

# BURTON LEANDER & TRENT ROWING CLUBS

## THE BURTON HEAD COMPETITORS INSTRUCTIONS

1. This event is run under British Rowing (BR) Rules of Racing and Row Safe guidelines. Boats may be checked for compliance with this code before being allowed to race. All athletes, coaches and Club Captains are therefore asked to check all bulkheads, joints, heel restraints and steering equipment before the race day. Please keep an eye on the event website for latest information and event documents: [www.burtonhead.co.uk](http://www.burtonhead.co.uk)
2. Parking for the event is on the right hand side of Stapenhill Road (when viewing from the Rowing Clubs), above Burton Leander RC. Additional parking for spectators is available at a local car park further up the road near the Church on the right hand side. Access outside the clubs is restricted and so is limited to trailer unloading and trailer parking only. Marshals from both clubs will be on hand to assist with unloading, manoeuvring and parking of trailers and directing competitors to available parking areas. Great care should be exercised by all when crossing Stapenhill Road particularly when carrying equipment.
3. All crews should be booked in by 09.30hrs (Div 1) and 12.30hrs (Div 2). Registration and number collection is upstairs in Burton Leander RC. Numbers, which should be clearly visible on each sculler or bow person, also indicate your marshalling location at the start. Please note the latest boating times :- Division 1 – **9.45 for 2k** and **10.00 for 3.5k**, and Division 2 – **12.45 for 2k** and **13.00 for 3.5k**. You will need to have passed the 2k marker at 10.15 and 10.25, and 13.15 and 13.25 respectively, otherwise you may be penalised or told to turn around. Racing will start at 10.30 (2k) & 10.45 (3.5k) – Div.1 and 13.30 (2k) & 13.45 (3.5k) – Div.2.
4. Crews should boat from the stages at both Clubs and proceed to the start keeping towards the Stapenhill bank (stroke side). Practice pieces downstream are prohibited and any crew observed doing so will be disqualified. Crews who will be starting from the 2k start should marshal above the start in number order and should keep in to the Stapenhill bank (stroke side when travelling upstream) with bows pointing upstream, lowest numbered crew closest to the start. Crews continuing to the 3.5k start must take extreme care when passing the 2k start as they may encounter stationary crews. Crews arriving at the 3.5k start should marshal above the start in number order in their allocated location with bows pointing upstream, lowest numbered crews nearest to the start. The marshalling areas are shown on the course map which can be viewed at both clubs on the day and on the website prior to the event.
5. When instructed by the Start Marshals/Starter boats will turn and go downstream in number order towards the start at approximately 30 seconds intervals. At a point 50-75m above the start the starter will call your number and shout 'Go!!!'. Timing will commence when your bows cross the start line.
6. Crews will race downstream keeping towards the Burton bank (stroke side) allowing faster boats to overtake them on their bow side. Crews who impede faster boats may be penalised or disqualified. Approaching the Leicester Line Bridge slower crews take the arch marked with 2's allowing faster overtaking boats to go through the arch marked with 1's.
7. The finish is 80m upstream of the Ferry footbridge. After hearing the finish horn, crews are requested to continue downstream a few strokes before stopping to avoid collisions with other fast finishing boats. Crews should then proceed with due care back to the rowing clubs to disembark.
8. In the event of any collisions, objections, or disputes the decision of the Race Committee will be final.
9. Medals will be awarded to the winning crew members at the end of the day's racing at one of the two Rowing Clubs as indicated on notice boards on the day (Burton Leander Rowing Club in 2021).
10. Changing facilities, toilets, refreshments etc are available at the rowing clubs.
11. Please see the Safety Plan for event safety information. This should be read by all competitors and Coaches/Club Captains. You are responsible for ensuring each competing person that is entered from your club has read and understood the safety information. All relevant documented information will be available on the website.

***We hope you enjoy the Burton Head and thank you for entering.***