

Swift Racing



BEACH SPRINT
CHAMPIONSHIPS

Competitor Instructions

**Swift British Rowing
Beach Sprint Championships 2024**

Version 1.0 - 8 August 2024



Welcome!

In preparation for the 2024 Swift British Rowing Beach Sprint Championships, we expect all participants and officials to have read the following information before arriving at St Andrews. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

Thank you, Swift Racing!

We are very grateful to our title sponsors Swift Racing for their enormous support in this competition, particularly providing boats for you to race in. Without their support, this competition simply wouldn't be possible!

GENERAL INFORMATION

PLEASE DO NOT FORGET TO BRING YOUR OWN BLADES – the event is not able to loan blades

OTHER ITEMS TO BRING:

- Sun cream and after sun cream;
- Clothing appropriate for the conditions;
- Water Bottle;
- Bootees or water shoes to wear in the water as the sand may have pebbles etc;
- Additional clothing towels, etc. in a dry bag;
- A pop-up tent if you wish

DRINKING WATER

The event is aiming to be as environmentally friendly as possible so please remember to bring your own water bottle. There is drinking water available at the East Sands Leisure Centre.

TRAVEL

Please consider your carbon footprint when travelling to the event and travel by train or car share if at all possible.

There is limited parking at the event site, please see below for areas to park

- Woodburn Place
- Albany Park (behind the Coastguard shed)
- The Shore (Harbour) - paid
- Argyll Street North and South Free Parking with a walk

IMPORTANT - We ask competitors to refrain from parking at East Sands Leisure Centre as the Leisure Centre will be running their normal timetable throughout Saturday. They are a partner of the event and providing facilities for us to use, and we wish to protect that relationship.

CATERING

We will not be providing any extra catering facilities further to those already in the area.



TOILETS

We have organised the use of toilets and changing facilities within the East Sands Leisure Centre for all competitors and spectators. Please note that at certain times this will also be when the leisure centre is open to the public - please be respectful of the general public.

TIMETABLE

- The Start list will be published after registration closes.
- A provisional race timetable will be published on the website which includes progressions. This programme is subject to change **before** and **during** the competition.
- A WhatsApp group will be used as the **primary method of communication**. Please join the group here: <https://chat.whatsapp.com/ISlwf9tIQUr0KRNsTU5TjI>
- Fastest crew lane selection will be in operation during the knock-out stages.
- We will be running the CW 1x and CW Stu 1x as a single event. The fastest 3 CW 1x will receive medals. The fastest 1 CW Stu 1x will win a gold medal. The fastest W 1x overall will win a Dryrobe.
- The organising committee reserve the right to amend the timetable subject to conditions on the day. The decision of the race committee chair is final.



RACE PROGRAMME

Saturday, 10 August 2024

Time	Event	Round
08:00 - 08:15	Registration	
08:30	Captains/Crew Briefing	
09:15	CO 1x	TT
09:25	CO Stu 1x	TT
09:40	CW 2x	TT
10:00	CO U19 1x	TT
10:25	CMix 2x	TT
10:40	CW 2x	Reps
10:50	CMix 2x	Reps
11:15	CO 1x	Reps
11:30	CO U19 1x	Reps
12:00	CO 1x	QF / SF / F
13:00	CO Stu 1x	QF / SF / F
13:45	CW 2x	QF / SF / F
14:30	CO U19 1x	QF / SF / F
15:35	CMix 2x	QF / SF / F
16:30	Medal Presentation	



Sunday, 11 August - Morning

Time	Event	Round
09.00 - 09.15	Registration	
09.15	Captains/Crew Briefing	
09.45	CMix U19 2x	TT
10.00	CO 2x	TT
10.20	CW U19 1x	TT
10.40	CW 1x / CW Stu 1x	TT
11.05	CO 2x	Rep
11.10	CMix U19 2x	Reps
11.25	CW U19 1x	Reps
11.40	CW 1x/ CW Stu 1x	Reps
12.05	CO 2x	Final
12.11	CMix U19 2x	SF / F
12.45	Medal Presentation	

Sunday, 11 August - Afternoon

Time	Event	Round
13.30	CW U19 1x	QF / SF / F
14.30	CW 1x / CW Stu 1x	QF / SF / F
15:30	Medal Presentation	

REGISTRATION

Crews must register each day to confirm their entry. See the timetable for Registration open/close times. The location of Registration will be on the beach.

BRIEFING

All competitors **must** attend the compulsory briefing which will be held on the beach. See the timetable for briefing time.

All crews are expected to help move boats at the start and end of the day.

SUMMARY OF RACING FORMAT

Racing is held under the British Rowing Rules of Race and should be read in conjunction with the summary notes below.

