



BARC SUNDAY LEAGUE 4th June 2023

NOTES FOR COMPETITORS

- Directions to BARC. Using the Bridge Street Car Park, Use Postcode TD15 1ES. From the A1 at Scremerston roundabout, take the 2nd exit and proceed on this road until the second roundabout, take 2nd 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 11:30 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