

## INTRODUCTION

Welcome to Wallingford Regatta 2016. We anticipate a busy race schedule, and we hope the weather will be kind to us. The Organising Committee has worked hard to ensure we have plans to deal with most eventualities, but you have a crucial role to play in contributing to this. We ask all coaches and competitors to read, understand and act on these simple instructions to ensure that your crews can have a safe, enjoyable and successful regatta. Regatta Officials' instructions must be obeyed at all times.

## SAFETY NOTICES / EMERGENCIES / FIRST AID

A first aid post is located in front of the boat house near the Registration area.

In the event of an emergency or for safety notices or for major changes in racing, Regatta Control will use the Twitter account [@REGATTARESULTS](https://twitter.com/REGATTARESULTS) to notify coaches and competitors. Notices will also be relayed over the PA system (only in spectator area at finish) or by paper copies on notice boards in trade stand marquee and Crew Control. Alternatively, you may also contact a Regatta Official at Crew Control located in the main Dorney Lake boat house.

Decisions concerning race format (e.g. changing from side-by-side to time trials) or changes to lane allocation resulting from cross-winds will be communicated by these methods. The decision of the Race Committee on these matters is final.

## COACHES

For many crews this is likely to be their first regatta of the season and for some it may be the first regatta they have ever attended. Although we are keen to encourage participation in the sport, we would urge coaches to think hard before entering crews who have had no prior regatta experience. There are no novice events, and crews must be suitably experienced to cope with the potentially challenging weather conditions of a multi-lane course.

Please ensure that:

- Your crews collect their lane number and go afloat in plenty of time for their race
- Their equipment is safe and complies with the Rules of Racing (Rule 2-3-8)
- The crew and cox/steersman are experienced in attaching quickly to stakeboats even under cross-wind conditions
- They are wearing appropriate clothes for the weather conditions
- Every competitor, except coxswains, must wear the racing strip of the club he / she represents.
- Crews must wear a uniform racing strip.

## CAR / COACH PARKING AND TRAILERS

Unless otherwise notified, car parking for competitors and spectators shall be on the grass banks to the north of the course.

- Only trailers shall be allowed past the ash tree at the 500m mark.
- Trailer parking is located in Boveney field behind the tarmac car park near the boathouse.
- Parking at the start of the course is for regatta officials only.
- Coach parking is located offsite at Windsor Great Park.



These instructions may change due to ground conditions on the day; please follow parking marshals' instructions on the day, even if they differ from previously published details.

A map of the Dorney Lake site is available on the Regatta [website](#).

### CREW CONTROL / REGISTRATION

Crew numbers will be ready for collection at the Crew Control desk (first bay of the boat house). A representative of each club should collect **ALL** the numbers for their club at the same time. Crew numbers will only be released when all crew details and any outstanding payments have been dealt with.

Any crew changes or scratched crews on the day must be made at Crew Control or via text to **07769299259** with crew number and club abbreviation, as soon as possible. Random crew checks will be conducted during the regatta. Crews found to have raced with ineligible members or undeclared substitutes are likely to be disqualified.

Crews who scratch after entries close will not receive a refund of entry fees.

Approximately 50 minutes (or 8 races) before your race, a representative should report to Crew Control to collect a bow number for your boat. Please bring your crew number which has a barcode on the back for scanning. You may not boat without your lane number. Your boat must have a number slot on the bow. If you are doubling up and races are close together please inform Crew Control when you register for your first race.

### COXES

Coxes must report to be weighed at Crew Control and must bring a lifejacket or buoyancy aid conforming to Row Safe, which they will wear on the water. **N.B.** coxes of "bow loader" boats must only wear MANUALLY INFLATABLE LIFEJACKETS (Rule 2-3-7a).

Coxes plus deadweight must weigh at least 55kg for Open, J18 and J16 events, 50kg for Women, WJ18 and WJ16 events and 45kg for all J15 and J14 events. A certificate indicating the amount of deadweight required (if any) will be issued, and coxes must present this to the Control Commission Umpire before being allowed afloat. Coxes who cannot produce their weight certificate will be taken to be re-weighed; no allowance will be made if this causes the crew to be late to the start.

