

Itchen Junior Regatta – Sun 8 Oct 2023

REGATTA INSTRUCTIONS

LATE ENTRIES

- Late Entries will NOT be accepted on the day.

SAFETY

- There will be multiple safety launches on the water. There will also be an official based on the SWAC pontoon who will be able to give steering guidance if necessary.
- First Aid will be in a designated area either at the club house, or Regatta Control (depending on the weather).

BOATING

- Crews must wear suitable footwear on the slipway – NO BARE FEET and we recommend NO FLIP-FLOPS or SLIDDERS.
- Boating will be from the Itchen club slipway. When afloat, crews shall wait for the instructions from the Boating Marshal before crossing the racing course. Once across the race course, crews should be aware of the Itchen Bridge support and turn South and head toward the start.
- After finishing their race, all crews should continue rowing upstream and come ashore using either the Itchen club slipway or the public slipway. Clubs should ensure they have people ready to help rowers get ashore and carry boats and blades back to the Boat Park. **DO NOT OBSTRUCT THE SLIPWAYS**
- Clubs must ensure that all crews are aware of the Circulation Plan.

RACING FORMAT

- All races will be straight races (no buoy turns) over the return leg of the Itchen Regatta course of approx. 450m, finishing under the Itchen Bridge in front of the club.
- The course is 3 lanes wide where lane 1 is closest to the shore/club.
- All boats must display their lane number at the bow.
- For Semi-Finals:
In Semi-Final 1 (**SF1**), boats in lanes **1, 2 and 3** will race where lane 1 is closest to the shore. In Semi-Final 2 (**SF2**), boats in lanes **4, 5 and 6** will race where lane 4 is closest to the shore. In Semi-Final 3 (**SF3**), boats in lanes **7, 8 and 9** will race where lane 7 is closest to the shore, and so on.
- The winners of each Semi-Final heat will stay on the water and safely return to the start area making sure to avoid collision with boats in the following race. Other crews must come directly ashore.
- **For the Final the boats will line up with the lowest lane number closest to the shore.**
- Once at the start, crews will be mustered before going onto the start line. It is advisable for crews to be aware of who they are racing against as races may be sent off out of order of the program if all crews are ready.

FOOD, DRINK, CHANGING ROOMS & TOILET FACILITIES

- Hot and cold food and drinks will be available in the club's boatshed during the day.
- Card and Contactless payments are accepted.
- Toilets are in the club house. Changing and shower facilities are minimal, and priority will be given to any rowers who are unfortunate enough to capsize.