



**Highland Campervans Fours and Small Boats Head
20 and 21 November
Essential Information for Competitors**

Please make sure that ALL competitors from your Club have read the contents and are aware of the marshalling instructions.

Failure to understand and follow the instructions may lead to delays for all competitors and time penalties or disqualification for those causing them!

1. Trailer and Car Parking

Buses and minibuses are advised to use the nearby Sports Centre car park, which is clearly signposted JUST BEFORE THE CANAL (WHEN DRIVING FROM THE CITY CENTRE). Further parking is located to the left of the road that now leads to the boathouse but this will be busy on Saturday morning with the local parkrun. However, this may be most suitable for any cars carrying small boats. Parking options, trailer parking and access arrangements will be provided in a separate map.

WITH THE EXCEPTION OF THOSE TOWING TRAILERS – NO VEHICLES SHOULD DRIVE DOWN THE TOW PATH

2. Registration

One Representative from each competing club should report to Registration early to collect their club 'Registration Pack'. These will be available from approximately 8:30am.

There is 1 pack per club which will include

- Bow Numbers, Paper Back Numbers,
- Running order / draw,
- Map of the course
- Form to make crew changes / valid substitutions
- Bin bag

Note that the bow numbers for composite crews will be included in the pack for the club that made their entry.

Thank you for paying the bow number deposit with your entry. Any lost/damaged bow numbers will be charged at £5, taken from the deposit.

Please provide a list of license numbers / date of birth (for Junior and Masters Crews) for all competitors (a printout should be available from the SR membership system).

3. Briefings

All coxes, steers-people and coaches **must have viewed the recorded briefing** which can be found here - <https://invernessrowing.uk/wp-content/uploads/2021/11/4s-head-video-briefing-2020.mp4>.

4. Boating

Boating times have been included on the draw – it is **your** responsibility to boat at or before the time allocated. Note that there will be no PA system to act as a reminder and cut off times (see below) will be strictly applied.

Ensure you have everything that you need to boat and are ready to go –

- Oars /Seats/ warm & waterproof clothing
- Cox & cox box
- **CORRECT BOW NUMBER**

Any crews not ready to boat will be asked to remove their boat from the water to allow those that are ready to proceed.

YOU MUST DISPLAY YOUR CORRECT BOW NUMBER AT ALL TIMES– this is the only way we can identify you for marshalling and timing.

Any boat that has **not** passed the finish line **25 minutes before the scheduled start of each short course division will be turned back** and will not be allowed to race. Please note it takes approximately 10 minutes from the pontoons north of the Tomnahurich swing bridge to get to the finish line on the way to the start.

Any boat that has not passed the second pylon **10 minutes before the scheduled start of each short course division will be turned back** and will not be allowed to race. Please note that Novice and Junior crews may take over 30 minutes to reach this point after launching.

5. Marshalling

Please make sure you understand the marshalling plans as laid out in the documentation provided.

All crews are allocated a colour group on the running order that identifies the area that each crew shall wait at before the start:-

- Yellow Group – city bank in the area on the beeches straight upstream of the first start build line, facing downstream (see detail of manoeuvring to this point in the link below)
- Green Group – boathouse bank in the first 200m upstream of the first start line on the beeches corner, facing upstream (when travelling towards Dochgarroch)
- Red Group – boathouse bank downstream of the green group, facing upstream
- Blue Group – city bank in the first 300m between the build line and the lock gates, facing downstream
- Orange Group – city bank in the last 300m before the lock gates, facing downstream
- Pink Group – city bank in the area just downstream of the full start line is crossed, facing upstream

Full details of the times that you need to launch and arrive at specific points on the canal are set out on the marshalling diagrams at the following link. **All crews MUST read and digest this information before the weekend if we are to be able to start the event on time:-**

https://www.events.invernessrowing.uk/Nov2019/Circulation/Circulation_All_05Nov19.pptx

- A 10 second time penalty per minute will be applied to all crews who do not reach their allocated checkpoint location on time.

- The start area will be VERY congested – the total length of boats that need to be marshalled amount to approximately 1800m. Please ensure that you approach the area at an appropriate speed. Any crews demonstrating inconsiderate or dangerous behaviour may be disqualified – or made to wait until after the last boat has started.
- ALL WARM UPS MUST BE COMPLETED BEFORE THE LAST PYLON BEFORE BEECHES CORNER AND CREWS MUST PADDLE LIGHT AFTER THE BEECHES CORNER
- Late crews or crews who fail to obey marshal's instructions may be sent to the back of the division and start after all other crews

6. The Race and The Finish

A course map can be found [here](#) (note that the start and finish lines may vary slightly).

Coaches should note that the towpath is primarily a public footpath – please respect walkers by giving way and ensuring that appropriate language is used at all times.

Crews crossing the finish line after the end of their race, must continue rowing on well clear of the finish line to avoid collisions with following crews. You must then follow the directions given to you by marshals. See additional map for further detail.

NO QUICK TURNING ALLOWED IN FRONT OF ONCOMING TRAFFIC.

REMEMBER THE RULES OF RACING APPLY FOR THE WHOLE TIME YOU ARE ON THE WATER AND YOU MUST OBEY THE INSTRUCTIONS OF MARSHALLS BEFORE AND AFTER YOUR RACE

7. Results and Prize Giving

Results for each division will be published on line as soon as the results have been verified and the Senior Umpire has resolved any disputes, objections or protests regarding the conduct of the races. The link is:-

<https://www.events.invernessrowing.uk/latest-results/>

Due to a wish to limit gatherings of people we will not be holding a prize giving as in previous years but instead we would ask that one representative from each club collects medals that have been won on behalf of all of the competitors from their club. Medals will be available from the registration area once the results are finalised.

8. COVID Guidance

- If you have any symptoms please stay at home and do not attend the event.
- We request that masks are worn when in any congested areas and inside (tent), although we would ask non IRC members to not access the boathouse.
- Competitors should sanitise their hands regularly with their own sanitiser.

9. And lastly.....

Showering facilities are available at the nearby Inverness Sports Centre ("Aquadome"). There is a charge payable at the reception for this.

Wishing you all a successful weekend (and no time penalties)

Regatta Organising Group, Inverness Rowing Club – November 2021