

# **fMetropolitan Amateur Regatta**

## **Instructions to Competitors – 2015**

### **IMPORTANT INFORMATION FOR 2015 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 Safety Instructions and Welfare Police.
2. **Parking** is charged at £10 for both days per vehicle (excluding towing vehicles, minibuses and cars with sculling boats on their roof). Parking permits are available for purchase with **cash** on the day. Please be aware there is no card payment facility.
3. **Check-in:** Every sculler and a representative of every crew must report to Check-in at the Regatta **NO LATER THAN ONE HOUR** before the time of the **FIRST RACE** to be held **IN THE EVENT** for which they have entered. Failure to check-in on time may result in disqualification. It is only necessary to report once before the first race in each event, and not for subsequent races.

### **PLEASE ENSURE THAT ALL COMPETITORS BRING THEIR BRITISH ROWING RACING LICENCE TO THE REGATTA.**

4. **Withdrawals:** Any withdrawals should be notified as soon as possible; they should be made on BROE until 12noon on Friday 29<sup>th</sup> 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. Withdrawals after the first round should be notified to Race Control. Failure to report to Check-in by the time required will result in exclusion from the draw. Empacher-type bow numbers should be collected from Check-in not more than **45 minutes** before race time.
5. **Substitutions:** can be made using BROE until 12:00 noon on Friday 29<sup>th</sup> May. Any substitutions after that time must be notified to Check-in before a crew's first race. Any substitutes introduced must be able to provide their BR Racing Licence. **CREWS FAILING TO NOTIFY SUBSTITUTES BEFORE RACING WILL BE DISQUALIFIED.** Crews who substitute more than 50% of their crew (from the close of entries on Friday 22<sup>nd</sup> May) will also be disqualified. Substitution reports will be checked prior to medals being awarded.
6. **Weighing:** Coxswains should report for weighing-in to the tent next to the boathouse 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.

7. **Practice 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. Crews wishing to train on the Lake on Friday must book in with, and pay, Dorney Lake Services Ltd: 01753 832 756.
8. **Proceeding to the Start:** Crews must proceed to the start using the warm-up lake and following the anti-clockwise circulation pattern. Marshals at 100m and near the bridge at the start will control

access to the start zone. The racing lanes are numbered 1 to 7 from the spectator side of the course. Crews should warm-down on the course following the clockwise circulation pattern and **MUST NOT** cross the finish line whilst a race is finishing. Crews suffering equipment breakdown in the warm-up area should return to the boathouse via the bridge at the finish but keep a good look out and follow the instructions of the marshal at the entrance to the warm-up lake located next to the bridge. Crews must be attached two minutes before race time. Races will be started without reference to absentees.

When warming down all crews must be aware of races approaching, the correct etiquette is to stop at a minimum when a race is 200m away and not to turn onto the course unless sure that one can cross the finish line 200m ahead of the leading boat.

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

9. **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 2-3-8 will be strictly enforced: stretchers and shoes must be of such construction that an oarsman can get his feet clear immediately, without using his hands to do so in the event of their hull capsizing. If a competitor falls out of a boat for any reason, the crew must stop and render assistance in accordance with Rule 2-6-1b. A crew will not be placed without its full complement. Any incidents on or off the water should be reported to an official.
10. **Umpiring:** Umpiring will be from launches. The 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. Progression will be on the basis of finish order with the exception of Semi-finals in the "Challenge Eights", where the fastest fourth place from each Semi-final will qualify for the final.
11. **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.
12. **Hull identification:** All racing hulls are required to display their club's unique three letter identification code followed by their hull three digit code, rule 2-3-8 (c). Any crew on the water whose hull does not comply with this rule shall be subject to an automatic Official Warning. Foreign clubs who are unaware of their club code should contact British Rowing.
13. **Security:** Security guards will be on duty on the Saturday night but the Regatta Committee can 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.
14. **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. No more than 2 cycles 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.

15. **Cars and trailers:** 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 rambblers' car park, as this is in breach of the Dorney lake planning permission. Any club or crew doing this may be disqualified.
16. **Prize-giving:** Prizes will be presented at the prize tent on the grass near the boathouse. Crews should remove their hulls from the water in the normal manner and then report to Check-in with their British Rowing Racing Licenses. Crews may then go to the prize tent (located in the spectators area) to receive their prizes. A complimentary photograph will be taken of the presentation – consequently please ensure your crew is uniformly dressed in their racing kit.
17. **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.
18. **Time Trials:** Time trials will be run over 1900 metres from 100 metres to the finish. Crews will be formed in groups of "races" within their event and in order to maintain fairness crews must present themselves for a time trial so that they can start with their "race" in the correct order of the draw.
19. **Weather:** In the event that weather conditions makes attaching certain boat classes to the stake boats unsafe, heats will be run as time trials to determine which crews progress to the final. Should the Regatta have to cancel racing later in the day after a time trial has been run prizes and points will awarded on the basis of the time trial results. The decision to run time trials may be made as late as the two-minute warning of the first heat in an event. Should it become necessary to run time trails further information will be broadcast on the commentary system and displayed at crew control and in the results tent.

***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](mailto: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 [entries2015@metregatta.org](mailto:entries2015@metregatta.org).***