

# Spring Head of the River Race (Northwich RC)

## NOTES FOR CREWS & OFFICIALS

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 and watch the video on the competition website.
4. Athletes and Coaches should inform the competition Organising Committee of any pre-or existing health conditions that could put themselves and/or others at risk.
5. The clubs competing and crew coaches/contacts must ensure that athletes are competent to complete the course safely and not put themselves and/or others at risk.
6. PARKING for trailers and cars is at Sir John Deans College, accessed from main college entrance off MONARCH DRIVE, **CW9 8AF**. Trailers will go to the LEFT in front of the old building; Cars will go to the right towards the tennis courts.  
(Exit for cars and trailers is the same road as used to enter parking areas – trailers to use their own assistance to walk them around the corners and along the short one-way stretch)
7. CHANGING FACILITIES and TOILETS are available at Northwich RC.
8. 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.
9. 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;
  - at the regatta 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' awaiting your final & return to boathouse.
  - No crew should go beyond the 'Blue bridge'.
  - Further instructions for the day may be provided over the PA system.

10. 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 and Dry Robes are not permitted to worn on the water; long hair must be secured in a bun (see LOCAL RULES - seen in section 14b - confirming crews may be prevented from rowing or disqualified)
11. CREW NUMBERS 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.
12. 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 listed in the draw, 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).
13. 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.
14. 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.
15. 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.
16. 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.
17. 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.
18. Crews with a scheduled 'row-over' should still complete the course as if they were racing another crew.
19. 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.
20. 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.

## 21. EVENTS:

Where entries allow there will be three rounds of competition; crews staying on the water until end of Final A/B/C/D.

(no doubling up within a division of crew or equipment)

Winners of FINAL A will be awarded Glass Tankards for Senior and Masters' Events where there are 4 or more entries; Medals for Juniors and events of fewer than 4 entries

		DIV 1	DIV 2	DIV 3	DIV 4
JUNIOR 13-15*	Open	4x+	2x	1x	-
	Women	-	1x	4x+	2x
JUNIOR 16-18*	Open	1x	-	2x	4x-
	Women	2x	4x-	1x	-
SENIOR**	Open	1x	4+	2x	4x-
	Women	2x	4x-	1x	4+
MASTERS***	Open	4x-	2x	4+	1x
	Women	4+	1x	4x-	2x

\* Junior Events will be available for each Junior Age category, these may be 'banded' or merged based on number of entries

\*\* Senior Events will be 'banded' based on BROE points/experience and number of entries

\*\*\* There will be 3 Masters Events per boat type, Mas A-C, Mas D-F, Mas G+, these events may be 'banded' based on number of entries and will not use the Masters Handicap (as for Non-Championship events at British Rowing Masters Championship)

- ◆ Entries for all events may be banded &/or limited by the organising committee to help provide competition and an opportunity for a Final A, B, C or D
- ◆ Division times will be confirmed following the draw and are subject to change depending on entries.
- ◆ Round 1 times will be used to determine winners if racing in an event or division is cancelled, due to weather or unforeseen circumstances, (a full refund if no racing has taken place)

number of entries	ROUND 1 - Timed Race Downstream ~500m	ROUND 2 - SEMI-FINALS Upstream ~500m	ROUND 3 - FINALS (A/B) (C/D) Downstream ~500m
1 to 2	Entries will be moved up to next event, with options for creating 'bands' based on points		
3	Timed Race all crews; (fastest crew to FINAL A, rest to SF2)	SF1 - R1 fastest (row-over) SF2 - 2nd & 3rd fastest	FINAL A - Winners of SF1/2 SF2 Runner-up (No Race)
4	Timed Race all crews; (racing for seeding in R2)	SF1 and SF2 (seeded based on Round 1)	FINAL A - Winners of SF1/2 FINAL B - Runners-up of SF1/2
5	Timed Race all crews; (fastest crew to FINAL A, rest to SF2/3)	SF1 - R1 fastest (row-over) SF2 - 2nd & 3rd fastest SF3 - 4th & 5th fastest	FINAL A - Winners of SF1/2 FINAL B - Runner-Up SF2 v Winners of SF3 SF3 Runner-up (No Race)
6	Timed Race all crews; (fastest four crews to SF1/2, Rest to Final C)	SF1 and SF2 (seeded based on Round 1) (5th and 6th in Round 1 have bye to FINAL C)	FINAL A - Winners of SF1/2 FINAL B - Runners-up of SF1/2 FINAL C - R1 5th v R1 6th
7	Timed Race all crews; (fastest four crews to SF1/2, Rest to Final C)	SF1 - R1 fastest (row-over) SF2 - 2nd & 3rd fastest SF3 - 4th & 5th fastest SF4 - 6th & 7th fastest	FINAL A - Winners of SF1/2 FINAL B - Runner-Up SF2 v Winners of SF3 FINAL C - Runner-Up SF3 v Winners of SF4 SF4 Runner-up (No Race)
8	Timed Race all crews; (fastest four crews to SF1/2, rest to SF3/4)	SF1 and SF2 (seeded based on Round 1) SF3 and SF4 (seeded based on Round 1)	FINAL A - Winners of SF1/2 FINAL B - Runners-up of SF1/2 FINAL C - Winners of SF3/4 FINAL D - Runners-up of SF3/4
9+	Entries will be drawn in to two or more 'Bands' or 'Groups'		

## 22. LOCAL RULES:

- a) **Foul and abusive language:** Crews will be disqualified for using foul and abusive language in the public hearing.
- b) **Control Commission boat checks:** in addition to the equipment checks seen in BR Rules of Racing 7-2-8.b the checks 12.b.i and 12.b.ii (shown below) will also be included; boats that do not meet the requirements may be prevented from rowing or disqualified.
  - i. **Backstays:** The forward port and starboard rigger on all boats, other than single sculls, must be protected by a backstay.
  - ii. **Buoyancy:** Boats without sealed watertight compartments under seats must secure buoyancy bags into those spaces.
  - iii. **Long Hair** must be secured in a bun, as it is a drowning risk, since it may become entangled in a capsized boat.
  - iv. **Hoodies and other Loose Garments** must not be worn afloat, as it risks becoming entangled whilst rowing.
  - v. **Dry Robes** must not be worn afloat, as it constitutes a drowning risk.

23. RESULTS. Provisional results should be available on screens during the day; when results are shown as confirmed Medals and Trophies can be collected from the clubhouse. (See <https://rowresults.co.uk> )

24. REFRESHMENTS will be on sale outside the clubhouse throughout the day.

25. TOILETS will be available towards the back of the clubhouse, others are available at top of the boathouse.

26. PLEASE NOTE that parts of the new Boat House site are 'Restricted Access Only'. Please do not enter where signs indicate 'No Entry'.

27. DOGS are welcome on to the SJD site but must be always kept on a lead; dogs must not be walked on the SJD Campus.

28. EVENTS:

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.