

Metropolitan Amateur Regatta Instructions to Competitors – 2021

IMPORTANT INFORMATION FOR 2021 REGATTA

1. The Regatta is held under the British Rowing rules of racing and in accordance with the Row Safe Guidelines. These instructions will be e-mailed to the primary contact for each club with the provisional draw and time-table of racing, as well as the Covid Plan, Safety Instructions and Welfare Policy.
2. **Check-in:** There is no check in. Crew numbers for the bow (and cox in the case of eights) are to be picked up from the Boat House. Crews should wear their crew numbers for the time trials and side by side racing for easier identification by the officials.
PLEASE ENSURE THAT ALL COMPETITORS BRING THEIR BRITISH ROWING RACING LICENCE TO THE REGATTA.
3. **Withdrawals:** Any withdrawals should be notified as soon as possible; they should be made on BROE until 12 noon on Friday 28th May. Refunds will be made to any crew that withdraws prior to the draw minus the handling fee imposed by British Rowing. Refunds will be issued only after the Regatta has received confirmation from BROE that the entry fee has been paid.
4. **Substitutions:** Can be made using BROE until the time of the first race for that crew. Note: there will be no facility to make substitutions at check-in. Coaches wishing to make substitutions on the day must have an appropriate facility (ie smartphone). Crews are advised to make substitutions as soon as they know their crew has changed. Any substitutions must be able to provide their BR Racing Licence. **CREWS FAILING TO NOTIFY SUBSTITUTES BEFORE RACING WILL BE DISQUALIFIED.** Substitutions must be made in line with British Rowing Rules of Racing.
5. **Weighing:** Coxswains should report for weighing-in in their racing kit including life-jacket not less than one hour before their first race. Coxswains should provide their own deadweight. Cox-boxes do not count as deadweight.

Lightweights must weigh-in not more than two hours and not less than one hour before the first race in each of their events, on each day. Lightweights are not subject to the arrival embargo of 2 hours prior to racing at the site.
6. **Practise outings:** Crews may NOT practise on the course before, during or after racing, and may NOT boat on the River Thames from Dorney's grounds. The lake is closed to visiting crews on the Friday prior to the Regatta.

Proceeding to the Start: The circulation pattern to the boating area in the warm up lake is on the website. Bring footwear for Tideway style boating.

Bow numbers for the time trials will be supplied with your vest numbers, finals lane numbers will be picked up at the boating area.

Crews must proceed to the start using the warm-up lake and follow the anti-clockwise circulation pattern. Marshals at 200m during time trials, all day at 100m and near the bridge at the start will control access to the start zone. The racing lanes are numbered 1 to 8 from the parking side of the course. There is no warm down at this year's regatta. Crews suffering an irrecoverable equipment

breakdown in the warm-up area should return to the boathouse via the bridge at the finish keeping to the right but keep a good look out and follow the instructions of Control Commission as they approach the boating area, do not proceed through the boating area without specific instructions.

Crews must be attached two minutes before race time. Races will be started without reference to absentees. Crews who cannot attach to the stake boats in two attempts are liable to exclusion from their final.

Crew's attention is also drawn to the inclusion in rule 8-5 of the following (crews who) "delay the start without just cause or disrupt the Roll Call by shouting, banging, etc.", the Roll Call may commence at any point after Two minutes is announced.

Crews failing to follow the circulation pattern (see plan) may be disqualified or have other penalties imposed.

7. **Competitors Time Trial instructions:** Time trials will be run over 1900 metres from 100 metres to the finish. Crews will be formed in boat classes in order of the draw and in order to maintain fairness crews must present themselves for a time trial so that they can start in the correct order of the draw.

Crews should present themselves to the 200m Marshal in good time for their start.

The Umpire in the Start tower will allocate lanes and crews should turn into their lane, 6 or 7. Those with the higher numbered lane, close to the island, should leave space to their stern for the next crew to cross behind. They should then move down their lane level and queue behind the lower numbered crew ahead. The Umpire in the catamaran will start by crew number, name or lane. Timing will commence once the crew crosses the 100m line. It is expected that the crews will race in lanes 6 and 7, but this is at the discretion of the Race Committee. There will be a twenty to thirty second gap between crews dependant on boat class. If a crew is being overtaken they should move left into the lower numbered lane giving way to the faster crew without impeding the other racing lane and the nearest Umpire (located 400m, 900m, 1400m, 1600m and 1900m) will instruct the crew to do so only if the cox or steers has not anticipated the need. The stroke or bow seat should communicate the need to move over to their cox. Once overtaken the crew should then return to their allocated lane. If it is deemed that a crew has impeded another crew or has left its lane in order to gain an advantage from conditions the Race Committee may decide to award a time penalty.

