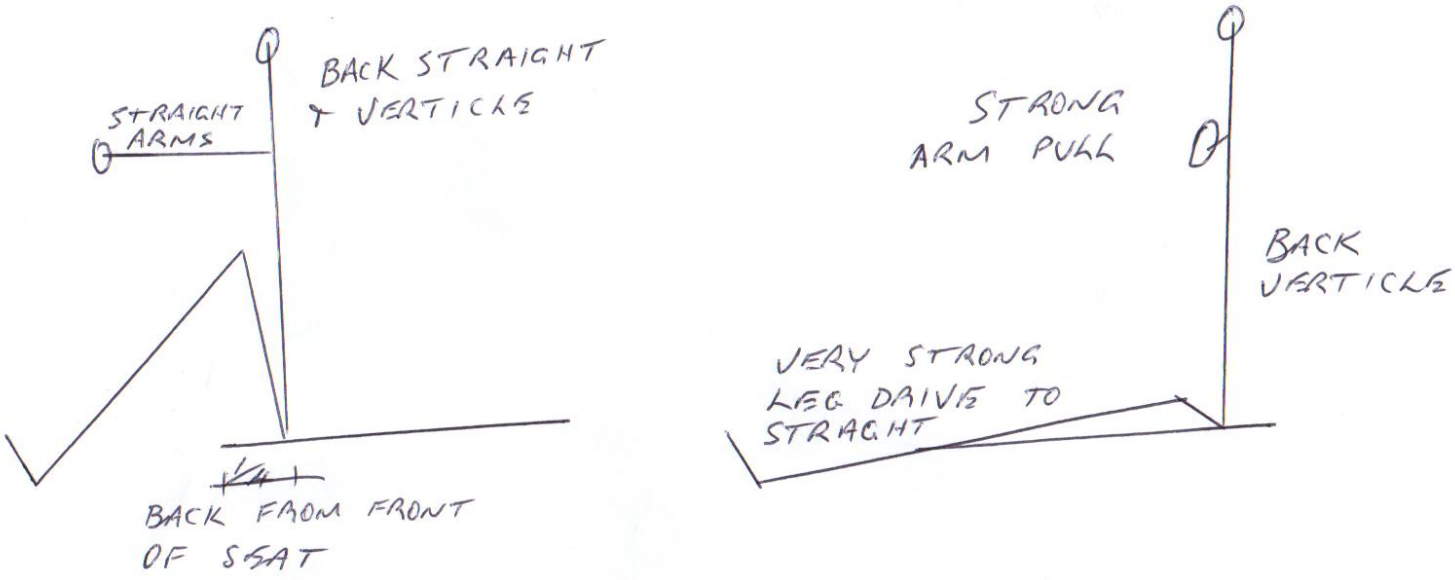
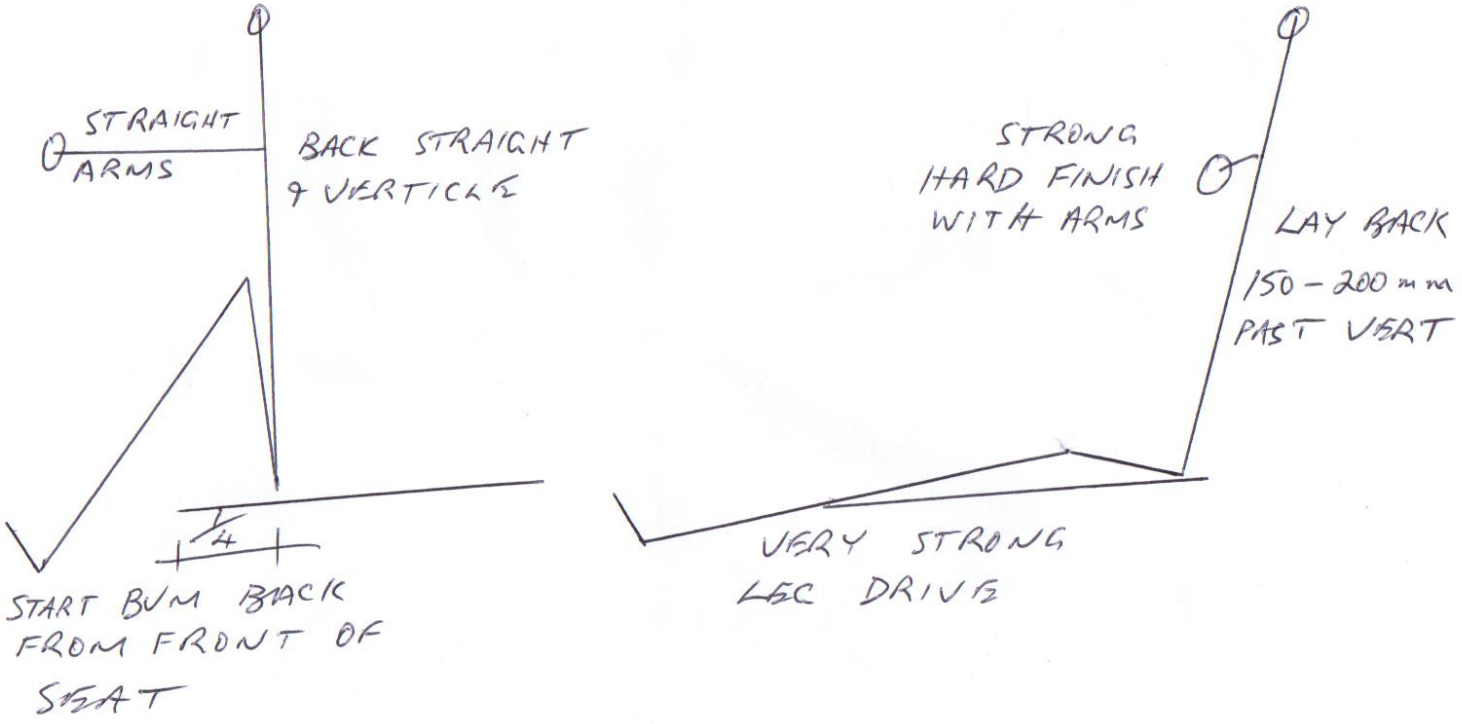
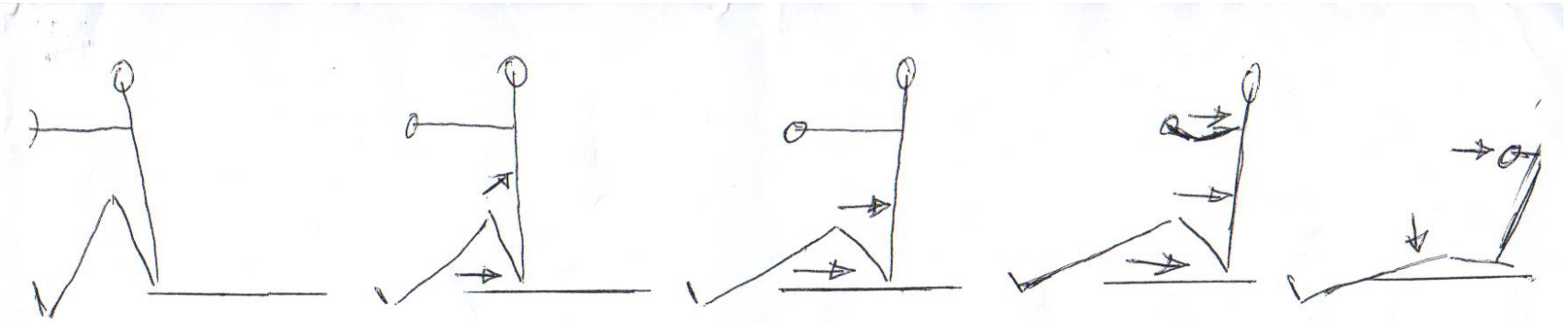
Race start off the beach and first 6-8 strokes after the buoy turn are power strokes. Shorten the slide at the front, back upright and straight, strong leg drive laying upper body to about 1 O'clock, strong arms. Your getting no boat run across shallow water and after the turn your trying to generate as much speed as quickly as possible



