



National Schools' Regatta

**24th - 26th May
2019**

Competitor Guidelines

The National Schools' Regatta is run in accordance
with the British Rowing Rules of Racing

Competitor Guidelines 2019

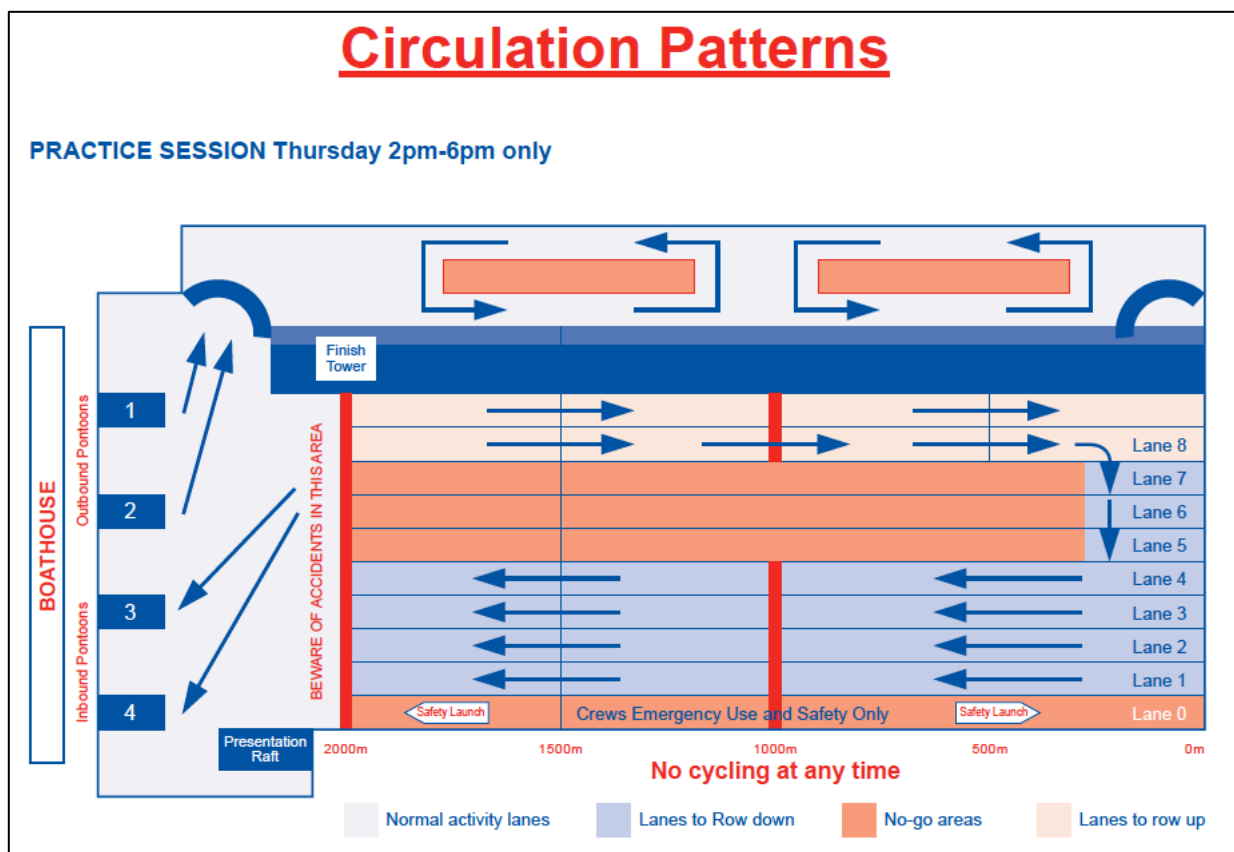


Welcome to the National Schools' Regatta 2019

The Regatta is run in accordance with the British Rowing Rules of Racing and RowSafe guidance.

1 Time Trials: Friday, Saturday and Sunday

Time trials for all events will be raced in the Main Lake over approximately 1,900m.



The racing lanes shown above are for illustrative purposes only. Actual racing lanes used will depend on the weather conditions on the day.

Crews must be ready to boat 45 minutes before the scheduled start time of their time trial, having collected their bow number from the Raft Marshals office, which is located close to the Boathouse. Please try and boat in number order. Control Commission umpires may do the normal safety checks and any boat failing inspection will not be allowed to boat until the problem has been fixed.

It is the coach's and crew's responsibility to ensure that their boat is safe to race.

Crews will paddle carefully towards the start in lanes 8 and 9 only.

Warming up by turning into lanes 1 to 7 is **NOT** allowed.

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At 250m from the 2000m Start, a Marshal will tell you to take off any spare kit and be ready to race. If necessary, he will ask crews to move into numerical order. He will send you on to the 100m Marshal, who will in turn direct you towards the launch in lane 7, this marshal will allocate you a Lane. Crews should row round in a continuous semi-circle, close to the start pontoons into lanes as directed. Racing lanes will be announced on the day depending on weather conditions.

The Starter will be located in the 2,000m Start Tower and will give the start command by saying "Crew 1 GO". Timing will be from the 1900m point. There will be approximately 15 seconds between crews. This will give a minimum of 30 second gap between crews in any lane.

Any crew who is unable to race should return to the boathouse in Lane 0.

After the finish crews may not warm down on the lake and must not stop near the finish line.

