



UBBC Head Race 2019

Competitor Information

The University of Bristol Boat Club (UBBC) Head Race will be held in a time trial format on the river Avon. There will be 2 divisions, with the first racing over 3.2km upstream of the Saltford Boathouses, and the second starting 1.3km upstream of the Saltford Boathouses. The first division is intended for experienced rowers and coxswains, and the second division for beginner rowers in eights and fours and experienced oarspeople in small boats.

TIMETABLE

0700 Car Park Opens	1130 Division 2 Coxswain and steersperson brief
0800 Registration opens	1140 Division 2 boating begins
0810 Officials and marshals briefing (div 1 and 2)	1300 Boating area closes
0830 Division 1 Coxswain and steerspersons briefing	1330 Division 2 starts
0900 Division 1 boating begins	1500 Division 2 expected end
1000 Boating area closes	1530 Medal presentation
1030 Division 1 starts	1700 Car park closes

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PARKING



Figure 1: Parking Map

REGISTRATION

One representative from each club will need to register their crews between 0800 - 0825. This will take place at Race Control in the ground floor of the clubhouse. Please avoid bringing any mud into the clubhouse.

Registration will involve the final confirmation of entries, information of any substitutions and collection of race numbers. For all non-BUCS crews, an insurance disclaimer must be signed by an appropriately responsible person and all crew members must have evidence of their British Rowing membership. **All student crews must have their student ID cards with them** for random checks by the Chief Umpire. All members of winning crews will need to present their student ID cards.



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RACE NUMBERS

All crews will be issued with 2 race numbers. For eights and stern-loader coxed fours, a race number should be attached to the back Bowman's race top and the back of the cox. For all other crews, the Bowman should wear one number on their race top and one on their warmup top.

Empacher slot numbers will also be in use for Division 1. It is the crew/clubs responsibility to ensure this gets back to race control in the clubhouse following the race. Lost numbers will incur a charge of £10.

COXSWAIN AND STEERSPERSON BRIEF

It is mandatory for all coxswains and steerspersons to attend a brief before their respective division (at **0830 for Division 1** and at **1130 for Division 2**). This will be outside registration underneath the Avon County Rowing Club balcony (shown as 'R' in the diagram below). This will be enforced with a wristband system. If a coxswain or steersperson does not have a wristband at the boat checks, their crew will not be allowed to race.

BOATING

Boating will take place in **reverse** order (the highest number crew boating first) for both divisions starting at **0900 for Division 1** and at **1145 for Division 2**.

Please stick to your boating time as given to you in the draw. Crews should leave the trailer park 10 minutes before their boating time to ensure they arrive at the boat checks and pontoons in time. All crews must be boated 30 minutes before the race begins. If any crew has not boated within 10 minutes of their allocated slot, they will not be allowed to race. The temperature is likely to be cold so we cannot have crews waiting on the water for longer than necessary.

Crews should carry their boats **bow first** from the trailer park and boat with their bows pointing upstream.



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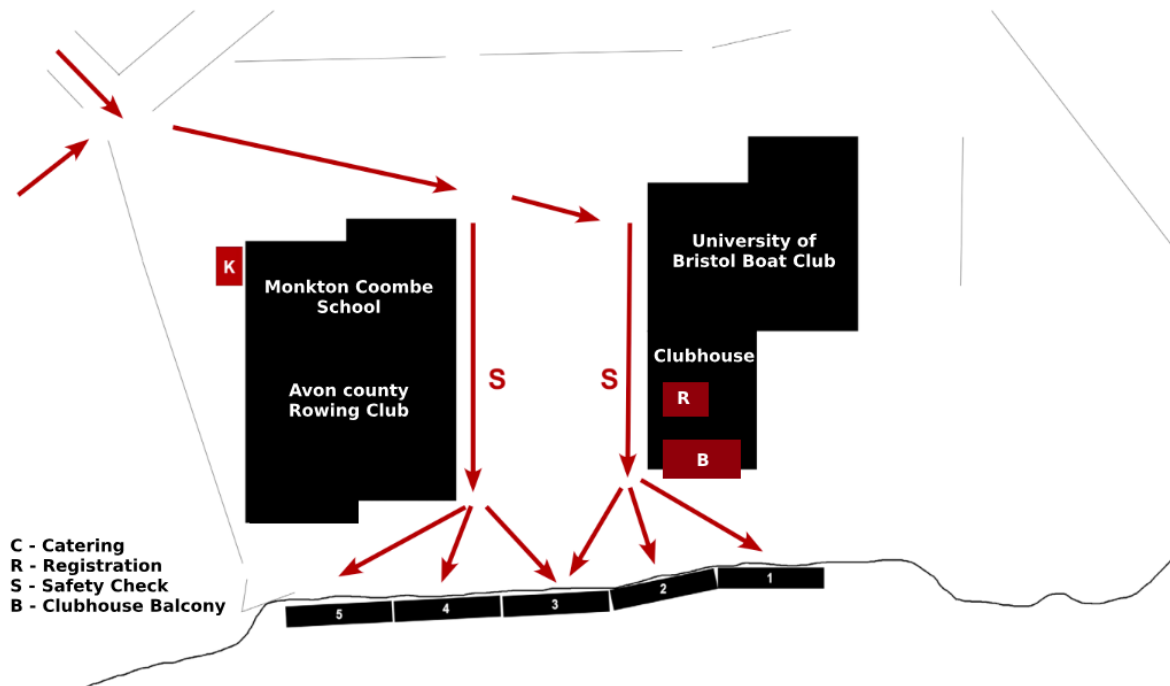