Deadweight must be carried safely and not attached to the cox. Deadweight may be reweighed after competing. Most coxes have a pretty good idea of whether they will need deadweight; we recommend coxes bring weights with them.

### LIGHTWEIGHTS

Lightweight events shall be run in accordance with the Rules of Racing Rule (3-3-1).

Lightweights must weigh-in during a window between two and one hours before the scheduled time of the first race in their event. All members of a crew must report for weighing at the same time. This weigh-in shall be in the Crew Control area. Lightweight crews shall be given a certificate which shall be presented prior to them receiving a bow number to race. There will therefore be no need to check Lightweight weight certificates at Control Commission prior to going afloat.

A competitor is a Lightweight if his or her weight does not exceed 72.5kg (Open), 59kg (Women). The average weight of a Lightweight crew (excluding coxswain) may not exceed 70kg (Open) or 57kg (Women) during the summer period.



## RACING LICENCES

All competitors (including coxes) shall carry their British Rowing Racing Licence with them to the Regatta. Any competitor who cannot produce this document when requested by a Regatta Official may be disqualified. Random checks will be made throughout the day.

Winning crews will be required to bring their cards to Crew Control immediately after their final. Failure to do so will result in prizes being withheld and possible disqualification.

The whole winning crew will be required to produce their licences in person for their prizes to be awarded.

## EQUIPMENT

Control Commission umpires may inspect your boat before you get afloat for compliance with Row Safe and the [Rules of Racing](#) (Rule 2-3-8). Boats failing these checks will be prevented from boating until repaired. It must be understood that it is the responsibility of **THE CREW** to ensure their boat meets the required standard. Races will **NOT** be delayed for equipment failure.

All boats must have:

- A bow ball – not perished, and firmly attached
- Independent heel restraints on each shoe – capable of resisting a sharp tug
- If built with enclosed compartments, all hatch covers and bungs must be in place
- A six digit boat I.D. (Rules of Racing 2-3-8e) – **torn strips of insulation tape are NOT acceptable.**

To ensure that you are not delayed at Control Commission, please make sure that **YOU** have properly prepared and checked your boat **BEFORE** taking it from the boat park to the boating area.

## PRACTICE OUTINGS

Practice outings during the regatta are not permitted. Crews wishing to practice on the lake before race day must make their own arrangements with Dorney Lake (tel: 01753 832756).

Crews competing at the regatta may not boat on the River Thames, as neither the regatta organisers nor Dorney Lake will take any responsibility for accidents or incidents off the lake.

## GETTING TO THE START

A [course map](#) is available on the Regatta website.

Crews will go afloat from the left-hand two pontoons as you look at them from the boat house (i.e. those closest to the Finish Tower).

All crews must proceed with extreme caution under the bridge and into the warm-up lake. Keep to the **RIGHT** (as viewed by the cox).

If you have sufficient time, you may warm up by travelling around the loop, the limits of which are marked on the bank with orange circular signs. Take great care when turning to keep well clear of other crews – particularly if it is windy. Warm-up circulation is anti-clockwise.

You must complete your warm-up and be under control of the marshals at 500m, 10 minutes before your race. Crews should line up in lane order and be prepared to move



promptly through the bridge when instructed. Listen to the marshals and be prepared to remove warm-up kit when given notice that your race is about to be called onto the start. There is little time to adjust kit or equipment when attached at the start.

Once under the bridge you should proceed across the lake to your lane and turn within your lane, **WITHIN 50 METRES OF THE START**, taking account of the wind direction if it is windy. You should then back down promptly onto the stake-boats. Your boat will be called by club name and then lane number, e.g. Wallingford, Lane 3. Listen carefully to the Starter as your allocated LANE may not be the same as your BOW number.

Wallingford Regatta has published guidance to help crews get attached promptly at the start. **As the biggest single cause of delays in the race programme is due to crews taking too long to get attached**, it is very strongly recommended that all coaches, coxes and steersmen take the time to read and understand this simple but useful advice. The document is available on the Regatta [website](#).

