

# Competitors Instructions r2: 26-08-19

## North of England Sprint Rowing Championships 2026

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### Introduction

This regatta complies with British Rowing's Rules of Racing and 'RowSafe'.

Competitors who do not comply with these instructions or the instructions of Regatta officials, may be penalised or even disqualified from racing.

The regatta will endeavour to provide a safe environment within the guidelines in RowSafe and British Rowing's Rules of Racing and North West regional rules. Competitors are specifically reminded that persons using the lake do so entirely at their own risk and are solely responsible for:

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and Row Safe. Any boat that fails to meet the standard shall be excluded. See BR Rule of Racings 7-2-8 and 7-2-9 for details.
- The strict observance of the circulation patterns on both land and water (see Circulation and Hazard Map) and of RowSafe. Note that it is not the same as in previous years.
- Deciding, together with their coaches, whether they are competent to use the lake in the prevailing weather conditions.

Clubs and competitors are also reminded that they must:

- Not go out for practice sessions.
- Not undertake more than short practice starts on the course – and only then after ensuring there is sufficient clear water ahead.
- Report all accidents to British Rowing the using the online incident reporting system.

### Local Rules

- The forward port and starboard rigger on all boats, other than single sculls, must be protected by a backstay.
- Boats will have adequate buoyancy.
- Crews are expected to be capable of all manoeuvres associated with attaching to a stakeboat and maintaining a suitable position until the race start. They are also expected to understand and execute related instructions that may be provided by the start team. Please see below for further explanation. Umpires may at their discretion disqualify crews that are not able to undertake this.
- Finals must be rowed over in order to win a medal and Victor Ludorum points.

### Other Key Documents

These notes should be read in conjunction with:

- Circulation and Hazard Map
- Regatta Facilities and Boating Map

# Competitors Instructions r2: 26-08-19

## North of England Sprint Rowing Championships 2026

---



### Event Times and Sequence

The regatta will start at 9.00 am and racing will continue until 5.04 pm generally at 4 minute intervals. These times are subject to variation depending upon final entries. The event is divided into 10 divisions. These are to facilitate doubling up and there is not necessarily a time gap between divisions.

If an event has a heat and a final, heat winners will remain on the water and proceed back to the start – see later.

### Kit

Crews will be expected to dress suitably for the prevailing weather conditions – hot, cold or rainy. Crews must expect to have to wade into the Lake up to their knees and should boat with socks off wearing crocs, sliders or flip flops. These are to be carried in the boat. Wellies are not recommended. Broken glass, sharp stones and metal objects may be found in the boating areas, so bare feet will not be permitted.

### Competitor Numbers

Competitors are provided with a hard plastic number for the boats Empacher slot. This can be collected at the time of boating.

The Empacher slot number will have a race letter e.g. Race 2 will be letter B and a number to denote the lane. Lane 1 is closest to the clubhouse, lane 2 the centre and lane 3 the Point (which is on the far side of the Lake. Therefore, crews B1, B2 and B3 will be in the same race, with crews having letter A being in the race before and crews with letter C being in the following race. This should help crews “buddy up” in the pre-start area. Empacher slot number background colours will change every 5 races to help race marshals gather the boats, so please be aware of your number colour.

Numbers are available for issue at the time of boating from the numbers tent.

No documentation is required to collect race numbers, but competitors will be asked if they are familiar with the Circulation and Hazard Map and Competitor’s Instructions.

Someone will collect your Empacher number after racing. If not please return them as soon as possible to the numbers tent.

### Weigh In

Coxes must weigh-in where they collect numbers and will receive a weight certificate. This should be retained for possible inspection by Control Commission at any time.

### Boating

Boats will be marshalled on land prior to racing and boated in race sequence.

## Competitors Instructions r2: 26-08-19

### North of England Sprint Rowing Championships 2026

---



Please make sure that your blades are adjacent to the beach before boating. Control Commission is in this area and may check equipment and/or crew names.

Each crew is responsible for the condition of all their equipment. If the equipment does not meet the standards set in the British Rowing Rules of Racing or local rules, then the Officials may prohibit a crew from launching.

Boat from the south (clubhouse end) of the beach and return to the north (water tower end) of the beach. See Circulation and Hazard Map.

