

## How Regattas Work

Events are divided by men/women, experience level categories, weights, and disciplines.

### Two Disciplines:

**Sweep Rowing:** Athletes row with one oar

8+	eight rowers plus one coxswain
4+	four rowers plus one coxswain
4-	four rowers without coxswain
2+	pair plus coxswain
2-	pair without coxswain

**Sculling:** Athletes row with two oars one in each hand

8x	octuple eight rowers plus one coxswain, very rare
4x	quad four rowers with or without a coxswain
2x	double two rowers, no coxswain
1x	single one rower

### Race Course

Depending on the course, races will usually be 1,500 meters. Buoys mark the start; finish and poles mark landmark meters along the river. (eg. 1000, 750, 500, ext)

Each boat is given a number; it is called a bow marker it is used to identify the boat and the lane. On our river, lane number 1 is closest to the shore.

Seat positions in each boat are numbered from bow to stern. The bow seat is always #1 and the last seat in the boat is called the stroke seat, depending on the boat; it can be #4 or #8.

Race officials follow each race in a motorized launch to monitor safety and fairness.