



Rower's manual

Venue

Competition arranged in Aurinkolahti Beach, Helsinki. Address is Urheilukalastajankuja 1, 00990 Helsinki. There are public parking in 50 – 100 meters from the beach. Parking is allowed only in places marked for parking.

You can arrive using public transportation. E.g. buss number 560 or Metro M1 take you close to the venue.

General rules for beaches are applied during the race. You are now allowed to go with a boat to areas reserved to swimming. Dogs and other pets are not allowed at the beach.

Detailed rules can be found from the following link:

<https://www.hel.fi/en/culture-and-leisure/outdoor-activities-parks-and-nature-destinations/public-beaches/helsinkis-public-beaches/aurinkolahti-beach>

Participants and schedules

Participant lists and race schedules are published in the web site

(<https://keravanurheilijat.fi/soutu/coastalbs>).

Results are published on the web site after the race day. Unofficial results can be seen at venue

Warm-up and cool down

After the first start of the race you are not allowed to warm-up on the race course. All activities should happen clearly away from the race area.

Chief Umpire info

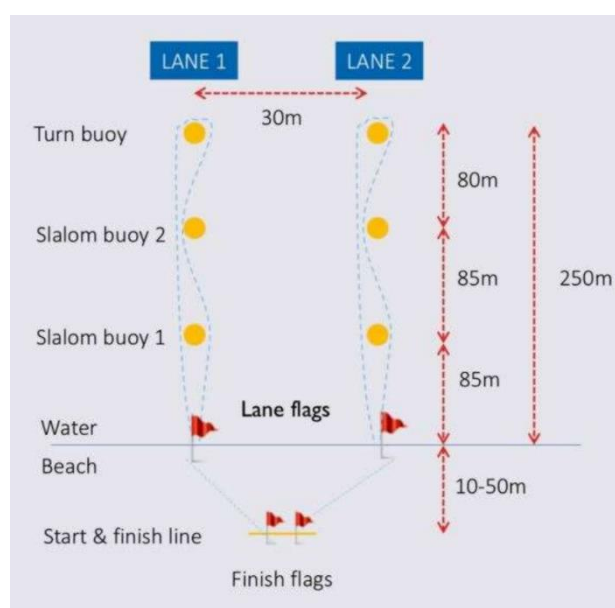
Chief Umpire info session for all racers will be at 10 at the race area. Another session before the heats if required.

Course

Course follows the regulations of international Coastal rules. Total rowing distance is about 500 meters. There are two lanes.

There are 3 buoys on each lane. While rowing outbound, rower zigzags the buoys. Third buoy is turning point. When rowing inbound rower comes straight to beach.

When rowing outbound, first buoy will stay on the right side of the rower, second will stay on the left side. Third is turning buoy. When rowing inbound all buoys will stay on the right side of the rower. When exiting the boat and heading to finish line, the lane flag will stay "inside", e.g. if you are on lane 1, flag stays on your left side and on the lane 2, it stays on your right side.





Qualifications, heats, finals

Every start will have two boats racing at the same time. Based on the qualification runs, boat will be placed on heats according to amount of boats on each category. Number of heats depends on the amount of boats on each category. Starts are every 10 – 15 minutes.

Start and finish line

Start is on the beach. After the Start command, rower runs to the shore and steps into boat. Assistants will keep the boat steady until rower is ready to row. When coming to shore after rowing the course, assistants are again keeping the boat. Rower steps off the boat and runs across the finish line. Timing begins from start command and ends when rower has crossed the finish line.

InC2X categories only one crew member will be on the start line, the other waits by the boat. Both crew members don't need to cross the finish line.

Boats

Organizator will arrange similar boats to race. Boats are manufactured by Swift and they are equipped with beach sprint fin, so they are pretty quick to turn. C1X boat model is C102 and C2x boat model is C202.

Rowers are recommended to use their own oars.

Boats are calibrated according to Coastal standard rig, see table below. Rowers can adjust only the blades, foot stretcher and seat pads. They are not allowed to change span, pitch, gate height or stretcher angle.

Standard Rig Tolerance

Span	160 cm	+/- 1 cm
Gate height	C18cm or max	
Ht. difference	Bowside 1 cm higher	+/- 0,5cm
Stern pitch	5°	+/- 1°
Lateral pitch	0,5°	+/- 0,5°
Stretcher angle	42° (flatter than 45°)	+/- 2°

Recommended – Oar length 280 – 286 cm /Inboard 86-88 cm

Race organizer has some Braca coastal oars for common use (282 cm)

Services on the beach

At the beach you can find following services: changing rooms, WC, cafe. There are no specific changing rooms or shower facilities reserved for rowers.

There are some restaurants and grocery stores at the nearby.

More information

Web site: <https://keravanurheilijat.fi/soutu/coastalbs>

Welcome!