

# The Start

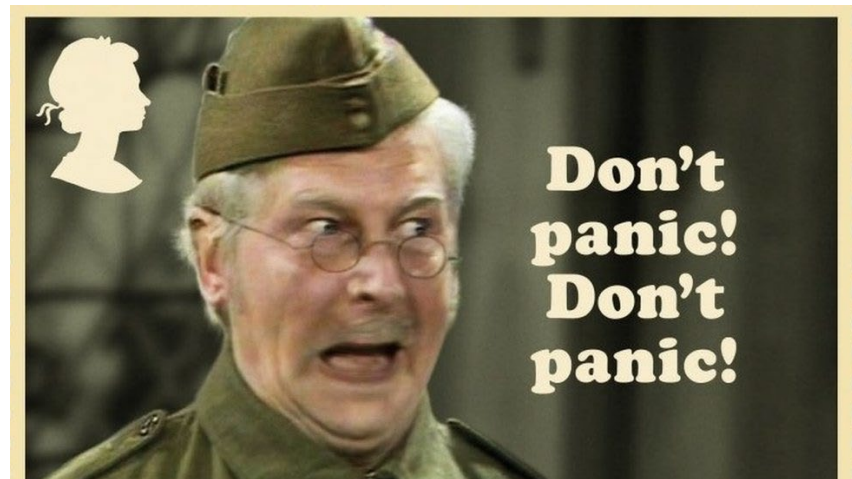
Consistency and fairness



# 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.
- Countdown in minutes *UNLESS the event has said otherwise*
- “Two minutes” – when crews ARE attached (unless you are going to sanction them for tardiness)
- Official Warning – **Name, Infringement, Penalty** (and **acknowledgement**)
- Race announcement – race number, event, outcome if applicable

And then we have a couple of slides about Masters’ Starts

The periodic table of the elements

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

Lanthanides and actinides

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

The Economist

# Old dogs, same fleas (1)

Out with the old

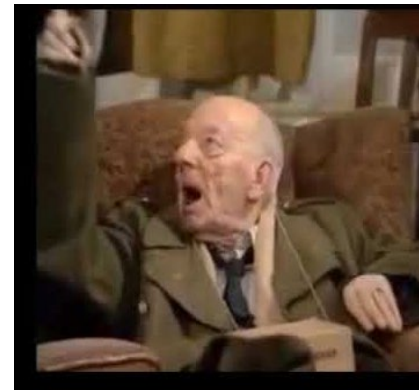


in with the new MAYBE


- In square brackets below the POSSIBLE changes for 2026
- The starter confirms the crews' age categories, the handicap [age adjustment] and start order
  - This is a Masters Handicap race. [This is a Masters age adjusted race]
  - Crews [..] you are Masters [..] and will start first,
  - Crew(s) [..] you are Masters [..] and will start second.
  - Please **confirm**.
  - The handicap [age adjustment] is [x] seconds.
- Each crew is required to acknowledge that the information is correct.


# Old dogs, same fleas(2)

- Be ready before the race attaches
- Use your mates
- Use the given wording
- Use a stopwatch (even if you have another aid) – “for second and subsequent starts the starter shall use a stopwatch” 7-3-4e
- Count down aloud
- Raise and drop the red flag on each ‘Go’
- Use your mates



# Back to the future Start

- Wait for alignment, for crews and course to be ready
- Roll call
- Short  while making final checks

- “Attention”
- “slowly and deliberately” raise a red flag
- Distinct and variable 
- “Go” and drop the flag simultaneously



# The “quick start”

- 7-3-4k (*Poor conditions*)
  - In exceptional circumstances the Starter may omit the full ‘Roll Call’ having previously told the crews **‘Quick Start’** and replacing the ‘Roll Call’ with **‘All Crews’**



For when it's like this



- NOT for ‘catching up’
- Not for crews who are delaying the start – that’s an Official Warning

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