Once across the finish line crews should clear the area by returning to the rafts, there is no warm down.

Boats may be stored on the racks either side of the boat house after time trials, but not after finals to leave the area clear for the next wave of boats. It is preferable that the racks closest to the warm up lake are reserved for eights.

8. **Row Safe:** The Regatta adheres to the British Rowing Row Safe Guidelines and competitors are reminded of their obligations under this Guide. Any incidents on or off the water should be reported to an official. Coxswains must provide and wear a suitable buoyancy aid or lifejacket when afloat. Rule 7-2-8, it is your responsibility to ensure your boat is safe, check your own position in the hull. Your hull shall comply with Rule 7-2-9. Control Commission may undertake random checks. Receiving guidance just prior to boating on the safety of your hull is not the best race preparation. **Check your hull before travelling and again when you rig it.** Foreign clubs who are unaware of their hulls club code should contact British Rowing. A crew will not be placed without its full complement.
9. **Umpiring:** Umpiring will be from the bank for the time trials, and from launches for side by side racing. Finals races will be started with a traffic light system which will display first a red light, then a green light at the same time as a buzzer. Should the system fail the starter will revert to flags, this will be announced at the start if required. As side by side races are finals there is no progression.
10. **Insurance:** Please note that insurance through British Rowing membership requires that a member is resident in this country for more than 6 months a year. Overseas crews should make sure they have third party insurance cover before racing at the Regatta.
11. **Security:** Security guards will be on duty on the Friday and Saturday night but the Regatta Committee take no responsibility for equipment left overnight. Crews should ensure that their boats are tied down to racks or trestles. All equipment must be removed from the site at the end of racing on Sunday night.
12. **Safety and Land Traffic:** Rescue boats will be present to give assistance where necessary and First Aid facilities will be available near the boating rafts. Cars, motorbikes etc. MUST NOT drive along either side of the course following crews or races. Cyclists must observe the "No Cycling" areas on the circulation plan, and the one-way system down the side of the course. One coach may follow each crew in a race. Ignoring this may lead to disqualification of your crew. Cyclists must take care at all times. Pedestrians are not permitted on the course road between the finish tower and the start. Cyclists are not permitted on the spectator side of the course or in the boating area.
13. **Cars and trailers:** **There are planned roadworks on the M4 which WILL significantly impact your travel to the event.** Please check the Highways England website and plan an alternative route. Competitors and coaches should exercise extreme caution whilst moving about the site in vehicles. In particular drivers of trailers should drive at a slow speed. Additional care should be taken in the trailer park. Boats left on racks or trailers should be tied down at all times. Competitors should not park in the ramblers' car park, as this is in breach of the Dorney Lake planning permission. Any club or crew doing this may be disqualified.
14. **Towing Trailers:** Clubs are reminded to consider the weather conditions throughout their journey when traveling to and from the regatta. Ensure that you leave sufficient time to arrive at Dorney Lake not after 7pm on Friday.
15. **Prize-giving:** Due to Covid restrictions there is no prizegiving tent this year. Any medal winning crews should send one representative with the photo ids of their crew to the weigh-in bay next to the Dorney Lake Office to collect their medals.
16. **Welfare:** The Welfare officer for the Regatta is Ben Helm. Any relevant matters should be directed

to him on 07771 790884. All competitors and coaches should read and take note of the Welfare Policy and Plan of the Regatta.

17. **Weather:** In the event that weather conditions make side by side racing unsafe medals will be awarded on the basis of the time trial results.

Finally, we would like to thank you for coming to the Met and trust you will enjoy the Regatta. If you have any comments or suggestions, please contact the Hon Secretary, c/o London Rowing Club or e-mail secretary@metregatta.org. During the week before, and on the Regatta weekend itself, the Secretary can be contacted on 07515 883 325. For Entries information e-mail entries@metregatta.org.

Useful links:

[2021-RowSafe.pdf \(britishrowing.org\)](#)

[British Rowing Rules of Racing 2021](#)