



**JUNIOR
CHAMPIONSHIPS**

EVENT INFORMATION

Welcome to the 2019 British Rowing Junior Championships

It gives me great pleasure to wish you all a very warm welcome to the 2019 British Rowing Junior Championships.

This is my first year in the role of Chairman and I feel privileged to be leading the Organising Committee in delivering what will be the biggest British Rowing Junior Championships to date with 1,047 crews made up of 1,671 junior rowers from 131 clubs competing in the Championships.

The Junior Championships is part of a dedicated British Rowing Championships Series and helps identify and nurture junior talent in our schools and clubs. Our aim is to raise the standard and to make the Event more fun; but at the heart of everything we do is the idea that winning a British Championships medal is a lifetime achievement: it should truly mean that you are the best in our country.

The Event will have a similar look to the last few years. We keep the Omnium for J14s and retain our racing format for other events. The aim being to raise the bar and make the Event more challenging, relevant and enjoyable. We will be conducting time trials again this year, which are a necessary step to deliver exciting and rewarding racing later in the Championships.

We will have over 30 hours of live competition, some of which will be streamed live on British Rowing's YouTube channel.

I have many people to thank as a huge amount of work goes into the planning and delivery of such a large event.

I am very grateful to the Organising Committee who work voluntarily throughout the year to organise the event. They are part of a wider team of over one hundred volunteers who I am indebted to because without their hard work this regatta would not happen. I would also like to thank the staff at British Rowing who are also involved with our events. The wider team of volunteers, partners and staff working together is a brilliant example of our sport pulling together to deliver success. I would finally like to thank the staff at the NWSC who support us to deliver a high-quality event.

The Organising Committee works with British Rowing's Junior Rowing Committee and National Competition Committee to create a Championships that fits the talent pathway and meets your aspirations. We very much value your ideas, so please let us know what you really think; either come to speak to me in person during the course of the event or email me directly at junior.chairman@britishrowing.org.

Whether you are a competitor, spectator or volunteer, we very much appreciate your support, and I hope you have a successful and enjoyable Championships.

Chris Callow, Chairman of British Rowing Junior Championships

Draw System for Events with Side-by-Side Racing

The Championships draw aims to produce the fastest three crews in each event, based on the principle that no crew may be eliminated unless it has been beaten by at least three others. All events (including straight finals) will be subject to a time trial over 1500m to determine progression to later rounds. J14 Quadruple Sculls will time-trial over 1000m. Information on redraws will be posted on the Registration noticeboard at least one hour before the first race in an event. The lane draw for finals will be seeded on the results of previous rounds.

4-6 entries

There will be a time trial.

All crews in the time trial progress to final A.

7 or more entries

There will be a time trial.

The fastest crews (maximum of 12) in the time trial progress to two semi-finals, each sending the first 3 crews to final A and the remainder to final B. The remaining crews from the time trial progress to minor finals (C, D, E, etc) so that each crew receives a ranking.

Note that for events with 7 or more entries:

If 6 or fewer crews actually register and complete the time trial, there will be one final.

If 7 enter, register and complete the time trial, the first 3 crews proceed straight to the final; crews placed 4th to 7th will proceed to a semi-final with

the first 3 crews proceeding to the final and the 4th eliminated.

If 7 to 12 crews enter, but only 7 crews register and complete the time trial, the crew that finishes 7th in the time trial will not be required to race again.

If 13 crews enter, register and complete the time trial, all 13 crews progress to three semi-finals. In each semi-final, the first 2 crews proceed to final A and the last placed crew is eliminated; the remaining 4 crews proceed to final B.

If 14 or more crews enter, but only 13 crews register and complete the time trial, the crew that finishes 13th in the time trial will not be required to race again.

If 19 or more crews enter, the Committee reserves the right to offer minor final C only to crews placed 13th to 18th in the time trial: minor finals (D, E, F etc.) for the remaining crews will only be offered if the timetable permits.

General Instructions to Competitors

The Regatta is run in accordance with the British Rowing Rules, the Rules of Racing and RowSafe guidance together with its associated documents. Competitors must be familiar with these documents and understand their meaning. Competitors who do not comply with these instructions, or the instructions of Regatta Officials, may be penalised or even disqualified from racing.

