

Junior Inter Regional Regatta 2010

Race Committee Instructions

1 Reporting in

This year we will be using the Forman Hardy Lounge. Please report in at least 30 minutes before the start of your first session and also allow yourself enough time to get into position on time. For the first session of the day everyone should be in place **20 mins.** before the start of the first race (45 minutes for those on Control Commission).

The first Starter of the day is to collect the Starter and Aligner's equipment. Umpire's equipment will be in the launches.

2 Safety

The primary duty of every race official is to care for the safety of competitors. Please read these instructions and **enforce** the circulation pattern at all times. Medical facilities will be available at the finish and there are telephones in the timing cabin, the finish tower, the boating area and in the office near the boating stages.

3 The Starter/Judge at the Start

All races will be from floating pontoons at 1500 metres and will make use of old-fashioned flags. All races will be timed, the fastest six crews from the two heats will advance to the A final, the remainder will go to the B final. A call over should be given unless there are very exceptional circumstances

All races will go exactly as in the programme unless you are informed by Race Control of any changes.

Aligning accurately is important but should not delay race starts.

4 Marshals at the Start

This is the key position for keeping races on time.

1500m Start

Crews will proceed in lane 7 to the start where they will be held by a Start Marshal. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start. The Race Umpire will shepherd his / her race down towards the start. Crews should assemble behind the Start Tower close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

Warming up:

Intermediate Start

Crews may warm-up in lane 7 on their way up to the start, but must not do racing starts or bursts at high speed when they are close to other crews or when a race is going past. Crews may also warm up in lane 5 between 1000m and 1500m.

5 Race Umpire

Race sheets will be available at the base of the start tower prior to each race. The fastest six crews will progress to Final A all other crews will go to Final B.

6 Judge at the Finish

The Judges must keep a 'log' of all results and will also man the finish timing position under the direction of the Timing Team. Please remember to put the headset on well before a race reaches you. The finish judge will advise the umpire on ceremonial duties the 1st, 2nd and 3rd

crews of all A finals, by holding up the relevant lane numbers.

7 Control Commission

It would be appreciated if those on Control Commission for the first session could try to arrive earlier to check crews boating for the first race

Cox's will weigh and obtain their Weight Certificate from Rafts Control. In particular you must ensure that deadweight is properly identified and described on the weight certificate.

Control Commission will do all the normal safety checks on a selection of boats. Pay particular attention to heel restraints, hatch covers and bow balls. Any boat that fails must fix the problem before being allowed out on the course. **Bow balls** – if it is loose or broken it must be repaired before going on the water. Check ergo-type stretchers to ensure feet can be released without use of hands.

All coxswains shall be weighed prior to their first race and, if required, after any race in an event. Coxswains competing in more than one event of a similar category need be weighed once only to qualify for all such events. Coxswains shall be weighed in the clothing that they expect to wear in the race, inclusive of buoyancy aids. In agreeing what a coxswain might expect to wear, the weather and condition of the course should be borne in mind.

The minimum weight for coxswains is: 55kg for J16; 50kg for WJ16; 45kg for all J15 and J14 (Male & Female). To make up this weight a lighter coxswain shall carry dead weight.

Any dead weight carried may be checked after any race in an event.

8 Communications/Equipment:

The Head of Control Commission will have a radio on a net with Start, First Aid, Rafts Control, Start Marshals and Chairman of the Race Committee.

All equipment should be brought back to the Forman Hardy Lounge at the conclusion of racing.
