



FALSE CREEK ROWING CLUB

FRIDAY NIGHT 500

Friday July 27th – 6 pm

The False Creek Rowing Club welcomes rowers in singles and doubles to a training camp on our waterway. It's a full moon, the high tide is at 7:47 pm and there are no events planned on the course.

What's going to happen:

We will give you a bow number so we can track the people on the water, and give you the run down on what to expect at 6 pm at the top of the ramp.

Launching from the Vanier Boat Ramp (after purchasing a parking pass for your car) at 6:30, we will make our way to Science World to have some 500 metre sprints in match racing stake race format: row 250 metres, round a buoy and sprint back to the start.

Getting to the sprint area will involve transiting to the Eastern end of False Creek. There will be ferry traffic, stand up paddle boarders, rental boats, pirate ships and kayaks out there to cheer you on. With fireworks the following day, there may be a large number of yachters anchored in the area and we may have to dynamically alter our planning of this event.

Please note that rowing will be interrupted by commercial vessel operations as necessary and you might find more wake on this course than on your own due to the ferries and other vessels on a Friday night.

On the way back, we can (subject to boat traffic, weather and water conditions) row out to Stanley Park past the fireworks barge.

Afterwards: wash off your boats and be welcomed at a BBQ at our compound before calling it a night.

The 500 Metre Business:

Depending on the volume of entries, we will do 2 flights: I will try to seed people for the first flight based on what I know of your reputation. For the second flight, we'll use the times from the first flight to seed people. As this is a friendly event, there will be no overall winner.

What do you need to do:

For this event we ask that all those involved be competent rowers. False Creek is a complex waterway and with the distances involved if you are still acquiring basic skills it will be very challenging participating in the events planned.

Registration is through the RCA Membership System: existing members of RCA will not have to pay RCA/Rowing BC membership fees. If you aren't a member of RCA and Rowing BC, you will need to purchase that membership as part of your registration.

Payments must be made through the RCA Membership System: if you do not complete payment, your registration will be cancelled.

To register:

Use your RCA membership ID and password and register for the **FCRC Friday Night 500 - July 27, 2018** program at: <https://membership.rowingcanada.org/JoinProgram?id=183>

Notes: This is not a sanctioned regatta: umpires will not be checking heel ties and bow balls, but it is expected that your boats will be safe to row for this event.

After registration:

We will contact you about what sort of burger you would like (beef or veggie), drink options and fill you in on the rest of it as the details get filled in.

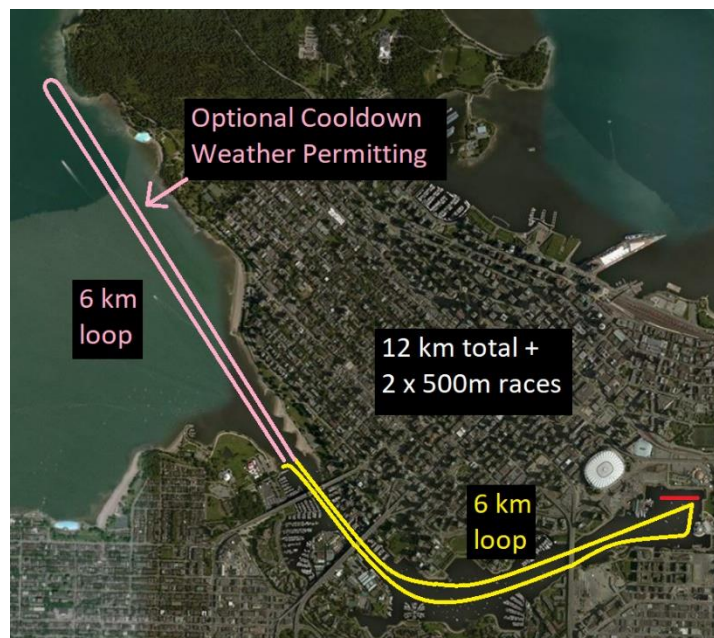
The planned course....



The transit to the start of the practice area.



The staging area of the practice. Starting on the west side, row to the east side, turn around your buoy then continue back to the start.



After the 500m sprints, we will head out to Stanley Park for a cool down row if it is safe to do so.