



# Clyde ARC 3 Heads

Saturday 20<sup>th</sup> October 2018, commencing 10.30am  
(racing under SR Rules)

**Venue:** The West Boathouse, Glasgow Green, The River Clyde

3 Divisions of Racing over approximately 3.0km from the top of the straight upriver of the Shawfield Footbridge to the monument at Glasgow Green on the River Clyde: 10.30am, 12.30pm and 2.30pm.

**Entries:**

Entries cost £7.50 per seat for Seniors and £6.50 per seat for Juniors (incl. SR Levy). This must be paid prior to racing on the day via one payment per club, preferably via BACS (with remittance sent to the email below) or via cheque made payable to 'Clyde A.R.C'.

Entries should be made via email, using the entry form attachment, to: [entries@clydearc.org.uk](mailto:entries@clydearc.org.uk)

**Entries Date and Date of Draw:**

The entries will close on Sunday 14<sup>th</sup> October 2018 at 12 midnight and the draw will be made on Monday 15<sup>th</sup> October 2018 or asap thereafter.

**Events:**

Events are offered as per the Clyde ARC 3 Heads Poster

**Prizes:**

Prizes will be awarded in categories, where 3 entries have been received in that division.

# Regatta Information

**Course:** approximately 3000M from the top of the straight upriver of the Shawfield Footbridge to the monument on Glasgow Green.

**Boating** – Please boat in plenty of time for your race. There will be a Steps Marshall at the West Boathouse to ensure crews boat as efficiently as possible. Do your bit by making sure you have everything ready to go before you get to the steps, as you may hold someone else up if you delay by forgetting a cox box, blade, one-piece or crew member.

Crews **MUST** arrive upstream of Rutherglen Bridge 15 minutes prior to the division start time. Crews arriving at this checkpoint within 15 minutes of the race start time will not be allowed to pass upstream and will be instructed to return to their boating point. Crews must be in their marshalling positions 5 minutes before race start time. A 5 second time penalty will be added for any minute thereafter.

**Circulation** – Boats should proceed upstream to the start on the North Bank (Strokeside/Port Bank) of the river, passing through North arches of all bridges. Whilst racing, crews are encouraged to pass through the centre arches of all bridges but may take any arch they wish. The only exception to this rule is Rutherglen bridge where the south arch must not be used.

**Safety** - All competitors and coaches must make themselves aware of the rules and guidelines covering the River Clyde. These rules and guidelines along with the SCOTTISH ROWING safety rules should be adhered to.

The regatta committee would like to draw particular attention to the rule stating that all coaches and club assistants on the tow path should carry throw ropes. Life belts are positioned at intervals of approximately 100m along the river bank. Another safety point we wish to emphasise is the turning of boats well clear of the gates of the tidal weir.

In addition to Clyde ARC having safety boats on the water, Glasgow Humane Society shall be providing extra safety cover.

**Medical assistance** will be available from the Clyde ARC boathouse. In the event of any emergency, however, please contact the emergency services yourself immediately on 999 or 0141 532 3000 (Strathclyde Police), prior to seeking further assistance from the regatta organisers.

**Access** - Competitors, coaches and visitors are requested to refrain from climbing riverside fences. Vehicular movement within Glasgow Green is regulated by Glasgow City Council. **The stated limit is 5mph.** In addition it would be appreciated if vehicular movement is kept to a minimum. **Vehicles must enter at the King's Bridge / King's Drive Entrance on the South East Corner of the Green!!**

**Cakes** – There will be a busload of buns and cakes, in addition to obligatory soup and bacon sarnies available for purchase at modest prices in the West Boathouse.

*Clyde ARC wishes all competitors and spectators a fun day's racing!*