



Instructions to competitors 2023

The race course that the regatta will take place on is 1000 metres between

- HQ - Regatta Headquarters at MAABC
- UL - the Kew end of University of London boathouse beach.

Regulations

1. All the races are rowed under the current [British Rowing Rules of Racing](#) and must conform to the standards set by BR in Rowsafe [RowSafe-British-Rowing](#)
2. The regatta follows TRRC's 'Code of Practice for the Regattas on the Tideway'.
3. All competitors must be aware of the [Tideway Code](#) this is our 'highway code' for using the river. Please ask for help if you are unsure.
4. All boats, equipment & belongings brought to this regatta are entirely at the owner's risk.
5. All boats must have a compliant [BR ID code](#) (eg MAA238) if you do not have one you could get an official warning (false start).
6. All junior crews must be supervised by a suitable adult. This adult must provide their contact details at registration and be available at all times.

The Draw

7. The Committee reserves the right to make any alteration to the programme.
8. Stations count from Middlesex (same side of the river as race HQ).
9. Any objections should be made in writing to the Regatta Secretary before end of racing.

Before first race (at least 30 mins)

10. Competitors (or a representative) must present British Rowing racing licences for checking prior to collecting their number from crew registration. **It is the crew's responsibility to ensure that the crew registered is the racing crew - we cannot do after the event substitutions.** And it is responsibility of coaches to ensure crew have right information to do this.
11. Coxes must:
 - Weigh in before collecting numbers (wearing lifejacket, not cox box)
 - Bring own deadweight (if required to make minimum)
 - Store deadweight safely in the boat (never attached to a person)
12. Under British Rowing rules, the minimum weight limits for coxes are:
 - 45kg for J15 and under crews
 - 55Kg for Open, Women, Mixed and J16-18 crews
13. **Numbers are to be worn by the bowman** on the back of their racing vest and securely attached. If we cannot see your number, you may not be awarded your race.

Navigation

14. In addition to the Tideway Code of Practice (see 3 above) we have a map of our course and a circulation diagram. Coxes, single scullers and bow steers must understand these, including:
 - Boating area
 - Marshalling areas
 - Crossing points
 - Race course – including starboard side rule
 - Effects of strong stream
 - Bridges at both ends of course

Racing times and directions

Tide forecast at HQ:	High water @ 04:52	Low water @ 12:35	High water @ 17:15
Downriver	Ebb tide	From UL towards HQ	0800 – 1230 (approx.)
Upriver	Flood tide	From HQ towards UL	1330 – 1700 (approx.)

Safety

- You** must read & understand our safety plan, you are responsible for your own safety.
- All crews must conform to the requirements of [British Rowing's RowSafe](#)
- Boats may be checked and must comply- Coxes must wear an appropriate life jacket.
- A check by an official does not necessarily imply that all aspects of the boat are safe and no warranty of safety is implied or exists as a result of such checks.
Crews not boating from HQ should try to call in to be checked before their first race.
- The Committee remind you that all boats, equipment, and belongings brought to this regatta are entirely at the owner's risk.
- Crews not boating from HQ should call race control before boating for their race or check with the marshals below Chiswick bridge that the regatta is running on time.

Marshaling

- Boating from HQ – beware of shallows as the bank is not straight!
 - Ebb tide (down-river) racing:**
Boat with bows away from Chiswick Bridge. Crews should then cross the river directly giving way to oncoming traffic.
 - Flood tide (up-river) racing:**
Boat with bows to Chiswick Bridge. Crews should then proceed through Middlesex arch of Chiswick Bridge into the marshaling area.
- When going to the start all races crews must conform to the circulation pattern indicated on the race plan diagram.
- Crews must not practice racing starts or do full pressure bursts within the marshalling area, take great care when proceeding to start on the race course to avoid racing crews.
 - Ebb tide (down-river) racing:**
Starts can be done well before the marshalling area.
 - Flood tide (up-river) racing:**
Starts must be done well below the green buoy of the crossing point. Beware of the crossing point.
- Marshaling area and Start marshal location:
 - Ebb tide (down-river) racing:**
Surrey bank opposite UL bows towards Kew bridge (upriver)
 - Flood tide (up-river) racing:**
Middlesex bank by TSS / Boat Race finish pole bows away from Chiswick bridge (down river)
- While marshaling (waiting to race) stay in position; all crews in single file, close to the bank, paddle on when necessary, no fast-paced rowing (starts or firm pressure).
Always keep a good look out.

27. Report to the Start Marshal to ensure (s)he has your race number and knows which event you are competing in.
28. When the Start Marshal calls you to the start obey all instructions.
29. Do not spin on the spot in the marshaling area – move out into the stream to turn.
30. There will not be a 2 minute warning; competitors should be prepared to start as soon as they are aligned.

During racing

31. All races are started by the Umpires as laid down in [British Rowing's Rules of racing](#) and the decision of the Umpires and Judges is final.
32. If a race ends in a dead heat crews normally re-row the full course, listen to the Umpire.
33. In the event of a crew scratching, the remaining crew may have to row over the course.
34. During racing, crews must keep to the starboard side of the fairway (cox's right of middle). Check the course map - remember follow the stream around the bend in the river, **NEVER cut the corner** (it is slower anyway!)
35. The umpire's launch will normally follow the centre of the correct racing line.
36. After racing on an ebb tide, crews returning to HQ **must** go through the centre arch of Chiswick Bridge and turn onto Middlesex before the red buoy (toward TSS) and return upstream on that side of the river **unless** crews are returning to PTRC or ULBC, in which case they may turn to Surrey and proceed carefully upriver.
37. After racing on flood tide crews should turn around the red buoy (on Surrey) to return down river, if safe; obey the umpire and avoid being swept onto the bridge. To return to HQ, cross again after the 2nd red buoy.
38. **Be sure the river is clear before you start to cross.**



NOTE: Under **no circumstances** will prizes be presented without **all** members of a winning crew presenting a **valid** British Rowing Racing license.