

St Andrew Boat Club

Head Race 8 October 2005

Information for Competitors

Safety

- ◆ In accordance with the S.A.R.A. Rules of Racing, rowing shoes must be fitted with some form of passive release system so that occupants can withdraw their feet without the use of hands in an emergency. Coxes must wear lifejackets/buoyancy aids of approved design.
- ◆ All coxes and steerspeople should acquaint themselves with the local rules of the river.
- ◆ There will be a safety briefing at 9.30am in the Clydesdale Boathouse.

Registration

- ◆ A representative from each club or crew must report to the Entries Desk (Clydesdale Boathouse) to confirm crew name and status, to check race times and any changes and to collect bow-slot numbers. Crews may register from 9am onwards.
- ◆ There will be a £5 cash deposit required for each bow-slot number. Please have this ready on the day. All race numbers must be returned to the Entries Desk immediately after the race.

Proceeding up stream to the start

- ◆ Crews must only use north bank arches (coxswain's left/port side).
- ◆ Crews must reach Polmadie Foot Bridge 20 minutes before the start of their division or they will be disqualified.

Marshalling

- ◆ The marshalling area is upstream of the Sewage Works Bend, between the post and the Railway Bridge. Crews should marshal facing upstream in number order, with odd-numbered crews on the North Bank (towpath side) and even-numbered crews on the South Bank (Glasgow RC side)
- ◆ Crews must be at the marshalling area 5 minutes before the division start time.
- ◆ Crews arriving at the marshalling area later than 5 minutes before the division start time will incur a time penalties of 5 seconds added to their finish time for every minute late, or possible disqualification.

Start

- ◆ Crews will be asked individually by the Race Marshall, or their representatives, to turn facing downstream and proceed to the start. Crews must now be in race kit and ready to start.
- ◆ Boats will proceed downstream to the Starting-Line, in single file, with two clear boat lengths of water between them. There is a significant distance to row from the marshalling area to the start (after Sewage Works bend) and crews should be aware of where the start is and not 'build up' too early. Marshals will be present to assist.
- ◆ As a crew approaches the start line their club name and crew number will be called, they must continue moving and pick up speed. Several meters later they will hear "Go", signifying that timing has now started
- ◆ Upstream of the start line crew must stay into the bank facing upstream until asked to turn.

The Course

- ◆ The race will start from the 3k start and finish in line with the viewing platform on Glasgow Green. The Organisers reserve the right to adjust the course or cancel the Race if necessary, in the interests of safety.
- ◆ Overtaking crews have right of way. The overtaken crew must give water and allow the overtaking crew to follow its own racing course. Refusal to do so may lead to disqualification.
- ◆ Crews must use the centre arch for the Rutherglen Road Bridge. Crews may use the centre or south bank (coxswain's left/port side) arch for other bridges.
- ◆ Instructions from umpires on the bank must be strictly adhered to. Failure to do so may result in time penalties or disqualification.
- ◆ No coaching of crews is permitted during the course of the Race. Coaches failing to observe this ruling run the risk of having crews disqualified.

Finish

- ◆ After passing the finishing line, crews must continue downstream until they reach the level of the Clydesdale Boathouse before turning back to the landing stages. PLEASE KEEP WELL CLEAR OF THE WEIR DOWNSTREAM OF THE CLYDESDALE BOATHOUSE.
- ◆ Crews returning to Glasgow University/Glasgow Schools Boathouse or Glasgow Rowing Club should keep well into the north bank and take extra care when passing the Glasgow Humane Society. Marshal's instructions must be obeyed.
- ◆ Crews returning to Glasgow Rowing Club should wait for permission from a Marshall before crossing the river upstream of the King's Bridge.

Other Information

- ◆ There will be hot and cold drinks and food available at the Clydesdale boathouse, as well as changing rooms and toilets.
- ◆ Prize giving will take place at approximately 5pm in the Clydesdale boathouse.
- ◆ The results will be posted on the St Andrew Boat Club website. www.standrewboatclub.com