



CLYDESDALE AMATEUR ROWING CLUB

HEAD OF THE RIVER RACE FOR CREWS

(Under S.A.R.A. Rules)

Saturday 28th February 2009 at 12.00 am & 2.30 pm

Information for Competitors

1. Each competitor or a club representative must report to Regatta Control at the Clydesdale boathouse between 10.00 and 10.45 am to –
 - (a) advise any scratchings
 - (b) pay outstanding fees
 - (c) check regatta time and possible changes
 - (d) collect bow slot Number and back Number at £5.00 each.N.B. All boats must have a bow slot to hold the bow number. Failure to display the numbers will result in no time being taken. If bow and back numbers are not returned after the race or are returned damaged the deposit of £5.00 each per number will be forfeited.
2. **START & FINISH:**
The COURSE will be from the STRAIGHT upstream of DALMARNOCK BRIDGE to level with the NELSON MONUMENT in GLASGOW GREEN, approx. 4,000 metres.
3. Crews must only use north bank arches (coxswain's left) when proceeding upstream. If overtaking needs to be undertaken at a bridge, the centre arch may be used but only if there are no downstream crews approaching.
4. Boats must be in position in the ASSEMBLY AREA as shown in the diagram attached, punctually by **11.55 am (Division 1), 2.25pm (Division 2)**
As a guide to less experienced competitors, it may take 20 minutes or more to race over the course, so allow more than this to get to the start.
Any very late crew may be prevented by the umpires from going upstream round the bend at the sewage works

To avoid congestion in the START AREA, competitors arriving early and not wishing to take up their position should NOT go through Dalmarnock Bridge until they are prepared to come under the marshal's instructions. N.B. Normal rules of the river apply before the race, i.e. go upstream on the North Bank and downstream on the South Bank. Crew's must only use North Bank arches (coxswain's left). If overtaking at a bridge, the centre arches may be used only if there are no downstream crews approaching.
5. Boats will be assembled above the Starting Line and will face upstream with **ODD** numbers on the **NORTH** bank
EVEN numbers on the **SOUTH** bank,
each boat half a length apart. The centre of the river should be left clear to allow other competitors free passage to their position.



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- 6 Competitors not above Dalrnarnock Bridge by 11.55 pm (Division 1), 2.25 pm (Division 2) will be stopped and held downstream of the Timing Line until all others have started. At the starter's discretion the late comers may be allowed to race but will have a TIME PENALTY of 5 seconds for every minute or part of a minute late.
- 7 You will hear an air horn/whistle 3mins, 2mins and 1 minute before the respective starting time. The order for boats to turn and move forward will be given by the Marshals. Proceed downstream to the Start Line in number sequence where your number will be called first. The starter can and will stop crews that are too close to the crew in front or behind. **The opportunity to build up speed is after the starter calls your number followed by "GO".** **The timing line is approx 100m beyond the start line.** The first competitor will start at 12.00 (2.30p.m) and the others will follow at approximately 10 second intervals. Any time gap before new starts will be notified at Regatta Control.
8. Competitors may take any arch they wish at the various bridges on the course. Any restrictions will be notified at Regatta Control.
9. The following instructions have been issued to Umpires who will patrol the course during the race:-
"Boats being overtaken must give way to those overtaking, so that the overtaking boats have a clear course."
Any delay in obeying the Umpire's instructions on the part of a competitor may lead to a disqualification if the overtaking boat is forced out of its course whether or not a clash occurs.
10. Competitors should proceed downstream of the Finish Line before stopping. Competitors returning upstream should proceed in single file up the north (boathouse) side only and should not come back on to the course until the last boat has finished. Those returning to Glasgow boathouse should take care above Kings Bridge not to impede racing crews who may be approaching that bridge.
11. As per SARA rules, Club colours must be worn
12. Anyone disregarding the above instructions may not be timed.
13. Results will be announced at 4.00 pm in the Clydesdale clubhouse. Refreshments will be available.
14. SAFETY
 - (a) A safety launch will follow the last competitor downstream
 - (b) Competitors should take careful note of any HAZARDS shown on the map of the course displayed at Regatta Control.
 - (c) All boats must be fitted with a white bow ball
 - (d) Effective heel restraints must be attached to flexible shoes
 - (e) KEEP WELL CLEAR OF THE WEIR

IN THE EVENT OF ADVERSE CONDITIONS, THE RACE MAY BE SHORTENED OR CANCELLED.

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