

Clydesdale ARC Regatta

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

Rules

Entries

1. The regatta will be held under S.A.R.A. rules
Entries **must** be entered using the **myevents** online system by **7pm on Thursday 7th May 2009**. The website address for this system is: <http://www.myeventz.com/myeventz/Default.aspx?sport=row>. The draw will be held on **Sunday 10th May 2009**
2. The organising committee reserves the right to cancel any event. Where there are insufficient entries in one event, a crew or sculler may be moved to the next event, **unless instructed specifically not to**.
Veteran events will be handicapped with the exception of Novice Veteran
3. **Multiple entries** (competitors and equipment) **MUST** be clearly indicated.
Double entries will be accepted but it is the responsibility of competitors to meet the start times.
Triple entries will only be accepted when the third event is a mixed event.
4. Entry fees are:
SENIOR EVENTS: £6.50 per seat JUNIOR EVENTS: £4.50 per seat COXES: Free
Entry fees include the SARA levy.
PAYMENT SHOULD BE MADE AT THE TIME OF ENTRY-
Otherwise it should be made by Midday **Saturday 9th May**. Cheques should be made payable to Clydesdale ARC and sent to **Tom McGuinness, Flat 3/1, 19 Turnbull St, Glasgow G1 5PR**. One cheque per club.
No club will be allowed to race unless the complete entry has been paid. Once the draw is published, the entrants are liable for the entry fee.
5. Restricted 2 crews must have an average of no more than 2 points per member.
6. Entries for "**CLUB**" eights shall consist of 2 senior men, 2 junior men, 2 women (senior or junior) & 2 veterans (men or women)
Entries for "**MIXED**" fours shall consist of 2 men & 2 women
7. Beginner Sculls: Alden Quests will be provided by the club for all competitors involved in beginner races.
8. Junior events are now held in either open or women's categories (Rule E7). Junior women can now enter the junior event for men either as whole crew or in male/ female crew in any combination. Crews in women's events must be female.

The Course and Conduct of Racing

1. 1500m races will be from a free start at Polmadie Bridge. There will be an 8m 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. All races finish at the Clydesdale fence.
2. All competitors must ensure all their equipment meets the necessary rules prior to boating and 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.
3. Crews proceeding upstream to the 1500m start should go upstream
 - (A) ON THE NORTH (BOATHOUSE) SIDE UNTIL THROUGH KINGS' BRIDGE
 - (B) ONCE THROUGH KINGS BRIGE, CROSS TO THE SOUTH BANK AND PROCEED TO POLMADIE BRIDGE ON THE SOUTH BANK.
4. Crews should report to the start 5 minutes before race time or **risk disqualification** if not on the start at the appointed time. Note that times shown in the Regatta Programme are start times.
5. First named crew will race on the North Bank.

Safety Information

1. Competitors should be aware of the SARA Water Safety Code and Guidance Notes.
2. All competitors should especially note the following safety requirements.
 - 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.**
3. A Regatta Safety Advisor and Medical Advisor will be appointed. Their names will be available at Regatta Control. Emergency telephone numbers are displayed in the boathouse.
4. Competitors should acquaint themselves with the **map of the course, including hazards**, displayed in the Boathouse.