HELGA CUP 2019

useful information

JUNE 13th – 16th 2019

Norddeutscher Regatta Verein
Schöne Aussicht 37
22085 Hamburg
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 ACTIVE CITY DAY
- at RG Hansa: indoor-rowing on concept2 rowing ergometers (RG Hansa, top floor)  
- rowing on Lake Aslster on rowing boats provided by RG Hansa  
- golf mobile at the lawn area next to RG Hansa  
- stationary bike ergometers available at NRV

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@nrv.de by providing your team name and number of participants
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| FRIDAY, JUNE 14th | **check-in at RG Hansa**  
food and drinks during the day at RG Hansa  
breakfast from 7:00 am  
!!PLEASE NOTE: CASH PAYMENT ONLY!!! |
| 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 ONLY!!!

- 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
SUNDAY, JUNE 16th

food and drinks during the day at RG Hansa
breakfast from 7:00 am
!!PLEASE NOTE: CASH PAYMENT ONLY!!

**races 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
prices 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 a concept2 ergometer!!!
- Rowing at Lake Alster on rowing boats provided by RG Hansa
RACE AREAS
Helga Cup 2019
• 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.
WIR DANKEN UNSEREN SPONSOREN UND PARTNERN:

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