



GROSVENOR ROWING CLUB, CHESTER

DEE AUTUMN HEAD
Saturday 31st October 2009

INSTRUCTIONS TO COMPETITORS

(INCLUDING LOCAL NAVIGATIONAL RULES AND REGULATIONS)

1. Organisation

The Race is conducted under A.R.A. Rules for Processional (Head) Events.

Chairman of the Committee of Management	Michael Allwood	Entries Secretary	Dave Naylor
Race Safety	Brian Chapman	Timing	Jeremy Lush Colin Morris
Pre-race Publicity	Pete Abbott	Chairman of the Race Committee	Tim Williams (Chief Umpire)
Sponsorship	Peter Abbott	Press Contact	Laura Champion

Morning Division: Boat from 0920 am. Race starts 10.30 am.

Afternoon Division: Boat from 1320 pm. Race starts 2.30 pm.

2. Safety

The event safety officer is Brian Chapman tel. 07833 594700

Please refer to the safety plan and course map for full details of safety arrangements.

THE RIVER WILL NOT BE CLOSED TO OTHER CRAFT.

We have an agreement with commercial boats that they will use the City side of the river, competing crews will use the Meadows side of the river. Please be aware that other river users not connected with the race may be on the water and may not know the rules.

IT IS YOUR RESPONSIBILITY TO KEEP A LOOK OUT.

3. Trailer Parking & Boat Assembly

Boat trailers can be parked along the Groves, near the bandstand. Boats may be assembled along the length of the Groves, however, plenty of space should be allowed for vehicles to pass through the Groves.

Access by Dee Lane, and exit by Souters Lane. Please follow instructions from Marshals when parking vehicles and assembling/moving boats.

Towing vehicles must not be parked along the Groves. The nearest public car park is the NCP car park on Pepper Street multi-storey car park, however due to height restrictions this is only suitable for cars. All larger towing trucks, vans and minibuses should park at the Little Roodee Car Park.



4. Visitor and Competitor Car Parking

Car parking for visitors and competitors is normally available on roadsides in Queens Park (on the Meadows side of the river – cross over the suspension footbridge to return to the Groves), or within the various public car parks in Chester city centre. There is no parking provision for cars on the Groves, and only limited car parking available in Dee Lane.

There is no car parking at Grosvenor RC on the day for competitors, visitors, or Grosvenor RC members. Parking at Grosvenor RC is reserved for umpires and other officials.

5. Registration

Registration is in the main Grosvenor RC club house, in the first floor club lounge.

On arrival, crews should immediately register with the entries secretary, confirm any substitutions – with ARA card - and collect their race numbers.

Numbers should be securely pinned to the back of the sculler or crew member in the bow seat and be clearly visible during racing. Two number stickers will be supplied to be fixed to both saxboards near the bow seat.

6. Cox and Scullers Briefing

A briefing for all coxes and scullers will take place prior to boating at the following times:

First division - 0900 a.m.
Second division – 1300 p.m.

The meeting will take place in the Grosvenor RC first floor gym.

Boating commences immediately after the conclusion of the briefing.

7. Boat Buoyancy

- From the 1st October 2009 any boat that does not have sealed compartments along its length and has no buoyancy bags or similar floatation devices added will not be allowed on the water at ARA events in the North West Region.

8. Boating

The draw indicates from where crews must boat. Crews boating in the Groves may use the landing stage near the bandstand, or can boat directly off the promenade if the river is high enough. Blades and equipment should not be left on the promenade.

All stages will be under control of a Marshall and boat safety checks will be made. Marshalls will be calling crews to boat at their allotted time and will be controlling the boating process.

All crews must ensure that they are boated in time to be at the start at least 5 minutes before start time. An average crew paddling at steady half pressure will take 30 minutes to paddle up the course.

Boating times have been provided. It is critical that these are followed. Do not arrive at the landing stages late – if you cause delay to other crews who have arrived at their correct time your crew may receive a time penalty.



9. Getting up to the start

Boats should proceed up stream on the 'Meadows Side' of the river, i.e. keep to the cox's right / sculler's left. Boats may overtake on the way up, using the centre of the river.

A marshal will be positioned 1 km downstream from the start at Heron Bridge and will not allow any crew to proceed to the start who has not reached that point at least 15 minutes before the start time.

10. Start assembly

Refer to the course map. There are three start marshalling areas - A, B and C. These will be marked on the Eccleston /Meadows bank upstream of the start. Crews should refer to the race draw to find their marshalling area. Crews should proceed past the start, remain bows pointing upstream and position themselves in numerical order in the relevant area as follows:

- even numbers along the Eccleston / Meadows bank
- odd numbers along the Huntington bank

Crews should not turn until instructed to do so. There will be start marshals both on the river bank and in a launch.

11. Starting

Competitors must obey the instructions of the Start Marshall at all times.

When instructed to turn, boats should turn and paddle downstream maintaining numerical sequence and 3 - 4 lengths of clear water. Crews will be started by the command "Number ...Go". Timing will commence as each boat passes the start line under the 'motorway' bridge.

Overtaking is only allowed once boats have passed the motorway bridge.

12. Racing

All crews must comply with instructions of umpires.

Boats being overtaken must give way in good time to allow faster boats to follow their proper racing course. Failure to obey this and other instructions from Umpires may result in penalty or disqualification.

Time bonuses will not be awarded, penalties may. Complaints of interference must be registered with the chief umpire.

Crews should be aware of other river traffic not involved in the race. Once crews have passed the Red House pub (large glass-fronted building – refer to course map), all crews must race on the Meadows (cox's left hand, sculler's right hand) side of the river. We have an agreement with commercial boats that they will use the City side of the river. Please be aware that other river users not connected with the race may be on the water and may not know the rules.



13. After the race

The race finish is by the stone steps at the bottom of Dee Lane. There will be no signal. There is a large sign. As soon as a boat has passed the finish line, competitors should wind down to light pressure and continue paddling. **DO NOT STOP.**

Boats should continue on the Meadows (cox's left/sculler's right) side of the river from this point, down to the suspension bridge. If there is a fast stream the Finish Marshall may instruct crews to turn before the Suspension Bridge. If not instructed to do so **DO NOT TURN EARLY.**

After passing under the bridge, crews returning to Kings RC, Grosvenor RC, Royal Chester RC and Queens Park High School should spin immediately, and proceed back to their stages on the City side of the river. Crews returning to QPHS should wait until they are past the Grosvenor stage and cross over as and when it is safe to do so.

After passing under the bridge, crews returning to the Groves should spin and paddle into the stage; crew members should disembark immediately and move the boat along side the stage to allow following boats to do the same.

Failure to comply strictly with the above rules will render crews liable to disqualification or such other penalty, including a time penalty, as may be deemed appropriate.

14. Results and Medals

Provisional results will be posted outside Grosvenor RC as soon as possible and copies will be distributed as soon as possible. Results will also be posted on the Internet at www.deehead.org.uk within 24 hours of the race.

Appeals with respect to timings must be made to the chief timekeeper immediately after publication of results.

Medals may be collected from the Entries desk immediately after the results have been published.

BE SAFE AND HAVE AN ENJOYABLE DAY