Crews must proceed directly to the rafts and disembark as quickly as possible. Please do not bring bikes, parents or animals onto the pontoons.

Emergency Stop Procedure

In the event of it being necessary for a Time Trial to be stopped for any reason, the signal to stop will be a series of loud blasts using the siren on the loudhailer. This will be repeated by all umpires. **ALL RACING CREWS MUST STOP IMMEDIATELY** and then make their way to lane 0. All crews must follow instructions from umpires and rescue boats.



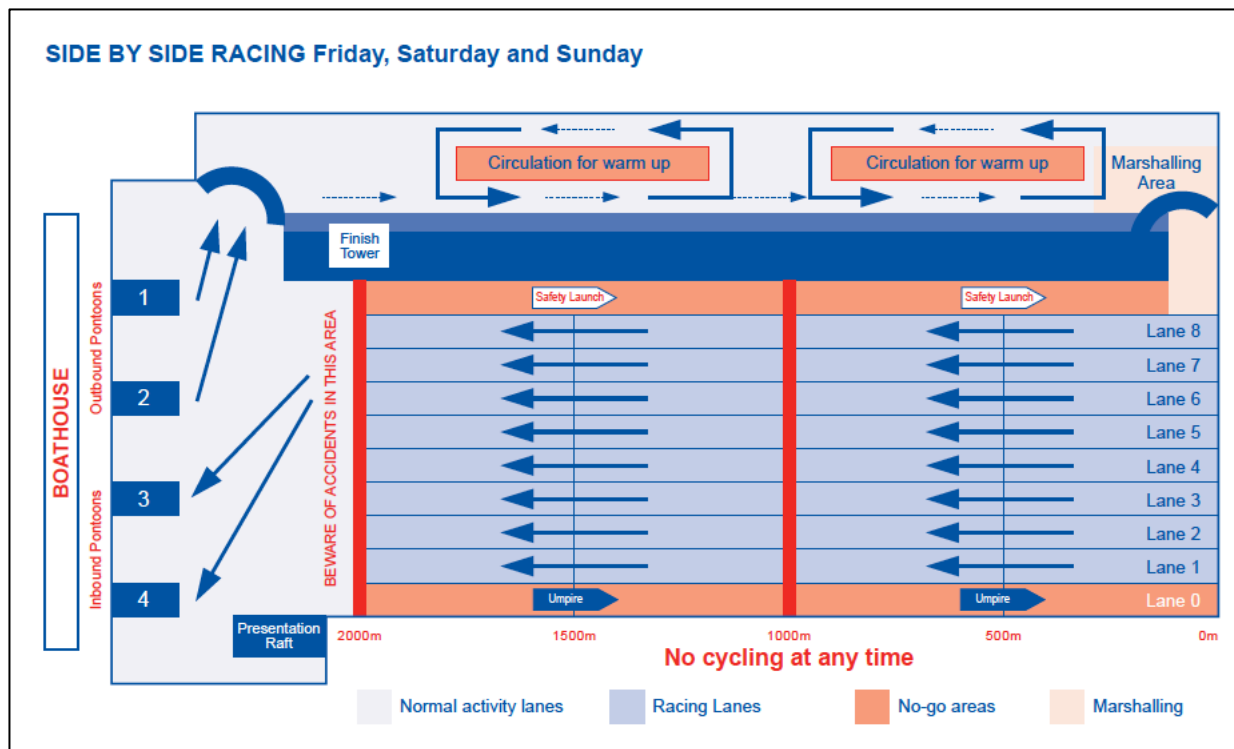
1. Starter	2. Water Marshal	3. Pontoon Marshals	4. Assistant Starter	5. Bank Marshal 100m
6. Bank Marshal 250m	7. Bank Marshal 500m	8. Timing Start 1,900m	9. Finish 2,000m	10. Control Commission

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2 Side by Side Racing Friday, Saturday and Sunday

All Side by Side racing will be over 2,000m.



Crew lane numbers should be collected from the Raft Marshals office near to the Boathouse. Numbers will only be available 45 minutes before scheduled race time.

Crews must ensure that their boats are safe to race before being brought down to the rafts.

All crews will proceed to the start in the return lake. There are two circulation patterns that can be followed in the return lake, as per circulation diagram above.

Crews must be by the 100m marshal and ready to race 10 minutes before the scheduled start time. They will be moved to the Bridge marshal 5 minutes before the scheduled start time and will be moved through to the course as soon as the previous race has passed the Bridge.

It is the crews responsibility to be at the start on time. Races will not be held for late arrivals.

All crews must be coached in how to get onto the start, especially in a crosswind. They must know how to bring a boat straight, by either Bow or 2 passing their blade forward to the person in front and with the blade parallel to the boat, tapping the boat round until it is straight. Crews that are unable to do this manoeuvre or are unable to get themselves attached within what is judged to be a reasonable amount of time, risk being prevented from racing.

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Cooling down is **not** permitted after racing.

Medal presentations will take place on a raft located in lane 0, attached to the bank about 75m beyond the Finish line. Medallists must turn immediately following their race, into lane 0 and proceed in **reverse** order (3rd, 2nd, 1st) to the presentation raft. Following the presentation crews must follow instructions from umpires marshalling crews before returning to the disembarkation rafts.



1. Start Tower	2. Aligners Hut	3. Bridge Marshal	4. Bank Marshal 100m	5. Bank Marshal 500m
6. Finish Tower	7. Control Commission	8. Presentation Raft		