



East Midlands Regional Rowing Council

Junior Inter-Regional Team Trials 2019

## Competitor Instructions

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## Organising Committee

This event is organised through the East Midlands Regional Rowing Council.

The Event Committee includes the following personnel:

- Event Chairman: Trevor Rainbow 07860 928694
- Event Coordinator: Paul Stevens 07779 232051
- Event Water Safety Advisor: Charlie Adams 07795 565611
- Event Welfare Officer: Carolyn Thackstone 07917 391973
- Race Committee Chairman: Barbara Delaney 07484 614288



## General Instructions to Competitors

**Coaches' Meeting** - There will be a briefing for coaches on Saturday morning at 08:30 in the Main Building, on the 1st floor near reception. The briefing will be led by the Competition Organisers and the Chairman of the Race Committee and is intended to help coaches by providing extra information and advice. This is also a chance for coaches to ask questions. All coaches and club officials **MUST** attend.

Competitors are specifically reminded that persons using the NWSC Course and the River Trent do so entirely at their own risk and are solely responsible for:-

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and RowSafe. Any boat that fails to meet the standard shall be excluded. See Rule of Racing 7-2-8 for details.
- Strict observance of the circulation patterns (see map).
- Deciding, together with their coaches, whether they are competent and capable to use the Rowing Course in the prevailing weather and water conditions

**The Competition** - will be run in accordance with RowSafe guidance and this Competition's Rules. Competitors must be familiar with all the competition documents and understand their meaning. Competitors who do not comply with these instructions or the instructions of Competition Officials, may be penalised or even disqualified from racing.

**Registration & Confirmation** - All crews shall have a named coach and / or a responsible adult, authorised by the club, present at the Competition. The coach, who must be over the age of 18 years, will have been named in the entry details and a current mobile telephone number for that person must be provided. If a substitute coach attends the Competition, he/she must contact the organisers and register his/her mobile telephone number. Crews must register immediately after the morning briefing and at least 60 minutes before the start time of the first crew in the time trial in which they are racing. Numbers and instructions relating to the time trials will be available close to the boating stages. All known crew changes, changes in crew order and scratchings must be notified to the organisers at crew registration. Any further substitutions or crew changes must be notified to Registration before going afloat. Crews that have scratched (either by notifying Registration or by failing to start the time trial) will not be reinstated into the event. Any competitor withdrawing from an event for medical reasons will automatically be withdrawn from any other events they are entered to take part in.



## The Time Trial

**General** - Each crew will be assigned a unique number to display during their race. An Empacher number for the boat and one paper number for the racing kit of the single sculler or bow person. The cox will not wear a number.

Empacher numbers will be collected from the boats at the end of racing in each event. If however your number is not collected, please return it to the responsible person at the boating stage area.

The Organising Committee reserves the right to exclude any crew or sculler from the competition if it does not show sufficient competence during boating, marshalling or the starting process. This is applied in the interests of safety and fairness to other competitors. It is the coach's responsibility to keep him/herself informed of any changes to the event programme.

### Key Points –

- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial. 40 mins If intending to use the full warm up loop.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner.
- Crews must proceed to the Start in lane 7 only. Crews may warm up in a clockwise direction in lanes 4 & 5 between the 1000m and 500m markers by carefully turning into lanes 4 or 5 at the 1000m marker and then warming up in the racing direction only, before turning back into lane 7 at the 500m marker. No further warming up is permitted once a crew has completed 1 loop. Crews using the warm up loop must plan to have sufficient time to be in their number position before racing starts.
- Static crews in lane 7 must be aware of the potential danger of being blown into lane 6 if there is a cross-wind.
- Crews stopping in lane 7 are advised to stay close to the bank.
- At the Start, crews marshalling must keep into the bank and get themselves in number order, as per the marshal's instructions. Crews marshalling should also be aware of crews returning from the warm up loop and requiring to get into their number position.
- At the Start, remove spare kit under the direction of the Start Marshals. Crews will then be directed to paddle up the course and turn in a clockwise direction (e.g. "hard on strokeside, bowside light/easy/hold") into lane 5. (See diagram below). After completing the turn, crews should remain in number order and enable themselves a



good run-up to the timing line. The Starter will say 'Go' and crews will be timed over 1000m to the normal Finish.

## The Time Trial cont....

- Crews must take particular care when crossing the course to get into the correct lane.
- During the Time Trial, the crew's will race in lane 5. Any crew that is caught by a following crew should move into lane 4 only to allow the faster crew to overtake and then move back into lane 5 as soon as possible: failure to do so may be cited as unsportsmanlike behaviour.

## Insurance

It is the responsibility of coaches and rowers to ensure that they and their equipment are adequately insured, including provision for Third Party Cover.



## JIRR EM TRIAL CIRCULATION PATTERN

\* **Time Trial Racing Circulation Pattern** - This applies from 60 minutes BEFORE the first time trial until after the last time trial has finished. Cooling down on the lake during time trials is not permitted. The lane allocations may be changed on the day according to prevailing conditions. Any changes will be published before boating and presented at the Coaches meeting.

Disembarking Crews must be careful near the Finish and proceed straight to the rafts quickly and

