

NORTHWICH ROWING CLUB REGATTA
NOTES FOR CREWS & OFFICIALS – Sunday 14th May 2023

1. This competition is held under the **BR Rules of Racing** and the **BR Water Safety Code**.
2. You are reminded that **Anti-Doping** rules apply to all Competitors no matter what age or category.
3. All Competitors and Coaches are asked to carefully read the **Safety Plan** document included with this documentation.
4. **PARKING** for trailers and cars is at Sir John Deans College,
accessed from main college entrance off **MONARCH DRIVE, CW9 8AF**
5. **CHANGING FACILITIES** and **TOILETS** are available again at Sir John Deans College.
6. There will be some scales, at the registration area, to weigh Coxes should there be any question of a **COX'S WEIGHT** meeting the minimum requirements as defined in BR Rules of Racing. Any cox requiring weights should bring their own weights.
7. **Instead of a COXES / SCULLERS BRIEFING** please see the Safety Video on the Competition web site <https://www.northwichrowingevents.com> and familiarise yourself with the last 500+ meters of the head racecourse; today you will be starting Round 1 at 'the narrows' heading downstream. NRC boathouse will also have a flip chart showing 'mooring positions' in the Marshalling area upstream of 'the narrows'.
Following round 1 crews will be guided to marshal at the 'hunts lock' end of the course awaiting results of the timed race to determine the Semi-Final race combinations. Following Semi Finals, you should marshal again upstream of 'the narrows'. No crew should go beyond the 'Blue bridge'.
Further instructions for the day may be provided over the PA system.
8. **CREWS AND COACHES** are responsible for ensuring that everyone on the water is appropriately kitted out with warm and wet weather gear. The weather at this time of year can be unpredictable and **crews not appropriately dressed may be stopped from launching**. Hooded tops are not permitted to worn on the water. Long hair must be suitably restrained so as not to cause risk of entanglement.
9. **CREW NUMBERS** and **CREW MEMBERS** will be issued in the Northwich Clubhouse. Substitutions must be made on BROE prior to start of the division; note that substitutions from the crew list entered on BROE must conform to the Rules of Racing. Crews unable to make the required substitution should contact the Entries Secretary.

10. Control Commission will also continue to carry our **RANDOM CREW COMPOSITION CHECKS**, so please remember to notify changes via BROE - see rule 7-2-4(b) regarding substitutions. Most misrepresentation is inadvertent (a failure to notify charges), but it is a serious offence under the rules - see rule 8-4.
11. **BOATING**. All boating shall be at Northwich Rowing Club and should be prompt, **COMMENCING WITH THE BOATING TIMES PROVIDED WITH THE DRAW ALONGSIDE EACH CREW**, and as directed by the boathouse marshals. Crews should make their way to upstream of 'the narrows' positioned facing upstream by the start marshals. Crews going upstream beyond the 'Blue Bridge' (A556) will result in an 'Official Warning' (that area is unsupervised by the regatta).
12. Planned **FIRST RACE START TIMES** for each division are: **09:00, 11:40, 14:30 and 17:00**. On the instructions of the start marshals, crews will turn, line up and enter the narrows to then follow the instructions of the start umpire. If all racing crews are in place before the planned first race time, then racing will commence. Crews/Scullers who ignore instructions from the Starter are liable to penalty.
13. **DURING ROUND ONE INDIVIDUAL CREWS WILL BE STARTED WITH GAPS** of 10 to 15 seconds between crews. Timing will start at a fixed position ~10m downstream of the narrows and end at the head race post.
14. **SEMI-FINALS (UPSTREAM) AND FINALS (DOWNSTREAM) WILL BE A SIDE-BY-SIDE RACE** started by an umpire. Races may be run with ~1.5 min between races.
15. Following the revised 2023 Rules of Racing at 7-3-1(c), the **STARTER SHALL OMIT THE WORDS 'TWO MINUTES'** and proceed with the start procedure given in 7-3-4b when all other conditions for racing are met. This start procedure shall then be consistently applied by the Starter. There will be **no Masters handicap applied** or offered to the Masters Events, unless all crews in an event agree to one being applied before the start of a round.
16. **OVERTAKING CREWS** (this applies to Round One – Timed Race) and overtaking crews should do so on the **port side** of the river. i.e., the cox's left and the sculler's right. Crews being overtaken will give way by moving towards the **starboard side** of the river.
17. **Crews with a scheduled 'row-over' should still complete the course as if they were racing another crew.**
18. **THE COURSE FINISH** for Time Trial (Round 1) and Finals (Round 3) is at a point 200 metres above Hunts Lock – head race finish post. Crews will be required to paddle on to await instructions from the finish and boathouse marshals.
19. **CREWS SHOULD STAY IN THEIR BOAT ON THE WATER THROUGHOUT A DIVISION** until Finals for their event have completed. Crews stopping in the Finish Zone, or returning to the boathouse, may incur penalties.

20. LOCAL RULE:

- a) **Crews will be disqualified for using foul and abusive language in the public hearing.**
- b) **Crews boating late, or not boating when asked will result in a ‘Official Warning’; the coordinating umpire may also decide to exclude a crew from racing if they risk delaying the competition for other competitors and volunteers.**

21. RESULTS. Medals and Trophies can be collected from the clubhouse once the confirmed results have been posted.

22. REFRESHMENTS will be on sale outside the clubhouse throughout the day – we also hope to provide something at the start area of Round 1/3 and finish area of Round 2 (at the Bridge area downstream of ‘the narrows’.

23. PLEASE NOTE

- a) that parts of the new Boat House site are ‘Restricted Access Only’. Please do not enter where signs indicate ‘No Entry’.

The new rules are on BR’s website at: <https://www.britishrowing.org/events/enteringcompetitons/rules-of-racing/>

There is also an Rules of Racing App available to download for your phone.

If you have any queries, please contact any of the umpires who will be happy to help.

These Notes for Crews and Officials will be held on the Competition Website:

<https://www.northwichrowingevents.com>

and can hold updated versions to these notes and the local rules.