

Southampton Amateur Rowing Club

Coastal fours HRR

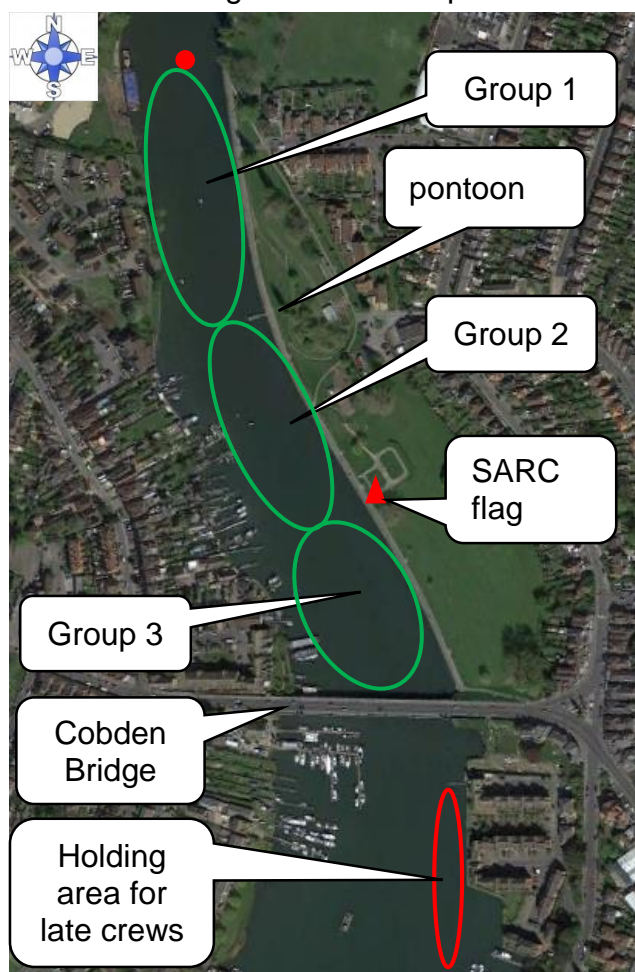


Rules

1. Coxswains must wear approved life jackets and the condition of boats and equipment must be in accordance with RowSafe.
2. Crews must carry their allocated race number on both sides of their boat near the bow so that it can be clearly seen from either side of the boat and on the backs of the Bow Rower and the Coxswain so that it can be clearly seen throughout the race.
3. Crews must give way when being overtaken. Failure to do so may result in disqualification.
4. Deviating from the course laid out or not obeying instructions from a marshal or umpire may result in penalty or disqualification.
5. Overtaking is not permitted before the iron railway bridge.

General notes

- **THE DIVISIONS WILL START ON TIME**
- Crews still rowing to the start after the division start time should stay away from the race line to avoid interfering with racing crews.
- Any incidents (collisions, capsizes etc) should be reported to the organisers.
- Crews should continue rowing after the finish to avoid congestion at the finish. Crews causing an obstruction at the finish may be penalised or disqualified.
- When rowing back to clubs please be aware of other crews still competing.



Divisions will be divided into three groups to make marshalling easier and allow for warming up before the start. These groups should stay within their allocated area;

- Group 1- between buoy and start pontoon
- Group 2- between start pontoon and SARC flag on bank
- Group 3- between SARC flag and bridge

Stationary crews should stay close to west bank. Crews warming up should do so in a clockwise direction.

Approximately 10 mins before the division start time crews will line up in their groups and then form a single line (see "course details and marshalling").

Any crews arriving after 10:50 for div one or 12:50 for div 2 will either be allowed to join group 3 or held below Cobden bridge until after all other crews have started at the discretion of marshal. Any crew told to join group 3 and attempting to move into a higher group will be disqualified.

Crews should follow instructions by marshals and safety boat crews at all times