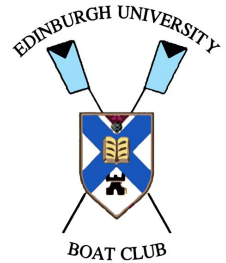




St Andrew Boat Club

&

Edinburgh University Boat Club



Head of the Forth

Stirling, Saturday 11th October 2008

Information for Competitors

Safety

- In accordance with the SARA 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 boats must comply with the buoyancy regulations set out in the SARA Water Safety Code.
- All coxes and steerers should acquaint themselves with the local rules of the river.
- There will be a safety briefing at 11.45am in the Stirling RC Boathouse. At least one representative from each crew competing should attend.

Registration

- A representative from each club or crew must report to the Entries Desk to confirm crew name and status, to check race times and any changes and to collect bow-slot numbers. Crews may register from 11am 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.

Boating

- All crews must boat down-steam.
- Crews will be given a time slot for boating which must be adhered to. Boating times will start at 12.15pm. Crews should place their blades near the steps in advance.
- Boating helpers will assist crews to embark and disembark. Moving of foot stretchers and stowing of kit should be done after the crew has pushed off from the steps.

Proceeding to the start

- Crews should proceed to the start nearer the bowside (coxes right) bank of the river. Crews overtaking on the way to the start should overtake on strokeside (coxes left).
- Crews must reach the timegate (see map) 20 minutes before the start of the race.

Marshalling

- Crews will be informed by the marshalling team when they have reached the marshalling area. Crews should marshall with their bows pointing away from the start line, in number order, odd numbers on the west side (strokeside), even numbers on the east side (bowside).
- Crews must be at the marshalling area 5 minutes before the start time.
- Crews arriving at the marshalling area later than 5 minutes before the start time will incur a time penalty of 5 seconds added to their finish time for every minute late and risk possible disqualification.

Start

- Crews will be asked individually by the Race Marshall, or their representatives, to turn and proceed to the start. Crews must now be in race kit and ready to start. Crews must stay into the bank until asked to turn.
- Boats will proceed upstream to the starting line, in single file, with two clear boat lengths of water between them.
- 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 metres later they will hear "Go", signifying that timing has now started

The Course

- The race will start from Cambuskenneth Abbey and finish in line with the Clubhouse. 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.
- 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 upstream until clear of the finish line before turning back to the landing stages. Please keep well clear of the Stirling Railway Bridge.
- Crews returning to Stirling RC should land downstream (i.e. spin before landing).

Other Information

- There will be hot and cold drinks and food available at the Stirling RC boathouse, as well as changing rooms and toilets.
- Prize giving will take place at approximately 3.30pm in the Stirling RC boathouse.
- The results will be posted on the St Andrew Boat Club website, www.standrewboatclub.org and the SARA website.

Emergency Information

Police: Bannockburn Police Station
Quakerfield, Bannockburn, Stirling
01786 456000

Ambulance: 999

Hospital: Stirling Royal Infirmary
Livilands, Stirling
01786 434000

Fire Services:999

Those on medical cover will be contactable by radio at all times, and can be contacted from the marshalling area, start, finish, safety boats and via umpires.

St Andrew BC & Edinburgh University BC

Head of the Forth

Boating Order

Please make a note of the time you are scheduled to boat.

This order will be strictly adhered to. If you miss your allocated boating time, you may not be allowed to race.

Time	Club/Crew
12.15	Mxd J16 2x Stirling RC (Steel) W Vet D 2x Stirling RC (McGeoch) W Nov 4+ St Andrew BC (Grieve) W Nov 4+ Stirling RC (MacFarlane)
12.20	W R2 4+ Edinburgh University BC (Lee) W R2 4+ Edinburgh University BC (Strachan) W R2 4+ St Andrew BC (Walker) M Vet F 2x Strathclyde Park RC/Clydesdale ARC (Hewitt)
12.25	W Open 2x St Andrew BC (Freedden) M Nov 4x+St Andrew BC (Martin) M Nov 4+ Stirling RC (Denovan) M Nov 4+ Dundee University BC (Sawyer)
12.30	M Open 2- Dundee University BC/Star RC (MacDonald) M Open 2- St Andrew BC (Devenny) W Open 4+ Edinburgh University BC (Bolt) M Vet D 4+ Stirling RC (Plank) M Vet C 4+ Glasgow RC (Kerr)
12.35	M Vet B 4+ St Andrew BC (Wilson) M Vet B 4+ Stirling RC (Ratcliff) M Open 2x St Andrew BC (Smith) M Open 2x Strathclyde University BC (Moreau) M Open 2x Glasgow RC (Black) M Open 2x Edinburgh University BC (McKean)
12.40	M Vet E 4x St Andrew BC/George Watsons College (Lowe) M R2 4+ Edinburgh University BC (Deichan) M R2 4+ Strathclyde University BC (West) M R2 4+ Dundee University BC (Toal)
12.45	M Vet C 4x Castle Semple RC/Stirling RC (Murray) M Open 4+ Edinburgh University BC (Malley)