



## YORKSHIRE ROWING COUNCIL



# INSTRUCTIONS TO COMPETITORS

**Clubs, coaches and all crewmembers have a responsibility to study these instructions together with the Marshalling and Safety Map, Finish Instructions and the Safety Plan extract "Clubs' and Competitors' Responsibilities ". All these instructions can also be viewed on the web site ([www.yorkshirerowing.co.uk](http://www.yorkshirerowing.co.uk)) and on the day at York City Rowing Club.**

1. With a large entry it is important that crews boat from their allocated staging and by the times indicated on the entry acknowledgment.
2. The plastic number must be placed securely in the bow Empacher Slot  
The paper/cloth number must be worn by BOW and fixed to be clearly visible when racing.
3. **Once boated crews must proceed upstream to the start.** Attempts to row back down the course can produce dangerous situations and must not be attempted. Contact a Monitor if in difficulty

**4. RULE OF THE RIVER IN THE EVENT OF MEETING ONCOMING RIVER CRAFT - MOVE TO STARBOARD I.E. MINSTER SIDE GOING UPSTREAM TO THE START - YORK CITY RC SIDE WHEN RACING DOWNSTREAM**

5. Division 1 starts at 11.45 a.m. and Division 2 at 2.45 p.m. and all crews must be upstream of the following points by the times indicated below:

	Clifton Bridge	Maddies Landing	Start
Division 1	11.00 a.m.	11.15 a.m.	11.35 a.m.
Division 2	2.00 p.m.	2.15 p.m.	2.35 p.m.

**LATECOMERS AT CLIFTON BRIDGE AND MADDIES LANDING MAY BE TURNED BACK**

**CREWS ARRIVING AT THE START AFTER THE ABOVE TIMES WILL RECEIVE A 15 SECOND TIME PENALTY**

6. Marshall according to the plan, close to the bank with bows facing upstream. Start marshals will assist you to locate your position and instruct you to turn at the appropriate time.
7. Blasts on an air horn will indicate the following :-
  - 3 blasts - 5 minutes to race start.
  - 2 blasts - Crews on the North bank turn under the direction of the marshalls.
  - 1 blast - Crews on the South bank turn under the direction of the marshalls.
8. Leave two lengths of clear water (10 seconds) between crews as you approach the start. You must not start until the Starter gives you the order.
9. During the race a crew being overtaken must not impede the overtaking crew and must move over to allow SAFE overtaking.
10. There is only room for one boat between each the arches at both Clifton and Scarborough Bridge where crews must not attempt to overtake.
11. Any crew considered a hazard to other competitors either due to inexperience or disregard for the safety of others will be taken out of the race. Umpire/Monitors are situated throughout the course. See also note iv - Clubs' and Competitors' Responsibilities regarding adequate clothing for the conditions.

### **SAFETY INSTRUCTION FOR CREWS AFTER THE FINISH**

**\*\*\* SEE THE SEPARATE PLAN OF THE FINISH FLOW PATTERN OVERLEAF \*\*\***

**At the finish crews must not stop**, but continue to proceed below Lendal Bridge down the **center of the river** in single file and only turn either upon reaching the large hotel on the YCRC side, or below Ouse Bridge if landing on the Minster side. Crews must follow the Marshalls instructions supervising the return.

**Crews returning to the landing stages must keep well in to the bank and maintain a good lookout  
Crews returning to the YCRC side stages must only use those BELOW the finish line**

**ANY IMPEDANCE OF RACING CREWS WILL RESULT IN DISQUALIFICATION AND NO TIME GIVEN.**