

# LUBC's Beginner Eight's Time Trial 2021

## Competitor Instructions



LIVERPOOL UNIVERSITY  
BOAT CLUB

### 1) Organisation:

The event is run under British Rowing's Rules of Racing, and the RowSafe Code. Any Local Rules are detailed in this Safety Plan.

This event is organised by Liverpool University Boat Club, with help from Runcorn Rowing Club.

Boating and race times:

- Division 1: Boat from 11:30 Race starts 12:00
- Division 2: Boat from 14:30 Race starts 15:00

### 2) Safety:

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

There shouldn't be any other craft on the river. Marshals will be positioned throughout the race to give warnings and deter collisions.

It is the responsibility of the cox to keep a look out for their crew.

### 3) Trailer Parking and boat assembly:

Boat trailers should be brought down the road to the Club, turned round and parked on the grass verge either side of the road facing uphill, as close to the boating area as possible, or as instructed by marshals. Park towing vehicles in the car park at the top of the road that leads down to the Club.

### 4) Visitor and Competitor Parking:

All other cars or mini buses must park in the main car park 200m from the Club approach road. **DO NOT** park on the road between the A557 Clifton Roundabout and INOVYN (formerly Mexichem or INEOS Fluor) Liquids' Filling Gate. Volunteers will be present to assist people with where to park.

### 5) Registration:

Registration for ALL CREWS is in the club house. On arrival, crews should immediately register with the entry's secretary, confirm any substitutions, and collect their race numbers.

Numbers should be securely pinned to the back of the crew member in the bow seat and the coxswain, it should be clearly visible during racing.

6) Coxswain Briefing:

A coxes meeting shall take place for each division in the clubhouse at 11:15 and 14:15. It is the coach's responsibility to ensure their competitors are fully briefed.

7) Boating:

There are 2 places to boat from, the wooden pontoon and granite landing stage. The registration pack will indicate where your club should boat from. Boating will take place from 11:30 and 14:30, 30 mins before division start.

Before boating your boat should be checked by Control Commission for compliance with the safety requirements, and your identities may be compared with the entry list.

Clubs must ensure that their competing members are adequately clothed for the weather conditions, especially in the colder months of the year. Most crews will have to wait for a short while in their start marshalling positions. Even in 'normal' autumn weather, if the weather is showery or wet and crews do not have rain-resistant tops, crews can become very cold

8) Getting to the start:

Boats should proceed up stream on the right, i.e. keep to the cox's right. Boats may overtake on the way up, using the center of the river. There are a few narrow points due to bridges, please keep this in mind and overtake only when it's safe to do so.

9) Start Assembly:

Crews should not turn until instructed to do so. There will be start marshals in a launch providing instructions to crews rowing up.

10) 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. Crews will be started by the command "Number ...Go". Timing will commence as each boat passes the start line.

11) Racing:

All crews must comply with instructions of umpires. Boats will be set off with plenty of time between them to avoid an overtaking scenario. If boats are being overtaken they must give way in good time to allow faster boats to follow their proper racing course. Complaints of interference must be registered with the chief umpire.

If you are involved in an incident on the water, or require assistance, draw the attention of the nearest Umpire or marshal to the problem. In the event of a dangerous incident during racing, racing may be suspended, and safety launches may move to the scene of the incident at high speed. Watch out for their wash; sit your boat level.

Medical support and emergency phones are available at the landing stages, and outside assistance can be summoned. There is a public telephone towards the top of the road leading down to the Club.

12) After the Race:

The finish is marked by a 'FINISH' sign, timekeepers will call for crews to wind-down once they cross the line. After that, crews should continue rowing at light pressure, DO NOT STOP. Crews should continue past the swing bridge and return to the club.

13) Results and Medals:

After both division, results will be released, and medals awarded to the fastest crew in each division. Results will then be posted to our website within the following days.