

PONTELAND JUNIOR HEAD - TYNE ARC - 23 MARCH 2024

DIVISION 1 - 10:30 DIVISION 2 - 12:30 DIVISION 3 - 14:30

INSTRUCTIONS TO CLUBS AND CREWS, INCLUDING LOCAL RULES

CLOTHING AND FOOTWEAR:

You must bring Wellington boots for boating and landing; the trailer parks may also be muddy – we recommend that you wear wellies in these areas too. To speed up the boating process and deboarding after the race, take your wellies with you in the boat; leave them on as you push off and put your feet in shoes on the water NOT on the steps.

Conditions can be windy, cold and wet and you can expect to be on the water for a long time. Ensure you have warm and waterproof clothing with you in the boat. Junior coaches should check that this is the case for their crews before reaching the steps for boating. Crews with insufficient clothing will be refused permission to boat.

BOATING:

Boating will start no earlier than 09:30 for Division 1, 11:30 for Division 2 and 13:30 for Division 3. Exact times will depend on the size of entry and will be published with the start order after the close of entries. All clubs except Tyne United RC will boat at Tyne ARC unless we have very large numbers. **There must be no boating by competing crews before their allocated times, e.g. for a practice or warm-up, as safety cover is not guaranteed.**

The numbers for your crews will be shown on the start order. Collect your numbers in good time from Race Control at Tyne ARC and ensure that before your crews embark the plastic number is securely fastened to the Empacher slot in the bows. We will also issue paper numbers for the bow person to wear.

Crews will be called to boat in start order. Launching will be with bows pointing up-river unless otherwise directed. When boating you must follow the instructions of the marshals. **Crews not ready to boat on time will be liable to receive a 30 second time penalty or may not be allowed to boat and race.**

Boating marshals under supervision of an umpire may inspect some or all boats and any not passing the standard safety requirements including boat buoyancy, bow balls, heel restraints, appropriate buoyancy aid for the cox and adequate clothing for the conditions will be turned back. Coxes will be weighed at Tyne ARC from 8.30am onwards.

Ensure oars are on the landing steps when boats arrive and get crews into boats as quickly as possible, adjusting feet etc once pushed well off from the steps. Boats should move away from the landing area upstream promptly so as not to obstruct following crews.

There is low tide of 1.45 metres at about 09:10 and a high tide of 4.69 metres at about 15:05. The maximum tidal flow at about 12:00 will be moderate but against crews as they race in Divs 1 and 2.

ON THE WATER:

Once on the river, boats should remain in start order and row lightly upstream keeping to the north bank (but not *too* close). Once past the country park slipway, boats should line up, staying in start order, in the queuing area shown on the accompanying plan. **Please note there will be no opportunity for warming up on the river.**

The crews at the front of the queue should follow instructions from marshals, which will generally be to proceed upriver, turn above the launch near the White House, and then proceed downstream back to the launch. Boats in the queue should move up, staying in start order, as the boats in front move up and turn.

When boats have turned and come back towards the start launch, they should queue as necessary and then move off when instructed by the launch crew. This may be almost immediately, so all clothing adjustments should be undertaken before crews turn. A short distance further the official start umpire on the south bank will start crews with the words "Number X – GO" and crews should build up quickly. The time will be taken at the starting line which will be a short distance further on, with a banner showing location.

During the race, crews being overtaken must avoid impeding overtaking crews. This calls for care at, in particular, Newburn Bridge. Crews in front loading boats must keep their cox informed if they are being overtaken. **Crews seriously impeding a faster crew will be liable to a time penalty.**

The river is not closed during the event, so for safety reasons, crews MUST keep towards (but not too close) to the south bank of the river when racing and keep towards the north bank when returning to the steps. **In particular they must use the south-centre arch only of Newburn Bridge during the race and the north-bankside arch only on returning as per the *Course Map*. Crews failing to do so will liable to a time penalty or disqualification.**

Marshalling and safety launches and bank monitors 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. If you think a serious incident you have passed has been overlooked, please alert the next launch or bank monitor.

At the finish (at the bottom of Newburn straight), crews must keep moving around the first bend into the Stella 'crossover' and a good distance down river before turning. In Division 1, when the tide is a bit low, be aware that there are extensive mud flats just around this first corner and keep well out and move well along before turning.

Subject to any other instructions from marshals, boats once finished can start returning to the steps at Newburn, but must keep close in to the north bank so as not to impede racing.

Tyne United RC crews returning to their own steps must not cross the racing line in any circumstances until the last boat has passed. TURC boats in each division may come back up the river with others, but should proceed past Tyne ARC up to the slipway and tucked in to the north bank until all boats racing have passed. Marshals will advise.

RACE CONTROL, FIRST AID AND WELFARE:

Race Control, First Aid assistance and the Competition Welfare Officer will all be based at Tyne ARC through the day.

PARKING:

Only trailers and their vehicles can be parked in front of or at the side of the Tyne ARC clubhouse. Space in the club car park is reserved for towing vehicles and race officials, though there may be space later in the day. If you park on Grange Road behind Tyne ARC, please do so considerately. It would be preferable if you used the public car park available further along Grange Rd opposite Newburn Activity Centre (10 minute walk to Tyne ARC). **Please do not use the Activity Centre or The Keelman PH car parks.** Parking at Newcastle University BC may be available, but TBC.

CATERING AND PRIZE GIVING:

Hot and cold food and drink will be available for purchase at Tyne ARC boathouse from about 08:30 through till the end of proceedings. We will be giving out all prizes after Division 3 about 16:00.

Address: Tyne Amateur Rowing Club, Water Row, Newburn, Newcastle upon Tyne, NE15 8NL

Email for enquiries about entries: entries@tynearc.com (or phone 07985 003304 if urgent)

Event web page: www.tynerowingclub.org/pages/ponteland_junior_head_153682.cfm