

# Nithsdale Amateur Rowing Club Ltd.

REGISTERED CHARITY No. SC039249

## Regatta

30<sup>th</sup> April 2016



### LOCAL RULES

- All competitors must be checked in at least 20 minutes before their first race.
- First named crews will race on the Boathouse side of the river ('Dumfries Bank'). Second named crews will race on the Maxwelltown Bank.
- Bow numbers will be distributed with initial registration where possible.
- *Please note*, there are a handful of races at the end of the day which will be using recycled bow numbers from earlier racing. Please return your bow numbers to a Marshall or to race control as soon as you are finished racing. Lost bow numbers incur a cost of £5 each.
- For those who need to pick up bow numbers later in the day, these should be available for collection from approximately 1.30pm or at the second interval in racing.
- Boat **with your opposition** not more than 20 minutes and not less than 15 minutes before your race. It is each crew's responsibility to be at the start on time. If you are likely to be delayed due to doubling up or boat-sharing, please inform race control **and your opponents** immediately.
- All crews heading to the start will **keep as near as possible to the Maxwelltown** Bank and will row at least 50m beyond the start until marshalled by the Start Umpire. Do not cross the course if a race is in sight when embarking at the steps.
- After completing the course, crews should row **at least 50m beyond the finish** before turning. Thereafter they should remain on the Maxwelltown side of the river until safe to cross to the boating steps
- Crews should keep clear of the steps unless actually embarking or disembarking and must heed the instructions of the Marshalls on the steps.
- Crews training upstream of the course should note the shallows on the Maxwelltown Bank some 100 metres above the start. The local farmer may additionally have erected a fence into the river at that point. No rowing is allowed within 100 metres of the bridge at the top of the course.
- Veteran Handicap events will be handicapped across a maximum of **3 age bands** only.

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