



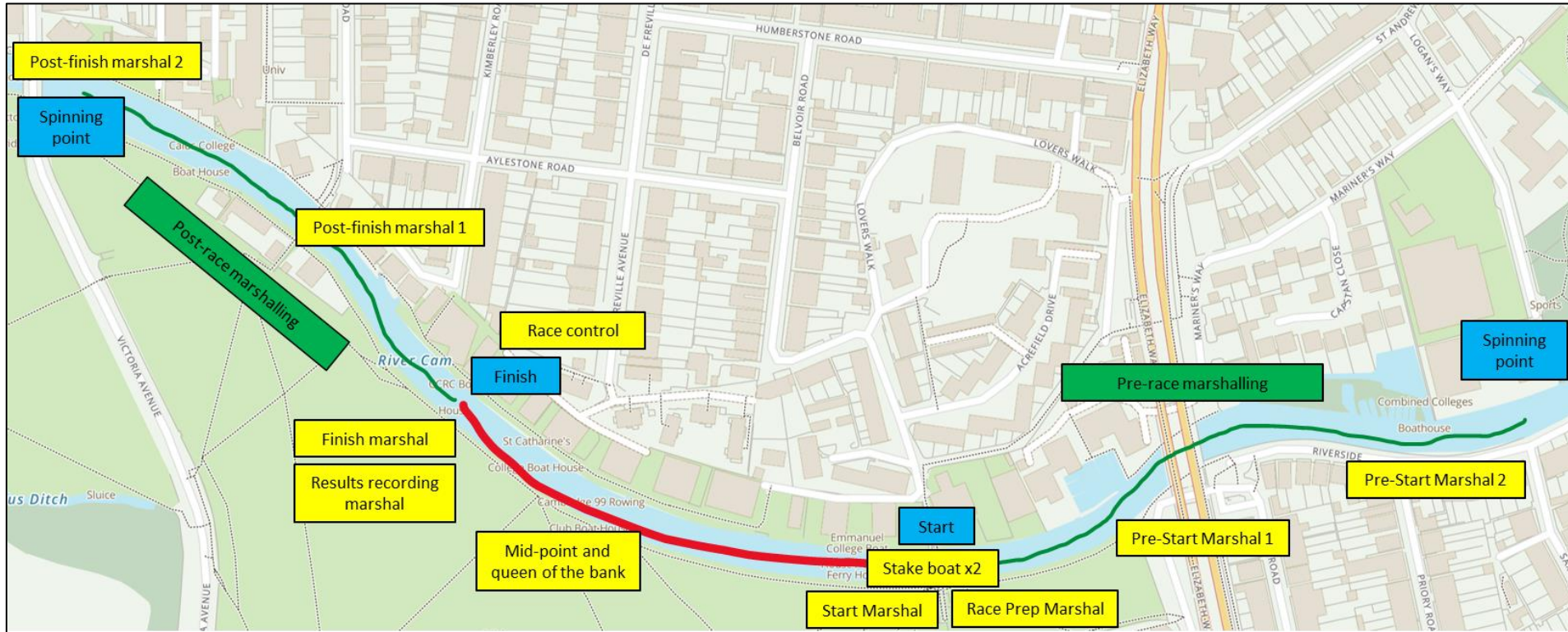
Sprint Regatta – 5 may 2024

Competitor Instructions

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1 Course map and marshalling positions



2 Entries

This year the Sprint Regatta will take place with crews racing upstream over 500 meters outside the main boathouse areas. Entries are invited from CRA and CUCBC clubs.

Events will be held for each boat class across **Open, Women's** and **Mixed** categories and in: **8+, 8x+, 4-, 4+, 4x, 4x+, 2-, 2x, 1x.**

There will also be a special category for the overall fastest Open and Women's 8+. The winners of each 8+ category will be able to race off against the other 8+ winners, and the overall fastest 8+ will be awarded our new 3m City Sprints Pennant to display at your club until next year's race.