1. Registration & Confirmation

- 1.1 Competitors are reminded that they must bring their Membership Card with them. Membership Cards must include an up-to-date photograph where required by their Great Britain Rowing Body. A competitor whose Card does not have a space for a photograph must bring a photographic identity document with them to the Regatta. Competitors should carry their Membership Card with them at all times.
- 1.2 All crews shall have a named coach or responsible adult present at the Regatta. The coach, who must be over the age of 18 years, must have been named in the "crew notes" section of the BROE2 entry and a current mobile telephone number for that person must be provided. If a substitute coach attends the Regatta he/she must contact Registration and register his/her mobile telephone number.
- 1.3 Crews must register with the Entries Secretary at the Regatta at least 90 minutes before the start time of the first crew in the time trial in which they are racing or the time of the first race in the event for which they have been entered, whichever is the earliest. Numbers and instructions relating to the time trials will be available from the Registration Office. All the information relating to one club will be packaged together and the person collecting a club's information will be asked to sign for it. Numbers for composite crews will be included with the submitting club's information.
- 1.4 Crews that fail to confirm their entry to the Entries Secretary within the timescale given at paragraph 1.3 will not be permitted to start. Those that have confirmed but then fail to appear at the Start for any of their races in the event may be disbarred from other events in the Championships.
- 1.5 The final draw for each event will be published on the notice board by the Registration Office not later than one hour before the first race in the event.

2. Substitutions, changes in crew order and scratchings

- 2.1 Crew changes (substitutions), changes in crew order and scratchings must be notified to the Entries Secretary at least 90 minutes before the first time trial in their event. Crews must use BROE2 to notify substitutions prior to the Regatta; the system will be open from 09:00 on Friday, 12th July until 18:00 on Thursday, 18th July. After this time, changes must be notified in person at the Registration Office (open from 09:00 on Friday, 19th July), with details of the substitute's registered club, name, date of birth and Racing Licence number as recorded by the relevant Great Britain Rowing Body. The Entries Secretary may ask for Membership Cards of substitutes.
- 2.2 Substitutions are subject to British Rowing Rule of Racing 7-2-4: all substitutions must be notified to Registration before going afloat. Substitutes must have been registered members of their declared club(s) since before 1st June 2019.
- 2.3 Crews that have scratched (either by notifying Registration or by failing to confirm by the required time) cannot be reinstated into the event.
- 2.4 Any competitor withdrawing from an event for medical reasons will automatically be withdrawn from any other events they are entered to take part in. Withdrawal after a crew's first race will be allowed if notice is given to the Entries Secretary and there are acceptable reasons.

3. Regulations for Racing

- 3.1 For the J14 Single Sculls and Double Sculls omnium event on Friday, each crew will be assigned a unique number to display throughout Friday. The following will be found in the club envelope: a paper number (to be worn on the back over racing kit), two self-adhesive saxboard numbers and one self-adhesive number which is to be applied to the stern canvas. The J14 Quadruple Sculls on

Friday will be assigned numbers prior to the time trial.

- 3.2 For time trials, each crew will be assigned a unique number. An Empacher number; two adhesive numbers (to be attached to the boat) and two back numbers (one to be worn on bow's racing kit and one on his/her outer clothing) for each crew will be found in the club envelope. The cox will not wear a number. A charge may be made for lost or damaged Empacher numbers. Please return Empacher numbers to the Registration Office. There is no warm up loop for time trials so do not boat more than 20 mins before your time trial.
- 3.3 For side-by-side racing, each crew will be assigned a lane number which must be attached to the boat. Numbers may be collected no earlier than 40 minutes before the programmed start time of each race. A charge may be made for lost or damaged lane numbers. Please return Empacher numbers to the Registration Office.
- 3.4 Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event.
- 3.5 When it is not possible, for whatever reason, to complete the Championships or an event, the draw pattern may be changed or times from time trials, heats or semi-finals may be used to determine which crews will progress to later rounds, or to determine the medal positions or the plaque winners.
- 3.6 The Organising Committee reserves the right to exclude any crew or sculler from further competition in an event if it does not show sufficient competence in either attaching to the Start Pontoons or progressing down the course during a race. This is applied in the interests of safety and fairness to other competitors. Any athlete who is doubling up and who in the opinion of the Organising Committee does not race competitively in a second (or later) round of an event will be assumed to have withdrawn from that event and any other events in which they are still competing.
- 3.7 It is the competitor's responsibility to keep him/herself informed of any changes to the event programme.
- 3.8 The Junior Championships is committed to Clean Sport. All athletes, athlete support personnel and clubs are bound and must abide by the World Anti-Doping Agency Code.

Athletes competing could be tested at any time, and by entering this event it will be deemed that consent to be tested has been given.

