #2 at 3:30PM
Unload and rig boats. Light practice to row the racecourse. We will be off the water at approximately 6:00PM.

Saturday:

- Arrive Riverside Park **NO LATER THAN 6:45AM**
 - 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 7:30 AM
- Crews prepare their boats for racing
- First call to water at approximately 7:40 AM with 1st race at 8:00 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 3:00 – 5:00PM.

Sunday:

- Boat unloading and rigging at 2PM. While not mandatory, your presence is requested so that we can be ready to row at practice on Monday.
- 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.
- Please bring clothing appropriate for the weather. We have seen temperatures range from the low 40's to the high 70's over the years that we have been holding this event. It is better to bring more clothes than not enough! It is forecasted to rain on Saturday, please be prepared for wet weather!
- 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 4or 5 PM after all equipment has been loaded and is ready to head back to our boathouse.