The beach will have assistants to aid boating, but crews must expect to wade into the water to boat and climb in.

Make sure the water is sufficiently deep for the boat (don't forget the effect of the Crew's weight). Pay particular attention to the fin and rudder.

### The Course

The course is 3 lanes, 500 metres with yellow albano buoys dividing lanes at 15 metre intervals. The last 60 metres approximately has red buoys. The finish line is marked by yellow stick buoys with a small flag on either side of the course. Please note the albano buoys continue beyond the finish line in a short run-off area terminated by large red buoys – these are not the finish.

### Proceeding to the Start

From the beach stay on the landward side of the racing lanes and proceed between the boat check marshal and the water tower. Keep well clear of the finish "run-out" and proceed around the large finish boat. Head for the left hand top corner of the Lake keeping clear of the Point.

### Pre-start

Please marshal with the crew in Boathouse lane 1 closest to the pre-start boat marshal and The Point lane 3 closest to the bank. A bank marshal will put crews into race order up to 3 abreast. Please note that the letters on your Empacher slot number indicate the race sequence and make mental note of it as it tells you your race and lane. You will also know who you are racing against in the heat.

### The Start

When directed please cross the course as you have been marshalled with Point lane 3 closest to the bank. Spin in your lane and back on to the stakeboat – do not turn too far away from the stakeboat. Listen to any guidance on how to attach and make sure you are familiar with "spiking" a boat – passing a blade forward to the crew member in front.

Make sure you are competent to get onto the stakeboat and remain in place – see the general competence section.

## Competitors Instructions r2: 26-08-19

### North of England Sprint Rowing Championships 2026

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Please remember that the Starter will say “Two Minutes”, but this does not mean two minutes to race time as the Starter may start the race up to two minutes early. Therefore, the race can start imminently – and will do with racing at 4 minute intervals.

### Returning to the Start

Heat winners return to the pre-start marshal by paddling clear of the finish line and turning to strokeside (port) and rejoining the up-lake route to the pre-start area. Crews must remain afloat between heats and race winners will be informed by the finish result marshal by megaphone.

### Returning to the boating area

Whilst in the finish area paddle clear of the finish line and turn to strokeside (port) and return to the landing areas closest to you.

### Hazards

- The Circulation and Hazard Map details these.

### Safety and First Aid

First Aid is provided by St John Ambulance. Their staff are located within the Club function room upstairs or if it is sunny – on the beach area. Many of the officials – umpire, safety boat personnel and boat marshals have radios and you can ask for help.

There are safety boats on the course. In the event of a capsize or other accident stay with your boat. Do not go into the areas marked as no entry on the circulation and hazard map. These will not be seen by safety boats.

### General Competence

The organising committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the start pontoons or progressing down the course during a race. This rule will be applied in the interests of safety and fairness to other competitors.

### Crew Changes

BROE will be open for substitutions on race day and you can make your own substitutions online or you can ask Race Control to undertake this. These must be completed before boating. Otherwise, you will be liable to disqualification. Numbers or Race Control can advise on the rules of racing relating to substitutions if you are unsure. No account can be made of substitutions in relation to the racing timetable in terms of their creating doubling up clashes. Race Control is located in the main clubhouse

### Scratchings

Please notify any scratchings as soon as possible to the Numbers team.

# Competitors Instructions r2: 26-08-19

## North of England Sprint Rowing Championships 2026

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### Prize Winners

Winning crews should collect their winner's certificate from the Race Control area. They may be asked to produce their racing licence or some other form of identification. Please proceed to prizegiving at the appropriate time. Prizes can be collected any time after the published times.

### Directions

Please see the Trailer and Car Parking Map for directions and where to park.

### Facilities & Refreshments

Changing rooms, toilets and showers are located off the upstairs function room. Public toilets are also available off the main car park.

Drinking water is available from a tap mounted outside the front door of the boathouse in the car park as well as in the Club changing rooms.

Hot meals, sandwiches, cakes and drinks are available upstairs in the function room and a barbeque outside at the front of the Club. Please advise staff of any allergies. The Club Bar will be open in the evening.

### Photography

Professional photographers will be taking pictures of the racing for sale and there will be a Club photographer roaming around who you are welcome to ask to take photographs of crews or prizegiving.