

# Nephtys Regatta 2017: Competitor Instructions

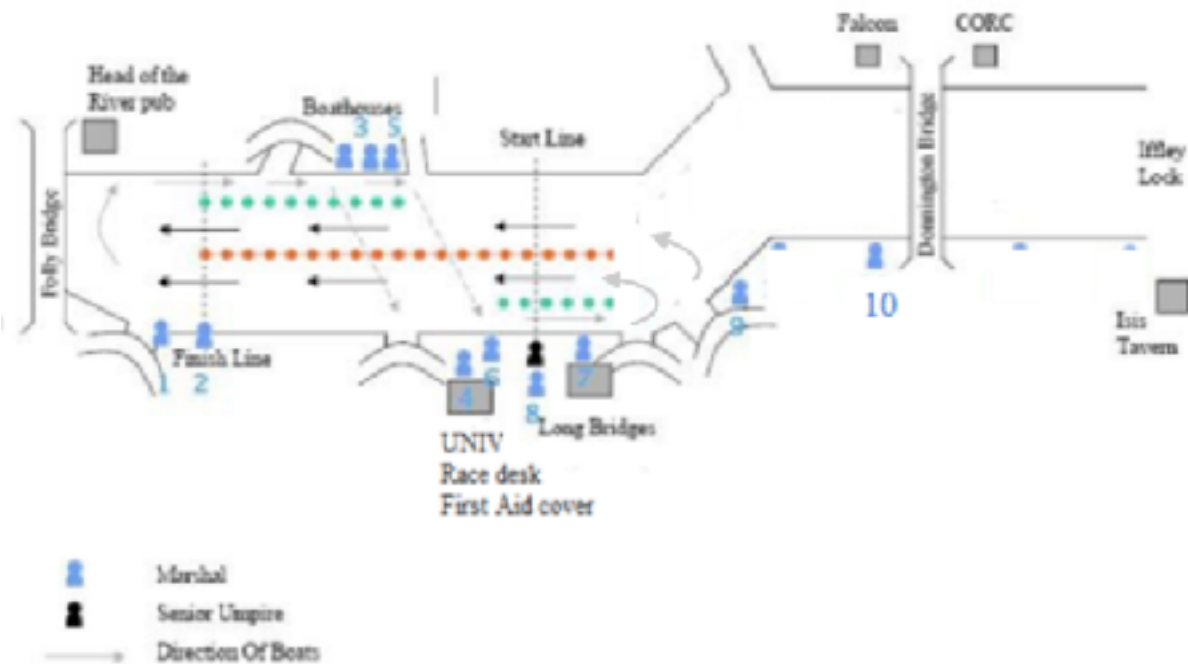
Please note this is just a basic summary to help give competitors the essential information. Coaches and captains, and preferably coxes, should have read the full safety and event plan.

## **Please note the following changes from previous regattas:**

- Course has shortened to about 800m
- Crews are not allowed through the gut
- Crews to spin at Longbridges
- Recommended boating times have changed depending on which raft you're boating from (please see below)

## **Circulation:**

The circulation pattern upstream of Christ Church boathouse will be reversed. At the downstream end of Boat House Island, crews will be crossed to the towpath side by a marshal and the circulation pattern will revert to normal, as defined in OURCs' rules (see below). Crews moving down river preparing to race will use a buoyed navigation channel on the city side of the river, until Christ Church boathouse, where they will cross **when instructed by a marshal** and continue down the county side to Longbridges. No crews will be allowed through the gut.



Approximately 800m upstream, ending at the Cox Stone.

### Boating Times:

- Boathouse island: When boating from BH island, crews should boat 15 mins before their race time
- Univ: When boating from University College BH, crews should boat approximately 10 mins before their race time
- Longbridges: When boating from Longbridges, crews should boat 5 minutes before their race time

Crews should refer to the draw for their race times.

### **Warming up:**

Crews should note that the amount of warming up on the water is severely limited. With wind chill taken into account, **it is likely to be cold**. Make sure you do a sufficient land warm-up, and have enough warm clothing.

### **Weigh-in for Lightweight Crews:**

Lightweight crews will be able to weigh in from 11:30, at race desk (situated at Univ). There will be plenty of time before the first lightweight event begins. The maximum is 75kg, and there is no average. Lightweight crews must weigh in before their first race. Coxes do not need to weigh in.

### **'Friendly' Crews:**

Friendly crews are crews entered into a novice event with a senior rower subbed in. These must be declared prior to racing. Friendly crews cannot progress further than the second round, even if they win their race.

### **Substitutions:**

Substitutions must be declared by 4am of the day of the race. In the event that a substitute is needed between races, the coach/captain must contact race desk. The decision whether or not to allow it will be made by the SU and the race secretary.

### **Lights:**

Lights will only have to be attached by crews boating from 15:00, and these must be switched on by 15:30. This may be moved earlier at the discretion of the SU.

**Equipment:**

To avoid being late to the start, please double check heel restraints, bow balls and hatch covers BEFORE boating.

**Emergency Contact Details:**

Police, Ambulance and Fire Service – **999**

Christ Church Lodge - **01865 276150**

Falcon Rowing & Canoe Club – **07792 007876**

Health and Safety Officer (David White) – **07866 366855**