2026 EDITION

AEROBIC MONSTERS

International Singles Regatta

AC

MS

Race Day:

October 25th

Race Start:

11H

Row fast, die last.

Organização

CLUBE NAVAL INFANTE D. HENRIQUE

Apoios

NELO ROWING

UNIÃO DAS FREGUESIAS de Gondomar (S.Cosme), Valbom e Jovim

ESTAÇÃO NÁUTICA GONDOMAR

GONDOMAR é Ouro

MUNICÍPIO DE GONDOMAR

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GENERAL LAYOUT

CLUBE NAVAL
INFANTE
D. HENRIQUE



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SCHEDULE - RACE DAY

CLUBE NAVAL INFANTE D. HENRIQUE

Briefing: 09:00

Boarding start from: 10:00

Race Start: 11:00

Victory ceremony: 12:30

Lunch service: 13:30

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START PROCEDURE

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Pre-positioning at round white buoys (**5 MINUTES TO START**)

- 2 alignment lines
- 1 line for odd numbers
- 1 line for even numbers

Individual Flying Start, with **30 seconds intervals between competitors**

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RECOMMENDATIONS

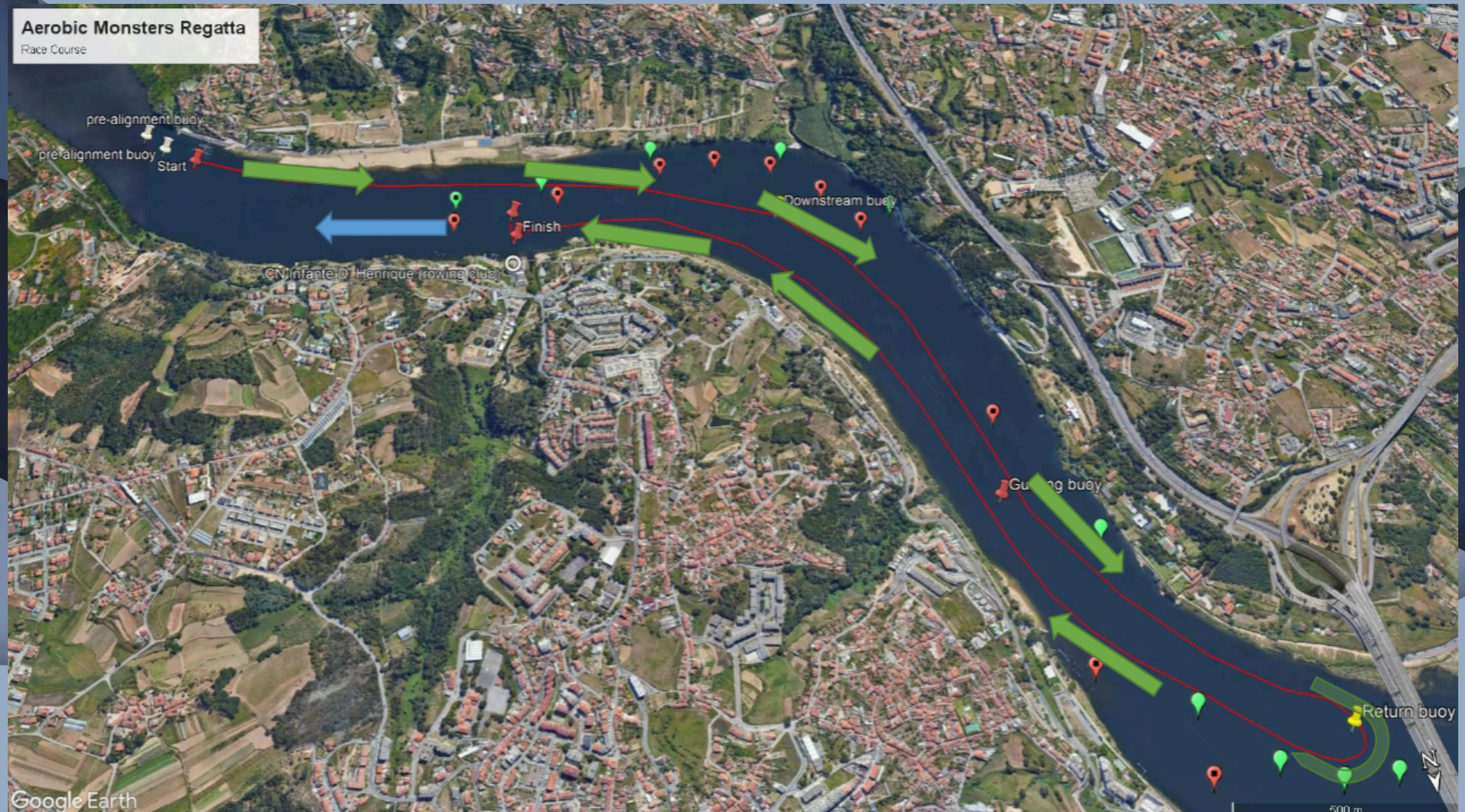
CLUBE NAVAL INFANTE D. HENRIQUE

- Avoid confusion on boarding pontoon
- Boarding is Priority - **when YOU FINISH, DON'T STOP** and go upstream 500m to stay on water until all competitors have boarded
- Warm-Up Circulation is in Clockwise Direction - **it's a mandatory rule**!
- Beware with navigation buoys (green or red)
- Regatta Yellow Buoys are "sausage" style (different from others you can meet)
- Cross the finish Line between Big Red buoys, to allow umpires to identify you correctly
- Keep your boat safe -Organization is not responsible for any damages
- **Stay ON time** with Schedule

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Race course

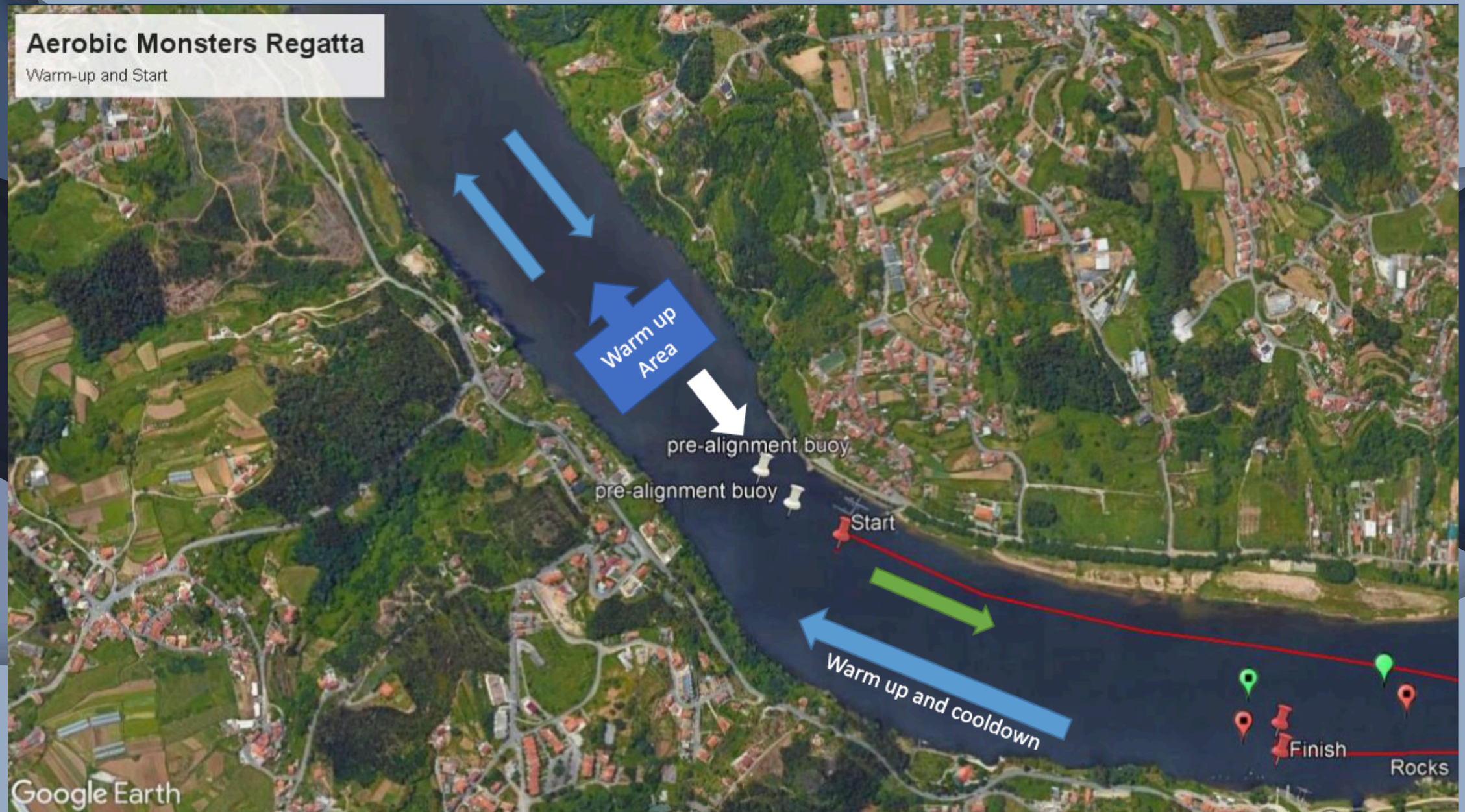
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Warm-Up and Start

