

Metropolitan Amateur Regatta

Instructions to Competitors – 2018

IMPORTANT INFORMATION FOR 2018 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 Policy. **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.**
2. **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.

3. **Withdrawals:** Any withdrawals should be notified as soon as possible; they should be made on BROE until 12 noon on Friday 25th 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 required time may result in exclusion from the race.** Empacher-type bow numbers should be collected from Check-in not more than **45 minutes** before race time.
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.

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. Crews wishing to train on the Lake on Friday must book in with, and pay, Dorney Lake Services Ltd: 01753 832 756.
7. **Proceeding to the Start:** Crews must proceed to the start using the warm-up lake and follow 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.

8. **Competitors Time Trial instructions:** 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.

Crews should present themselves to the 100m Marshal as they would for a side by side race in good time for their start.

The Umpire in the Start tower will allocate lanes and crews should turn into their lane. Those with the higher numbered lane should leave space to their stern for the next crew to cross behind. They should then move down their lane level with the Umpire in the catamaran who will start them 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 2 and 3, but this is at the discretion of the Race Committee. There will be approximately a twenty second gap between crews. If a crew is being overtaken they should move into either lane 1 or 4 depending on their allocated lane giving way to the faster crew without impeding the other racing lane and the nearest Umpire (located 500m, 1000m, 1500m and 1950m) will instruct the crew to do so only if the cox has not anticipated the need. The Stroke 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 or may warm down by turning right and up into lane 9, returning down 7. **NOTE THIS IS A DIFFERENT WARM DOWN PATTERN TO SIDE BY SIDE RACING. All crews should consult the Circulation pattern for Time Trials on the website and at Registration.** All crews in lane 7 will give way to crews that have just raced returning to the rafts or transiting to Lane 9 to warm down. There will be an Umpire at 1950m in Lane 5 to supervise the flow and crews that have finished their warm down may be held in Lane 6 near the finish until a gap is available. **When in the finish area all crews should exercise extreme caution and paddle very light, preferably not full crew and be very aware of the proximity of other hulls.**

The warm down pattern shall return to the normal racing format after the last crew involved in time trials crosses the finish line. There will be an Umpire launch at 1500m in lane 5 during the time trial and any crew in doubt should seek confirmation from this launch.

If it is deemed that the warm down pattern is becoming unsafe all crews will be instructed to return straight to the rafts after racing without warm down. The Regatta Committee wish to offer the Warm Down facility, but not at the expense of the safety of all Competitors.

9. **Row Safe:** The Regatta adheres to the British Rowing Row Safe Guidelines and competitors are reminded of their obligations under this Guide; see links below. 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, it is your responsibility to ensure your boat is safe: heel restraints must be compliant with the "7 cm" rule. Control Commission may undertake random checks. Receiving guidance just prior to a race on the safety of your hull is not the best race preparation. Check your hull 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.
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. **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.
13. **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.
14. **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 ramblers' car park, as this is in breach of the Dorney Lake planning permission. Any club or crew doing this may be disqualified.

15. **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.
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 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 trials 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. 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:

Row safe

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>