



Sunday, January 30th 2005
 To be held over a 5000m course on the river Clyde

Entries:
 £5.00 per senior
 £3.50 per junior
 Coxes free
 (This includes the 50p SARA levy)

Address for completed entry forms:
 Jörg Götte
 Secretary
 Flat 2/1
 23 Huntly Gardens
 Glasgow G12 9AU

Division 1 [Start: 12:30]	Division 2 [Start: 14:30]
M Open 2x	W Open 2x
M Nov 2x	W Nov 2x
M R2 2-	W R2 2-
M R2 1x	W R2 1x
M Vet Handicap 2-	W Vet Handicap 2-
W Open 2-	M Open 2-
R R2 2x	M R2 2x
W Open 1x	M Open 1x
W Nov 1x	M Nov 1x
W Vet Handicap 1	M Vet Handicap 1x
M J18 2x	W J18 2x
W J16 2x	M J16 2x
M J14 2x	W J12 2x
M J18 1x	W J18 1x
M J14 1x	W J14 1x
M Nov 4+	W Nov 4+
M J15 4x+	W J15 4x+
M J14 4x+	W J14 4x+

Entries for events not listed will be considered if there is sufficient interest.
 Any boat expect 8s may enter for a time only.

Additional information can be found at
<http://www.sportsunion.strath.ac.uk/rowing>



ENTRY FORM

To be returned with fees by Saturday, January 22nd 2005

Important information overleaf, please read prior to completion.

This form can be filled out either by hand or using a computer with Adobe Reader software.

Club name	
Club colours	
Contact address	
Contact email	
Contact phone number	

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Event	License#	Surname	Event	License#	Surname

Signature of Club Captain / Secretary: _____

Please return with payment [cheques payable to USSU] to:

Jörg Götte
Secretary
Flat 2/1
23 Huntly Gardens
Glasgow G12 9AU

IMPORTANT INFORMATION

- **Entry**

Clubs are requested to return completed entry forms, with race fees by the end of Saturday, January 22nd 2005. The entry form can be filled out either by hand or using a computer with Adobe Reader software. Fees will be £5.00 per senior competitor, £3.50 per junior and no fee for coxswains. This includes the 50p SARA levy. Cheques should be made payable to USSU [University of Strathclyde Sports Union].

- **Registration**

Please report to Race control in the Glasgow University boathouse between **10:00 — 11:00** for Division 1 and **12:00 — 13:00** for Division 2 to:

1. Collect bow numbers and pay deposit
2. Confirm crew name and status
3. Check race times and changes

- **Race rules**

Racing will START at the halfway wall on the Belvedere straight of the Clyde. Racing will FINISH 5000m downstream at Glasgow Green's Nelson Monument viewing platform on the Glasgow University BC — Clyde / Clydesdale ARC straight.

The event will be run under SARA Rules of Racing November 2004 (available at <http://www.scottish-rowing.org.uk/Downloads.html>). In competing in the event it is understood that you will be adhering to the safety guidelines and Rules and Regulations of SARA and the restrictions Strathclyde University BC enforce at the event.

All competitors rowing for clubs affiliated to SARA must have up to date SARA race licenses. ARA licenses are accepted for competitors rowing for a club affiliated to ARA.

Crews must ARRIVE upstream of the start 10 minutes PRIOR to division start time:

12:20 for division 1 start at **12:30**,

14:20 for division 2 start at **14:30**.

Crews passing Dalmarnock bridge later than 20 minutes before the start of the race, i.e. **12:10** for division 1 and **14:10** for division 2, will not be allowed to continue their way up. Instead, they will be asked to return to their boating point immediately.

Crews must be on their marshalling station or above the start 5 minutes before race start time. A 5 second penalty will be added for any minute thereafter.

Prizes will be awarded for the winning crew of a category in which at least two crews compete.

- **Disclaimer**

The organiser, Strathclyde University Boat Club [SUBC hereafter], accepts no responsibility for those competing in this event. Actions are the responsibility of the individual.

SUBC reserves the right at any point to alter start times, distances and restrictions of the event if competitor safety requires it.

- **On the day of the event**

Clubs may phone Mark O'Hare [Captain] 07887984791 or Jörg Götte [Secretary] 07903424616 to confirm details of the race. In the event of major changes [including cancellation] every effort will be made to contact all competitors as early as possible.

- **Days before the event**

Competing clubs will be notified of any changes using the phone number and the email address given on the entry forms.

SARA Rules of Racing, Section B2: I have read and am in agreement with the above.

"I (please print name here) _____ certify that all competitors named are amateur members of this club, which is affiliated to the SARA, or of the club(s) shown against their names, such clubs being affiliated to _____ and are eligible to compete in the events for which they are entered."

Signature (please sign here) _____

COURSE NOTES FOR CREWS AND COXSWAINS

- **Start line**
Racing will START at the halfway wall on the Belvedere straight of the Clyde.
- **Finish line**
Racing will FINISH 5000m downstream at Glasgow Green's Nelson Monument viewing platform on the Glasgow University BC — Clyde / Clydesdale ARC straight.
- **Boating**
Crew should be on the water 45 minutes before race starts. Crews boating later will probably not reach Dalmarnock Railway Bridge in time, i.e. 20 minutes before the start of the race. At this point no crews will be allowed to pass upstream less than 20 minutes before race start time. They will be asked to return to their boating point immediately.
High order crews should attempt to boat first, around **11:15** for division 1 and **13:15** for division 2.
- **Proceeding up stream to start**
Crews must only use north bank arches (left arches for coxswains). If overtaking only the centre arch should be used and only if there are no downstream crews approaching. No crews will be allowed to go past Dalmarnock bridge less than 20 minutes before division start time.
- **Marshalling at the start**
Crews must arrive upstream of the start 10 minutes prior to the division start time, i.e.
12:20 for division 1 start at 12:30,
14:20 for division 2 start at 14:30.
Crews arriving later than 12:25 or 14:25 will incur a 5 second penalty time added to their finish time for every minute, late, or possible disqualification.
Upstream of the start line crews must stay into the bank bows facing upstream until asked to turn;
ODD numbered crews on the NORTH bank,
EVEN numbered crews on the SOUTH bank.
- **Start**
Crews will be asked individually to turn facing downstream and proceed to the start. Crews must now be in race kit and ready to start. The start will be a ROLLING start, where:
As a crew approaches the start line their club name will and crew number will be called; they must then whilst continuing to move, pick up speed. Several meters later they will hear 'go' at which time the race will start. There will be a 15 second interval between crews at the timing or start line.
- **Race**
Crews must use the centre arches for the first three downstream bridges, after which the centre or south bank arch (left arch for coxswain) may be used.
Marshalling from umpires on the bank must be strictly adhered to. Failure to do so may result in time penalties or disqualification.
Overtaking crews have right of way. The overtaken crew must give water and allow the overtaking crew to follow its own racing course.
- **Finish**
Having crossed the finish line, crews must continue paddling to the Clyde / Clydesdale boat house before the weir and turn, then slowly and under the finish marshal's instructions proceed to where they launched.
- **Course obstruction**
Crews should be aware of the island in the first bend after the start and use the main channel.
Crews should note the presence of the outfalls from the sewage works.
Crews should be aware of the stakes close to the south bank above Rutherglen Bridge.
Crews should pay attention to a concrete post at the sewage work bend.
- **Map of the course**
A map of the course can be downloaded from <http://www.sportsunion.strath.ac.uk/rowing>. In addition maps can be sent out by mail if requested.