



CLARE NOVICES' REGATTA 2021

COXES' BRIEFING

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WHAT IS CLARE NOVICES' REGATTA?

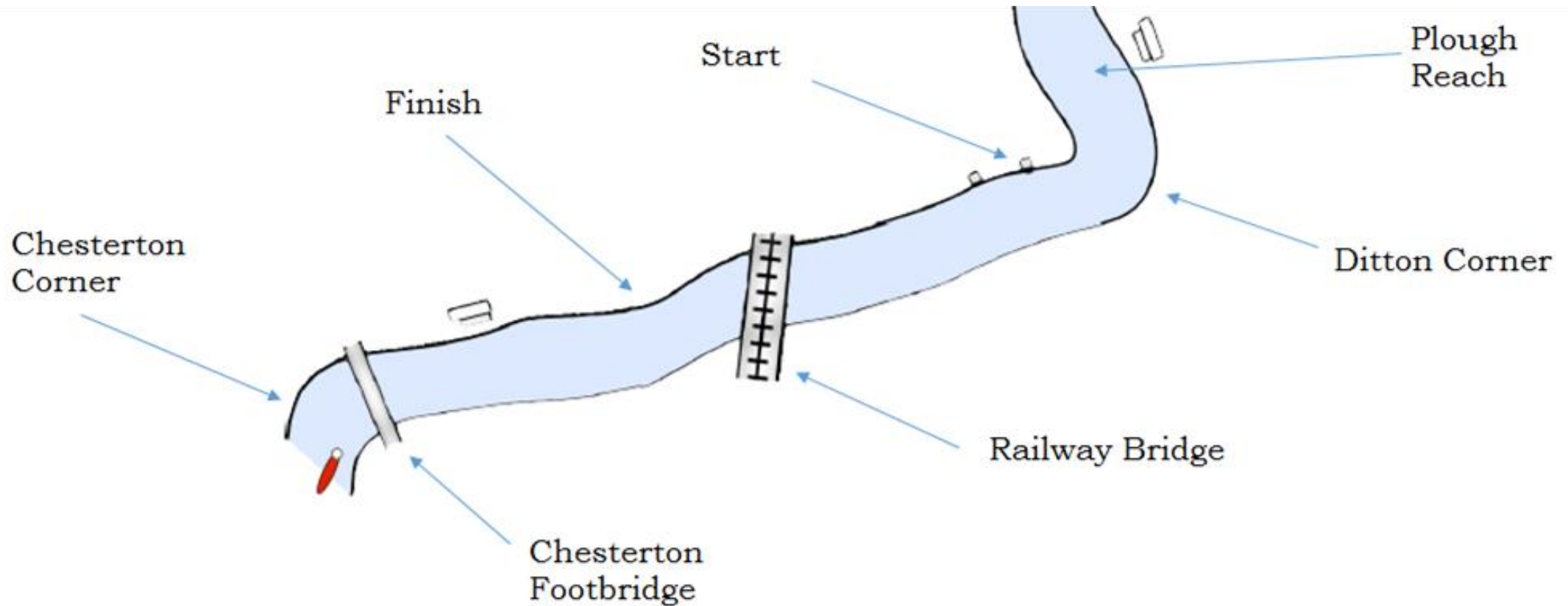
- Four events
 - Men's Cup, Women's Cup
 - Men's Plate, Women's Plate
- Format of racing
 - Straight knockout race run in divisions
 - Standing start
- Rules available on clareboatclub.org.uk

	1 st Round	2 nd Round	Quarter Finals	Semi-Finals	Finals
101	Christ's				
102	King's	Christ's			
103	Selwyn		Selwyn		
104	Wolfson	Selwyn			
105	Downing			LMBC	
106	LMBC	LMBC	LMBC		
107	FaT II				
108	Magdalene	FaT II			
109	Clare	Clare			LMBC
110	Hughes		Clare		
111	St Catharine's	Catz			
112	Tit Hall			Clare	
113	Fitzwilliam				
114	Emma	Emma			
115	Pembroke		Caius		
116	Caius	Caius			
117	St. Edmund's				
118	Peterhouse	St. Edmund's			