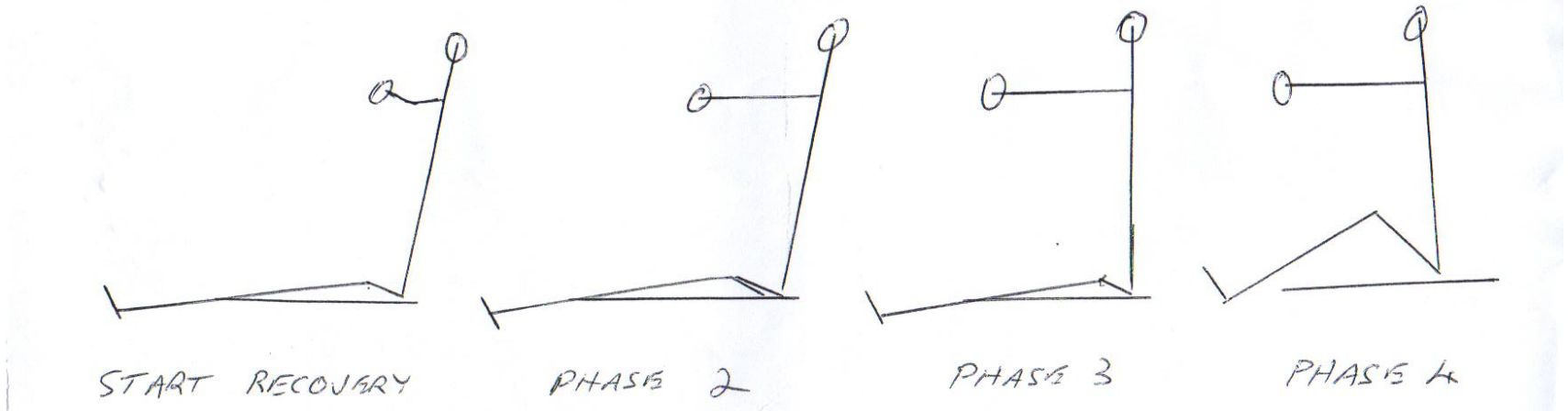
Chasing Runs: shorten up front slide stopping about ¼ from the front. Can use a hard and bit longer lay back pushing the combined weight into the bow. Rating increases on the shorter strokes than as you feel the boat run you can hang at the finish to milk the run increasing rating again as needed to stick in front of the swell.