4. Weighing

- 4.1 Weighing-in will be in the Boathouse in the Boating Area. Test weighing will be available.
- 4.2 All coxes will be weighed and issued with a weight certificate as a wristband, which may be inspected, together with any dead-weight, by Control Commission before boating or after disembarking.
- 4.3 Coxes must present their Membership Card with photograph to the weighing official for identification before they are weighed.
- 4.4 Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2-7. Weigh-in will open 90 minutes before the first coxed race each day.
- 4.5 Any cox that does not make weight must provide his/her own dead-weight. The Regatta will not provide the means for competitors to put together dead-weights.

5. Prize Winners

- 5.1 To win a medal a crew must beat another crew, except for gold in an event from which all other crews have withdrawn.
- 5.2 Individual gold medals will be presented to the members of the winning crew in each final A and their names will be entered in the British Rowing Championships Book of Winners. Individual silver and bronze medals will be presented to members of the second- and third-placed crews in each final A. The principal coach of each medal-winning crew will also receive a gold, silver or bronze medal.
- 5.3 The first non-composite crew in each final or final A will receive a Club Champions plaque.
- 5.4 Medals and plaques will be presented on land to the winning crews. Depending on the timeslot for their victory ceremony, winners make their way on foot to the Victory Ceremonies Area on the Patio Lawn beside the RowShow in good time for their presentation slot.
- 5.5 Medalists must not cool down on the water unless they have sufficient time to arrive at their victory ceremony in good time.
- 5.6 Medal winners who have to boat quickly for another final must inform Boating Area officials as they disembark from their first final.

- 5.7 Any undeclared substitutions will result in immediate disqualification.
- 5.8 Plaques and medals will not be presented to any crew whose identities have not been confirmed.
- 5.9 The most successful club will be declared the Victor Ludorum and will be presented with a commemorative wooden plaque.
- 5.10 The results of the J14 Omnium will not be announced until after 17:00 on Saturday, 20th July. A presentation will be made at 18:00 on Saturday, 20th July.

6. Coaches' Meeting

- 6.1 There will be a briefing for coaches in the Parkland Room on Friday at 09:00, Saturday morning at 07:00 and Saturday evening 30 minutes after racing finishes. These will be led by the Regatta Controller and the Chairman of the Race Committee, and are intended to help coaches by providing extra information and advice. This is also a chance for coaches to ask questions and to give constructive feedback to the Regatta so that improvements can be made. All coaches and club organisers are welcome to attend.

Safety Instructions

Although the Regatta will endeavour to provide a safe environment within the RowSafe guidance, competitors are specifically reminded that persons using the lake and the River Trent do so entirely at their own risk and are solely responsible for:-

- Their own safety.
- Ensuring that their boats are safe and are prepared to the standards required by the BR Rules of Racing and RowSafe. Any boat that fails to meet the standard shall be excluded. See Rule of Racing 7-2-8 for details.
- Strict observance of the circulation patterns (see maps) and of the RowSafe guidance.
- Deciding, together with their coaches, whether or not they are competent and capable to use the lake in the prevailing weather and water conditions.

Clubs and competitors must:-

1. Only go out for practice sessions if there is a safety boat on the course.
2. Not practise during racing. Crews will not be allowed to boat until 15 minutes after the last race of the day has finished.
3. Make their own safety and first aid arrangements before and after the day's racing.
4. Crews training on the River Trent do so entirely at their own risk and must make their own safety arrangements. They must ensure their boat is licensed to be on the River and they must read the circulation pattern for the River Trent.

5. Ensure that all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 09:00 on Friday. Crews should be especially vigilant in the boating/boathouse areas.
6. Report all accidents to the Regatta Office.

Safety Boats

There are safety boats on the course during racing and during published training times. The first duty of every waterborne official is to the safety of competitors or any person in difficulty.

Water Quality

Water users should check the NWSC website (www.nwscnotts.com) for up-to-date information on the water quality of the lake. Remember that there is a potential health risk in any open water: Avoid swallowing water; cover cuts with a waterproof plaster; wash or shower when you come ashore and before eating or drinking.

Accidents & Emergencies

All accidents and emergencies must be reported to a Regatta official as soon as is practicable. The official will summon medical support if necessary and will summon any additional support that may be required. The official will also ensure that the Safety Adviser and the Race Committee are made aware of the incident. An online incident report MUST be completed for all accidents, collisions or capsizes. This is available on the British Rowing website (incidentreporting.britishrowing.org).

