

# **NWR JUNIOR TIME TRIAL at NORTHWICH ROWING CLUB – 6 MARCH 2010**

## **NOTES FOR OFFICIALS AND CREWS**

1. This competition is held under the **British Rowing Rules of Racing** and the **British Rowing Row Safe Guide**.
2. **CHANGING FACILITIES** are located in Sir John Deane's College Sports Hall adjacent to the car park.
3. **COXES / SCULLERS BRIEFINGS** will be held outside the Northwich Boathouse at **0930, 1130 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 British Rowing numbers and receipt of the full entry fee.
5. **BOATING**. All boating will 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 above the Railway Viaduct where they will be positioned facing upstream by the marshals.
6. **RACE START TIMES** will be at **1030, 1230 and 1430**. On the instructions of the marshals, crews will turn and head downstream under the viaduct, 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. **THE COURSE FINISH** is at a point 200 metres above the Narrows. Crews will be required to paddle on to await instructions from marshals for disembarking at the landing stage.
9. **RESULTS**. Medals can be collected from the clubhouse once the confirmed results have been posted.
10. **REFRESHMENTS** will be on sale outside the clubhouse throughout the day.
11. **CLUBHOUSE TELEPHONE NUMBER is 01606 49461**

ALL VISITORS WILL BE WELCOME TO JOIN IN THE CELEBRATIONS AT THE CLUBHOUSE AFTER THE COMPETITION.