Events will be banded as follows:

- **Championship** – crews containing members who in the past have rowed at national level events such as HRR, HWR, Wallingford and Met regattas or May's 1st Division crews
- **Club** – May's 2nd Division crews or town crews that are neither Championship or Novice
- **Novice** – any crew where all of the members of the crew have not started rowing prior to May 2022 or student crews rowing in the Mays 3rd division or below
- **Masters** – Categories from Masters A to G as defined by British Rowing
- **Juniors** – Categories from J13 to J18 as defined by British Rowing

Where an event has a large number of entries, the organising committee may band entries into student and CRA, or by creating bands based on past performance. The organising committee reserves the right to change banding if they feel that a crew has been entered in a category that is too low.

Where an event has under 4 entries, the organising committee will offer competitors the option of racing crews of a similar speed by combining classes in order to provide more competition.

Racing take place in divisions which start at 11:00am. Crews will stay on the water until they are knocked out. It is expected that racing will finish by 6:00pm.

Any crew boat sharing **must** include the shell name on the entry form. Wherever possible we would discourage significant boat sharing.

Entries are to be made online using the link on the City of Cambridge Rowing Club website. **Entries close at midnight on Monday 29 April.**

Race fees are £12 per seat excluding the cox. Entries and fees will be collected online here: <https://www.tickettailor.com/events/cityofcambridgerowingclub/1196132>

3 Pre-Race and Boating

Race numbers can be collected from City of Cambridge Rowing Club from 9am in the morning. Numbers will be boards that fit into boat Empacher slots. At the end of racing each club must return numbers to the City of Cambridge boathouse where there will be a "post box" for numbers. Any number not returned will incur a £5 charge to cover the cost of replacement.

Marshalls may do spot checks on safety to ensure that all crews are following British Rowing's Row Safe guidance.

4 How the racing will work

- Each division will have all boats in the that race category. Races will take place in waves until a winner is found. As an example, if there are 7 entries in a category:
 - Wave one will have 3 races. The winners of these races will race in the next wave, while the losers will be eliminated.
 - Wave two will have 2 races – the winners from Wave one, plus the boat that hasn't raced yet. The winners of Wave 2 will race the final, while the losers are eliminated.
 - Wave 3 will be the final.

5 Pre-race marshalling

- **All crews must past the start of the race and with ready to pair up with their opposition 15 minutes before the start of their division.**

5.1 Crews boating from upstream of the start

- If your boathouse is between the Cutty Ferry Bridge and the Fort St George bridge, you must not put your boats on the water until the division before has finished. The Queen of the Bank marshal will let you know when this has happened.
- If your boathouse is above the Fort St George Bridge, you may place your boat on the bank, but be careful to ensure you do not impeded boats from the division before. Ensure you follow any marshal instructions to keep out the way, and ensure your boat is tucked well in.
- Once the division before has finished, you must boat rapidly and row past the start of the race. Row down to the New CRA boathouse and spin. Then find your opposite number that you will be racing, and be prepared to row down to the stake boats.

5.2 Crews boating from downstream of the start

- If your boathouse is downstream the start you may boat before the end of the previous division. If you are boating from outside the combined boathouses/New CRA, place your boat on the bank, but be careful to ensure you do not impeded boats from the division before. Ensure you follow any marshal instructions to keep out the way, and ensure your boat is tucked well in.
- Once the division before has finished, you must boat rapidly and find your opposite number that you will be racing, and be prepared to row down to the stake boats.

6 Racing

- The course is 500m long and will be raced upstream finishing outside the City boathouse.
- The start and finish will both be slightly staggered to account for the bend in the river.
- Crews must keep to their side of the course for the whole of the race. Any crew impeding their opponent will be disqualified.

7 Post-race

- Crews must row on after finish line and row to LMBC to spin.
- Crews winning their race prepare to row back to the start if there is another round to their event.
- Loosing crews should return to their boathouse in the following way:
 - If your boathouse is above the finish, you may pull into the bank and get out.
 - If your boathouse is below the start, you can row down with the winners for the next wave, and then onto your boathouse.
 - If your boathouse is on the race course, you may row down with the winners for the next wave, but you must get out of your boat very fast as the next wave of racing will soon be coming down. Do not impeded racing, hang around on the bank, etc.