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Downstream buoy

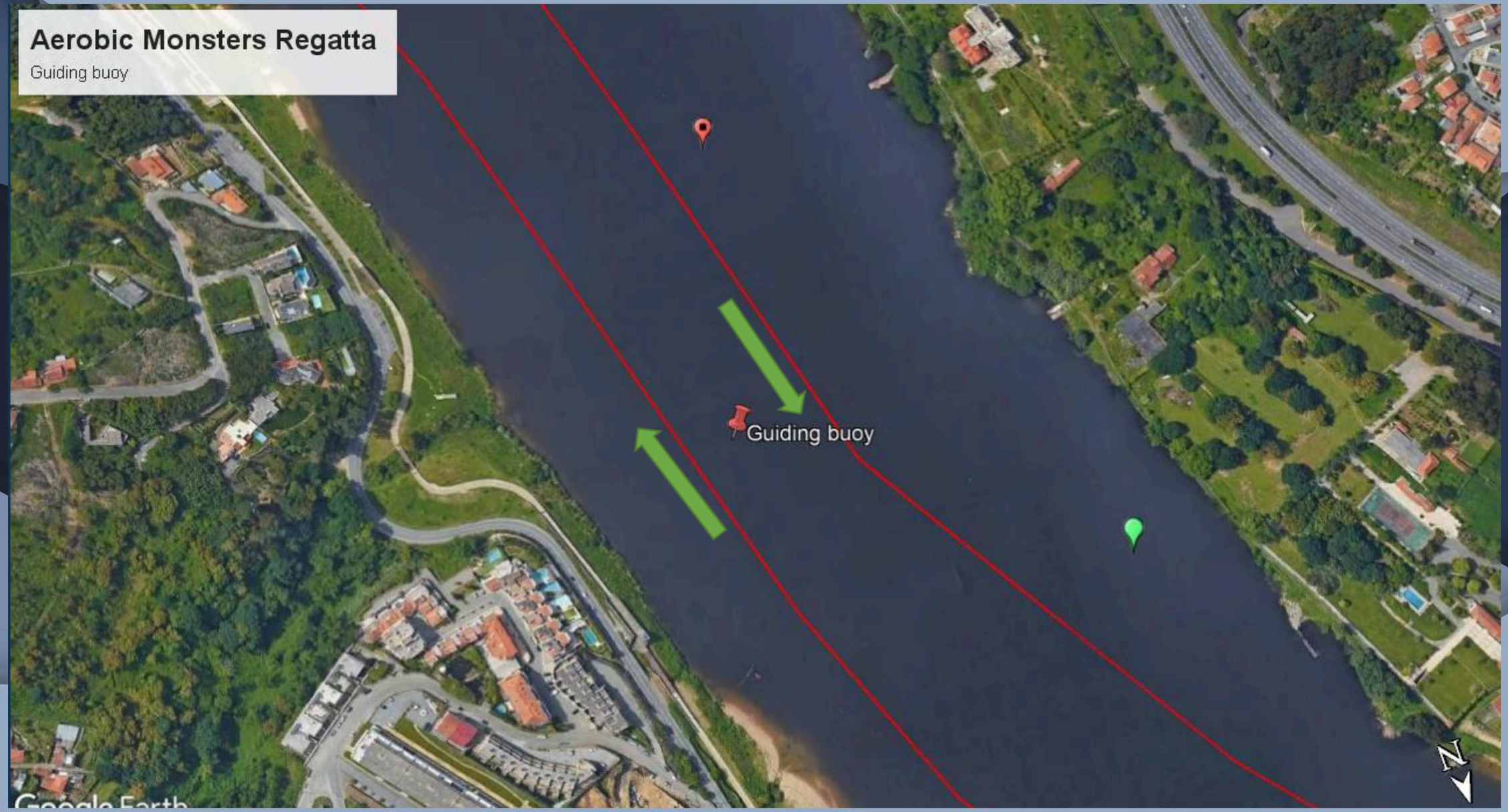
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Guiding buoy

