

NORTHWICH ROWING CLUB SPRING HEAD RACE
NOTES FOR OFFICIALS AND CREWS – 3 APRIL 2016

1. This competition is held under the **British Rowing Rules of Racing** and the **Row Safe Guide**.
2. **CHANGING FACILITIES** are located in SJD's College at the rear of the Leisure Centre in the Changing Rooms.
3. **COXES / SCULLERS BRIEFING** will be held outside the Northwich Boathouse at **0815, 1030 and 1330**. Representatives of **ALL CREWS** must attend the briefing relevant to their Division.
4. **CREW NUMBERS** will be issued in the Northwich Clubhouse. Please note that numbers will not be issued without a complete and correct crew list for each entry including ARA numbers and receipt of the full entry fee.
5. **BOATING**. All boating shall be at Northwich Rowing Club and should be prompt, commencing immediately after the coxes/scullers briefing and as directed by the boathouse marshals. Crews should make their way upstream to the railway viaduct where they will be positioned facing upstream by the start marshals.
6. **RACE START TIMES** will be at **0930, 1215 & 1515**. On the instructions of the marshals, crews will turn and head downstream, keeping close to the boat in front up to the starter, who will be positioned 50 metres before the start line. Crews will be started at 10 to 15 second intervals by the Starter and will be timed from the start line.
The Competition Organisers give careful consideration to the start order and timing intervals. Crews/ Scullers who ignore instructions from the Starter are liable to penalty.
7. **OVERTAKING CREWS** should do so on the **port** side of the river. i.e. the **cox's left** and the **sculler's right**. Crews being overtaken will give way by moving towards the **starboard** side of the river.
8. **LOCAL RULE: Crews will be disqualified for using foul and abusive language in the public hearing.**
9. **THE COURSE FINISH** is at a point 200 metres above Hunts Lock. Crews will be required to paddle on to await instructions marshals for disembarking at the landing stage.
10. **RESULTS**. Trophies can be collected from the clubhouse once the confirmed results have been posted.
11. **REFRESHMENTS** will be on sale outside the clubhouse throughout the day.
12. **CLUBHOUSE TELEPHONE NUMBER is 01606 49461.**