



Junior Sculling Regatta at Dorney Lake

Saturday 5th May 2018

Held under British Rowing's Rules of Racing

Instructions to Competitors

Overall Regatta Pattern

Lanes are numbered from 0 on the North bank to 9 on the South bank (where the Finish Tower is situated).

- Time trials will be held in all events, for seeding purposes. All time trials will be held in the morning over 1750m in Lanes 4 to 6.
- Side by side races will be run over 2000m using 6 lanes.
- No one may paddle in lane 0 in any circumstances unless under direct instruction from an official.
- lane 7 is a dead lane and must not be rowed in at any time.
- Lanes 8 and 9 may be used for warming down by J16 and above crews during side by side racing only.
- Safety boats will be in lanes 0 and 9.

All crews go to the start via the Return Lake and assemble in order on the North (Island) side. The anti-clockwise warm-up circuit in the Return Lake is marked by arrows on the circulation plan. There is a double line of buoys in the Return Lake: crews must go up one side of them and down the other. Do not row between the buoy lines.

Crews may only warm up between the 2 yellow buoys which are placed at 500m and 1500m. Crews may carry out as many warm up loops in this area as they feel they have time for. No later than 10 minutes before race time crews must proceed into the "Pen" i.e. the area between 500m and the Bridge where they will be marshalled into race order and lane order. Once crews are in the Pen they may not leave unless specifically told to do so by a marshal.

No practice outings are permitted on either lake.

Adaptive Events

Adaptive races will be held after the Time Trials and before the side by side racing. Once the last time trial crew has boated the adaptive scullers will boat from pontoons 3 and 4, and proceed up the course in lane 9. to just the 1000m mark, then wait until the last time trial crew has passed. They will then paddle out into their allocated lanes, then race from the 1000m mark to the finish from a free start, proceeding into pontoons 1 and 2 to disembark.

General Instructions

1. Competitors are responsible for deciding, together with their coaches, whether or not they are competent to race and properly dressed for the prevailing weather conditions.
2. Please park only where directed even if it is not where you would like to be. Parked cars must display their ticket and follow the road circulation on the attached course plan. A charge of £10 will be made per parked car to include a programme – no exceptions other than minibuses. If just dropping off competitors at the Ash Tree, cars are to drive out as instructed.
3. The drop off and collection point for large coaches is behind the boathouse and coaches must drive out via the Island road as shown. They must not drive on the grass but may park in the designated area near the entrance gates or leave the site.
4. Boveney public car park and local roads around Dorney Lake are subject to Traffic Control Orders. Anyone parking there risks getting their vehicle impounded by the local authority. Eton College, the owner of Dorney Lake, encourages car sharing.
5. Trailers can be parked from 16:00 to 20:00 on Friday evening. The main gate to Dorney Lake will be opened at 06:00 on Saturday morning. Please be courteous to the attendants and do as requested. Do not block roads as vehicles must be able to pass.



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6. Rigging and racking must be undertaken only in the specified areas but please be considerate to others.
7. Gazebos or tents may be erected only between the Ash Tree and the Finish as directed. No barbeques, tea urns or other cooking devices are permitted..
8. Toilet facilities are provided at several points and competitors may change and shower in the boathouse.
9. Owing to the number of spectators, no cycling is allowed on the North side of the Main Lake or in front of the boathouse. Any supporters of crews cycling in these areas risk disqualification of their crews. Coaches on bicycles are allowed to follow their crews only on the South (Finish Tower) side of the course, and only on the lower path. Please limit followers to only 2 per crew. If crews have an excessive number of followers they may be stopped or crews may be penalised.
10. Coaches accompanying their crews during the race may not use megaphones or electronic communication devices.

Registration

11. The registration desk is in the boat bay next to Reception in the main boathouse. On arrival clubs should collect their numbers and pins which will be issued in the CLUB REGISTRATION ENVELOPE.
12. Coxes should weigh in before their first race at registration. Coxes should provide their own deadweight. Open waterbottles or open bags of stones will not be allowed.
13. Boats are required to have an "Empacher" bow slot number holder. Please return numbers to Registration
14. Numbers will be issued 40 mins before race time.
15. Fabric numbers fastened to racing tops and warm up tops should be worn by Bow.
16. British Rowing cards must be handed in to registration for all crews in A final and must be produced at registration for any substitution not made via BROE.

Time Trials

17. Crews should boat from pontoon 3 or 4 and proceed to the warm up lake Return Lake.
18. At the end of the Return Lake crews should get into number order supervised by officials on the Island bank.
19. Crews will turn through the start bridge and proceed to lanes 4 to 6 as directed. Timing will start at 250m mark to the finish.
20. Warming down is not allowed. Crews should go straight to pontoons 1 or 2 .

Finals

21. Crews will be placed in finals depending on their time trial results.
22. Lane numbers will be issued 40 minutes before race time. Crews should boat from Pontoons 3 or 4 and proceed into the Return Lake.
23. When crews are called they must get into lane number order supervised by officials on the bank, with lane 1 nearest the start.



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24. Crews will enter the lake in lane number order and proceed across to their start pontoon. Crews must know how to back onto a pontoon, and how to keep themselves straight in a cross wind. Crews new to multi-lane racing should practise this beforehand and read the Pontoon Starting Guide published on the Scullery website. Any crew who cannot attach to the start and get straight and ready in a reasonable time may be excluded from racing.
25. A traffic-light starting system will be used.
26. All side by side races will be over 2000m and will be launch umpired.
27. After racing J14 and 15 crews should proceed directly to Pontoons 1 or 2. J16 and above crews may warm down by paddling back up the course in Lanes 8 and 9 of the Main Lake to the 1500m mark. They should then check that it is safe to go back onto the course without impeding racing crews, cross into Lanes 2 and 3, and paddle back to pontoons 1 or 2.

Boating

28. Practice outings will not be permitted.
29. No crew will be allowed to go afloat without a boat number or before safety boats are on the water.
30. Crews must follow the published site Circulation Pattern at all times.
31. The Committee may change the Circulation Pattern or Race Pattern for safety or fairness if conditions dictate this.

General

32. Results will be published on the Scullery website and around the site.
33. Any changes to the schedule or racing pattern will be relayed the same way.
34. Medals will be presented to the first three in each event, and to the second-fastest boat from any club or school in an event provided that at least one further boat starts. These could be decided by finish position in the Time Trials.
35. Refreshments will be available in the Lake View Room above the boathouse, and from the catering vans in the spectator area. Competitors may not consume their own food in the Lake View Room..
36. Please do not leave litter especially plastic bottles on the stages or around the site. It costs a lot to get this cleared up and we have to pass this on in entry fees, so please put all rubbish in the bins!

Water Safety

37. Please read the Safety Plan: it is provided for *your* benefit.
38. Safety boats will be on duty whenever crews are afloat: crews will only be allowed to boat when they are in place.
39. Crews MUST give assistance to any other crew that has capsized until a safety boat has arrived.

First Aid

40. An Ambulance Service unit with qualified first-aid members will be located next to the boathouse near registration. Any person requiring hospital treatment will be taken to Wexham Park Hospital near Slough.



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Welfare and Safeguarding

41. Please read and make all responsible adults aware of the Welfare and Child Safeguarding Policy. In the event of an urgent issue please go to registration, or ask any official with a radio around the course to contact Laura Lion.

Emergency Numbers

42. In the event of an emergency please call 07920401093 (Di Graham) or 07785 288347 (Chris Williams).