

Competitors Instructions Quick Read r2 26-08-19

North of England Sprint Rowing Championships



Essential to know

- You, your cox, or the person steering must have looked at, read, and understood the Circulation and Hazard Map. Failure to comply with this is likely to result in disqualification.
- Races are at 4-minute intervals over 8 hours.
- You can collect your numbers as you boat.
- You must boat 25 minutes before race time and go directly to pre-start.
- Line up at pre-start in race order as shown on the Circulation and Hazard Map with crew 1 on the course side and crew 3 on the bank side. Look for your opposition's letter and matching number colour.
- When instructed cross the course to your lane in the same order and spin in your lane in front of the stakeboat.
- Heat winners stay on the water and return to the start for their final.
- Coxes must weigh in at the Numbers tent.
- Boating is from "the beach". Crews will be marshalled on land in race order.
- Get everything at the boat before launching. – Blades, water etc.
- All competitors must bring crocs, sliders or flip-flops and they must be carried in the boat.
- The course is 3 lane 500 metres straight. Only heat winners proceed to the final and return directly to the pre-start.
- The finish line has vertical stick markers – they are before the large round red buoys – which are beyond the finish
- Warm-up on land, there is little room on the way to the start for warm-up. No more than a short practice start at most.
- We expect you to be competent enough to attach to a stakeboat and remain attached and pointing down the course.
- We expect you to be familiar with how starts "work". Make sure your crew is familiar with: the British Rowing Rules of Racing. Remember two minutes means "we can start you now."
- There is other information available on car parking, first aid, registration, refreshments etc.
- We are pleased and grateful that you have come to support our regatta and we wish you a great day's racing.