

# **TYNEHEAD - INSTRUCTION TO CREWS AND COXES**

**Saturday 21<sup>st</sup> Feb 2009**

**Division 1 11am      Division 2 2pm**

**Course : Scotswood to Newburn (5000m)**

1. The numbers for your crews are shown on the draw. Collect your numbers in good time from Tyne RC and ensure that before you embark the solid plastic number is securely fastened to the Empacher slot in the bows.
2. You must boat in plenty of time to get to the start. **The last crews must leave the landing stages by 10.25am for Division 1 and 1:25pm for Division 2.** When boating you must follow the instructions of the marshals. **Crews not ready to boat on time (this means having passed the safety inspection as well) will be liable to receive a 30second time penalty and be sent to the back of the boating queue.**
3. Ensure you have your oars on the landing steps and get into your boats as quickly as possible, **adjusting your feet etc... once you have pushed off from the landing.** Please move away from the landing area promptly so as not to obstruct following crews.
4. The Tyne can be very cold during winter and you can expect to be on the water for a long time. Ensure you have warm clothing with you in the boat and preferably Wellingtons for boating. The trailer park is also expected to be very muddy following the recent snow – we recommend that you wear wellington boots in this area.
5. You are responsible for making your own way down to the start and for taking up position within the marshalling area as shown on the map available at Tyne RC.
6. **You must be in position 5 minutes before the start time. Any crew not below the bottom of the Blaydon straight by 10.50am for the Division 1 and 1.40pm for Division 2 will be turned back and for safety reasons will not be allowed to proceed to the start.**
7. Crews must marshal as follows (**Division 2 crew numbers in brackets**)  
  
**Crews 1 to 25 (101-125)** on North Bank between Scotswood Rail Bridge and Scotswood Road Bridge in numerical order, with crew 1 (101) at the Rail Bridge and crew 25 (125) at the road bridge, bows facing downriver  
**Crews 26 to 48 (126 to 152)** on South Bank between Scotswood Rail Bridge and Scotswood Road Bridge in numerical order, with crew 26 (126) at the Rail Bridge and crew 48 (152) at the road bridge, bows facing downriver.  
On instruction from the marshals, crews 1 to 25 (101-125) will turn and proceed to the start, followed by crews 26 to 48 (126-152).
8. As you pass through the Starting Area you will be started with the words “Number X – GO”. The time will be taken at the starting line
9. During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care on bends. Crews in front loading boats must keep their cox informed if they are being overtaken.
10. For safety reasons, crews **MUST** use the centre arches of Scotswood Rail Bridge, Blaydon Bridge and Newburn Bridge as marked on the course maps. **Crews failing to do so will be disqualified.**
11. A rescue boat will follow the race and others will be stationed along the course. If you do have an accident, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat.
12. When you cross the finish line you must:
  - a. continue paddling clear of the finish area before turning – a marshal will instruct you to turn onto the north bank and line up to land
  - b. keep clear of the course when returning to the boathouse
  - c. avoid impeding crews still racing
  - d. crews returning to Newcastle University or Tyne United **MUST** paddle below Newburn Bridge using the North Bank and North arch of Newburn Bridge and only cross under the instruction of the marshal positioned below Newburn Bridge
13. For your safety, please obey marshals instructions at all times, if you do not, you may be disqualified

## **TYNEHEAD - INSTRUCTION TO CREWS AND COXES**

14. A full set of event Safety Instructions is available at Tyne RC
15. The Committee reserves the right to vary regulations or instructions if necessary

### **BOATING TIMES**

See draw for individual boating times. Please adhere to these times. **Crews should report to the boating marshals (orange jackets) in time to pass the safety inspection before their boating time**

### **BOATING LOCATIONS**

**ALL crews should boat from Tyne RC apart from Newcastle University BC, Blue Star and Tyne United.**

### **PARKING**

Only trailers should be parked at Tyne RC.

Public car parking is available next to Newburn Leisure Centre and the Keelman Pub (5 minute walk to Tyne RC)

### **CATERING**

Hot and Cold Food and Drink will be available for purchase at Tyne RC boathouse. The bar will be open from 12 noon.

We look forward to welcoming you to the Tyne and hope that you have an enjoyable row.

Chris Parsons

Tyne RC

on behalf of Northumberland County ARA