<https://www.britishrowing.org/wp-content/uploads/2024/03/2024-British-Rowing-Rules-of-Racing-VI.pdf>

PROCESSIONAL TIME TRIAL

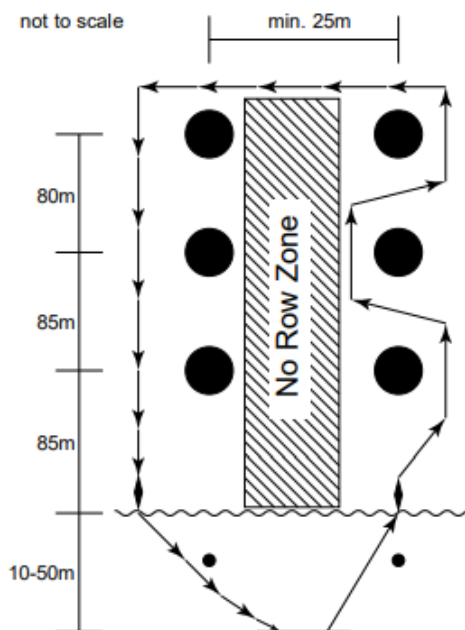


Figure 2 (Processional Time Trial)

Lane 1 (left) / Lane 2 (right)

- The runner/crew member will run from the start line to the boat on the water in lane 2. The crew will slalom out to the turning buoy, turn 90 degrees and row to beyond the lane 1 turning buoy and turn 90 degrees. The crew will then row straight back to shore in lane 1, keeping outside the slalom buoys. Once on the beach, the crew will run around the lane flag in lane 1 and up the beach to the finish line.
- Reminder: Boat Handlers must be ready to receive the boat/crew when they return to the beach.

Boat Preparation (Processional Time Trials)

- Racing crews should report to the Control Commission Umpire (CC) to be allocated their boat before the race starts. Once racing has started, crews should be ready in CC to receive their boat and prepare it for their race. The crew and their boat handlers will have approx. 2 mins to prepare their boat and move it to lane 2 for the start of their race.

- You are not permitted to change the rigging of the boat – only the foot stretcher may be moved. Spans will be set at 158cm.
- One minute before their Race Time the crews will be under the Starter's orders and take their boat to the water. Any crew delaying without good reason will risk the Starter starting without them. The Runner must be on the Start Line

RACE COURSE (REPS, QUARTER FINALS, SEMI FINALS and FINALS)

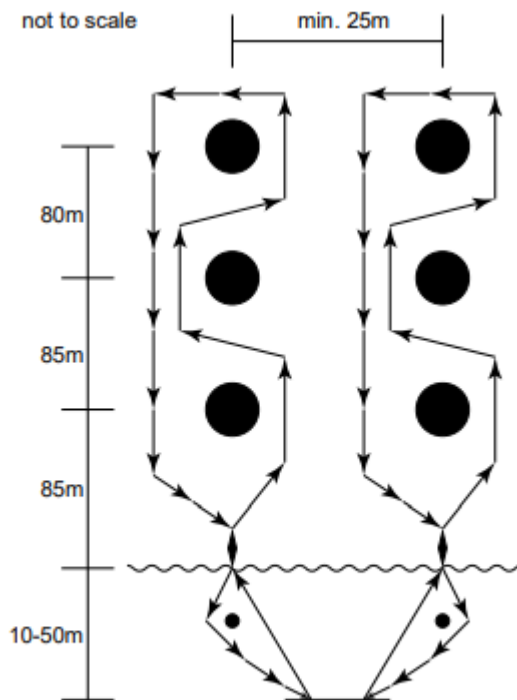


Figure 1 (Side-by-Side)

Lane 1 (left) / Lane 2 (right)

- The race starts with a sprint on the beach of between 10m and 50 m for the rower or one of the rowers. There shall be up to two boat handlers per crew. The competitor then enters the boat and the boat slaloms around three buoys over a 250m course, and, for this event, will row straight back to the beach before one of the rowers exits the boat and runs to the finish line via the outside of the run flag.

BOAT HANDLERS

- There shall be up to two boat handlers per boat who must be over the age of 16. The boat handlers shall be provided by the teams and are recognised as official support crew members. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. The boat handlers for each crew should wear matched uniforms (the outermost garments worn above the waist) which clearly identifies them as boat handlers for that crew e.g. vests.



- Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder fixing, etc. When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.
- When the boat returns to the beach the boat handlers are responsible for the quick removal of the boat from the water and should not run up the beach with the crew member.
- The boat handlers shall at all times remain in shallow water not above their shoulder height. The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the rules of racing.
- **At least one boat handler must be responsible for “receiving” the same crew that they have “launched”.**

NOTICES:

ON THE WATER

- All crews are required to follow the International Rules for Prevention of collision at sea and the local marine traffic regulations.
- Be aware that there might also be other water users (paddle-boarders, kayaks, jet skis etc.) as well as stationary navigational buoys.
- Any official can stop racing if conditions deteriorate such that they become unsafe. Individual crews can be returned to the shore if they appear not to be able to cope with the conditions.

ON THE LAND

- Take care handling boats on land to avoid contact with other crews, spectators, etc. Boat zones will be zoned off and marshals will be present to alert spectators that move too close to potential areas of risk.
- Participants and officials who have a medical condition should take appropriate prophylactic medicine (e.g. asthma rescue inhaler) and carry it at all times.
- Protect yourself against high or low temperatures as applicable (use sunscreen, wear appropriate clothes, etc.).
- In the event of lightning or severe weather, the course and beach may be evacuated. You may need to find shelter ashore or in your vehicle.
- First Aid will be located in the race control tent.

SAFEGUARDING

The Event Safeguarding Policy can be found [here](#).

Any safeguarding concerns should be reported to the Event Welfare Officer (Sarah Harris: 07856 908539 / sarah.harris@britishrowing.org) who can also be contacted via race control.

—ENDS—