



# SCULLERS HEAD OF PARRAMATTA REGATTA

SATURDAY 18 SEPTEMBER 2010

Entries are invited for the Scullers Head of the Parramatta River Regatta. Open to single scullers from clubs and schools.

### **Important note**

Please carefully read the Competition Instructions. Club coaches and administrators should brief their competitors to ensure the course and special instructions are understood.

**Date:** Saturday 18 September 2010      **Time:** 7:30 a.m.

**Distance:** Approximately 4500 metres.

**Course:** Southern bank opposite Meadowbank Wharf to finish off the Sydney Rowing Club at the Towns Memorial Finish Line.

### **Events**

1. Men's Open Sculls
2. Men's Open Lightweight Sculls
3. Men's Under 23 Sculls
4. Men's Under 23 Lightweight Sculls
5. Men's Under 19 Sculls
6. Women's Open Sculls
7. Women's Open Lightweight Sculls
8. Women's Under 23 Sculls
9. Women's Under 23 Lightweight Sculls
10. Women's Under 19 Sculls
11. Men's Under 17 Sculls
12. Men's Under 16 Sculls
13. Women's Under 17 Sculls
14. Women's Under 16 Sculls
15. Men's Masters Sculls
16. Women's Masters Sculls

### **Note**

Scullers who competed last year will depart in the order of finishing last year. Other competitors will be drawn in order of event as shown above. Trophies will be awarded for each event.

### **Entries**

Entries are to be lodged with the NSWRA by Wednesday 8 September 2010. Entries must be accompanied by the correct entry fee (\$9.00 per competitor, \$7.00 per school competitor).

## Competition Instructions

1. Competitors must use the bow numbers provided by the Organising Committee to ensure they can be easily identified for timing purposes.

Bow numbers can be obtained from Sydney Rowing Club's front reception counter between 10:30 a.m. and 5:00 p.m. (phone 9712 1199).

A deposit of \$10 each will be charged, fully refundable upon return of the number after the regatta. Any competitor arriving at the start without the correct number will not be allowed to start, as all time calculations are done using these numbers.

2. Clubs must ensure that all competitors they enter:
  - a. are capable of swimming at least 50 metres unaided whilst wearing their racing uniform,
  - b. have an adequate level of health and fitness to compete in this type of event,
  - c. are capable of rowing the necessary distance unsupervised,
  - d. are aware of the racing course,
  - e. can steer their boat appropriately, and
  - f. have adequate skills to compete safely.
3. Before and during the race, scullers must follow the directions of the marshals.
4. Competitors will marshal in Homebush Bay west of the John Whitton Railway Bridge, according to starting order. Competitors proceeding upriver to the start must keep close to the right hand side of the river and pass only through the right hand side of the Ryde bridges.
5. All competitors will be marshalled in position by 7:00 a.m. All attempts must be made to "self-marshall" according to race order number.
6. The start line will be marked by a buoy. Competitors must cross the start line between the buoy and the starter on the southern bank opposite Meadowbank Wharf.
7. Competitors must cross the start line maintaining a distance of two boat lengths fore and aft. Your starting time will be accurately recorded as you cross the start line.
8. Competitors will start at fifteen second intervals.
9. During the race, competitors must keep to the southern side of the river (the Sydney Rowing Club side) and on the southern side of course marker buoys located at:
  - 120 metres south of Kissing Point wharf,
  - 120 metres south of the Putney side ramp at the Mortlake Punt and
  - 40 metres north east of the Cabarita Point navigation pylon.

Refer to the attached course map where the positions of the buoys and the line of the course are clearly marked

10. Boat Race officials and marshals will be stationed at these points. Any competitor who fails to round these markers on the correct side or who is on the incorrect side of the river will be ordered to stop rowing immediately and will be disqualified.

11. At the finish competitors must proceed 100 metres past the finish line before stopping.
12. Competitors proceeding to the start or departing from the finish after the event must follow the standard traffic protocol and keep to the starboard side (bowside) of the river and specifically avoid approaching that part of the river where other competitors are racing. They should seek the advice of marshals before proceeding upriver past Looking Glass Point or crossing the course to return to Sydney Rowing Club or Sydney Women's MLC Rowing Club.

### **Weigh-in for Lightweight Scullers**

The weigh-in will be held upstairs in the boatshed at Sydney Rowing Club commencing 6:00 am. Weights will be standard plus 6%, i.e. for men 76.8 Kg and for women 62.4 Kg.

### **Results**

Results will be available at the Sydney Rowing Club terraced area.

### **Trophies**

Trophies will be presented to the winners of each event immediately after the regatta. Please make sure that if a winning sculler is not available to receive the trophies a representative is on hand.

### **Spectators :**

Spectators may view the racing from the grounds of Sydney Rowing Club where refreshments will be on sale.

**KEITH JAMESON**

President

Sydney Rowing Club