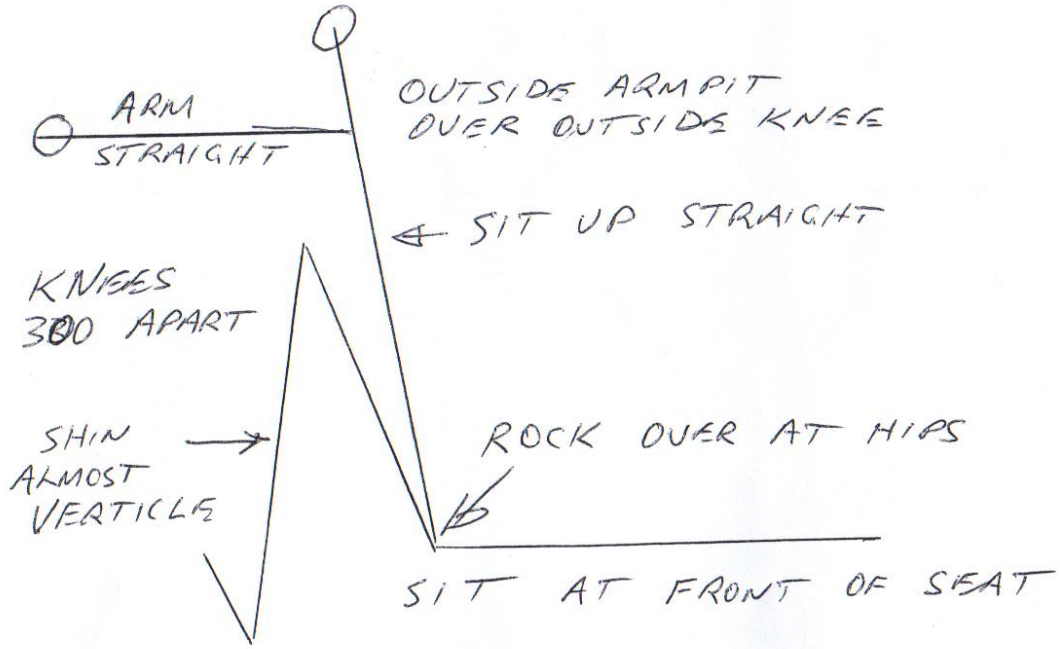
LIFT RATING
FROM 28 – 38 STROKES/MIN



Catch, compressed to front of seat, outside arm over outside knee	Drive phase 1 and 2 is to squeeze off the feet while opening the angle under the knees and the hips at about the same time	Only start to bend the arms once going past square off.	Body swing should be 10 o'clock at catch, 2 o'clock finish

