



**MASTERS
CHAMPIONSHIPS**

2024 Instructions for Competitors

Version 1.0, 10 June 2024

TEAMWORK | OPEN TO ALL | COMMITMENT

Registered Office: 6 Lower Mall, Hammersmith, London, W6 9DJ

British Rowing Limited, Registered in England No. 1706271

Introduction

Welcome to the British Rowing Masters Championships! This competition exists to provide high quality racing at different levels for masters rowers across two full days of racing.

1. Registration Process

- 1.1. Race numbers should be collected from the Regatta Marshals cabin (in the boating area).
- 1.2. Alphanumeric slot numbers may be collected from 40 minutes before the scheduled start time of the race. This time restriction is so that we can get any latest information to you before your race.
- 1.3. Please remember to return your number promptly after your race.
- 1.4. Competitors are reminded that they must bring their British Rowing Membership Cards with them. Membership Cards must include an up-to-date photograph. If a Membership Card is not available, then other forms of photographic ID are acceptable.
- 1.5. All crew changes should be done online using BROE2 where possible. BROE2 will be left open until the morning of the Championships. If there are crew changes required on the day, speak to a volunteer at registration.

2. Weighing In

- 2.1. The scales for weighing coxes and lightweight rowers will be in the cabin in the boating area where lane numbers are issued.
- 2.2. All coxes shall be weighed prior to their first race. The minimum weight for coxes shall be 55 kg for all crews. To make up this weight a lighter cox shall carry dead-weight. Any dead-weight carried may be checked after any race in an event.
- 2.3. Lightweight rowers shall be weighed-in each day not less than one hour and not more than two hours before the originally scheduled race time of the first race that day of the event in which they are entered. A crew that does not meet the weight requirements shall not be allowed to race.

3. Racing

Boating

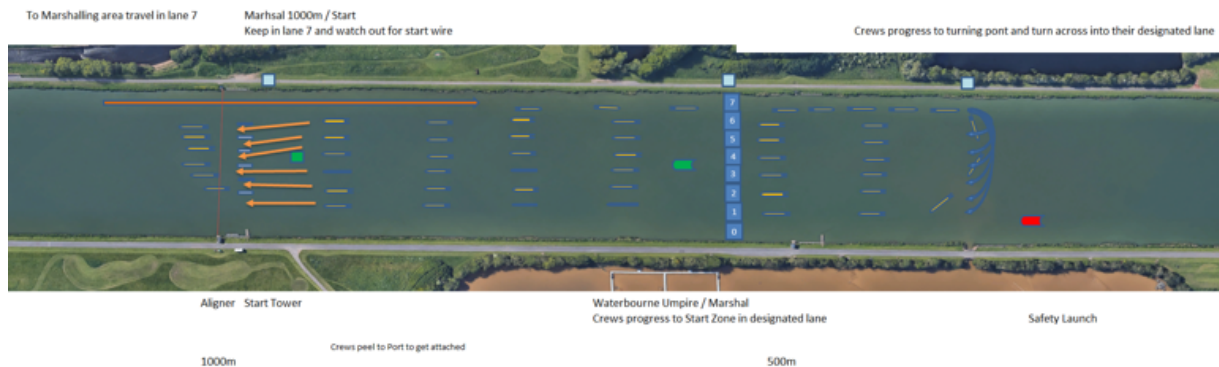
Crews should depart from the 3 outgoing pontoons on the north side of the lake (including the Country Park pontoon).

Intermediate Start

Crews will proceed in lane 7 to the 1750 marker. Under the Start Marshal's instructions they will cross into their racing lane and proceed towards the Start in their racing lane. Crews should assemble behind the Start Tower, close to race time allowing time to be attached 2 minutes before the race. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle past the start pontoons in their allotted lane and will then back down onto the start pontoon.

Warming up

Crews may warm-up above the Start in their **ALLOTTED LANE ONLY** and in the racing direction only. No racing starts or high-speed bursts may take place in lane 7. Racing starts and bursts may be done once the crew has turned into their lane, provided it is clear and safe to do so.



Cooling down

Crews may not cool down on the lake.

Prize Winners

Winning crews should continue to the presentation pontoon, listening to any guidance provided by Marshals / Umpires. You must keep out of the way of racing crews and off the finish line, especially when races are coming down the course.

Disembarking

Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down.

4. Safety Instructions, Marshalling Instructions, Racing Circulation Pattern

Please ensure that your crews and coaches have read the safety instructions, marshalling instructions and circulation plans as detailed in the Competition Safety Plan, published on the British Rowing website.

Crews are reminded that there is **no practice** before the start of the racing day and they may not boat earlier than 40 minutes before their published race time.

5. Emergency Telephones & Contacts

Emergency Telephones are situated:

Start Tower

At the 1500m marker on each side of the course

At 1000m on each side of the course

Main Reception in the Water Sports Centre

Waterman's Office

All manned huts have telephones.

