

**THE
METROPOLITAN REGATTA**

**The MET: Safety Instructions and Information
for Competitors and Coaches at Dorney Lake **SL4 6FJ**
– 2026 Regatta on 30th and 31st May –**

1. **The MET** is held under British Rowing's Rules of Racing and Row Safe guidelines, and has a full programme of events on both the Saturday and Sunday.
2. **Timetable of Racing** will be sent to each club's Entries email account after the Draw.
3. **BR's Row Safe** places duties on competitors, coaches and club officials including that:
 - any incidents on or off the water should be reported to a Regatta official;
 - coxes must wear a suitable **manually** operated gas inflation life jacket when afloat;
 - each competitor has a personal responsibility to ensure their boat is safe but, specifically, to check their own position in the boat;
 - boats must comply with BRRoR 7-2-9 and should be checked before being taken to Dorney and, again, when rigged at the Regatta – noting the Regatta's Control Commission may undertake spot inspections when crews are about to boat; and,
 - a crew competing in an event without a full complement at any point will not be placed.
4. **Rescue boats** are provided during the hours of racing.
5. **First Aid** is available on the spectator-side of the boating area in front of the Boathouse.
6. **Emergency assistance** can be summoned by alerting any official, or by going to:
 - Crew Control (Boathouse spectator-side end bay);
 - the Finish Tower; or,
 - the Start Tower.
7. **Safeguarding Policy** is available on the Regatta's website and the Welfare Officer is Ben Helm on **07771 790 884**.
8. **Juniors:** A mobile number for a responsible adult at the Regatta must be provided at the time of Entry for crews including a Junior even if competing in a senior event.
9. **There is no check-in** ... a crew not presenting at the Start for their Time Trial will be deemed to have scratched.
10. **Substitutions:**
 - **FAILING TO COMPLETE SUBSTITUTIONS FOR A CREW BEFORE THEIR TIME TRIAL WILL RESULT IN DISQUALIFICATION UNDER BRRoR 7-2-4.**
 - **Clubs will need a Smartphone to register substitutions on BROE2 at the Regatta.**
 - A substitute if asked must be able to show their BR Racing Licence on the day of racing.

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11. Weigh-in:

- Competitors reporting for weigh-in should go to the London Room on the first floor of the boathouse.
- Coxes in their racing kit including life jacket, and with their own deadweight, must report at least one hour before their first race (BRRoR 7-2-7).
- Lightweight competitors must weigh-in not more than two hours, and not less than one hour, before the Time Trial of their event (BRRoR 7-2-6)

12. Racing Sessions:

Morning	Open 4–	W8s	Open 4+	W4x	pen 2x	W2–	W1x	PR1 M1x/W1x*
Afternoon	Open 8s	Open 4x	W4–	W4+	pen 2–	W2x	Open 1x	
Championship – Club – Academic – Lightweight – U23 – J18								
Boat sign-up within a session is not permitted: Competitors including coxes may only be entered in one morning event and one afternoon event on each day								
International crews must provide information regarding NGB points or their racing form								

- A session has a Time Trial for each boat class in the sequence given, the results of which determine for each Event the progression to a multi-lane Final within the same session.
- If it is not possible to run some or all of the boat class Time Trials then crews concerned will be progressed to multi-lane finals based on the Event entered and each crew's BR Ranking Index (or overseas equivalent grading).

13. Crew / Lane bow and cox's vest numbers:

- Time Trial bow and cox's vest numbers are to be collected from Crew Control (Boathouse spectator-side end bay) before boating, and displayed while on the water.
- A lane bow number is to be collected from Crew Control not more than 40 minutes before a crew's multi-lane final, and displayed throughout while on the water.

14. Proceeding to the Start zone for a crew's Time Trial or multi-lane Final:

- The circulation pattern for the Regatta is available on the website. A crew not following the circulation pattern may be disqualified or have other penalties imposed.
- Crews should check the current signage in the boating area as the pontoons can be designated for either boating or landing at different times of the racing sessions.
- Crews must proceed to the Start along the warm-up lake and circulate anti-clockwise.
- For Time Trials marshals at 200m, 100m, and near the bridge at the Start will direct crews on when to enter the Start zone.
- For multi-lane finals marshals at 100m and near the bridge at the Start will direct crews on when to enter the Start zone.
- The lanes are numbered 1 to 8 from the spectator-side of the lake.
- There is **NO warm-down** after the finish of a Time Trial or multi-lane Final.

- 15. A crew suffering an irrecoverable equipment breakage** going to the Start should return to the boating area along the warm-up lake and under the bridge at the Finish keeping to the right and maintaining a good look out. At the bridge, **easy** until directed by marshals to a pontoon for landing.

