

Cambridge Rindge and Latin at Groton

Boys & Girls

Saturday, May 2, 2026

- 1:00 Coxswains Meeting for all crews (1-5) -- Draw for lanes
Immediately after the meeting, CRLS coxswains go out over the course in the launch with their lanes in mind. Groton coxes optional tour.
- 1:30 5th boat girls launch
- 1:35 5th boat boys launch
- 2:00 **5th boat girls RACE***
- 2:05 **5th boat boys RACE****
- 2:10 Fourth girls boats launch immediately after the start of the boys race
- 2:20 Second boys boats launch
- 2:40 **Fourth girls boats RACE***
- 2:50 **Second boys RACE****
- 2:55 (Immediately after the beginning of the Second boys boat race) Third girls boats launch
- 3:00 Fourth boys boats launch
- 3:25 **Third girls boats RACE***
- 3:30 **Fourth Boys RACE****
- 3:35 Second girls boats launch
- 3:40 Third boys launch
- 4:05 **Second girls boats RACE***
- 4:10 **Third boys boats RACE****
- 4:15 First girls Launch
- 4:20 First boys Launch
- 4:45 **First girls RACE***
- 4:50 **First boys RACE****

* Following your race, go below the bridge and **wait there** until the conclusion of the race that directly follows yours. (That is, wait for the boys race to finish.)

** You **must wait well upstream** above the dock for the beginning of the race that precedes yours.

After the girls have begun their races, boys boats will have time and room to continue their warm-up past the dock but not beyond the first buoy of the course. Note that the starting time is only five minutes after the girls race. There is really only time for one more practice start.

GENERAL INSTRUCTIONS TO ALL CREWS: Every pair of races will follow the following pattern: four boats will be warming up in their lanes while four boats will be returning to the dock after their races. In every case, **returning boats must proceed slowly and cautiously and keep to the right.** (This is exactly the way that automobiles travel on the highway.) **Crews warming up for a race have right of way.** For example, a crew warming up in lane 2 ought to be able to continue to do so, any returning crews moving well to the right and stopping.