

Instructions and Important Information for Competitors

– 2023 Regatta –

1. The Regatta is held under the British Rowing Rules of Racing (BRRoR) 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 timetable of racing, Safety Instructions and Welfare Policy.
2. **Check-in:** One representative from each club is required to collect the time-trial numbers for **all** crews each day of the regatta, at least **30 minutes** before the first crew's time trial from Crew Registration in the Boathouse. A crew not presenting for their time-trial will be classified as scratched.
3. **Crew and Lane bow and vest numbers:**
 - Crew bow numbers (and vest numbers for the bow person) for each event are to be collected from the Boathouse prior to the time-trial for each session. Vest numbers must be displayed for both time trials and side by side so that officials can identify crews.
 - Lane bow numbers are to be collected from the Crew Registration in the Boathouse **30 minutes** before a crew's multi-lane final.
4. **Withdrawals:** Any withdrawals should be notified as soon as possible on BROE. Crews that withdraw after 12:00 noon on 27th May 2023 will not receive a refund.
5. **Substitutions:**
 - Substitutions must be registered on BROE prior to the first time-trial for that crew.
 - It will not be possible to make substitutions at Crew Registration - crews wishing to register crew changes on BROE at the Regatta should do so on their own device, online.
 - Crews are advised to register substitutions on BROE as soon as a crew change arises even if further subsequent crew changes are anticipated.
 - Each substitute must be able to provide their BR Racing Licence via the app, or other photo identification on the day of racing.
 - **CREWS FAILING TO REGISTER SUBSTITUTES BEFORE RACING WILL BE DISQUALIFIED – BRRoR 7-2-4.**
6. **Weigh-in:**
 - All athletes reporting for weigh-in must bring photo identification.
 - Coxes must report for weigh-in not less than one hour before their first race; and must be in their racing kit including life-jacket, and have their own deadweight - BRRoR 7-2-7
 - Lightweight athletes must weigh-in on each day not more than two hours and not less than one hour before the first race in each of their events - BRRoR 7-2-6
7. **Practice outings:**
 - For safety reasons, crews are prohibited from practising on the lake at all times – that means NOT before, during or after racing.
 - It is NOT permitted for visiting crews to boat on the River Thames from the Dorney Lake site

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throughout the Regatta weekend and the Friday before; and the lake is also closed to visiting crews on the Friday before the Regatta.

8. **Proceeding to the Start for time-trials / multi-lane finals:**

- The lake boat circulation pattern is available on the website.
- A crew failing to follow the circulation pattern may be disqualified or have other penalties imposed.
- Please check signage because pontoons may be allocated to either boating or landing at different times during the day.
- Crews must proceed to the Start using the warm-up lake and follow the anti-clockwise circulation pattern.
- For time-trials: Marshals at 200m, 100m, and near the bridge at the Start will control access to the start zone.
- For multi-lane finals: Marshals at 100m and near the bridge at the Start will control access to the start zone.
- Lanes are numbered 1 to 8 from the car parking side of the course.
- There is no warm-down at any time.

9. **Equipment breakdown on warm-up lake:** A crew suffering an equipment breakdown on the warm-up lake should identify themselves to the marshal at 1500m who will then instruct them to return to the Boathouse through the bridge at the Finish keeping to the right and maintaining a good look out. Crews must then follow the instructions of Control Commission and marshals as they approach the boating area. Await specific instruction before returning to the boating rafts.

10. **Time-Trial instructions for Competitors:**

- 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 should present themselves at the start zone in time to be started in the correct order of the draw.
- The marshal on the Start pontoon will allocate either Lane 3, 4 or 5 for a presenting crew to turn into
- Lanes other than 3, 4 or 5 may be used at the discretion of the Race Committee.
- A crew given the higher-numbered lane – that is closest to the island – should leave sufficient distance for the next crew to cross behind into the lower-numbered lane. They should then move down their lane and queue behind the crews ahead.
- An Umpire in a catamaran will start by crew number, name, or lane.
- Timing will commence at 100m with a twenty to thirty-second gap between starting crews dependent on boat class.
- If a crew is liable to being overtaken, then they should move into the lane to the left – that is towards the spectator side of the course – giving way to the overtaking crew without impeding the other racing lane. The stroke or bow seat should communicate the need to move over to their cox.
- Once a crew has been overtaken, they should return to their allocated lane.
- If it is deemed that a crew has impeded another crew or has left their lane to gain an advantage from conditions, the Race Committee may decide to award a time penalty.
- Once across the finish line crews should paddle immediately to the pontoons – there is NO warm-down.
- Boats may be left on the racks either side of the Boathouse after time-trials, but NOT after

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finals because the Boathouse area needs to be clear for the next events boats.

