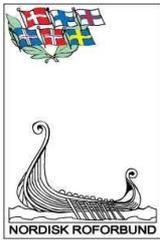


FAQ - FREQUENTLY ASKED QUESTIONS



Q: IS THE RACE OPEN FOR INTERNATIONAL ROWERS?

A: Yes. The more the merrier!

Q: BUT WHAT HAPPENS IF A NON-NORDIC TEAM WINS?

A: The winning international crew will be crowned Nordic/Swedish Open Champion.

- The best Nordic Team will become Nordic Champion

- The best Swedish Team will become Swedish Champion.

Q: BUT WHAT IF...?

A: Don't worry. We will solve it.

Q: I WANT TO COMPETE IN MANY RACES. CAN I DOUBLE UP (ENTER 2 OR MORE RACES)?

A: The schedule can get very tight depending on weather and if there will be heats. Doubling up will most likely be possible, but not very comfortable.

Q: WILL THERE BE MASTERS CLASSES?

A: The classes in NRCC/SRCC will be Open Classes only. If many master teams enter we might add a prize for best masters crew.

Q: WILL THERE BE JUNIOR CLASSES?

A: The classes in NRCC/SRCC will be Open Classes only. If many junior teams enter we might add a prize for best junior crew. For security reasons we will not allow juniors to enter the 1x races. For team boats we recommend ages 16+. Note: We put great emphasis that all teams and team leaders have safety as a priority and understand the risks of coastal rowing. The water outside Helsingborg can be very tough in windy conditions.

Q: WE WILL GO TO THE RACE BY PLANE AND IT'S HARD FOR US TO BRING BOAT AND OARS. WHAT SHOULD WE DO?

A: We have boat pool for the regatta. The rental includes boat, oars and life jacket.

Q: WE WANT TO ENTER THE 4X+, BUT WE DON'T HAVE A COX. CAN YOU PROVIDE ONE?

A: No, sorry.

Q: NRCC WILL BE THE FIRST TIME I/WE TRY COASTAL ROWING, ANYTHING WE SHOULD THINK ABOUT?

1. Please, take time to try coastal rowing before racing. Even if you are an experienced rower on flat water, it is a lot different to row in waves.
2. NOTE: The water outside Helsingborg can be very difficult in windy conditions.
3. Take time to read the FISA coastal appendix so you are up to date with the rules of racing.

Q: WHERE SHOULD WE STAY?

A: We do not have any hotel bookings. Check out www.hotels.com or www.airbnb.com

Q: WE CAN'T ATTEND CAPTAINS MEETING. CAN SOMEONE ELSE DO IT FOR US?

A: The captains meeting will be done digitally for this years edition. Every team captain (one rower per boat) MUST however view this in order to start the race.

Q: HOW DO I TRAVEL TO HELSINGBORG? (INTERNATIONAL)

A: Fly to Copenhagen Airport. Take the train (about 1h) from CPH Airport to Helsingborg. The rowing club and race venue is about 1 km north of the central station.

Q: WHAT IS THE ADDRESS?

A: "Helsingborgs Roddklubb, Båthusgatan 11, 252 67 Helsingborg"

Q: WILL THERE BE LUNCH AND BEVERAGES?

A: No. But the club is located very central. There are lots of shops and restaurants close by.

Q: I WANT TO GET A SOUVENIRS?

A: Yes. We will have a small shop with some HRK clothes and gear.

Q: WILL THERE BE A BBQ OR PARTY ON SATURDAY?

A: There will be no party or BBQ due to the Covid 19 restrictions.

Q: I NEED MORE INFO. WHERE CAN I GET IT?

A: Check out the race website: www.facebook.com/swedishrowingcoastalchampionships/



HELSINGBORG

