

APPENDIX M Competitors Instructions 12.6.19

Thank you for entering Marlow Regatta at Dorney Lake. Most arrangements are as last year, and are summarised below. However, late changes are always possible due to weather and ground conditions, so please look for late information on the Regatta web site www.themarlowregatta.com.

General information

- No crews may boat from the Dorney Lake site onto the River Thames. Crews wishing to train on the Lake prior to the Regatta must make arrangements with Eton College Services Ltd (01753 832756).
- **Please show consideration for local residents, and do not park in local roads.**
- Similarly, please use the toilets provided, and not relieve yourself elsewhere.
- The above notes have been added as a result of inconsiderate behaviour at other regattas earlier this year. **The public image of rowing suffers as a result.**

Friday before the Regatta

- **Trailers** may be brought to the Regatta on Friday afternoon between 2:00pm and 8:00pm. However, please note that at recent events at the Lake, there has been a spate of bicycle theft, despite them being chained up. With a site as large as Dorney Lake, security is almost impossible, so it is advisable not to leave any bikes overnight.
- **Registration** will be open on Friday evening between 6:00pm and 8:00pm. It is hoped that this will reduce the queuing on Saturday morning.

Saturday of the Regatta

- Cars will be directed to the appropriate car park. Please note that all cars with the exception of those towing trailers or carrying boats will be charged £12 (to include 1 programme) **So please car share wherever possible.** Boat trailers will use the trailer park.
- **All Boat Trailers must leave the site by close of play on Saturday.**
- Boats should be unloaded, assembled and racked. **Please bring trestles with you, since there may not be enough racking for all boats.**
- Bring your British Rowing racing licence to the Regatta. Overseas crews must provide insurance evidence.
- The responsibility for informing the Regatta of any **crew changes** rests with the crews. **BROE2 will remain open for substitutions until one hour before the start time of the time trial of the event concerned.**
- Crews in all events will first race a 1,900m time trial, then, based on these results, A, B, C,D... Finals.
- **Crews may not practise on the lake on race day, or on the adjacent River Thames..**
- Coaches/supporters may only cycle on the Finish Tower side of the course following the circulation pattern, keeping a good look out for service cars.
- No pedestrians are allowed on the island, between the Finish Tower and the Start.
- **No cycling or skateboarding is allowed on the path on the Spectator side of the course, or on the apron in front of the boathouse.**
- **All boats must be removed from the racking at the end of racing, and all trailers must leave the site by close of play on Saturday.** The Regatta Committee hereby give notice that they will not take responsibility for any loss or damage etc. that may be caused to boats, equipment, personal goods or property, whilst at the Regatta.

Time Trials

- Crews **intending to scratch from time trials should inform Registration, at least one hour before the start time of the time trial.**
- **Lightweights must weigh-in not more than two hours and not less than one hour before their first race in each event in which they are entered.**
- Coxes must also weigh in, providing their own weights, if necessary. Coloured wristbands will indicate whether weights should be carried.

- Control Commission umpires may inspect boats. **Please ensure that your heel restraints comply with the current rule, and carry out all checks yourselves before boating**
- **There is a different circulation pattern for the Time trials and 2K Finals.** Competitors, coxes and coaches need to familiarise themselves with this before boating.
- **Time trials are run in 3 "waves", with the aim that all rafts can be used for boating, and then de-boating. However, circumstances may arise when you must follow the directions of officials.**
- **Boat efficiently - bring blades, then boats. De-boating must be just as slick!**
- **Reach the start via the warm-up lake. Crews must only turn at the turn markers and not elsewhere.**
- Crews will be marshalled by race and crew number at the start end of the warm-up lake. They must be **in the marshalling area at least 10 minutes** before their race time.
- There is no on-water warm down after Time trials.
- **Time trial results may only be available at the end of each "wave", and then only after checking against an independent back-up system.**

Finals

- **Lane numbers can be collected 45 minutes before race time.**
- Crews boat from the rafts nearest to lane 9, and de-boat from those nearest lane 1.
- **Reach the start via the warm-up lake. Crews must only turn at the turn markers and not elsewhere.**
- Crews will be marshalled by race and lane at the start end of this channel They must be **in the marshalling area at least 10 minutes** before their race time.
- Crews enter the course in lane order; Lane 1 leading.
- crews may warm down as shown on the circulation plan. They must not interfere with racing.
- **Winners** of Events will receive their prizes from the Prize Tent near the Finish.

Safety Plan

The Regatta complies with British Rowing's "**Row safe a guide to good practice in rowing**". A separate Safety Plan is available and must be read by every person taking part in the event, whether they be competitors, coaches, organisers, marshals, umpires or safety personnel. It must be noted that if conditions are deemed to be unsafe to continue racing then a number of options are open to the race committee, including using time-trial results, or preventing certain age groups, classes of boat or crew of a certain ability from racing.

Safety Boats

Rescue safety boats will be positioned both on the course and in the warm-up lake. Crews in distress should attract the attention, by waving and shouting, of the nearest official who will be in radio contact with safety boats. Distressed crews in the warm-up lake should return to the rafts via the 1000m access point, cross the course after a race to lane 0 and hence to the rafts.

The Committee thank you for your support and hope that you have a safe and enjoyable Regatta.