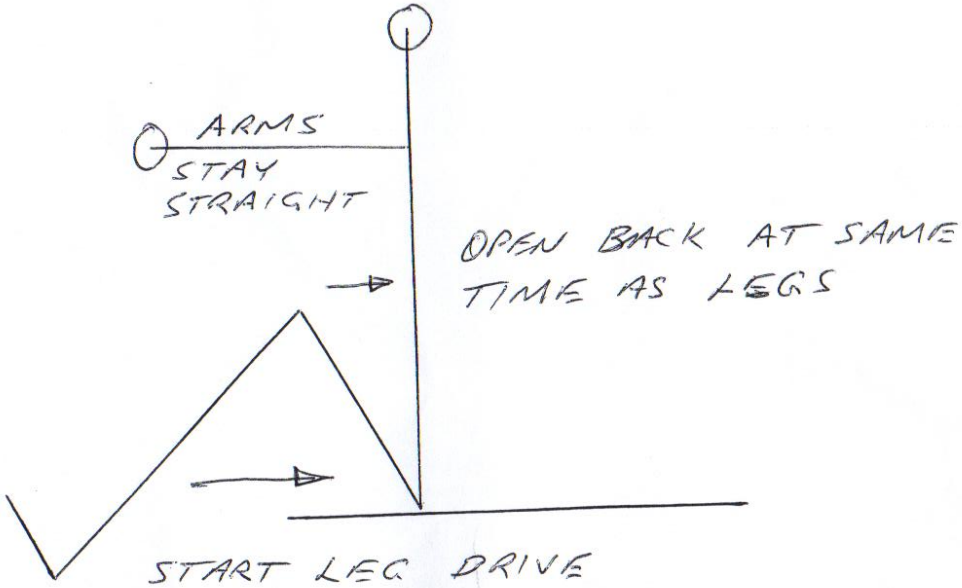


Start recovery with fast hands to lift blade out of water, then Phase (2) controlled hand speed (don't rush) away from the body until the hands clear the knees, Phase 3 we rock over at the hips while sitting tall and Phase (4) lift the legs allowing the boat to slide under you.