The Regatta runs to a tight race timetable and therefore races will not be held for late-comers. Crews are expected to be able to attach to the start and get straight promptly, even under difficult weather conditions. If a crew requires more than two attempts to get attached to the start pontoons and get straight or is in any way delaying the race unnecessarily then that crew is likely to be disqualified. Attaching to the start is an essential skill for multi-lane racing and it is expected that crews will have been properly coached in this regard. The Starter's decision on a crew's competence to attach or race is final. Any disqualified crews will return to the boat house in Lane 1, moving into Lane 0 AND STOPPING if the race behind them catches them.

## RACING

During racing, crews must stay wholly within their lanes.

All races will be launch umpired. To warn a crew the Race Umpire will hold up a WHITE flag, name the crew and will instruct the crew in which direction to move by pointing the flag in that direction. NB in bow-coxed fours, the crew member at bow MUST relay these instructions to the cox, who cannot see the flag signals. A prompt response is expected.

If the Race Umpire needs to stop the race, he/she will ring a bell, wave a RED flag and instruct all crews to stop. Crews must stop immediately and wait for further instructions.

Crews ignoring any instructions from any Regatta Official may be penalised, and for serious offences risk disqualification.

The progression system used at Wallingford Regatta is designed to encourage close racing in every heat, and to enable results to be declared even if finals cannot be held if weather conditions deteriorate during the day. It is therefore essential that all crews and coaches understand that it is in their interests to race for the fastest time in every race, and not to ease off in a heat or semi-final even if leading by a comfortable margin.

## COOL- DOWN AND RETURN TO THE BOAT HOUSE

After your race return to the incoming rafts (the two rafts furthest away from the Finish Tower).

If you need a more extended cool-down, turn after the finish at 2000m, cross back to lane 9 and return towards the start. However you must not go past the 1500m marker before turning and crossing back to lanes 1 - 4 again. The turning point is marked on the bank with

an orange circular sign. A marshal will also be located at this point to ensure that you do not interfere with any races on the course.

If a race approaches as you are cooling down, it is good race etiquette for you to **STOP** and wait for the race to pass. In perfect water conditions, even the wash from a boat cooling down will spread across the racing lanes and could have an effect on racing crews.

Please remove all blades, kit and water bottles from the rafts as swiftly as possible. NB Every year we throw away numerous half empty sports drinks bottles. Please take these home with you.

### RESCHEDULING RACES

No races will be rescheduled.

All declared doubling up and boat sharing has been allowed for in the timetable. At least 30 minutes has been allowed between races for all doubling up that we have been advised of.

In the event of scratched crews creating unbalanced heats, the Organising Committee reserves the right to re-draw the affected race(s). Where possible, re-draws will be announced before crews collect bow numbers, but there may be occasions where the re-draw has to be done after some or all crews have gone afloat.

### CYCLING

Coaches/supporters wishing to follow races by bike, may do so only on the island (Finish Tower side of the course), and must follow the sign-posted one-way system. Coaches and supporters following races on bikes are reminded that it is unsafe to attempt to film races whilst cycling one-handed.

No pedestrians are allowed on the island; pedestrians ignoring this instruction do so entirely at their own risk.

Cycling in and around the main spectator side of the course, or across the front (lake side) of the Boat House is not permitted. Cyclists must either push (not scoot) their bikes in these areas, or cycle (with due care and obeying any one-way systems) on the main roads through the car park and round the back of the Boat house. The instructions of the car park marshals or other regatta officials must be obeyed at all times.

Cyclists disregarding these rules may be asked to leave the regatta site, and their crews or clubs may be penalised in accordance with Rule 2-7-4.

### PRIZE-GIVING

- The trophy tent is located on the grass by boat racks and main boat house.
- Prize-giving will take place from 2pm onwards in the trophy tent.

### LITTER

We are obliged to leave Dorney Lake in a tidy condition. Litter bins are located along the banks of the course, in car parks, by the boating area and in the trailer park area.

Collecting litter after the regatta takes the regatta volunteers many hours at the end of a very long day. Please help us by using the litter bins provided or taking your litter home with you.

***Thank you and we hope you enjoy and good day's racing!***