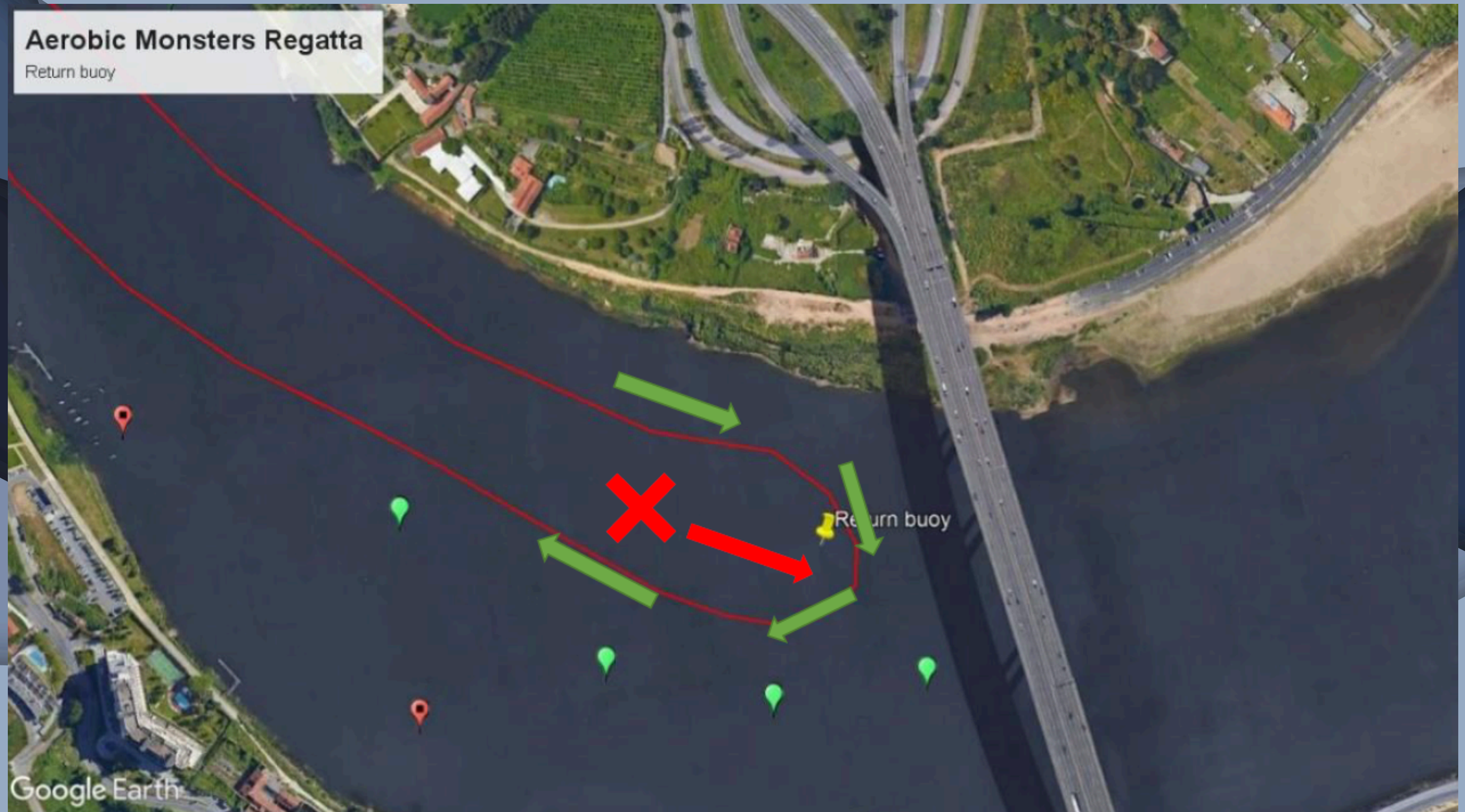
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Return buoy