- It is preferable that the racks closest to the warm-up lake are kept for eights.

11. **Starting of multi-lane races:**

- Crews must be attaching to their stake boat at least two minutes before the race time.
- A crew which has not passed through the bridge at the Start at least two minutes before their race will be excluded.
- A crew unable to attach to the stake boat in two attempts will be liable to exclusion from their race.
- Races will be started without reference to absentee crews.

12. **The Roll Call:** The Roll Call may commence at any point after “Two minutes” is announced. Attention is drawn to BRRoR rule 8-5 “(crews who) delay the Start without just cause or disrupt the Roll Call by shouting, banging, etc.”.

13. **Row Safe:** The Regatta adheres to the British Rowing Row Safe Guidelines and competitors are reminded of their obligations under this Guide including:

- Any incidents on or off the water should be reported to an official.
- Coxes must provide and wear a suitable buoyancy aid or lifejacket when afloat.
- Under BRRoR 7-2-8, each competitor is individually responsible for ensuring their boat is safe and, specifically, should check their own position in the boat.
- Your boat must comply with BRRoR 7-2-9, in relation to boat design, and you should check your boat before travelling and again when you rig it at the Regatta.
- Control Commission may undertake random checks either at the rafts or within the boat park, with non-compliant boats excluded from racing.
- All boats require a British Rowing compliant registration - any club unaware of their three letter identification code should contact British Rowing.
- A crew will not be placed without a full complement.

14. **Umpiring:** Umpiring will be from the bank for the time-trials; and from launches for the multi-lane racing. Multi-lane races will be started using a traffic light system which changes from a red light to a green light at the same time as a buzzer when the Umpire starts the race. Should the system fail, the starter Umpire will adopt ‘flag starting’ with this announced at the Start if invoked. As multi-lane races at the Regatta are all finals, there is no progression.

15. **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 must ensure they have third party insurance cover before racing at the Regatta.

16. **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.

17. **Safety on Water:** Rescue boats will be on the lake to give assistance where necessary, and First Aid facilities will be available near the boating rafts.

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18. **Vehicle and bicycle safety rules:** Cars, motorbikes etc. MUST NOT be driven along either side of the course following crews or races. Cyclists must take care at all times and observe the “No Cycling” areas on the circulation plan, and comply with the ‘one-way system’ alongside the course. Pedestrians are not permitted on the island between the finish tower and the Start / Cyclists are not permitted on the spectator side of the course or in the boating area.
19. **Getting to the Regatta:**
- Clubs are reminded, particularly concerning trailers, to consider the forecast weather conditions throughout their journey for travelling to and returning from the Regatta.
 - Ensure that you allow sufficient time for trailers to reach Dorney Lake no later than 6pm on the Friday. No entry is possible after this time.
 - The Gates will open at 7am each morning
 - You are advised to check the Highways England website before setting off for the Regatta.
20. **Competitors’ cars and trailers at the Regatta:**
- Competitors and coaches should exercise extreme caution driving and manoeuvring vehicles at the Dorney Lake site. In particular, drivers of trailers should keep to a slow speed generally with additional care taken in the trailer park.
 - Boats moved to racks or left on 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 so may be disqualified from the Regatta.
21. **Prize-giving:** Prize-winning crews should remove their boat from the water in the normal manner before reporting to Crew Registration in the Boathouse with their British Rowing Racing Licences or, government/university issued photo identification. They will then be directed to the prize tent located near the Boathouse for the presentation of medals.
22. **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.
23. **Photography and Video:** The regatta takes place in a publicly accessible site, we do not restrict the filming or photography of the event. The regatta reserves the right to make use of film or photography for publication, publicity or any other purpose. It is a condition of participation that competitors agree to be filmed / photographed. Where a competitor is under 18 years of age, a club representative must notify a parent / guardian and ensure that agreement is obtained to their participation on this basis.
24. **Weather:** Medals for the Regatta will be awarded on the basis of time-trial results in the event of weather conditions making multi-lane racing unsafe.

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 via e-mail secretary@metregatta.org
- During the week before, and on the Regatta weekend itself, the Secretary can be contacted on [07515 883 325](tel:07515883325).
- For Entries information e-mail entries@metregatta.org

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Useful links:

[2022-RowSafe.pdf](#)

[British Rowing Rules of Racing 2022](#)

RESULTS



Saturday

<https://rowresults.co.uk/metsat23>



Sunday

<https://rowresults.co.uk/metsun23>

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