8 Prizes

Prizes will be given for all events including straight finals. Prizes will be awarded at Race Control.

9 Safety

9.1 Competitors' Responsibilities

City of Cambridge Rowing Club personnel will always endeavour to ensure a safe event, but all competitors must follow marshals' instructions and be alert at all times to the safety of themselves and others.

All competing Clubs have the responsibility to ensure that their crews and scullers abide by the Row Safe: A Guide to Good Practice in Rowing. In particular, all Clubs must ensure that:

- Inexperienced crews have experienced coxswains.
- Coaches of novice/junior crews evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle, carrying a throw-bag, to escort them before, during and after the race.
- Competitors are aware of the BR Row Safe Code, the Event Safety Information and Competitor's Guidance and have been instructed in capsize drill.
- Competitors are competent to take part in the event without putting other people at risk.
- Competitors are responsible for proceeding safely at all times, especially to the start and after the finish.

The Row Safe guide is available at

<https://www.britishrowing.org/about-us/policies-guidance/rowsafe/>

9.2 Equipment

- It is the responsibility of each crew to ensure that the equipment they are using is safe and compliant with the requirements of the BR Rules of Racing and Row Safe: A Guide to Good Practice in Rowing.
- Each Club must task an individual to check bow ball, heel quick-release mechanisms, rudder lines and coxes' lifejackets prior to the event.
- Coxes arriving at the start without a suitable lifejacket or buoyancy aid will be disqualified.
- Any boat deemed unsafe will be disqualified and asked to return to its boat house with its crew.

9.3 Swimming Ability

Every competitor is expected to be in good health and must be able to swim a minimum of 100 metres in their kit. The river is relatively narrow and shallow in most places, and there is good access from the bank along the extent of the race course, however all crews should make due allowance for the stream and for points of the river which have increased depth or where navigation is more difficult.

9.4 Juniors

Coaches of novice/junior crews must evaluate the ability of these crews and consider whether they require an individual bank party on a bicycle to escort them before, during and after the race. **All junior 15s & under in small boats MUST have a bank party on a bicycle.**

9.5 Accidents

If you see an accident, give appropriate assistance if required. A marshal will take action or alert the rescue services by radio or phone as necessary. The whole course is visible to marshals, and there will be marshals with throw lines along the course. In the event of capsize please stay with your boat, check for the safety of all members of your crew and await assistance from marshals.

9.6 Insurance

All crews must have adequate third party insurance.

9.7 Health Information

Competitors are reminded that the Cam water is likely to contain the Leptospirosis (Weil's Disease) bacterium other sources of harmful and infectious diseases. Ensure pre-existing cuts, blisters etc. are covered with a suitable waterproof dressing before going afloat. Cuts, blisters etc. sustained during the race should be thoroughly washed immediately upon return to the boathouse. Should you be unlucky enough to fall in, please ensure you shower at the earliest possible opportunity. It is recommended that water bottles (including those with a "sports top") are placed in a waterproof plastic bag, rather than loose in the bottom of the boat, to reduce the risk of contact with unclean river water.

10 Contacts

Race Control	City of Cambridge Rowing Club
Events Secretary	John Leighton – 07717 824931
Safety Officer	Jenny Rankin – 07807 469352
Welfare Officer	Tom Watt – 07900 160766
Marshals	Individuals will be based along the course (identified by their yellow tabards). All with access to throw lines/radios/thermal blankets/megaphones/mobile phones/PPE
Emergency Aid	Race Control
Hospital	Accident and Emergency at Addenbrooke's Hospital, Hill's Road, Cambridge, CB2 0QQ Tel: 01223 217118
Emergency	Fire, Police, Ambulance. Tel: 999

11 Emergency Access Points

All GPS positions in Degrees East and North.

A. City of Cambridge Rowing Club Boat House, Kimberley Road. CB4 1JH
E: 0.12958; N: 52.21164

B. Churchill College Boat House & Leys School Boat House, Logan's Way. CB4 1EQ
E: 0.14009; N: 52.21190