

Important Notice to Competitors

- 1 All crews must report to Registration on arrival and collect their numbers which must be worn by bow person during racing.
- 2 The Race Committee reserve the right to rearrange the order of races should circumstances arise to necessitate alterations in the programme.
- 3 **Crews will not be called. Be at the Control Commission 20 minutes before the scheduled time of your race. Competitors are requested to be at the start at least 10 minutes before the start of their race. The Starter will have the option of disqualifying any crews not at the starting post at the appointed time.**
- 4 Competitors should note that there is no alignment, as it is a stern-on start. The lower numbered crew will take the Theatre station. The Start is staggered but The Finish is straight.
- 5 Coaching from the bank during races is prohibited by Rule 2.5.9 of the Rules of Racing and this rule will be enforced. Every competitor shall wear the dress of the Club he/she is representing – see Rule 2.3.5
- 6 Competitors in more than one event must row at the appointed time in each event. It is the competitor's responsibility if he/she is doubling up – not the responsibility of the Regatta **which will finish on time.**
- 7 Masters events: these will run **without** any timed handicap starts.
- 8 The centre of the course is buoyed at intervals; the corner is buoyed more closely. Crews must keep to their station. Failure to do so may result in disqualification.
- 9 Coxswain's weights are the responsibility of the competitors. Sandbags are available which will be sealed and marked by the Regatta. Coxswains will carry their weight certificate at all times.
- 10 All events to be rowed in fine boats unless otherwise stated.
- 11 All boats must be fitted with a firm bow ball and secure heel restraints - Rule 2.3.8.
- 12 All crews are advised that boats must display identification numbers.
- 13 All events to be boated from the staging opposite the Royal Shakespeare Theatre.
- 14 All crews proceeding to the Start have to cross the racing course at the Ferry. All crews must stop by the signed & buoyed position, which is within the boating area, and wait until authorised to cross by the Marshal at that point. Failure to comply will attract disqualification on the grounds of safety to other competitors.
- 15 After crossing, crews should continue to a point beyond the start remaining as close to the far bank (theatre side), as possible. Crews will be instructed by a Marshal to turn when it is safe and appropriate to do so.
- 16 A bell to be rung at the finish of each race.
- 17 Umpire stations on the bank will be clearly marked.
- 18 Should you require assistance at any point please attract the attention of the nearest Marshal, Umpire or Safety Boat Crew.
- 19 The Event Medical Officer are Stephen Rose who can be contacted via Race Control or Registration
- 20 The Event Welfare Officer is Lorraine O'Hare, who can be contacted via Race Control or Registration
- 21 First Aid facilities are available at the St John's Ambulance vehicle located on the recreation ground alongside the trailer parking area.
- 22 Practice of starts and rows are not allowed on the course during the hours of racing.
- 23 Please have your British Rowing Membership card available during Registration. Winners of all finals will also be required to submit their British Rowing licence before collecting trophies/medals. Registration will be located on the recreation ground close to the Boat Club grounds. Race Control will be situated upstairs in the clubhouse.
- 24 This event is being run in accordance with the British Rowing Rowsafe guidelines.

Prizes presented to Winners immediately after each final