Figure 2: Map of Boathouse Area

Race officials will be checking all boats before they go afloat to ensure that they have **heal restraints, bow balls, buoyancy compartments/canvasses, rudder lines and general security of fixings**. Coxswains must be wearing **life jackets** and know how to use them. In the event that a boat is deemed unsafe by officials, it will not be allowed to boat.

KIT

It will be very cold! All Competitors must be wearing sufficient kit for the conditions, bearing in mind that it is likely (especially for beginners in Division 2) that they will be stationary for at least an hour. The race organisers reserve the right to bar any crew which is not judged to be wearing sufficient kit. The trailer park field and the track leading to the boathouses can be muddy, so wearing wellies is advised.



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MARSHALLING

Division 1 will be marshalled above the final bridge (approximately 200m from the start). Crews will be marshalled with lowest numbers closest to the bridge and highest numbers upstream closer to the lock. Please note, once a crew has passed through Bath road bridge (the 2nd bridge encountered for crews boating at Salford,) they may only paddle at light pressure (no bursts) to ensure safe entry into the marshalling area.

Division 2 will be marshalled upstream of the first rail bridge, again with highest numbers furthest upstream. Once a crew has passed the starters at the bend at the end of the straight, they may only paddle at light pressure (no bursts) to ensure safe entry into the marshalling area.



Figure 3: Map of the Course

THE START

The start for the **Division 1** is at the petrol pumps around 300m upstream of Bath University/Minerva boat house. Crews will be set off at around 20 second intervals, in order to try and prevent overtaking before the final bridge. The marshals may ask crews to ease or increase the pressure to maintain the gap to the crew in front. **Please comply**. The start for the **Division 2** is at the top of the straight. The gaps in the beginner categories will be much larger.

The race number of the next crew to start will be called out on approach to the start line. Timing will begin shortly after the start timer's shout of "GO".



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THE FINISH

The finish for both divisions is at the end of the final straight. It is marked with a hanging 'FINISH' sign on the right hand side of the river. Timing will finish on the finish timer's shout of "WIND DOWN".

After crews have finished racing **DO NOT STOP ROWING** but paddle downstream to the boathouses, where marshals will direct you. Any crew that stops and sits on the finish line risks a time penalty. All crews returning to Bath will be held below the finish until the division is over.

RACE REGULATIONS

The rules of the race will be broadly based upon those of British Rowing for a head race. Please especially draw to the attention of beginner crews that any crew swearing or urinating over the side of the boat will be liable for a time penalty and/or disqualification (they are to use bottles). In the event of an infringement of the regulations by a crew, the race committee (consisting of the Chief Umpire, Race Coordinator, Race Supervisor, and UBBC Captain) will be the final authority on all decisions.

FIRST AIDERS

2 first aiders from Bristol Ambulance service will be available around the UBBC boathouse. The safety launches will also be carrying first aiders. Showers in the clubhouse are available in the event of a capsized.

TOILETS

Portable toilets will be situated by the boathouse. Urinating in the trailer park field is not permitted; please use the portaloos provided. **The clubhouse toilets are not available for general use.**



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CATERING

A catering stall selling tea, coffee, cakes and bacon and sausage rolls will be in the boating area (marked as C in Figure 2). The Riverside Inn is located roughly 100m walk downstream from the boathouses.

RESULTS AND PRIZES

Results will be printed and posted outside registration, and a live results feed should be available on the race website at www.uobboatclub.co.uk/head_race. The live feed should also provide live information for spectators on which crews have started, and which timing points they have passed.

Medals will be awarded to all category winners where three or more full competitors (i.e. not time only) started. Presentations will take place at **1530**. The winning crews' student cards must be presented whilst collecting prizes.

CONTACT NUMBERS FOR THE DAY

Simran Gill, Race Coordinator
Annabel Ross, Race Supervisor (am)
Francis Stanford, Race Supervisor (pm)
Chief Umpire

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