



Saturday 8th June 2019 - Instructions to Athletes

To help us keep the event running smoothly, please read everything below and try to follow these instructions on the day. If there is anything you do not understand, please ask one of the Umpires or marshals who will be happy to help.

Boating

- Always seek help from a coach if you are moving your boat on land.
- The crews in your race will boat at the same time. Once you are all ready on the pontoon you will be pushed off and should row towards the on-water marshall in the bay across from the finish, where an Umpire in a launch will guide you to the start.

Proceeding to the start

- Have a look at the course map which shows you the route to the start, where you race and how you get back to the pontoon.
- This year we are using stake boats if conditions allow. Athletes will be asked to reverse onto the stake boats stern first, umpires and stake boat holders will assist with this process. As a contingency plan in case of challenging wind conditions, we will revert to free starts - so the Umpire will line you up so that crews are level. It is important that you listen to the Umpire and do exactly as he or she asks you to.
- If an Umpire wants you to turn he / she will ask you to paddle or back it down on red / right or green / left. Make sure you understand this before you go on the water.

Racing

- The Umpire will start the race with the following instructions: - "Attention" with a raised flag. - "Go" as the flag comes down.
- If the Umpire wants to steer you during the race he / she will call your club name, raise a white flag, and point it in the direction you must move.
- If the Umpire needs to stop just you racing, he/she will wave a white flag, name your crew and shout 'Stop'.
- If the Umpire wants to stop a whole race he/she will ring a bell, shout Stop and wave a red flag.
- A loud horn will sound as you cross the finish.

Disembarking

- After the race, your Umpire will guide you back to the pontoon where your coach will meet you. If you are progressing to the next round you will be asked to stay on the water – again, an Umpire will tell you what to do.
- If you capsize at any time you are on the water you must **STAY WITH YOUR BOAT**. You will be rescued by a Safety Boat.

If you have any questions, ask your coaches or an official. Thank you for racing at Blenheim Palace Junior Regatta. We hope you enjoy the day!