

MARLOW SPRING REGATTA

Saturday 29th April, 2023

INSTRUCTIONS TO COMPETITORS

Thank you for your entry. Please read this document, carefully and at least once, in conjunction with the following,

1. Draw and Race Timetable for your crews.
2. Copy of Safety Plan including the Course Maps.
3. Map showing directions to the trailer parking, competitor parking and drop-off areas.

This event is being run in accordance with British Rowing Rules of Racing and Row Safe guidance.

The Regatta	<ul style="list-style-type: none">• The regatta format divides the event into 3 mini-regattas with heats and finals within each Wave.
Parking	<ul style="list-style-type: none">• One towing vehicle per club may park in the boating meadow.• Club minibuses and competitors' cars must be parked in the Regatta car park off Lower Pound Lane.• Cars with small boats on the roof should be parked in the Regatta car park.• There is a charge of £5 per car payable (cash or card) on entry; there is no charge for club minibuses or cars with boats.• Larger coaches must use the public car park at Court Garden Leisure Centre. This is also the drop-off and pick-up point for competitors.• Do NOT attempt to cross Marlow bridge with large vehicles or trailers, there are serious width restrictions.• The location of the Regatta in Higginson Park is SL7 2AE.
Boating Meadow	<ul style="list-style-type: none">• Each Club will be assigned a designated area in the boating meadow for parking their trailer and one towing vehicle. There will also be space for boat rigging and a small gazebo.• The meadow will not have been mown prior to the regatta; ticks are prevalent in long grass, so leggings and wellies are advised in order to minimise the risk of infection or nettle stings.
Registration	<ul style="list-style-type: none">• The Registration tent will be situated in the boating meadow.• Individual crews are not required to register in person. One

	<p>representative per club should collect race numbers for all entries for their club from Registration.</p> <ul style="list-style-type: none"> • All substitutions should be recorded on BROE2 at least 30 minutes before the crew's first race. Spot checks of crew composition will be performed. • BROE2 will remain open until 18:00 on Saturday 29th April for on-line entry of substitutions. • In the event of any crew scratching on the day, please report this to Registration. • If your arrival at the Regatta is likely to be delayed, please advise Registration immediately. We can then assess if your race can be re-scheduled.
Race Numbers	<ul style="list-style-type: none"> • All crews will be issued with a number which must be fixed into an Empacher slot on the bow. • Please ensure that all bow numbers are returned to Registration after racing and placed in the crates provided. • Two paper numbers will be issued to fix to bow's back - one for the outer layer of clothing and one for racing kit. Please ensure numbers are not obscured by hair, etc.
Coxes	<ul style="list-style-type: none"> • Scales will be available at Registration for coxes to weigh in. • Wristbands indicating whether the cox meets the required weight (green) or not (red) will be issued. • Crews with under-weight coxes should provide their own dead-weights as appropriate.
Boating	<ul style="list-style-type: none"> • All crews should be appropriately dressed for the prevailing weather conditions. • Crews must follow the one-way system for boating and returning, and obey any instructions given by the boating marshals. • We have a very tight timetable and will have to get races off on time. It is essential that all crews boat promptly and arrive at the Start in good time for their race. • Please make sure that crews boat no later than 20 minutes before the published race time. • There will be random spot checks by the Raft Control Commissioner of crew composition, cox weigh-in, racing licences and boat compliance. • Bow balls, heel restraints, single action release straps & hatch covers are YOUR responsibility. You will NOT be allowed afloat unless they are sound. • Boats MUST display the correct 6-digit BR identification code. You risk disqualification if you don't comply. • Blades must not be left near the towpath, but should be brought to the boating area at the same time as the boat. Please ensure you have sufficient support staff to be able to do this. • One crew at a time will be allowed on each boating pontoon.

