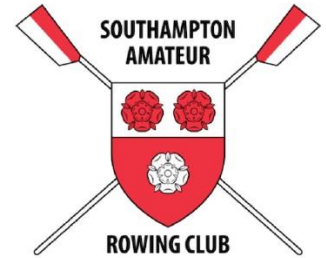


SOUTHAMPTON AMATEUR ROWING CLUB

COASTAL HEAD OF THE RIVER 2024

13.04.2024



APPROX. 4300M ON THE RIVER ITCHEN FROM RIVERSIDE PARK

Rules

1. Crews and equipment must comply with British Rowing's RowSafe.
2. Supplied A5 race numbers should be fixed to cox and bow such that they are visible during the race.
3. Self-adhesive race numbers should be affixed as follows; either
 - Both sides of the bow of the boat.
 - Both sides of a number board fitted to the number slot on the bow of the boat.In either case the number should be visible during the race.
4. Crews must give way when being overtaken. Failure to do so may result in disqualification.
5. Deviating from the course laid out or not obeying instructions from a marshal or umpire may result in penalty or disqualification.
6. Crews should be in the marshaling area 10 minutes before the division start time. Crews arriving late may incur a time penalty or be disqualified at the discretion of the marshal.

General notes

- Others water users have been informed of the race but be aware they still have the right to use the river.
- Coxswain should be vigilant at all times but particularly when passing marinas as not everyone will be aware, or care, that a race is in progress.
- 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 and reported by the clubs involved on the British Rowing online reporting system if necessary.
- Crews should continue rowing after the finish to avoid congestion in the finish area. 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.
- The starting order will be drawn on Thursday 04th April at 6pm, at Southampton ARC Clubhouse.
- The "Courage Shield" will be awarded to the club with the lowest aggregate times for their fastest three crews. N.B. Must include at least one ladies crew, and all three crews must be of different status.
- In the event of a tie the higher number crew will take precedence.
- Numbers should be collected from Southampton ARC Clubhouse at registration.

- Race monitors will be stationed at strategic points along the course noting the number of any crew failing to comply with race rules.
- Visiting clubs may be able to park their towing vehicles or trailers either outside the SARC clubhouse or in Hazel Road. Please be directed by club member on arrival at club who will inform you where to park and assist with trailer
- If Southampton FC are playing at home on the day of the race parking restrictions may be in force in the area of the club. Please contact Jake Bashford at jakebashford@yahoo.co.uk if you wish to park a trailer.

Marshaling and start

- To ensure a prompt start all crews should be above Cobden bridge at least 10 minutes before the published start time for each division and will be checked in by the marshal.
- Any crews arriving late must follow the instructions of the marshals.
- Crews should take warm clothes to the start in case the start is delayed for safety reasons e.g. major shipping movements. Crews will be given at least 5 minutes warning of the start to prepare.
- Crews should stay in the area for their allocated group (shown below) where they should follow the directions of the marshal for that group.
- Approximately 10 minutes before the start time crews will be instructed to line up within their groups and then form a single queue.
- Crews should turn the buoy when the previous crew has started to row. They should then wait for the marshal's instruction to start rowing.
- Crews should move up towards the buoy as other crews start.

Divisions will be divided into three groups to make marshaling 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 the 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 marshaling").

Details of course

There are a number of places on the course where crews must take a particular line for safety reasons. These are shown on the maps below. Failure to take this course may result in penalty or disqualification.



Start

Cobden Bridge

Railway Bridge

Bend one

Northam Bridge

Bend two

Coalporters ARC

Bend three

Bend four

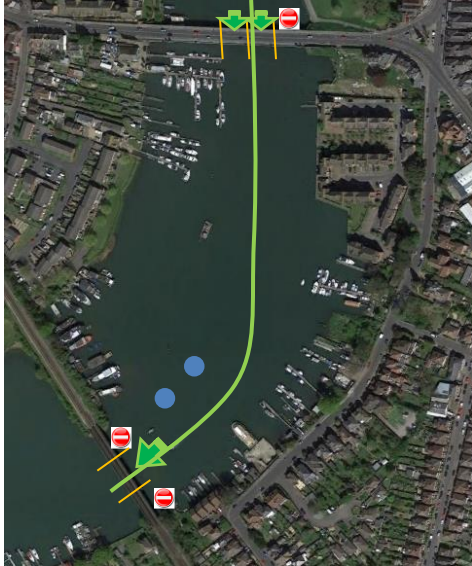
Finish

BTC

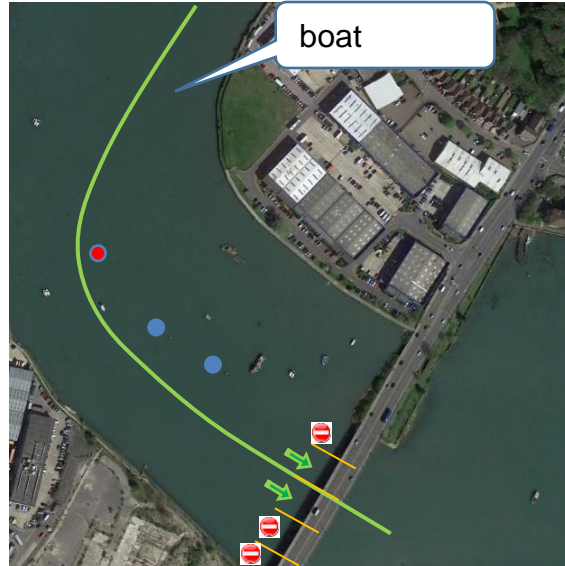
Itchen Imperial

Southampton ARC

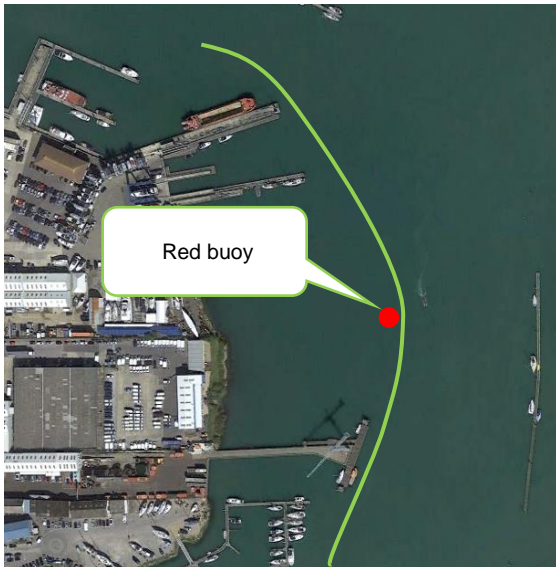
Itchen toll bridge



Bend one- After Cobden bridge steer to the left to get good line through bridge. Take the centre arch through railway bridge.



Bend Two- Steer to the right of the moored boat. Do not take the far left arch of Northam bridge. Take either the arch with the sign above or the arch to the left.



Bend three- Steer to the left of the large red buoy.



Bend four- Steer to the right of the yellow/ rusty buoys and moored boats when passing the stadium. Continue past green post. Keep to Woolston side as much as possible if safety on river allows. Finish extended to next pontoon opposite Southampton RC hard with moored boat lined up with orange triangle post.