



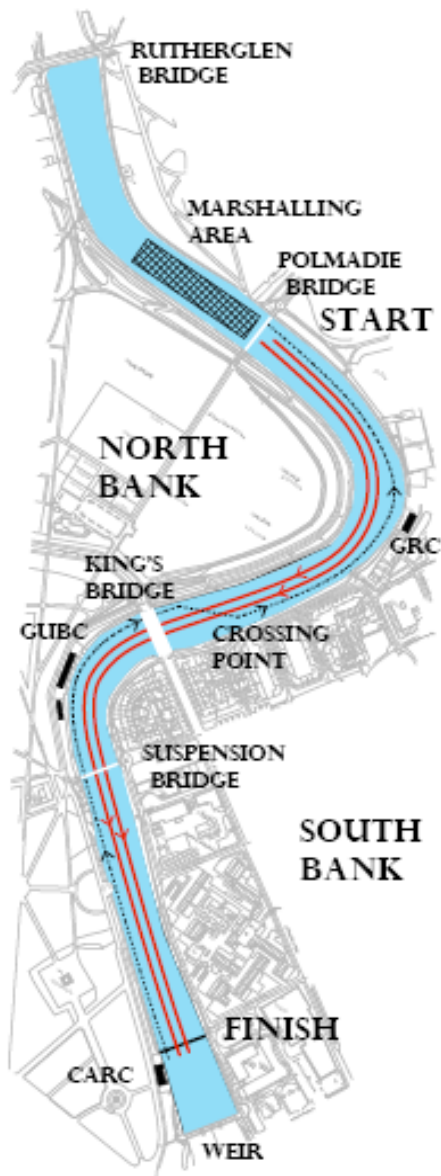
Clydesdale ARC Regatta

Saturday, 16th May 2009, River Clyde, Glasgow Green

Information for Competitors

Medical Officer: Shona Henderson
Clerk of Course: George Parsonage
Safety Launch: Gordon Simpson
0778 999 7945

Strathclyde Police Emergency 999
London Road 0141 532 4600
Gorbals 0141 532 5300



With your assistance, we hope to get through all the races as listed on the Order of Events without unnecessary delay. Please read the following information carefully.

The Course and Conduct of Racing

- 1500m races will be from a free start at Polmadie Bridge. There will be a stagger in favour of the South Bank to compensate for bends. 500m races will be from a free start above the suspension bridge. Beginner sculls events will be held over 250m.
- Crews on the South bank in the 1500m races may use either the centre or south arch of King's Bridge but are advised to use the centre arch.
- All races finish at the Clydesdale fence. The course will be buoyed.
- Competitors risk disqualification if they gain an unfair advantage over their competitor by encroaching on their competitor's course.
- The Umpire's decision is FINAL.
- All competitors must allow adequate time for boating and getting to the start. Boats must be launched and returned to the steps FACING UPSTREAM. Competitors must follow marshals' instructions at all times. Crews proceeding upstream to the 1500m start should go upstream
 - (A) On the North Bank (Green and Boathouse side) until through the King's Bridge (upstream of GUBC)
 - (B) Once through the King's Bridge, cross to the south bank (Gorbals and GRC side) and proceed to the Polmadie Footbridge on the South Bank. DO NOT CROSS THE COURSE AHEAD OF A RACE PROCEEDING DOWNSTREAM.
- Crews should report to the start 5 minutes before race time or risk disqualification if not on the start at the appointed time. Assemble in the Marshalling Area alongside your competitor and proceed towards the start, in event order, in good time.

Safety Information

Competitors should be aware of the SARA Water Safety Code and Guidance Notes. All boats must be water worthy including bow balls and foot restraints. All coxes must wear lifejackets. Those not meeting these requirements will be unable to compete on the day. Competitors should acquaint themselves with the map of the course, including hazards, displayed in the Boathouse.