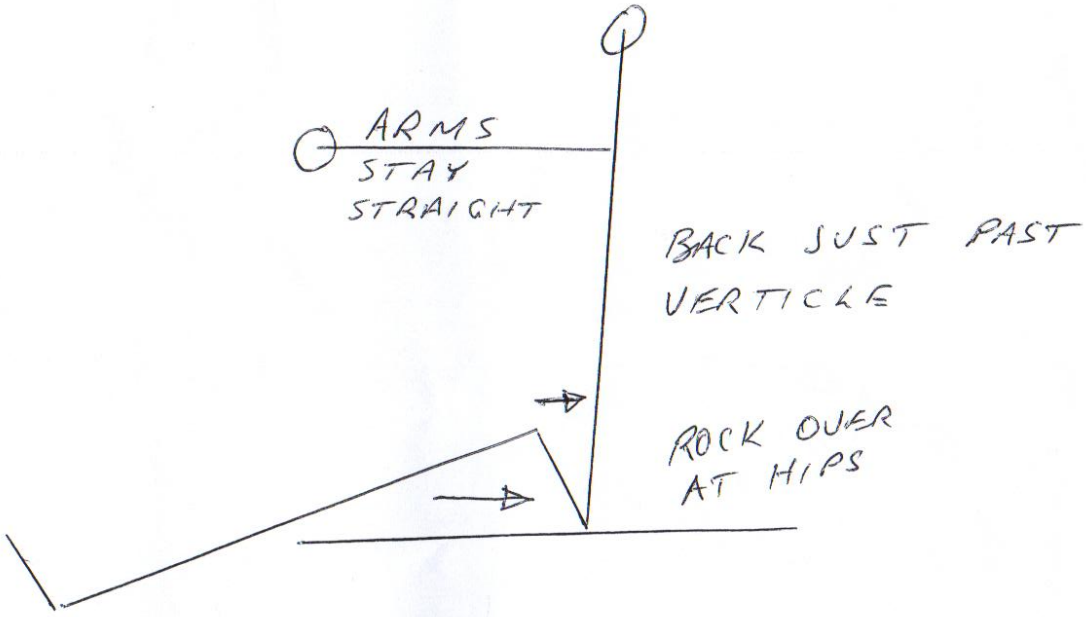

ARM
STRAIGHT
OUTSIDE ARMPIT
OVER OUTSIDE KNEE
SIT UP STRAIGHT
KNEES
300 APART
SHIN
ALMOST
VERTICLE
ROCK OVER AT HIPS
SIT AT FRONT OF SEAT

1

CATCH

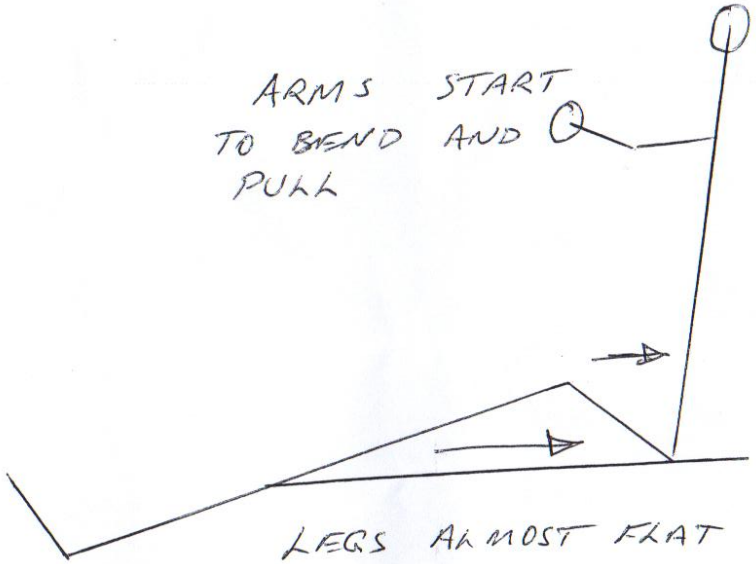


DRIVE PHASE (1)