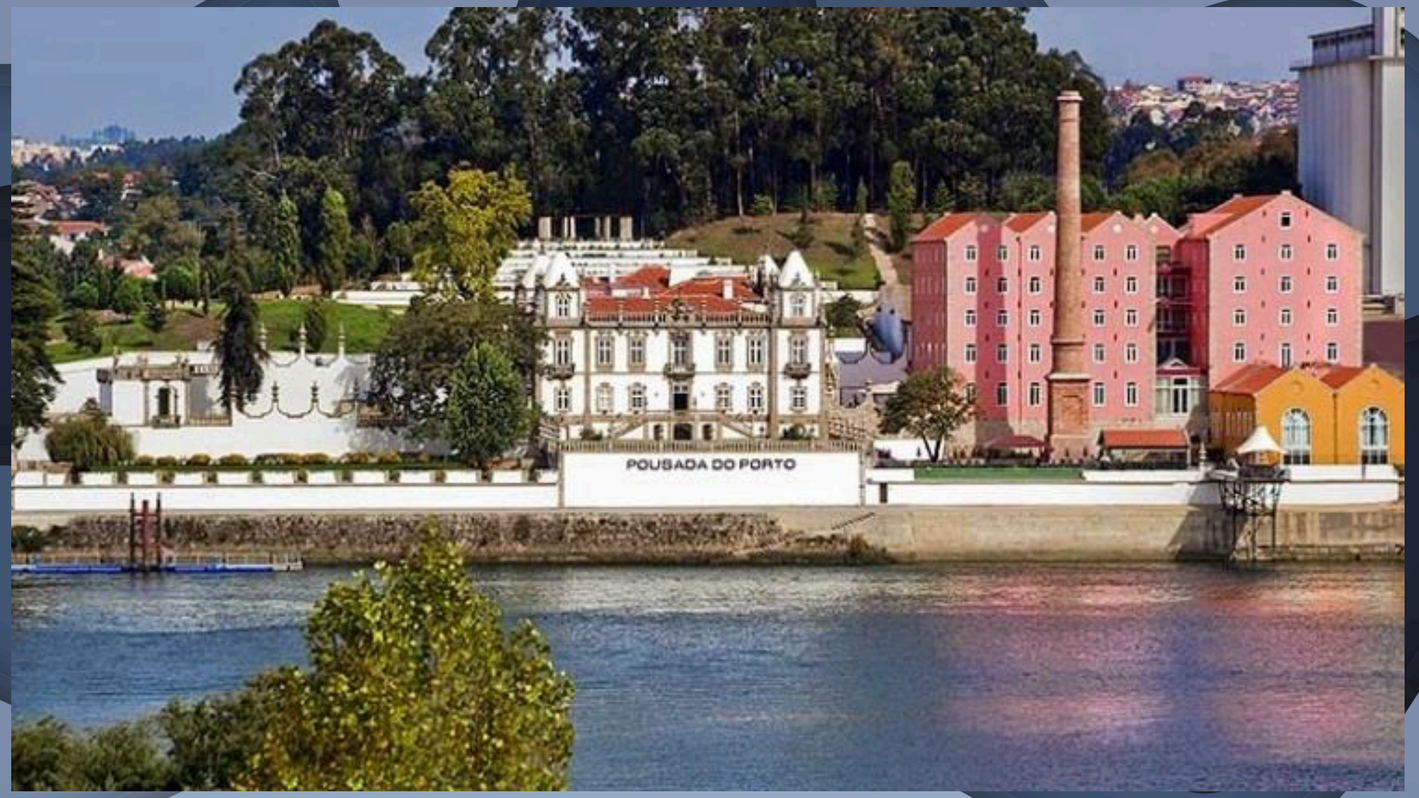
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Return buoy