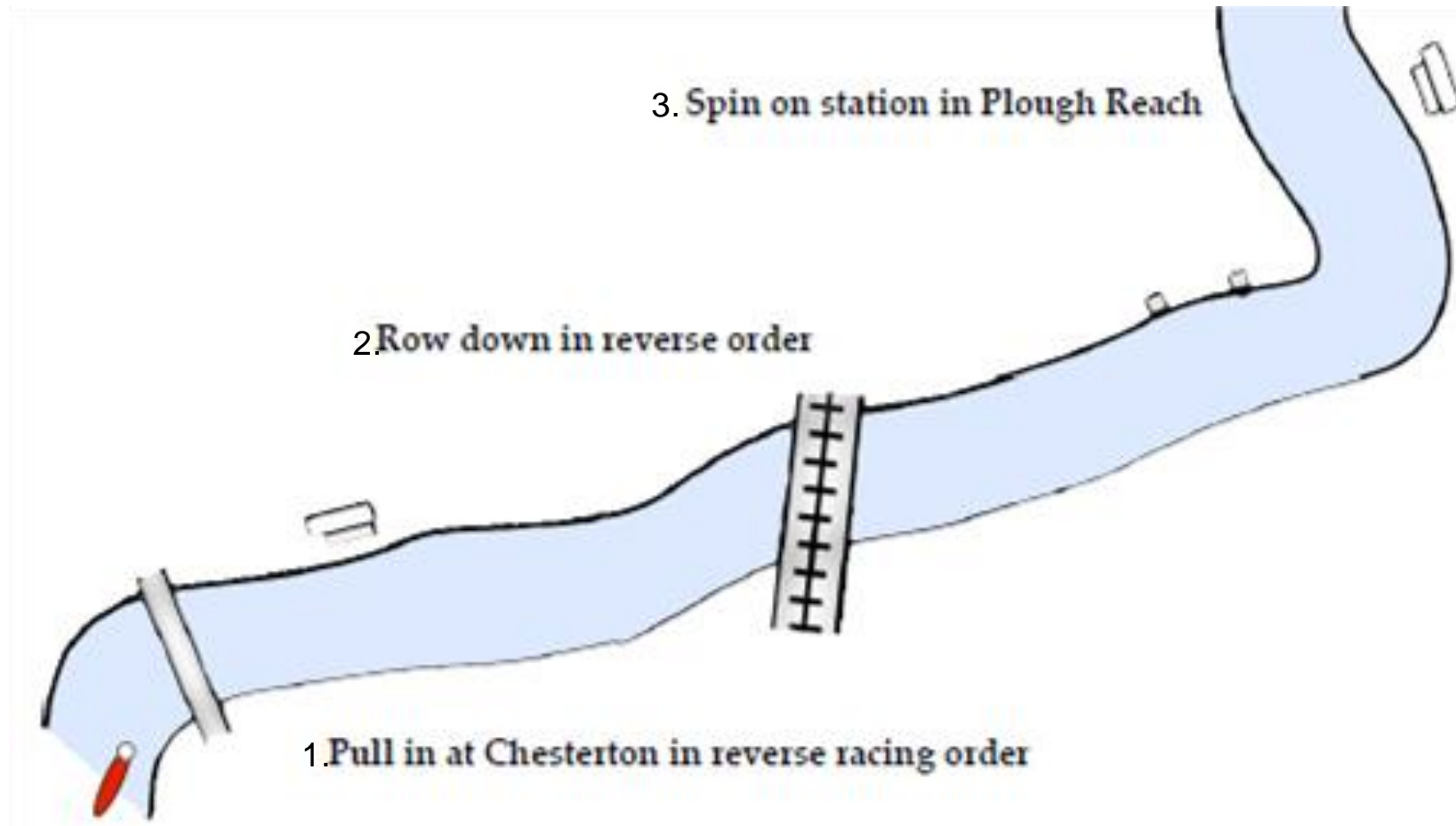
RACE COURSE

- Approx. 800m, side-by-side, upstream





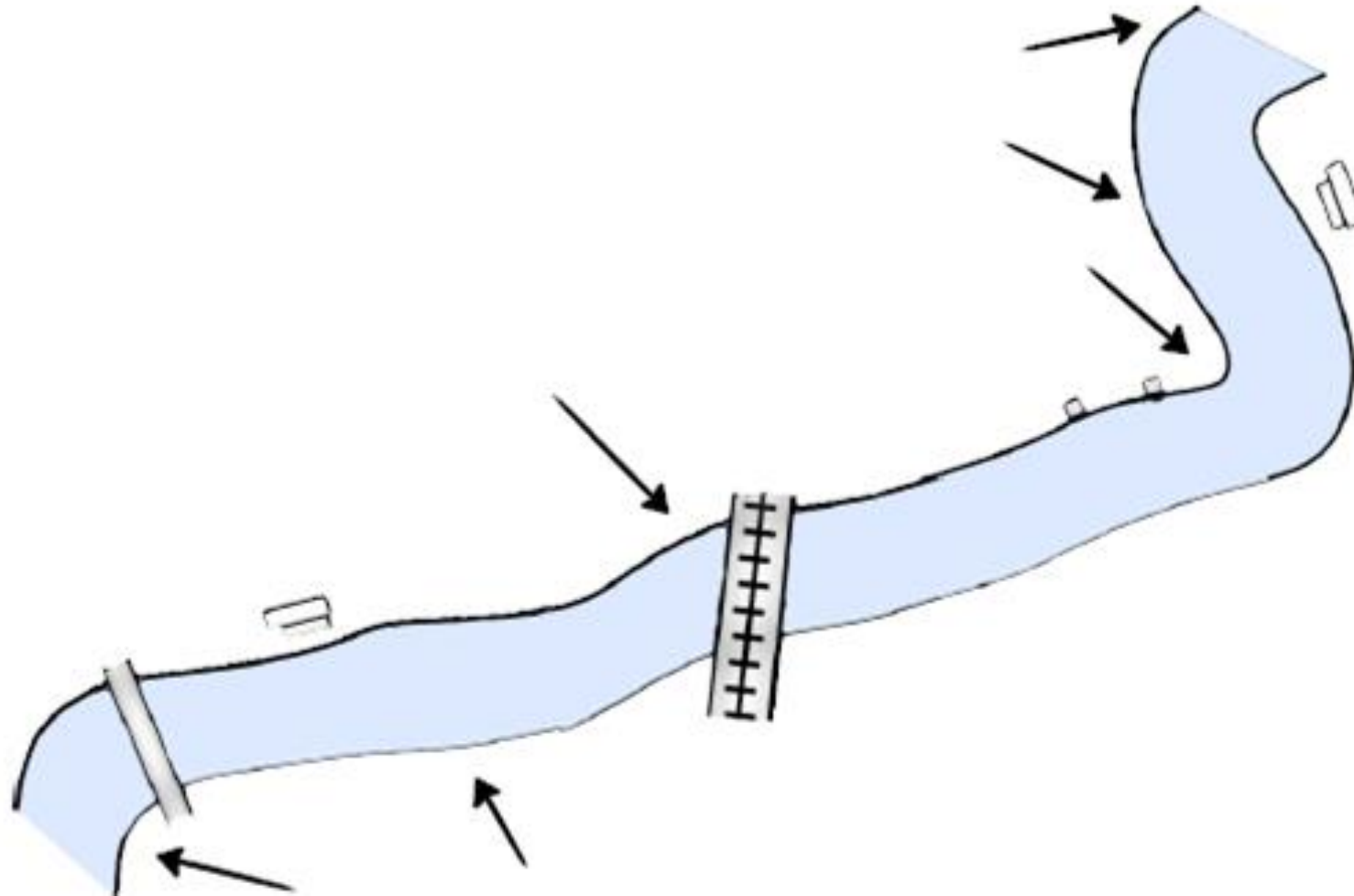
MARSHALLING ARRANGEMENTS



- First division will row down to plough reach without stopping at Chesterton



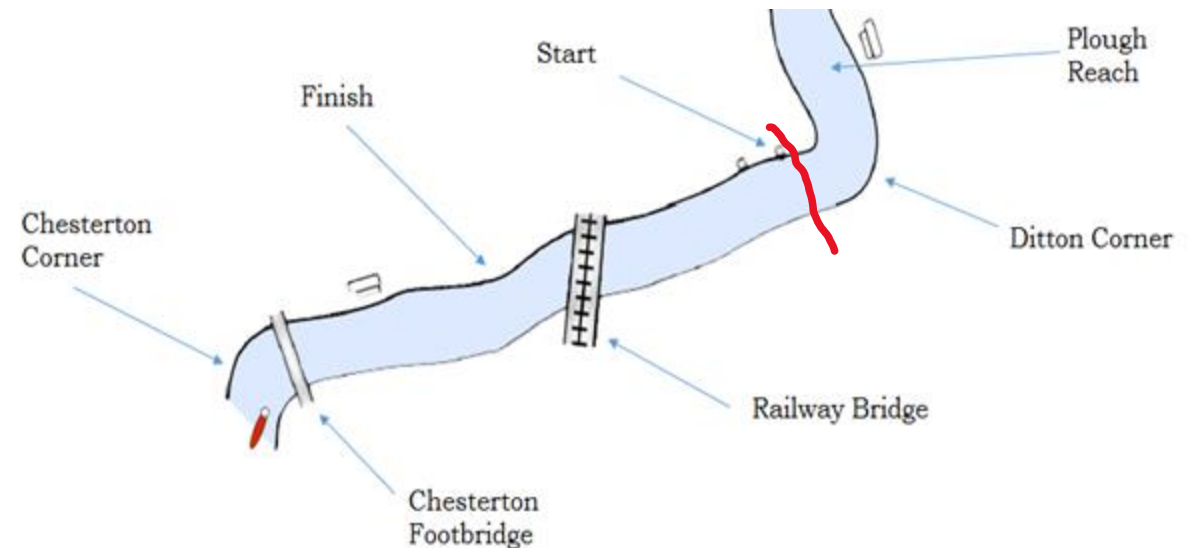
STATIC MARSHAL LOCATIONS





RACING – BEFORE THE RACE

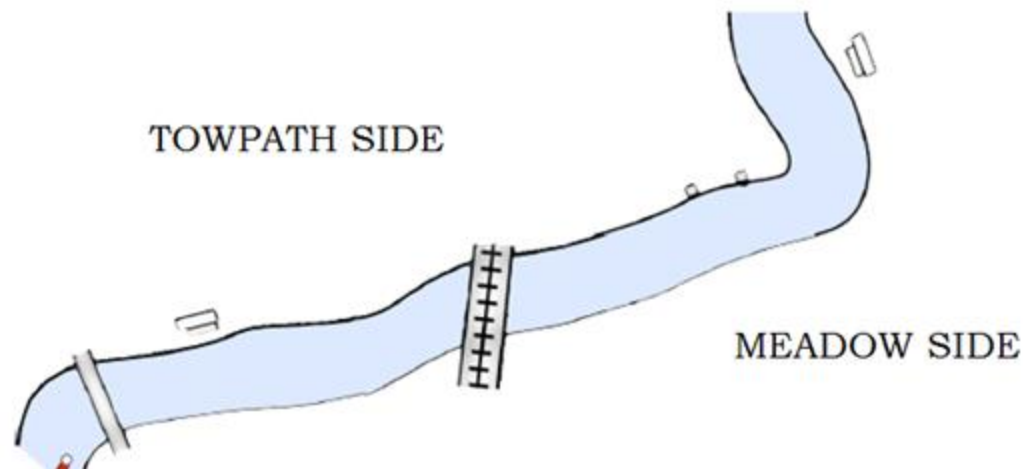
- Do not proceed on the race course unless instructed by a marshal
- Side-by-side upstream on the Long Reach
- Before your race
 - Have your crew come to frontstops
 - Raise one hand, lower your hand as soon as ready to go
 - Listen to the marshals
 - ‘Jesus.... Selwyn.... Attention GO!’
- Mind the wind





RACING – DURING THE RACE

- Stay on your side!
 - Be aware of the wind
 - Short, sharp whistle followed by calling your college = get back on your side
 - Failure to heed this warning will result in disqualification
 - **Safety first**
