

Coastal Rowing Module Timetable, Lithuania (General)		
Day 1 Thursday, 17 th Aug	Day 2 Friday, 18 th Aug	Day 3 Saturday, 19 th Aug
13:00 – 13:30 Registration and check in	07:00 – 8:30 Breakfast	07:00 – 08:00 Breakfast
13:30 – 13:55 Coffee / tee	09:00 Rules of racing	09:00 Shuttle bus to the regatta venue
14:00 Coastal Rowing Module opening (Guin Batten, Saulius Ritter)	11:00 Race Logistics (Theory)	11:00 Practice in the Coastal Rowing Beach Sprint Championship
	12:00 Running a practice regatta (Theory)	
14:15 Introduction of Coastal Rowing Module programme (Mykolas Masilionis)	13:00 Lunch	
14:50 Shuttle bus to the beach	14:30 Shuttle bus to the beach	
15:30 Beach Orientation	15:00 Rotation Dynamic Risk assessment / Measuring a beach sprint course.	
16:00 Float Plan and DRA	16:00 – 16:30 Coffee break	
16:30 Launching and Landing Skills	16:30 Race skills and coaching task	
17:00 – 17:30 Coffee break	18:40 Shuttle bus to the hotel	
17:30 Rescue drills	19:10 Recap and close of the day	
18:00 Slalom	19:30 Dinner	
18:50 Shuttle bus to the hotel		
19:10 Recap and close of the day		
19:30 Dinner		

Coastal Rowing Module Timetable, Lithuania (Umpires)	
Friday, 18 th Aug	
14:00 Coastal rowing (endurance)	
16:00 Coffee break	
16:30 Beach sprints	
19:30 Dinner	