

**The Scottish Schools' Head of the River Race, 2006,
on the River Clyde, within Glasgow, on Saturday 18th March , at 2.00 p.m.**

- (a) The Captain of each crew must report to the Race Secretary's Minibus at **12.15 p.m.** It will be parked close to the **GLASGOW UNIVERSITIES' BOATHOUSE**. This Minibus carries the GHSRC logo.
 - (b) Changing, toilet and catering facilities will be available **IN THE GLASGOW ROWING CLUB BOATHOUSE**, which is situated on the other bank of the river, about 400 metres upstream from the Kings' Bridge.
 - (c) It is expected that most crews will take to the water from the recently - extended landing stages associated with **THE GLASGOW ROWING CLUB BOATHOUSE** or from **THE GLASGOW UNIVERSITIES' BOATHOUSE**, provided permission is obtained from the GUBC Captain.
 - (d) The race will be controlled by volunteer members of S.A.R.A. and S.S.R.C.
 - (e) Crew representatives must ensure that race numbers, obtained from the Secretary, are securely fastened at each corner to the backs of the bows so as to be clearly visible during the Race. In addition, racing numbers will be provided for fitting into the Empacher slots on the bow of each boat. Please ensure that each boat is fitted with an Empacher slot and a bow-ball. All race numbers must be returned to the Secretary immediately after the Race.
 - (f) In accordance with the S.A.R.A. Rules of Racing, rowing shoes must be fitted with some form of heel restraint so that occupants can withdraw their feet without the use of hands in an emergency. Coxes must wear lifejackets/buoyancy aids.
 - (g) The race will start from the Dalmarnock Straight and finish in line with the viewing platform slightly upstream from the level of the Nelson's Monument on Glasgow Green. The Organisers reserve the right to adjust the course or venue or cancel the Race if necessary, in the interests of safety.
 - (h) Boats will assemble above the Starting Area, facing upstream, with odd-numbered crews on the North Bank and even-numbered crews on the South bank.
 - (i) There will be a checkpoint on the Kay Bridge on the way to the start and any crew not through this bridge **by 1.30 p.m.** will risk disqualification.
 - (j) Boats will assemble above the Starting-Area **by 1.45 p.m.** ...otherwise they risk not being timed at all.
 - (k) The order for individual boats to move forward into the Starting-Area will be issued by the Race Marshal, or his representatives.
 - (l) Boats will proceed downstream to the Starting-Line, in single file, with two clear boat lengths of water between them.
 - (m) The order for starting will be "NUMBER, GET READY (pause) , GO! " On the command "GO!", crews will immediately begin to row and cross the START-TIME LINE , about 80 metres below the Starting Area, at racing speed.
 - (n) Boats must give way to boats trying to overtake them, so that the overtaking crew has a clear course. Refusal to do so may lead to disqualification.
 - (o) Any delay by the cox in obeying Umpires' or Officials' instructions will lead to disqualification if the overtaking crew is forced out of its course, whether or not a clash occurs.
 - (p) **CREWS MUST PASS THROUGH THE CENTRAL ARCHES OF BRIDGES DURING THE RACE.**
 - (q) 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.
No crew may re-enter the course until the last crew has completed the Race.
- VERY IMPORTANT: PLEASE KEEP WELL CLEAR OF THE WEIR JUST DOWNSTREAM OF THE CLYDESDALE BOATHOUSE.**
- (r) Results will be issued about 1 hour after the Race at the **GLASGOW ROWING CLUB BOATHOUSE**, where refreshments will be on sale. The presentation will follow the announcement of these results.
 - (s) No coaching of crews is permitted during the course of the Race. Coaches failing to observe this S.S.R.C. ruling run the risk of having crews disqualified.

R.H.C. Neill (Honorary Secretary, S.S.R.C.)
