



CLYDE ARC

3 HEADS

RIVER RACES

Saturday 24th October

APPROX. 3000m - £6.50 PER SEAT
(entry includes S.R. regatta levy)

- Veteran events will be conducted using the approved Veteran Handicap arrangements.
- Junior events will be further segmented by age group at the regatta organiser's discretion.
- Time Only entries will not be accepted.
- Prizes will be awarded in categories, where 3 entries have been received in that division.

A prize for best percentage time for the fastest men's and women's crew of the day will be awarded.

Division 1: 10.30am

Men's Open, Veteran and Novice Singles
Women's Open, Veteran and Novice Doubles
Women's R2 and Junior Singles
Men's R2 4+
Women's R2 4+

Division 2: 12.30pm

Men's Quads (all statuses)
Men's Open, Veteran and Novice 4+
Men's Open and Veteran Pairs
Men's R2 and Junior Doubles
Women's Open, Veteran and Novice Singles
Women's Eights (all statuses)
Women's R2 and Junior Doubles

Division 3: 2.30pm

Men's Open, Veteran and Novice Doubles
Women's Quads (all statuses)
Women's Open, Veteran and Novice 4+
Women's Open and Veteran Pairs
Men's R2 and Junior Singles
Men's Eights (all statuses)

CLYDE ARC 3 HEADS RIVER RACES

Saturday 24th October 2009, commencing 10.30am
(racing under SR Rules)

Venue:

The West Boathouse, Glasgow Green, The River Clyde

3 Divisions of Racing over approximately 3km from the Blue Railings to the Monument on the River Clyde: 10.30am, 12.30pm and 2.30pm.

Entries:

Entries cost £6.50 per seat (incl. SR Levy). This must be paid prior to racing on the day via one cheque per club, made payable to 'Clyde A.R.C'.

Entries can be made via email or post, using the entry form attachment, to: Caitie Gorton-Phillips

Flat 2/1, 372 Langside Road

Glasgow

G42 8XR

Or via email: entries@clydearc.org.uk

t: 07921 004438

Entries Date and Date of Draw:

The entries will close on Sunday 18th October 2009 at 12 midnight and the draw will be made on Monday 19th October 2009 asap thereafter

Events:

Events are offered as per the Clyde Small Boats Head Poster

Prizes:

Prizes will be awarded in categories, where 3 entries have been received in that division.

A prize for best percentage time for the fastest men's and women's crew of the day will also be awarded.

Regatta Information

Course - approximately 3000M from the blue railings to the monument on Glasgow Green.

Boating – Please boat in plenty of time for your race. There will be a Steps Marshall at the West Boathouse to ensure crews boat as efficiently as possible. Do your bit by making sure you have everything ready to go before you get to the steps, as you may hold someone else up if you delay by forgetting a cox box, blade or crew member.

Circulation – Boats should proceed upstream to the start on the North Bank (Strokeside/Port Bank) of the river, passing through North arches of all bridges. Whilst racing, crews must pass through the centre arches of all bridges. Please see the Safety Information/Risk Assessment document.

Safety - All competitors and coaches must make themselves aware of the rules and guidelines covering the River Clyde, copies of which are attached at the end of this pack. These rules and guidelines along with the SARA safety rules should be adhered to.

The regatta committee would like to draw particular attention to the rule stating that all coaches and club assistants on the tow path should carry throw ropes. Life belts are positioned at intervals of approximately 100m along the river bank. Another safety point we wish to emphasise is the turning of boats well clear of the gates of the tidal weir.

In addition to Clyde ARC having safety boats on the water, Glasgow Humane Society shall be providing extra safety cover.

Medical assistance will be available from the Clyde ARC boathouse. In the event of any emergency, however, please contact the emergency services yourself immediately on 0141 532 3000 or 999, prior to seeking further assistance from the regatta organisers.

Access - Competitors, coaches and visitors are requested to refrain from climbing riverside fences. Vehicular movement within Glasgow Green is regulated by Glasgow City Council. The stated limit is 5mph. In addition it would be appreciated if vehicular movement is kept to a minimum.

Cakes – There will be a cornucopia of confectionary available for purchase at crazy prices in the West Boathouse.

Clyde ARC wishes all competitors and spectators a fun day's racing!