

# Instructions to Competitors

## Location, Time and Parking

The UOLBC Boathouse is located at Thwaite Lane, Leeds, LS10 1RN.

Upon arrival please register with an event organiser in the foyer of the boat house. Registration will open between 12:30 and 1pm, please do not arrive before this.

There will be an event briefing at 1:05pm for everyone. Racing will commence at 1:30pm - please ensure that you and your crew arrive in time to get changed and warmed up.

Parking is available in Leeds boathouse car park, on Thwaite Lane (permits only required Monday-Friday 9am-5pm) or in Thwaite Mills car park..



## Entry Requirements

- Each competitor must register with a crew.
- Competitors cannot be registered to race at any BUCS events. Should any participants be found to have breached this, points may be deducted from their crews. This is to ensure that the event remains fun for everyone, since all competitors will be of a similar level.
- No rower or coxswain may double up at an event, this is to ensure the event runs on time.
- Crew competencies required for entering are:
  - Able to hold it up immediately when asked to
  - Able to turn the boat using whole crew
  - Able to row whole crew immediately, no time given to warming up half crew

## Equipment

Any suitable sports kit may be worn. If it is cold, ensure competitors have plenty of layers. Although club colours are not required, it is preferred.

The host (UOLBC) will provide the following:

- **Boats** - all boats will be in good condition to ensure that racing is fair and outcomes are not affected by equipment quality.
- **Blades** - as with the boats, all will be in good condition.
- **Life jackets** & cox boxes for coxes.

## Facilities

The boat house has separate men and women's changing rooms. There is also a gym/erg room which competitors are welcome to use to warm up. Please use the rubbish bins provided and should there be any problems contact one of the organisers.

## Dates of Events

Sat 24th November 2018, 1-4:30pm, Leeds Boathouse

Sat 23rd March 2019, 1-4:30pm, Leeds Boathouse

Weds 8th May 2019, 1-5pm, Leeds Boathouse

## Race Format

There will be a time trial for each boat, followed by side by side racing. The time trial will be approx 400m, and will commence with a rolling start. Crews will be separated with sufficient time that there will be no overtaking over the course of the time trial. Should overtaking occur, then the crew being overtaken should move to the right so that the faster crew may pass to the left. The side by side racing will be 250m, and will commence with a regatta start using either a free start or stake boats. The locations of both of these races can be found on the map attached.

All crews will race twice at each event. Once in the time trial and then in a head-to head race. The order for the head to head race will be determined by the time trial results, with the top two crews going to the A final , the next two to the B final and so on. Should there be an odd number of crews, the crew in last two placed boats in the time trial will race each other before racing the next final giving a total of 3 races to a crew.

The results will be posted on the notice board inside the boathouse. Please note that the publishing of the final results will be at the organisers discretion and will be final.

## Boating Arrangements

There maybe up to 6 boats out at one time.

At no point will anyone row past the moored boats at thwaites mills, all rowing will be kept on the straight between the lock and the moored boats.

For both the time trials and head to head races crews must paddle whole crew to the start, no time allowed for half crew. Crews must also be able to turn whole crew.

### **For the time trials:**

- Crews must prepare and boat in the order determined by the event organisers. This will be released up to 3 days before the event.
- Crews will row up to the the designated turning area and spin - this will be clearly explained during the pre-race briefing. There will be marshalls at this point to direct crews.
- Crews will perform the time trial with a rolling start.
- Crews will then row on and return to the pontoon, rowing past it and spinning before docking, so that the next crew is able to set off quickly.
- For all racing there will be almost no chance to warm up, make sure adequate warmed up on land then get in boat and row the 250-300m to the start and ready to race
- Any crew not boating on time may forfeit the time trial and only able to contest a lower ranked fnal.

**For the head to head races:**

- The two crews racing one another will boat at the same time and row down together.
- They will spin one crew at a time in the designated area before the moored boats - be aware that this area is very narrow and crews should spin with caution.
- All crews must be ready to boat when race is called, so pay attention to start order.
- Crews will then proceed to the start line where they will be attached to the stake boats.
- Once the racing is finished, the crews will return to the pontoon, spinning once past the pontoon before docking so that the following race can proceed quickly.

In order for this event to run smoothly and effectively, please have race crews ready on the pontoon when the previous crew is rowing back to the pontoon to help dock the boat.

## Points

Points will be awarded for crews which are cumulative throughout the year and will decide the overall winners. The points are awarded as follows: 10 for winner in A final, 9 for runner-up in A final, 8 for winner in B final and so on.

## Emergency Contacts

In the event of an emergency please contact one of the event organisers - if you can't find one of us then the details are:

**William Davis Birch: 07881368004**

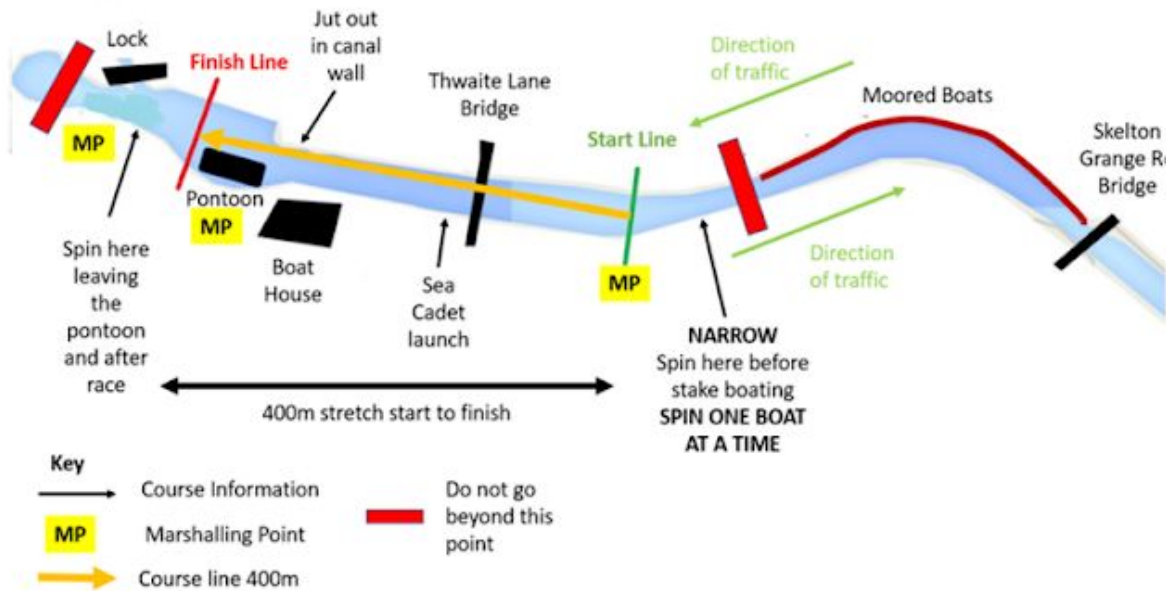
**Benjamin Kerton-Johnson: 07885991776**

There are first aid kits in the foyer of the boathouse and there will be members of the organising team that are first aid trained. These individuals will be pointed out during the briefing at the start of the day.

In case of a fire leave the building immediately and assemble in the car park of the boat house. Do not re-enter the building until told to do so by an event organiser.

# Maps of Race Courses

## 1. Time Trial Course



## 2. Head to Head Race Course