	<p>Only designated club coaches and support staff will be allowed on the pontoons to assist crews in boating and pushing off quickly.</p> <ul style="list-style-type: none"> • Shoes should be taken in the boat or immediately cleared away from the boating area. Please bring crates or bags as necessary.
Proceeding to the Start	<ul style="list-style-type: none"> • Competitors, particularly in coxless boats, please take care when proceeding to the Start as there have been a number of fallen trees. • No overtaking or practice starts allowed on the way up to the warm-up area. • Warm up is permitted in the area upstream of the marshalling zone (please refer to course maps).
The Start	<ul style="list-style-type: none"> • Any crew late at the start is liable to be excluded owing to the tight racing programme. • For non-Adaptive events, the start will be at Bisham Abbey; for Adaptive events the start will be at Bisham Church. • Stakeboats will NOT be used. This makes starting less stressful for inexperienced crews. However, we rely upon strict compliance with the instructions of the marshals and the Judge at the Start. • We have a large entry with a tight racing timetable. Please brief your crews thoroughly on the Standard Start Procedure to avoid delay or anxiety to your competitors.
The Course	<ul style="list-style-type: none"> • Races will be scheduled every 3 minutes. • For events with heats and finals, the winners of each heat will remain on the water and immediately make their way back to the start for their finals. An interval of at least 15 minutes will be allowed between heat and final. • There are two Safety Boats on duty and the course is buoyed and marked at either end, in accordance with Environment Agency requirements. • The finish will be at the Flagpole in Higginson Park. • To avoid congestion at the finish, crews must proceed without delay as far as the BLUE turning buoy to the left. • NO CREW, INCLUDING MARLOW CREWS, MAY PROCEED BELOW THE BRIDGE UNLESS USING THE LOCK. • Note that Salters Steamers and the Little Green Boat Company will be operating from Higginson Park so exercise caution when returning to pontoons.
Adaptive Events	<ul style="list-style-type: none"> • Adaptive events will be raced over approximately 500m. The Start will be at Bisham Church. Competitors should wait for Umpires opposite the Church and should not proceed any further upstream. • Visually Impaired (VI) Scullers who have steering responsibility for their boats may receive steering instructions by radio link from a dedicated steering guide boat (SG). Such instructions are

	to be limited to direction information (left, right, hard left etc), condition alerts (eg wash approaching) and progress on the course (eg half-way, 100m to go etc).
Results	<ul style="list-style-type: none"> Results will be made available on Twitter (Marlow Spring Regatta, @SpringMarlow, https://twitter.com/SpringMarlow) shortly after the end of each race
Prizes	<ul style="list-style-type: none"> Medals will be awarded to the winning crew of each Event or Band. Medals will not be presented to individual crew members. The club coach, or one designee, should present themselves at Registration shortly after the end of each Wave and we will provide you with medals for all your winners. All competitors should bring their BR Racing Licence or other form of photo ID with them to the Regatta.
Catering	<ul style="list-style-type: none"> Barbecue and light refreshments will be available from the Catering tent in the Boating meadow throughout the day. Competitors should wash their hands before eating.
Child Welfare	<ul style="list-style-type: none"> Junior rowers are expected to be under the supervision and responsibility of parents and/or teachers while they are not afloat. A private 999 EMT (Medic) and vehicle, is available and the Regatta Child Welfare Officer can be contacted via Registration or contacted in confidence on the number displayed at Registration.
First Aid	<ul style="list-style-type: none"> We have comprehensive radio coverage, and an ambulance and medical technician will be in attendance adjacent to the boating meadow throughout the day.
Facilities	<ul style="list-style-type: none"> Toilet facilities with hand sanitisers will be available in the trailer field. There are no showering or changing facilities in the field. There are no waste bins but we'll provide you with bin liners, so please take all your rubbish away with you.

We wish you a successful and enjoyable regatta. If you have any queries or problems with your entries, please email entries@marlowrowingclub.org.uk or on the day contact Registration.

Regatta Contacts:

Chief Umpire	Melissa Sage	07974 927913
Registration	Helen Thompson	07902 352217
Child Welfare Officers	Julie Lyons	07771 870223
	Helen Cousins	07803 059586
Safety Adviser	Andrew Garnett	07775 925600 / 07919 170837

Any regatta official can be contacted via Registration, Race Control, the Finish or by any official with a radio.