



Clyde ARC Power Sprints

Saturday 20th April 2019
(racing under SR Rules)

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

Side by side knockout racing over approximately 250m from the viewing platform on Glasgow Green down to the Clyde/Clydesdale boathouse.

Entries:

Entries cost £5.00 per seat for Seniors and £4.50 per seat for Juniors (incl. SR Levy). This must be paid prior to racing on the day, preferably via online payment. One payment per club. Please email treasurer@clydearc.org.uk for account details.

IMPORTANT NOTES: Competitors can only enter a boat class once (except for mixed events). For example, a competitor can only enter one single, one double, one quad and one four. This does not apply to mixed events, so competitors can race mixed double in addition to another double. There is no cap on the total number of entries, so competitors could potentially enter 5 races (a single, double and mixed double, quad and four). We are also putting a restriction on all Novice races to only allow competitors who have started rowing since 1st September 2018.

Entries can be made online at: <http://rowingentry.com>.

Questions regarding entries can be sent via email: entries@clydearc.org.uk

Entries Date and Date of Draw:

The entries will close on Saturday 13th April 2019 at 12 midnight and the draw will be made on Sunday 14th April 2019 or asap thereafter.

Events:

The following event categories are offered (**see important notes above regarding Nov races**):

- 1x, Open & Women's (J14, J16, J18, Nov, R2, Open, Masters)
- 2x, Open & Women's (J14, J16, J18, Nov, R2, Open, Masters, Mixed Open, Mixed Nov)
- 2-, Open & Women's (J18, R2, Open, Masters)
- 4x+, Open & Women's (J14, Nov)
- 4x, Open & Women's (J16, J18, R2, Open, Masters)
- 4+, Open & Women's (J16, Nov, Masters)
- 4-, Open & Women's (J18, R2, Open)

Prizes:

Prizes will be awarded in categories, where 3 entries have been received in that category. These can be collected (per crew) from the Clyde ARC boathouse immediately after the winning race has taken place.

Regatta Information

Registration – Crews should register for their race between 1-2 hours prior to their scheduled race time. Anyone wishing to scratch a race or make changes to a crew should notify race control as soon as possible.

No bow numbers will be issued. It is recommended crews take note of their race number (as listed in the draw) for assisting with registration and helping umpires in the marshalling area.

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 should aim to be in the marshalling area between St Andrew's Suspension Bridge and Kings Bridge 10 minutes prior to their race start time. Crews will be marshalled provisionally into position under St Andrew's Suspension Bridge 5 minutes before their race is due to start. Any crew not present at that time will NOT be allowed to race. Crews will be told to proceed to the start line once the previous race is underway.

Circulation – Boats should proceed upstream to the marshalling area on the north (stroke side/port) bank of the river, passing through North arches of all bridges if proceeding upstream past the marshalling area. Crews traveling downstream should pass through the centre arches of all bridges. If boating from the Clyde/Clydesdale boathouse, extra care should be taken not to impede crews racing downstream. For the safety of all involved, it is recommended crews traveling upstream pull in to the bank and stop rowing while a race is underway.

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.

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, 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.