

The Start

Consistency and fairness



It's important

- The most formal point of contact between athletes and officialdom
- The time of highest tension on the water
- The most adrenal part of our role

STAY CALM



Taking the time to get it right



- Regattas very ***occasionally*** run behind time
 - Crews ***can*** struggle to attach or point in the right direction
- BUT
- All crews deserve to get what they expect
 - All crews should get the same treatment
 - **Frameworks Foil Foul-ups**

Key elements to the Start

- Call over – race no., event, crew then station
- “Two minutes” – when crews ARE attached unless you are going to sanction them for tardiness
- Official Warning – **N**ame, **I**nfringement, **P**enalty (and acknowledgement)
- Race announcement – race number, event, outcome if applicable

And then we have a slide about Masters' Starts

The periodic table of the elements

1 H 1.01	Alkali metals																Noble gases						2 He 4.00			
3 Li 6.94	4 Be 9.01	Alkaline earths																Non-metals								
																	5 B 10.8	6 C 12.0	7 N 14.0	8 O 16.0	9 F 19.0	10 Ne 20.2				
11 Na 23.0	12 Mg 24.3	Transition metals										Metalloids						Non-metallic								
																	13 Al 27.0	14 Si 28.1	15 P 31.0	16 S 32.1	17 Cl 35.5	18 Ar 39.9				
19 K 39.1	20 Ca 40.1	21 Sc 45.0	22 Ti 47.9	23 V 50.9	24 Cr 52.0	25 Mn 54.9	26 Fe 55.8	27 Co 58.9	28 Ni 58.7	29 Cu 63.5	30 Zn 65.4	31 Ga 69.7	32 Ge 72.6	33 As 74.9	34 Se 79.0	35 Br 79.9	36 Kr 83.8									
37 Rb 85.5	38 Sr 87.6	39 Y 88.9	40 Zr 91.2	41 Nb 92.9	42 Mo 96.0	43 Tc (97)	44 Ru 101.0	45 Rh 102.9	46 Pd 106.4	47 Ag 107.9	48 Cd 112.4	49 In 114.8	50 Sn 118.8	51 Sb 121.8	52 Te 127.6	53 I 126.9	54 Xe 131.3									
55 Cs 132.9	56 Ba 137.3	Lanthanides and actinides										72 Hf 178.5	73 Ta 180.9	74 W 183.8	75 Re 186.2	76 Os 190.2	77 Ir 192.2	78 Pt 195.1	79 Au 197.0	80 Hg 200.6	81 Tl 204.4	82 Pb 207.2	83 Bi 209.0	84 Po (209)	85 At (210)	86 Rn (222)
87 Fr (223)	88 Ra (226)	Lanthanides and actinides										104 Rf (267)	105 Db (270)	106 Sg (269)	107 Bh (270)	108 Hs (270)	109 Mt (278)	110 Ds (281)	111 Rg (281)	112 Cn (285)	113 Nh (286)	114 Fl (289)	115 Mc (289)	116 Lv (293)	117 Ts (293)	118 Og (294)

Lanthanides and actinides

57 La 138.9	58 Ce 140.1	59 Pr 140.9	60 Nd 144.2	61 Pm (145)	62 Sm 150.4	63 Eu 152.0	64 Gd 157.3	65 Tb 158.9	66 Dy 162.5	67 Ho 164.9	68 Er 167.3	69 Tm 168.9	70 Yb 173.0	71 Lu 175.0
89 Ac (227)	90 Th 232.0	91 Pa 231.0	92 U 238.0	93 Np (237)	94 Pu (244)	95 Am (243)	96 Cm (247)	97 Bk (247)	98 Cf (251)	99 Es (252)	100 Fm (257)	101 Md (258)	102 No (259)	103 Lr (262)

The Economist

Old dogs, (some) new tricks

- Much is unchanged
- Use the given wording
- Use a stopwatch (even if you have another aid)
- Use your mates
- Be ready before the race attaches



NEW COUNTDOWN PROCEDURE

Page 25: - *If there are entries from 3 age categories in a race there will be two separate countdowns, for example Go-5-4- 3-2-1-Go-4-3-2-1-Go for a six second handicap between crews A and B followed by a 5 second handicap between crews B and C*

Back to the future Start

- Wait for crews (and course) to be ready
- – deliberate
- Roll call
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- “Attention”
- “slowly and deliberately” raise a red flag
- Distinct and variable
- “Go” and drop the flag simultaneously

