



## **17 September 2022 - FGPC GUTS & GLORY CHAMPIONSHIPS RACE PACKAGE V2**

Hello team captains, coaches, managers and paddlers,

Welcome to the 2022 Guts & Glory races this coming Saturday located at FGPC's location along the Selkirk Waterfront (2940 Jutland Road). Please remember that this email is only going to captains and/or coaches who registered. Please forward the attached race schedule and housekeeping notes to your athletes. Spectators are welcome, and these three race formats over the day will provide paddlers and spectators with views of the entire race course throughout the day, from start to finish.

V1 of the race schedule is attached. In order to pace crews and groups of people throughout the day, we're "splicing" OC6 races with dragon boat races. The first race leaves the start line one kilometer south of the finish line (located at the main rowing dock below FGPC). This means teams need to load and get to the start line at Point Hope Shipyards 15 minutes BEFORE their race starts. So plan to muster your teams no later than 30 minutes before your scheduled start time to load and leave for the startline. Water marshals will guide you to the staggered start line at Point Hope Shipyards for the first staggered start race. Each boat will leave in 15-second intervals at fixed startlines throughout the day, with first race start-order based on seeding, and subsequent start-orders determined by previous times (from slowest to fastest off the mark).

1. Series 1 seeded races (9AM): 1000-meter straightshot racing from Point Hope Shipyards to FGPC's standard Halkett Island finish line (directly in front of the main rowing docks).
2. Series 2 semi-final races (11AM): 2K oval racing will start in staggered format at FGPC, head south to Bay Bridge along the west shore of the Gorge, then return along the east shore before turning (ama-side / port-side) around two large buoys located at the 250-meter marks before heading along the west shore for another lap before returning north to the Halkett Island finish line.
3. Series 3 final races (1.30PM): championship finals will field all teams in each hull category through a start-stop-start-finish sequence over 1000-meters, with the first start at FGPC, a turn around both stanchions of Bay Bridge, and a hard stop at the 750-meter mark followed by a held re-start for the final 250 meters.

The attached race schedule provides start times and start order numbers (which are also your boat numbers for each heat). So, if you're listed as an OC6 team in position 2, your boat number is also 2, and you'll advance to the start line and go exactly 15 seconds behind the boat in position 1. The same sequences hold true for dragon boats. We intend to run on schedule, and never more than 15 minutes behind or ahead, so please pay close attention to the schedule and shoreside marshals for instructions. If in doubt, ask the head marshal at the marshalling area located in the breezeway by the pond.

### **Steers' Meeting**

The steer's meeting will be held at 8:15 am on the rowing (centre) dock. As usual, important instructions will be provided at this meeting, and attendance will be taken.

### **Marshalling**

Teams will marshal on the west side of the breezeway by the pond. OC6 ultralights will be stationed at the south dock, and dragon boats will be stationed at the main rowing dock. Please prepare to marshal 30 minutes before your start time, and load promptly when instructed by the shoreside marshals.

### **Amenities**

1. 10x10 tents will be supplied by FGPC for each registered team and will be placed along the perimeter of the main upper rowing dock and promenade area (between FGPC and the pond). No tents will be located on or along the streetside of our facility for this event; all teams and marshaling will be placed on the waterside of FGPC and surrounding deck and dock surfaces. Supplied tents are set up in advance by FGPC staff and available to teams on a first come, first served basis
2. public washrooms and portable toilets will be available in the breezeway area
3. limited food and beverages will be supplied by volunteers, including fresh baked goods, cold drinks and coffee; please bring cash to enjoy these snacks
4. Waterfront Outfitters will be open as well; please drop in to see what fall hoodies and long-sleeve shirts are available for winter training
5. teams must check-in (captains only) at the race management tent directly in front of FGPC's gym on the upper deck. Only team captains should check in on arrival
6. please prepare for changing weather; no wind is forecast as of publication, with some cloud cover and warm temperatures, but weather can change. Tides are flooding throughout the races on 17 September (meaning north-bound paddling will be faster than southbound)
7. medals will be awarded at the end of the day immediately after the championship rounds.
8. surface parking lots and street parking in the Selkirk Waterfront area have been made available to race participants; please refrain from using "RESERVED" and commercial spots, which will be ticketed

FGPC looks forward to greeting everyone for this fun and challenging event. Please joining us in thanking the sponsors and supporters who have made this event possible, including Ralmax, Point Hope Shipyards, Jawl Properties, St Michaels University School, Gorge Narrows Rowing Club....and you!

Paddles up,

The FGPC race management team