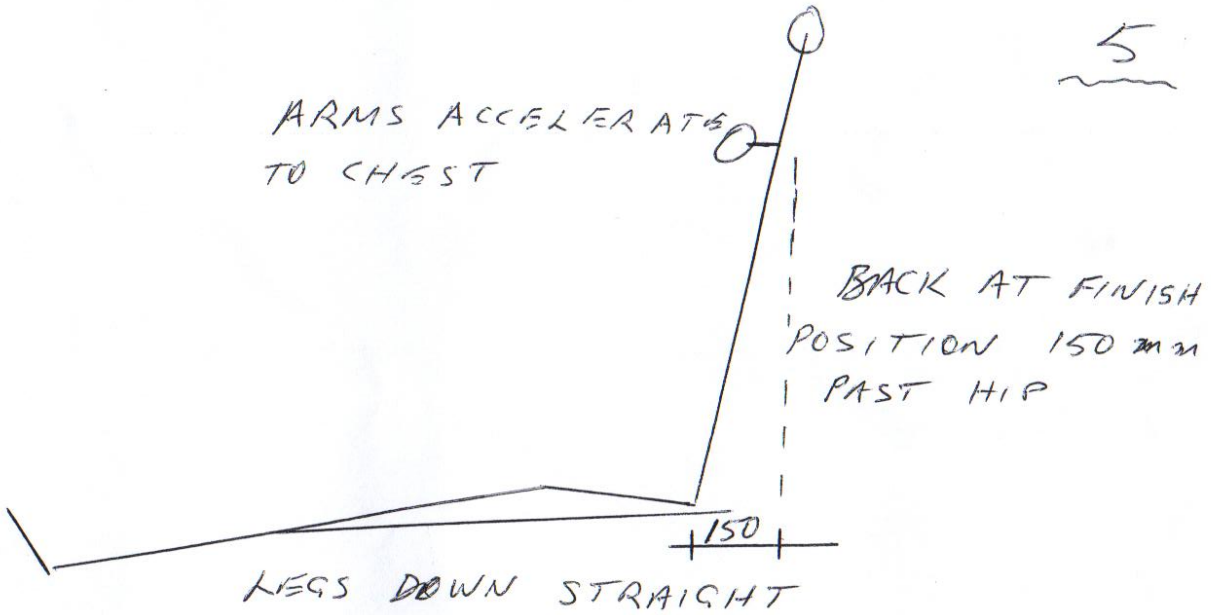


CONTINUE TO INCREASE
THE PRESSURE ON THE FEET

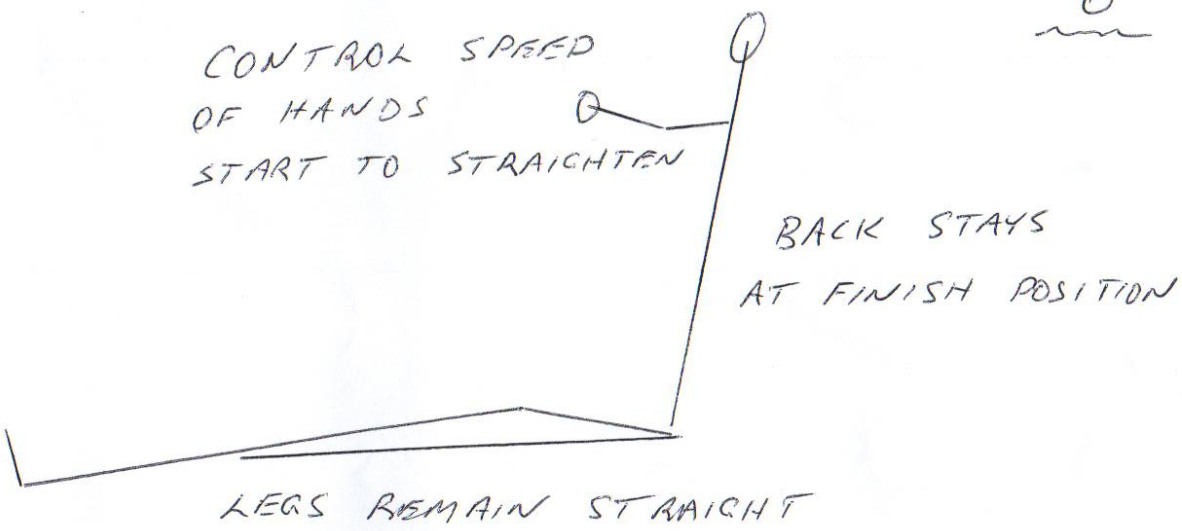
DRIVE PHASE (2)



