

BOSTON HEAD JANUARY 22ND 2012

Thank you for your entry to Boston Head 2012. Please read the following instructions.

PARKING

There is ample space for car and trailer parking in the grounds of the boathouse. However, please take instructions from Boston Rowing Club stewards so that some semblance of order may be achieved.

ON ARRIVAL - REGISTRATION

Please proceed to race control in the boathouse to check in, pick up numbers, make alterations to crews, etc. **All competitors British Rowing racing licenses must be available upon request.**

REFRESHMENTS

Tea, Coffee, Food, etc is available from inside the boathouse.

RULES & SAFETY INFORMATION

RACE COMMITTEE: Jeff Elms (Chairman), Jeff Hallam, John Oram.

SAFETY ADVISOR: P Moulder.

RACE SECRETARY: C Berry.

Boston Head is run by Boston Rowing Club under British Rowing Rules of Racing. All competitors must be aware of the British Rowing Row Safe advice and abide by its instructions.

RACING KIT

The rules on kit are the same for heads as regattas (rule 2-3-5 still applies). This means you must wear the racing strip of the club you are listed on the draw as racing for.

WATER BORNE DISEASE

Please familiarize yourself & comply with the British Rowing Guidance on waterborne diseases.

FIRST AID

First Aid will be in attendance at the boathouse.

CAPSIZING, COLLISIONS & OTHER INCIDENTS.

Do not leave your boat. Race marshals will summon bank assistance and / or safety boat.

EMERGENCY CONTACTS

A telephone is available in the boathouse and emergency contact numbers will be on display in race control.

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EQUIPMENT

All competing Clubs should ensure that equipment is safe and secure. Bow balls, heel restraints and other safety measures must be in place, coxswains must wear adequate life jackets and be suitably dressed for January weather. Inexperienced crews should have experienced coxswains. **Boats will be checked before permission is given to boat.**

NUMBERS

Bow numbers will be issued at registration. Please ensure all boats used have suitable fixtures on the bow decking for attachment. Failure to do so may result in no time being taken.

COXWAINS

Will not be weighed.

RACE START TIMES

Division 1 at 10.00, division 2 at 12.15 & division 3 at 14.45.

BOATING

Crews will be called to commence boating for the First Division from 8:40am in numerical order, in blocks of 10, i.e. *“crews 20 to 30 please start boating”*, then *“last call for crews 20 to 30”*.

If your crew fails to boat by the time the next block is under way they will be required to clear the boating area and wait until all other crews have boated. They will then be permitted to boat if time permits.

Note: Boating on time is your crew's responsibility. Please be ready to boat when called.

Boating for Division 2 & Division 3 may only commence after all the crews from previous Divisions have disembarked.

While in the boating area you are under the control of the Umpires / Marshals in that area and are required to follow their instructions.

Have your blades near the staging area before taking your boat and clear the stages as quickly as possible.

Crews who have not boated within 25 minutes of their start time, or are not upstream of the 48km sign 15 minutes before their start time will not be permitted to proceed.

PROGRESS TO THE START

Please keep to the correct (bow side/starboard) side of the river.

The start is situated just past Anton's Gowt lock at the 47km sign. Marshalling commences approximately 100 meters beyond this point. **All crews** will be marshaled on the north side of the river. (The Boathouse being on the south bank). Lowest numbers furthest upstream. Crews are advised on arrival at their marshalling position to pull into the bank to await further instructions. **Do not turn until instructed to do so by the marshals.**

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Any crew that looks unable to make the start on time may be disqualified by the marshals and ordered to a safe position until the race is over.

START PROCEDURE

On instruction from the start marshal, the crew furthest upstream of the start, will advance to the end of the line of buoys, approximately at the 46km sign, then turn, & proceed downstream towards the start on the opposite side of the buoys. All remaining crews are to keep moving upstream, manoeuvring around the end buoy in turn. A second marshal may give instructions to wait. This is to ensure there is the required time gap between crews. Once that marshal gives the instruction to go, crews should build over the distance to be at full pressure by the start.

In the interests of safety, both Boston Rowing Club marshals and umpires will be particularly vigilant that the time gap of approximately 20 seconds between crews is observed.

THE COURSE

The course is 3 km with the flow. Umpires and marshals will be stationed along the course but crews will be responsible for their own course. Crews must give way to overtaking crews. Crews being overtaken should move to starboard (bow side). A map of the 3000m downstream course is attached. Important landmarks are marked on the map. Ensure you study it prior to boating.

THE FINISH

The finish is at the 50km sign, which is approximately 150m upstream from where boating commenced. The finish is clearly marked & a bell or horn will be sounded as you cross the line. Once over the finish line, **do not stop!** But move on as quickly as possible to allow room for boats still finishing. Steering over to the coxes left, **watching out for boats returning to the staging as you carry on downstream.** Do not attempt to turn until you are passed the buoy positioned in the centre of the river. When returning to the boating stages please keep to the boathouse side of the river. Follow any instructions that may be given to you by the Marshals while you are in this area. Please clear the stages as quickly as possible.

RESULTS & PRIZE GIVING

Results will be printed as soon as possible after each division. The presentation will commence as soon as possible after the last division. Results will be posted on our website - **www.bostonrowingmarathon.org.uk**

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