16. Time Trials:

- Time Trials are run over 1900 metres from 100 metres to the Finish with umpiring along the course from the island bank.
- Crews will be formed up in their boat class event categories in the order of the Draw.
- Crews should present themselves to the 200m Marshal in good time for their start.
- Lanes are numbered 1 to 8 from the spectator-side of the lake and the Umpire at the Start will allot either Lane 3 or 4 for a presenting crew to turn into.
- Lanes other than 3 and 4 may be used at the discretion of the Umpire at the Start.
- A crew in the higher-numbered lane – that is nearest the island – should leave sufficient distance astern for the next crew to cross into the lower-numbered lane ... and the pair of boats should then move down their lanes level to queue behind the crews ahead.
- An Umpire in a launch will start each crew by crew number, name, or lane.
- **Under no circumstances should a crew back towards the Start** as it significantly disrupts the running of the Time Trial **and so may lead to a significant time penalty.**
- Timing will commence at 100m with an indicative twenty to thirty-second gap between crews dependent on boat class.
- If a crew is liable to being overtaken then they should steer into the lane to the left – that is towards the spectator-side bank – giving way to the faster crew without impeding the other racing lane with the stroke or bow alerting a cox to the need to move over.
- Once a crew has been overtaken they should return to their allotted racing lane.
- **A crew may incur a time penalty** if it is deemed that they impeded another crew or left their racing lane to gain an advantage from conditions.
- Once across the finish line crews should immediately clear the Finish zone by returning to the pontoons for landing – **there is NO warm-down.**
- Boats may be left on the racks either side of the Boathouse after Time Trials, but NOT after finals. The racks closest to the warm-up lake are reserved for eights.

17. Multi-lane races:

- Multi-lane races over the full 2000m course are umpired from catamaran launches.
- After the roll call, starting is by means of a verbal 'Attention', lane lights and a sound signal ...

Initial upper **RED** light signal after '**Attention**'
..and changes to lower **GREEN** light at the same time as a
BUZZER sounds for
'Go'

- Should the 'traffic-lights' system fail, the Starter will adopt 'flag-starting' with this explained at the Start if required.
- **Races will be started without regard to no shows** and crews must be attached at the Start from two minutes before their race time. Any crew not passing under the bridge at the Start at least two minutes before the race time or failing to attach at the Start in two attempts **are liable to exclusion.**
- The Roll Call may commence at any point after 'Two minutes' is called ... and attention is drawn to BRRoR rule 8-5 and the high probability of receiving an official warning for crews who:
"delay the start without just cause or disrupt the Roll Call by shouting, banging, etc."

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- 18. Medals** will be awarded to the winning crew in an event's primary final subject to there having been at least three Entries and at least two crews racing – and noting:
- The overall winning crew in the primary final of a boat class will be awarded the Championship medals. Should that winning crew have been racing at a lower status – such as Club – then medals will be withheld for the lower status event; and,
 - medals will be awarded on the basis of Time Trial results should the holding of subsequent multi-lane Finals be rendered unsafe or otherwise unviable.
- 19. Prize-giving:** Medal-winning crews should remove their boats from the water as usual before reporting to Crew Control (Boathouse spectator-side end bay) with their BR Racing Licences or, for overseas crews, photo identification. Medals are presented in the prize tent located near the Boathouse on the spectator-side of the lake.

General Matters

- 20. Practice outings are not allowed on the lake or River Thames** at Dorney during the Regatta. A crew may practise on the Regatta Friday **but only by prior arrangement** direct with Dorney Lake Services.
- 21. Pedestrians** including competitors and coaches are NOT allowed on the island between the Finish tower and the Start.
- 22. Cycling is NOT allowed** on the spectator-side of the course or in the boating area, and there is a 'one-way system' on the island alongside the course for coaches following races.
- 23. Vehicles must not be used to follow a race**, with the club of a member doing so being liable to Disqualification from the Regatta.
- 24. Boat trailers:**
- Dorney Lake opens at 12-noon on the Friday, and 7.00am on the Saturday and Sunday.
 - **Dorney Lake is secured at 6pm on the Regatta Friday** after which there is no entry.
 - Trailers should be parked as directed by Regatta officials in the designated trailer areas.
 - Boats stacked on trailers or racks must always be left tied down.
 - Competitors must not park their cars in the designated trailer areas.
 - Competitors must not use the Dorney Lake ramblers' car park with a club or crew doing so being liable to Disqualification from the Regatta.
- 25. Other points:**
- There are security guards for the Regatta Friday and Saturday nights but neither Dorney Lake Services nor the Regatta can accept liability for equipment left overnight.
 - All equipment must be removed from site at the end of racing on the Sunday unless a club has made a prior arrangement direct with Dorney Lake Services.
 - Third-Party Liability Insurance notes regarding British Rowing's scheme and the arrangements overseas crews need to have made were given in the Regatta's Entry Instructions.
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WhatsApp group for Coaches



Emails / website:

The Regatta Secretary can be contacted in emergencies:

secretary@metregatta.org

07515 883 325