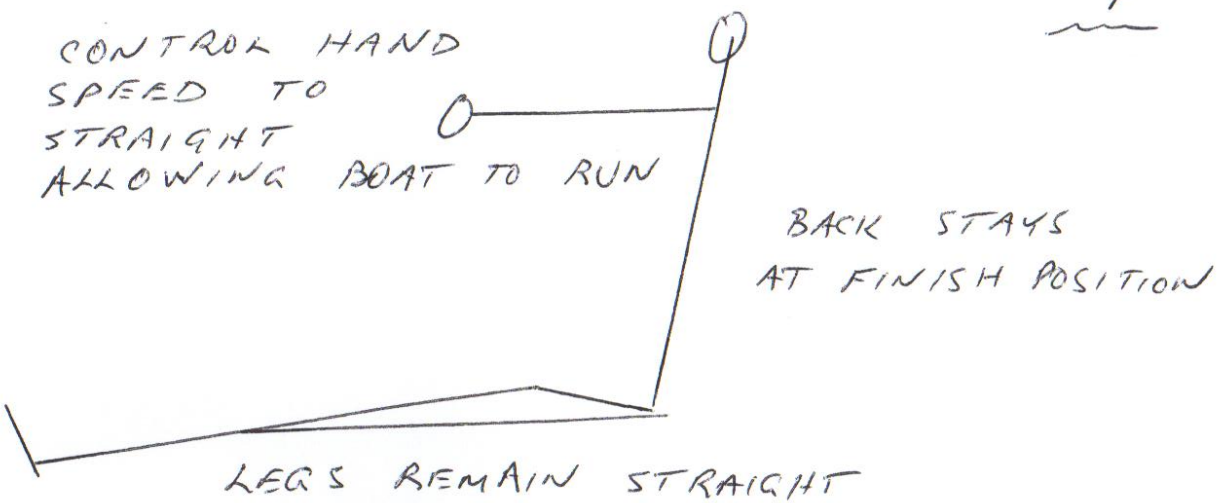
ACCELERATE PHASE



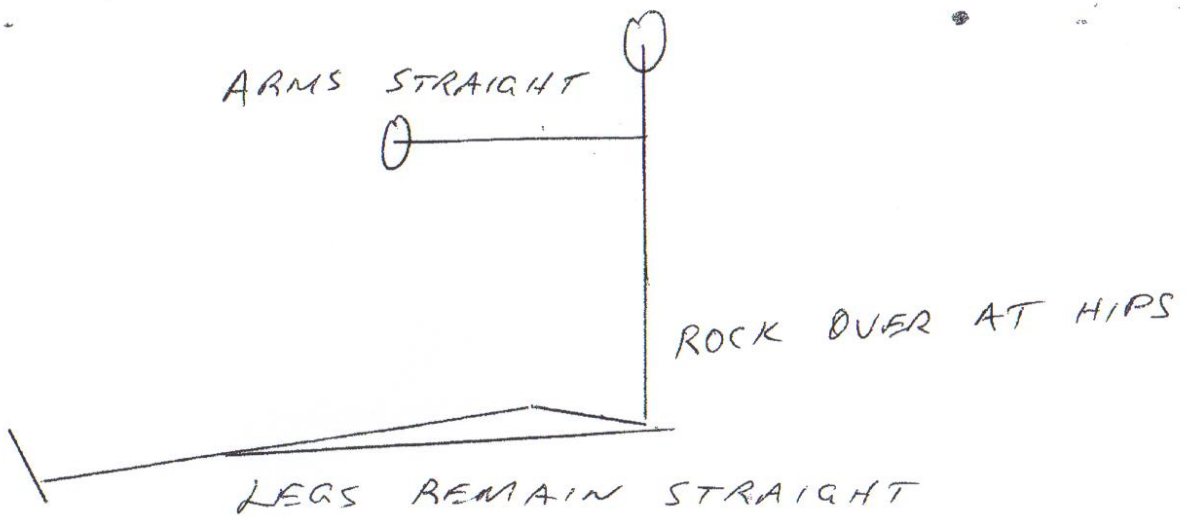
FINISH & RELEASE



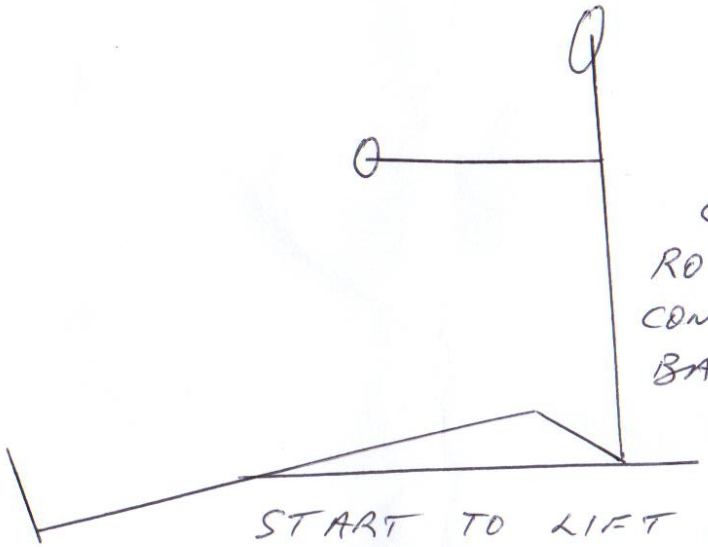
START RECOVERY



RECOVERY PHASE 2



RECOVERY PHASE 3



RECOVERY PHASE 4