



HELGA CUP 2019

useful information



JUNE 13th – 16th 2019

Norddeutscher Regatta Verein
Schöne Aussicht 37
22085 Hamburg



PROGRAM

SailTracks

Live Tracking Helga Cup 14. -16.6.2019

June 14th-16th : SAP-Live-Tracking: <https://helgacup2019.sapsailing.com>

Helga Cup Livestream 15./16.6.2019

14. Juni - official opening: <https://youtu.be/elaGETaisE> - Livestream ca. 20 Uhr

June 15th: <https://www.youtube.com/watch?v=tBT1EVMkgmc> - Livestream 12-16 Uhr

June 16th: <https://www.youtube.com/watch?v=uVFD92ZG0es> - Livestream 12-16 Uhr

THURSDAY, June 13th

15:00pm – 18:00pm

check in: RG Hansa (rowing club, Schöne Aussicht 39)

also at RG Hansa

- changing rooms and sailors lounge throughout the whole event
- food and drinks during the day

!!PLEASE NOTE: CASH PAYMENT ONLY!!

„Hamburg in Bewegung“ – the ACTIVECITY DAY

- at RG Hansa: indoor-rowing on concept2 rowing ergometers (RG Hansa, top floor)
- rowing on Lake Alster on rowing boats provided by RG Hansa
- golf mobile at the lawn area next to RG Hansa
- stationary bike ergometers available at NRW

18:00 pm

Helga Cup kick off event

hosted by Silke Basedow and the HSC Women's Team at Hamburger Segel-Club (An der Alster 47):
sailing instructions Q&A

BBQ and drinks (payable at venue)

please register via helgacup@nrw.de by providing your team name and number of participants





FRIDAY, JUNE 14th

08:30 – 12:00

check-in at RG Hansa

food and drinks during the day at RG Hansa
breakfast from 7:00 am

!!PLEASE NOTE: CASH PAYMENT OLN!!!

12:00

Skippers Briefing at NRV (first floor)

13:30

first warning

20:00

official opening and evening event at the NRV

dinner at NRV - all sailors invited

SATURDAY, JUNE 15th

food and drinks during the day at RG Hansa
breakfast from 7:00 am

!!PLEASE NOTE: CASH PAYMENT OLN!!!

races as prior announcement – please refer to the notice board located in the foyer at the NRV

After the races

Nike Steiger presents „untie the lines“. Nike lives on her sailing boat „Karl“ and sails the seas all by herself.

@ NRV 1st floor

subsequently

dinner and party at the NRV - all sailors invited



900

torqeedo

MW

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SUNDAY, JUNE 16th

food and drinks during the day at RG Hansa
breakfast from 7:00 am

!!PLEASE NOTE: CASH PAYMENT ONLY!!

racers as prior announcement – please refer to the notice board located in the foyer at the NRV

12:30 pm

end of qualifications

13:00 pm

Start Helga Opti Cup



subsequently

Medal Race Helga Cup

approx. 15:30 pm

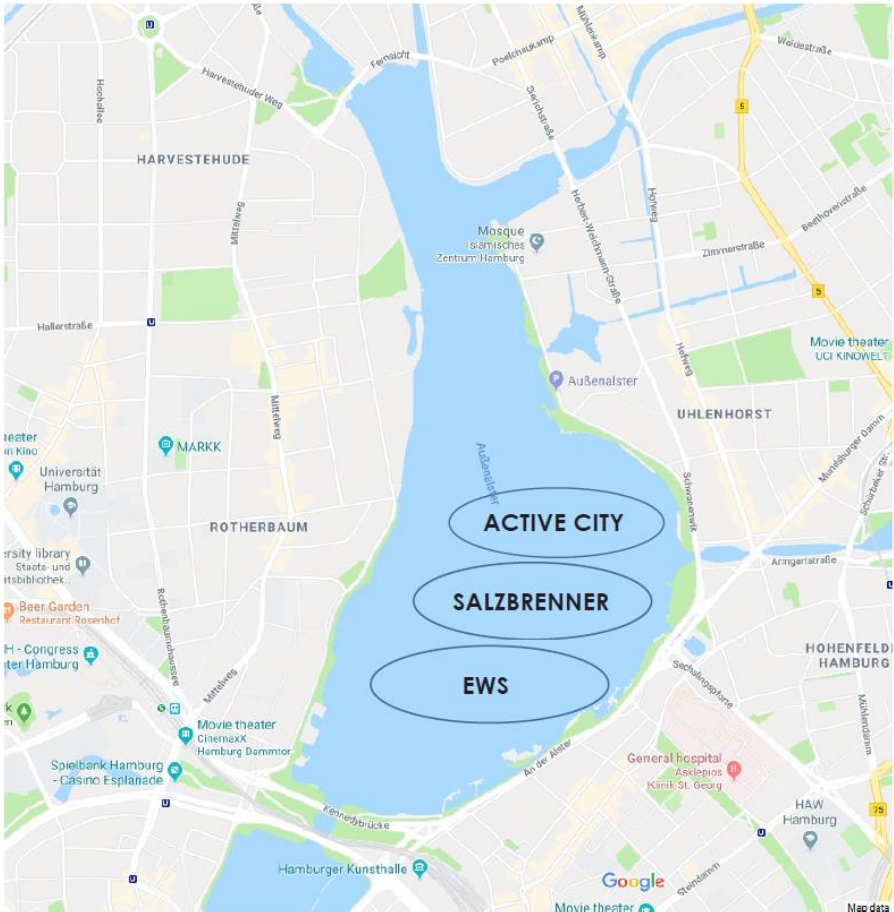
price giving Helga Cup at the NRV
price giving media prize at the NRV

WHAT ELSE IS GOING ON? (FRIDAY – SUNDAY)

-  Indoor-rowing on concept2 stationary rowing machines at RG Hansa: Who will be the fastest to complete a 2000m distance??
The best team wins o concept2 ergometer!!!
-  rowing at Lake Alster on rowing boats provided by RG Hansa



RACE AREAS Helga Cup 2019





CHANGE AREAS:



- Sailing in area **Active City**, change at NRV jetty
- Sailing in area **Salzbrenner**, change at **Café Hansa Steg** (5 min walk from NRV)
- Sailing in area **EWS**, boat shuttle from NRV Jetty to HSC!!!





FURTHER INFORMATION

Please do not leave any bikes inside the NRV premises!!!! We will provide a fenced off area on the lawn next to the rowing club!!!

Note to everyone arriving by car: we do NOT have any parking areas – public parking only!!

The closest bus stop („Zimmerstraße") to the NRV is located on the corner of Zimmerstraße and Hofweg – a 5 min walk from the NRV.

HELGA PHYSIO

Oliver Thies ist unser Helga Cup Physiotherapeut, der euch bei Bedarf wieder fit macht.

OLIVER
THIES
BODY.
MIND.
SOUL.





WIR DANKEN UNSEREN SPONSOREN UND PARTNERN:

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