



**TWICKENHAM AMATEUR REGATTA
COMPETITORS INSTRUCTIONS
SATURDAY 25th May 2019**
*Due to the Tide, the first race is
anticipated to be at 10am & the last race
no later than 6pm*

**** REGATTA ADMIN IS AT THE FINISH ENCLOSURE****

'Race Control' at the boating area will only be able to deal with timetable queries. Please address all other issues to the Admin team at the Finish Enclosure.

Regatta Admin is located at the back of the enclosure, down the ramp to the left end of the arches, next to the catering and the bar [*and NOT in the Finish Judges tent!*]. Ask here for:

- ❖ **CREW REGISTRATION & NUMBERS**
- ❖ **SUBSTITUTIONS**
- ❖ **WEIGH-IN FOR COXES**
- ❖ **ID & POINTS CHECK, PRIZEGIVING**

Please allow sufficient time to get between the Boating Area & the Finish, and back before you expect to go afloat; 10 minutes each way recommended - plus waiting / admin time.

**** SUBSTITUTES MUST BE DECLARED PRIOR TO RACING ****

If necessary, please ensure that any changes to your entry details are updated with the Admin team **BEFORE** your first race.

All competitors now earn Ranking Index Points regardless of whether they win the event outright.

**** NEW SHORTER COURSE & NEW LOCATION FOR THE START ****

The Start is now down river of the Ferry. The Marshalling Area is above the Ferry. Please make sure that you do not impede the Ferry whilst waiting for your race or proceeding to the Start.
THE FERRY HAS RIGHT OF WAY IN ALL CIRCUMSTANCES.

**** RESTRICTED AREA BY THE COURSE ****

Crews MUST NOT perform racing starts or race-pace paddling anywhere in the Navigation Channel alongside the course, or above the Start until past the Ferry.

**** RESTRICTED CHANNEL ALONG EEL PIE ISLAND ****

If you choose to paddle above the Start Area then be aware that the channel is very restricted along Eel Pie Island so proceed with caution and not at race-pace.

GENERAL

- Races will be rowed under the British Rowing Rules of Racing and 'Row Safe' guidance
- The first named crew is on the Surrey [enclosure/ boating area] Station.
- All competitors must, as a crew, present their BR registration cards for checking at the Regatta Enclosure.
- A minimum of two boats must finish an event for prizes to be awarded.

PARKING

- No parking of vehicles or trailers will be allowed in River Lane.
- Cars with boat trailers and roof-racked boats will be allowed to park along the towpath at the end of River Lane, but you are warned that this area is liable to flooding at high tide. **Parking is entirely at owners' risk.** Competitors should park their cars at the end of Ham Street in the free car park.
- Motor coaches should NOT use River Lane, as there is no suitable place to turn.

FACILITIES

- Safety boats will be afloat approx. 20 minutes before & after racing – one near the Start and one towards the Finish.
- First Aid facilities will be provided in the Regatta Enclosure.
- Toilet facilities are available at the Scout Hut near the boating area and also at the entrance to the Regatta Enclosure in Buccleuch Gardens.
- Light refreshments will be available for crews at the Scout Hut.
- Food, licensed bar, Pimms bar and a barbecue will be available all day in the Regatta Enclosure.

CREW NUMBERS / COX WEIGH-IN

- Prior to racing, you must collect crew numbers and weigh in coxswains at **Crew Registration at the Finish**. This is located in the Regatta Enclosure at Buccleuch Gardens (see course map). **PLEASE ALLOW SUFFICIENT TIME TO GET TO THE ENCLOSURE AND BACK.**
- Please bring your British Rowing cards to registration; you need to present them before racing numbers are issued.
- BROE2 will be shut for substitutions on Thursday evening. After this time, you can only make substitutions on the day when registering. You must declare all substitutions at Crew Registration before your first race. Crews who are subsequently found not to have declared substitutions will be disqualified.
- Numbers must be pinned on the back of the bow rower or sculler; one on their racing top, the second on their warm-up top, if worn. Coxes are not required to have a number.
- Coxswains are required to provide their own deadweight, if necessary; note that cox-boxes are part of the boat.
- Coxswains must be able to produce their certificate, and relevant deadweight, to officials on request.

PROGRAMME CHANGES

- Crews wishing to move races on the day should contact Race Control at the Boating Area by River Lane.
- The Race Committee reserves the right to alter the programme and/or the course according to circumstances; in all cases of dispute the decision of the Race Committee is final.

