



## BARC SUNDAY LEAGUE 6<sup>th</sup> April 2024

### **NOTES FOR COMPETITORS**

- Directions to BARC. Using the Bridge Street Car Park, Use Postcode TD15 1ES. From the A1 at Scremerston roundabout, take the 2<sup>nd</sup> exit and proceed on this road until the second roundabout, take 2<sup>nd</sup> exit over the New Bridge. Turn right after traffic lights, down Marygate, bare right at Town Hall, right at bottom of hill, then next left into car park. It is a short walk from here. Continue along Bridge Street, go under the New Bridge for the Boathouse.
- Alternatively you can Use postcode TD15 2HD and park on the other side of the river opposite the Boathouse, it is only a short walk over the Old Bridge .
- Registration Will take place
  
- Racing will start at 11:00 am
- Food and first aid will be available in clubhouse
- It is essential that crews bring wellington boots for boating. Also trainers as shoes not fitted.
- Please ensure you have enough coxes.

### **NOTES FOR COXES**

- All coxes must bring their own life jackets
- Please have your crew ready to boat the minute that boats arrive at the landing stage.
- Boat with your opposition and row to the start together
- Tide notes
- Finish notes