- Continuous whistle blast from umpire = you **MUST** stop your boat!!
- Avoid tunnel vision





RACING – AFTER THE RACE

- Morley's Holt = finish (short foghorn blast)
- Finish = bow ball crosses the finish line
- Once you pass the finish line, **KEEP ROWING** to clear the course
- If you win, follow marshals' instructions
 - you might have to pull in at P&E if racing in next division
- If you lose, keep rowing home
- Prize collection at Clare Boathouse after event





HEALTH AND SAFETY

- **SAFETY FIRST**
- Bow balls, lifejackets, heel restraints
 - You cannot race without these - we will be checking!
- Brief crews on appropriate clothing
- Common sense & courtesy
- Lights if you're racing in the last div or if poor visibility





HEALTH AND SAFETY

- **SAFETY FIRST**
- ARA guidelines – all participants have a duty of care!
 - Act in a manner that will not compromise the safety of themselves, Club members, other water users and the general public
 - Assess risks and base their decisions on such assessments
 - Be proactive in warning others of impending danger
 - Inform coaches of any medical conditions that present risk to yourself/crew/other water users



OTHER INFORMATION

- Bank parties
 - Min. 1 bank party (senior boat club member), max. 4 bank parties
 - Bank parties must stay behind relevant Junior Umpire
 - No whistles, loud-hailers etc. permitted
- Race Packs
 - One person from each college to collect the race pack from the Clare Boathouse on Friday (will be in a box by the entrance of the boathouse)
 - Check that it contains - coxes instructions, timetable of racing, circulation pattern, race numbers, safety pins
- Live Results
 - Twitter (@ClareNovices)
 - FB (Clare Novices' Regatta)
 - Clareboatclub.org.uk



THANK YOU FOR YOUR ATTENTION AND ENJOY THE
REGATTA!

QUESTIONS?

(claregatta@gmail.com, or email the Senior Umpires)