CLUBE NAVAL
INFANTE D. HENRIQUE

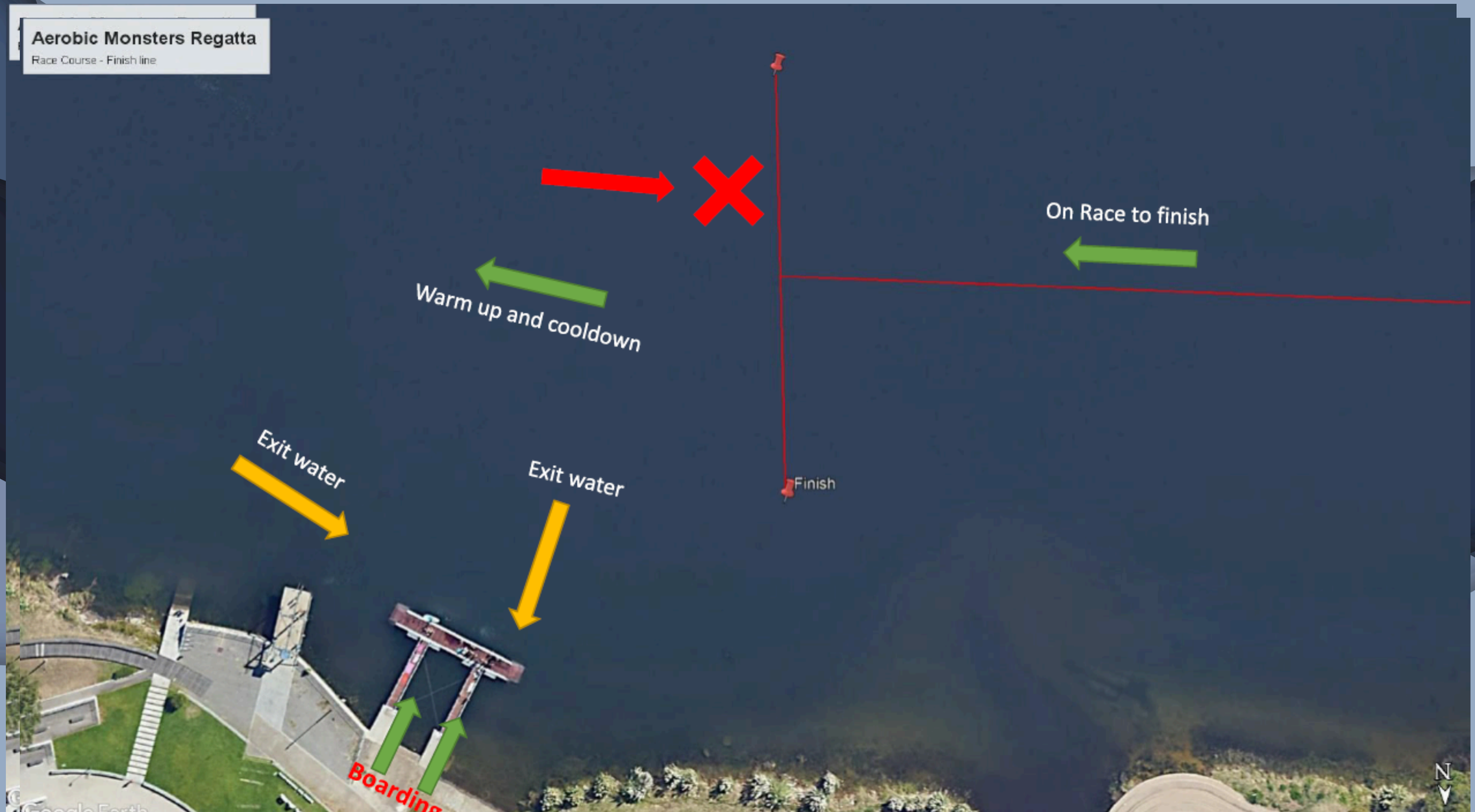


Palácio do Freixo

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Boarding and exit water

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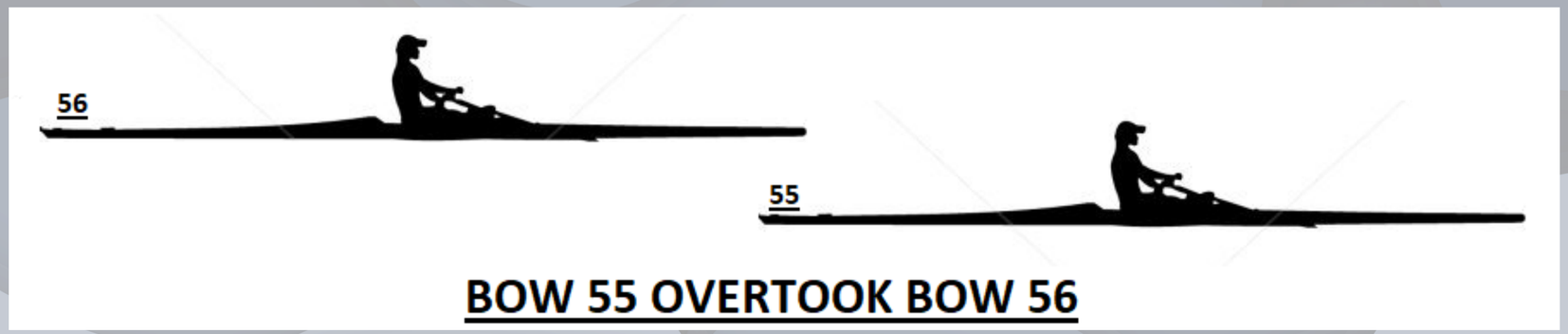


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FAIR PLAY

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- Priority to the Lowest bow number
- Umpires will be at strategical points and will not follow competitors



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PENALTIES

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- FALSE START: 30 seconds penalty
- FAIR-PLAY violation: 30 seconds penalty
- MISSING DOWNSTREAM YELLOW BUOY= 5 minutes penalty
- MISSING RETURN YELLOW BUOY = DESQUALIFICATION

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Good luck and enjoy!!