Emergency numbers:

Emergency Services 999

Medical Practice, Radcliffe-on-Trent 0115 933 2948 or 0115 933 3737

Medical Practice, 214 Musters Road 0115 981 4124

Hospital, Queens Medical Centre 0115 924 9924

NHS Direct 111

Police, non emergency 101

NWSC Address:

The National Water Sports Centre

Adbolton Lane

Holme Pierrepont

Nottingham

NG12 2LU

National Water Sports Centre Reception 0115 982 1212

6. Car and Trailer Parking

Arrangements are slightly different to previous years. Please refer to the instructions published on the British Rowing website for full details.

7. Club Gazebos

Clubs are encouraged to create their own rest areas by erecting gazebos on the grass bank, but must follow the below requirements:

- 7.1. There will be no marked “pitches”. Space is offered on a first-come-first-served basis. An indication of the space available is shown in section 14 below.
- 7.2. All gazebos on the grass bank **must** be placed at the bottom of the bank (i.e. closest to the lake) to leave sufficient space for trailer parking.
- 7.3. All tented structures must be securely fastened at all times, giving consideration to the prevailing weather conditions.
- 7.4. No responsibility can be accepted by the Organising Committee,, British Rowing Limited, the National Water Sports Centre, Holme Pierrepont Leisure Trust or Serco for any loss, theft, damage, injury, accident etc.
- 7.5. Any tented structure is pitched entirely at your own risk.

8. Cancellation and Changes to Racing

- 8.1. Competitors, volunteers and spectators are reminded that safety is the Organising Committee’s primary concern. In cases when the OC considers that the Regatta cannot be run safely, the OC may choose to take appropriate action, which may include (amongst other things) suspending racing, changing the timetable, shortening the course, cancelling specific events or cancelling the Regatta altogether. The OC will seek to make a decision as early as practicable based on the circumstances in question and in the event of advance cancellation, the OC will aim to make and communicate this decision at least 24 hours in advance of the Regatta. Team managers, competitors, volunteers and spectators should take this into account when making plans for travel, accommodation etc.
- 8.2. Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event on the day. It will be at the discretion of the Organising Committee if a partial refund is offered if the Regatta is cancelled prior to race day.
- 8.3. When it is not possible, for whatever reason, to complete the Regatta or any event, times from the heats may be used to determine medal winners, to declare the victor ludorum and award other prizes.
- 8.4. The Race Committee will monitor conditions throughout the Regatta and, if necessary, will adjust the draw patterns to create the fairest racing conditions.
- 8.5. It is the responsibility of each Coach/Competitor to keep him/herself informed of any changes to the Regatta programme.

9. Photography

- 9.1. The Regatta is working with *AllMarkOne* as official photographer. They will provide photographs of racing crews and medal ceremonies via their website.
- 9.2. Competitors and those responsible for them should be aware that other, non-official photographers and videographers might operate at national sporting events and the subsequent photographs may be freely used in print, digital media or elsewhere, over which the Organising Committee has no control.
- 9.3. Coaches and competitors agree that by entering crews they have made the crew members and their parents/guardians (where in loco parentis) aware of the above two paragraphs.

10. Welfare and Safeguarding

- 10.1. The Event Welfare Officer for 2024 is Ben Gillard. Ben can be contacted using the mobile number 07976 902618.
- 10.2. A full copy of the Event Welfare Policy is available on the [BRMC web page](#) and via the Event Organisers Office.

11. Clean Sport Statement

- 11.1. The British Rowing Masters Championships is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code. Athletes competing at the Regatta could be tested at any time, and by entering this competition it will be deemed that consent to be tested has been given.
- 11.2. To understand more about anti-doping, the rules and your responsibilities, go to <https://www.britishrowing.org/about-us/governance/anti-doping/> or email antidoping@britishrowing.org

12. Sustainability Statement

- 12.1. Please trailer share and car-pool/use public transport if possible. Please see the link here for the number 11 bus service from Nottingham Railway Station to the Watersports Centre: <https://www.nctx.co.uk/services/NCT/11>
- 12.2. Water bottle re-fill points are here, please bring your own re-fillable water bottles (and cups):

<https://w3w.co/layers.wider.void>
<https://w3w.co/beats.upper.sofa>
- 12.3. We will have a 'Check, Clean, Dry' station hosted by the North Wales Wildlife Trust - there will be information available on Saturday and boat checking/cleaning on Sunday. Please have a look at the invasive species guide on our website: <https://www.britishrowing.org/sustainability/>

13. Results

- 13.1. Printed copies of results will not be produced.
- 13.2. Results will be available via the British Rowing website during the competition.
QR codes for direct access to the results will be on display around the event site.

14. Key Locations



Regatta Site Map

-  Event Office
-  Oar Repair
-  Food & Drink Outlets
-  Retail Village
-  First Aid
-  Weigh In
-  Registration (Lane numbers)
-  Trailer Parking
-  Club Gazebos
-  Medal Ceremonies
-  Toilets

– ENDS