

# Scottish Junior Sculling Head 28/9/19

## Instructions to competitors

### Trailers and racking

- A) All trailers should be parked on the hard at the front of the watersports centre.
- B) Each trailer will be allocated a space
- C) Each trailer will have additional racking for boat storage
- D) Overflow trailers will be to the right of the main carpark ( 1 )

### Crew Registration

- A) All clubs should report to registration in the Scottish Rowing Centre to pick up numbers.
- B) Each crew will get a paper bow number that should be put on the racing top of bow person or sculler.
- C) Crew changes can be made at the registration desk
- D) Race problems are dealt with at the registration desk
- E) Entry fees can be paid at the registration desk.

### Warm up

- A) There is no warm up or cool down on the water
- B) All crews must proceed directly to the start
- C) At the finish of the race all crews must come off the water

### Getting afloat

- A) Details of boating times and pontoon allocations will be circulated prior to the event.
- B) Crews will be called to boat in number order by the commentary team
- C) Crews should boat from all four landing stages
- D) Bow numbers will be collected from the cabin behind the landing stages as you boat.
- E) There will be marshall's to assist with boating if required.
- F) Crews should proceed directly to the start ideally in number order.
- G) Crews must not go onto the course at any time on the way to the start.

### The start area

- A) When you arrive at the start you will be instructed by a marshall to occupy either lane 2, 4 or 6.
- B) Crew will occupy these lanes in rotation.

- C) From the 2000m mark you will proceed to the start line at 1900m
- D) You will not necessarily be in number order as crews will be started as they arrive in the start area.

### **Racing**

- A) Race times will be 11.00am/12.30pm/2.00pm and 3.30pm
- B) Crews will be told to build up speed and will be timed from the start line
- C) Crews will be started at 10 second intervals.
- D) If you are in lane 2 and are being overtaken you should move to lane 1.
- E) If you are in lane 4 and are being overtaken you should move to lane 3.
- F) If you are in lane 6 and being overtaken you should move to lane 5.

### **Disembarkation**

- A) When you finish racing you should clear the finish line immediately
- B) You should disembark from the pontoon you boated from
- C) If the pontoons are congested you will be instructed by a finish marshall to move into the basin until you are called onto the pontoons.
- D) Bow numbers will be collected or left in the containers at the pontoon

### **Results**

- A) The results will be available live on the row results web page  
[www.rowresults.co.uk/sjsh19](http://www.rowresults.co.uk/sjsh19)

Results will also be displayed in the ceremonial area in the Scottish Rowing Centre.

### **Prizegiving**

- A) Medals will be presented at the ceremonial area in the Scottish Rowing Centre.
- B) Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each category
- C) Medals can be claimed in the ceremonial area once the races have been completed.
- D) The Victor Ludorum award sponsored by Janousek Stampfli, for the most successful club, will be presented at the end of the fourth division.

### **Catering**

- A) Catering will be available at the Cafe in the watersport centre

### **Toilets and changing**

- A) Toilets and changing will be in the watersports centre. Access codes can be obtained from reception.