



Palm Beach Rowing Regatta

Schedule of Events

Oct 11, 2008



Event #	Boat Type	Classification	Heat/Final	Start Time	Start Format	Distance (meters)
1	Single	Women's 1x Rec	F	8:30 AM	Interval	1500
		Traffic		8:45 AM		
2 a	Single	Men's 1x Racer	F	9:00 AM	Interval	1500
2 b	Single	Men's 1x Rec	F	9:15 AM	Interval	1500
3	Double	Mixed 2x Racer	F	9:30 AM	Interval	1500
		Traffic		10:00 AM		
4 a	Single	FAU Race 1	F	10:15 AM	Sprint	1000
4 b	Single	FAU Race 2	F	10:30 AM	Sprint	1000
5	Double	Men's 2x/2- Racer	F	10:45 AM	Interval	1500
		Traffic		11:00 AM		
6	Dory	Palm Beach Marine Institute	F	11:15 AM	Sprint	500
7 a	Dory	Bartender's Cup	Heat A	11:30 AM	Sprint	750
8 a	Dragon Boats	Dragon Boats	F	11:45 AM	Sprint	500
9	Four, Eight	Men's 4+ / mixed 8	F	12:00 PM	Interval	1500
		Traffic		12:15 PM		
7 b	Dory	Bartender's Cup	Heat B	12:30 PM	Sprint	750
8 b	Dragon Boats	Dragon Boats - Spectators	F	12:45 PM	Sprint	250
		Traffic		1:00 PM		
7 c	Dory	Bartender's Cup	Heat C	1:15 PM	Sprint	750
8 c	Dragon Boats	Dragon Boats	F	1:30 PM	Sprint	500
10	Dory	Grand Final Bartender's Cup	Final	1:45 PM	Sprint	750
		Traffic				
11	Kayaks	Green Row - "Burn Calories Not Carbon!" - MacArthur Park	F	2:00 - 5:00 PM	Interval	500

"GREEN ROW" will be free format, self started and self timed. Boats will launch at their own pace with the last start at 4:30 pm. Boats will clear the course prior to 5:00 pm. The winner will be those who experience a beautiful day on the ICW!

"Interval" starts will use a Head-Race format. Boats will be launched at 15 to 20 second intervals and will race against the clock. The winner will be the boat with the fastest time overall.

"Sprint" starts will align two to three boats across along a straight course and start simultaneously. The winner will be the first boat to cross the finish line.

If only three boats or fewer are entered in the same event, the organizing committee reserves the right to combine events or to switch from an interval start to a sprint start.