BOATING TO RACE

- Wherever possible, crews should try to boat together as race pairs. Please allow for congestion at the Boating Area and any time required for warming up above the Start; ideally, a minimum of 30 minutes from "Hands On" to get to the Start Area, to reduce congestion at the Start, and ensure other crews do not have excessive waiting time.
- Crews should aim to be in the Start Area 10 minutes before the published start time of their race. Latecomers may be given an official warning. Races may be started without reference to absentees.
- Be aware that once boated, crews will have to cross the racing channel to get to the Start. You must await clearance from the Crossing Marshal to proceed. Ensure ALL crew members are alert and aware of possible hazards and pay attention to instructions from the Crossing Marshals.
- The channel between the course buoys and the Middlesex (North) bank is open to all river craft; the starboard-hand rule applies [KEEP RIGHT!]. Proceed upstream on the Middlesex station, and remain alert to all other river traffic.
- Non-racing crews must give way to racing crews and the Ferry (which will be in operation across the river throughout the day). Non-racing crews must obey instructions from the land and water-based marshals at all times.
- Be aware that there will be a "Regatta in Progress" pontoon moored in the middle of the river above the Start.
- If going above Eel Pie Island, crews should proceed along the main navigation channel (the Surrey side of the island). *The ONLY exception to this rule is for crews from Twickenham Rowing Club returning to their boathouse.*
- Competitors should **NOT** boat on the slipway at Ham Street car park; **submerged rocks and mud make it hazardous.**

WARMING UP

- **NO PRACTICE STARTS OR RACE-PACE PIECES ARE TO BE EXECUTED ALONGSIDE THE COURSE.**
- All boats should proceed with caution in the Navigation Channel between the Boating Area and the Start.
- Crews may only warm up at race-pace and practice racing starts upstream of the Ferry.
- Be aware that the channel is very restricted along Eel Pie Island so, if you choose to paddle beyond this point, you must proceed with caution and not at race-pace.
- Crews who are observed to be flouting these rules are liable to be disqualified.

START MARSHALLING AREA

- Crews will be asked to identify themselves to Start Control which will be positioned above the Ferry (please know your crew number and event).
- Once the stake boats are clear, the next two crews will be called forward by the Start Marshal.
- Do NOT proceed to the stake boats until instructed to do so by the Start Marshal as the Ferry may be about to cross.

ATTACHING TO STAKEBOATS

- Please ensure coxswains and rowers are competent in how to attach their boat to a stake boat on tidal water.
- Please DO NOT paddle several lengths past the stake boats, then try to back on. Instead approach slowly, easy-all as you draw level, and aim to stop within half a length of the start to get attached promptly.

COURSE MARKINGS & RACING ETIQUETTE

- The Course runs downstream from just below the Ferry, past Glover's Island, to the downstream end of Buccleuch Gardens, where the Regatta Enclosure is situated.
- For reference, the Boating Area and Finish Enclosure are on the SURREY side of the river.
- The course follows a natural bend in the river, favouring the Middlesex station, whilst stream conditions favour the Surrey station. The stake-boats are staggered, as is the Finish line, to compensate for the rest of the deficit.
- The Middlesex side of the course is marked for the full length with buoys every 20-30m. Keep these to port (stroke side) when racing.
- The Surrey bank generally forms the starboard side (bow side) of the course.
- There are larger buoys at some points marking the Start, Finish, and the Crossing Zone to/from the Boating Area.
- All boats must keep to their station and may be disqualified at the discretion of the Umpire if they leave their station or go outside the buoys on the Middlesex station.
- **You are not permitted to "cut the corner" (leave your racing lane) if you are ahead.**
- No crews may stop on the course unless instructed to do so by the Umpire. Crews with damaged equipment must remove themselves to the Navigation Channel as soon as it is safe to do so, due to the frequency of racing.

AT THE FINISH

- On completion of their race, crews may paddle downstream, away from the course towards Richmond Lock, at their own risk. Crews must follow normal 'starboard hand' river traffic regulations. *(As above the start, there is a "Regatta In Progress" pontoon moored between the Canoe Club and Richmond Pier. Please don't hit it either!)*

RETURNING TO THE BOATING AREA

- Crews returning to the Boating Area should turn away from the Finish Enclosure to paddle upstream, close to the Middlesex bank [on the opposite side from the enclosure] and pass behind Glover's Island. All other river traffic will pass in the main Navigation Channel, on the Surrey side of this island.
- There is a "Holding Area" behind Glover's Island where returning crews may need to wait until it is safe to cross back to the Boating Area. A Crossing Marshal will be situated in a launch upstream of Glover's Island to advise crews when it is safe to cross the course.
- Crews must pay attention to instructions from the Crossing Marshals at all times and not to cross the course unless instructed to do so.
- We have made every effort to alleviate congestion in the Boating Area, but we still rely heavily on crew co-operation in de-boating as quickly as possible to free up space for others. Please follow the Marshals' instructions.

The Committee particularly points out that all boats, equipment, vehicles and personal possessions are brought to the Regatta at the owners' risk.