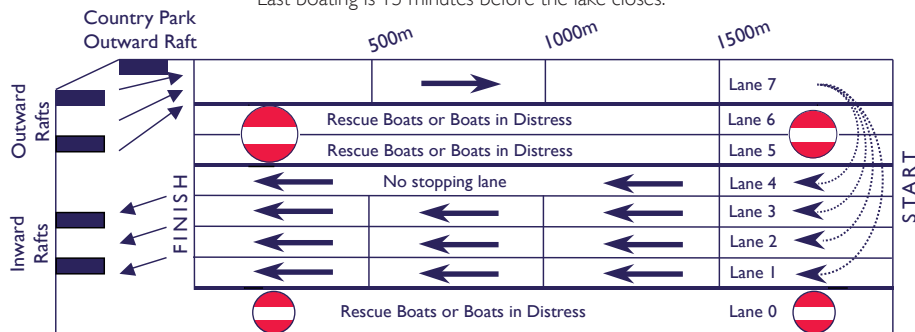
Training Circulation Pattern

Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

On Friday there will be no practice session before racing. On Saturday and Sunday the lake will open at 07:00 or when there is sufficient daylight and safety cover is in place. On Friday and Saturday the lake will close at 20:00 or prior to sunset, whichever is sooner. Athletes and coaches are reminded that they are to be de-bayed and clear of the stages and boat racks by the time of closure. The lake may be closed down in sections at the end of the day so athletes must not expect the full use of the 2000m course.

The lake must be clear 45 minutes before racing is due to start on Friday and 30 min before racing is due to start on Saturday and Sunday. The lake will not re-open for practice until 15 minutes after the last race of each day has finished if time permits, and on Friday not until the Intermediate Start Pontoon has been removed. Last boating is 15 minutes before the lake closes.



Key Points

1. Great care must be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
2. The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
3. During training sessions lanes 1 to 4 are open for general use, but note that lane 4 is a no-stopping lane. Lanes 0, 5 & 6 must not be used.
4. Crews stopping in lane 7 are advised to stop close to the bank.
5. Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews.

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RESULTS SERVICE

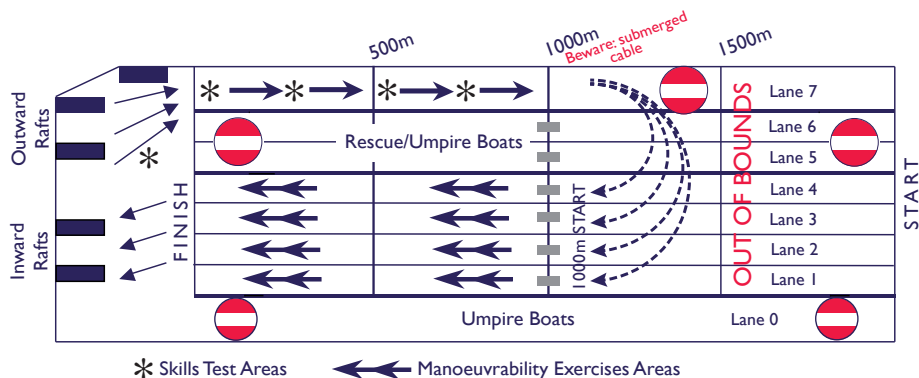
Race results will be posted on row.results.co.uk/brjc19 as soon as possible after each race. This site is optimised for mobile browsers. Full results will be posted on our main site (www.britishrowing.org) each evening.

rowresults.co.uk/brjc19

Racing Circulation Patterns

J14 Omnium Circulation Pattern-Friday

This applies from 45 minutes BEFORE the omnium events commence until after the last race has finished. Warming up and cooling down on the lake during the omnium is not permitted.



Please note that the number and location of skills tests and manoeuvrability exercises may be changed based on the conditions. Any changes will be advertised on Friday morning.

Marshalling Instructions for J14 Omnium Events

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

- Scullers will marshal in number order within the Boating Area and will boat from the outbound rafts in groups of four.
- The Boating Area and rafts will be manned by Control Commission Officials and Test Adjudicators.
- Each group will push off from the rafts under the instruction of the Test Adjudicators and will commence skills tests.

Warming Up

There is no circulation loop to warm up before or during the omnium events. Instead, consider warming up on land.

Undertaking the Tests & Exercises

- Once one skills test is concluded each group will move up the lake to the next skills testing area

and continue until all tests have been concluded.

- Scullers will then move up to the 1000m Start Pontoon in their allotted group and wait further instruction from the Adjudicators.
- Scullers will be assigned a lane (1-4) to take part as a group in the manoeuvrability exercises continuing in those lanes towards the Finish. This will include a 500m side-by-side race from the 1000m Start towards the Finish.

Cooling Down

There is no circulation loop to cool down during or after the omnium events. Instead, consider cooling down on land.

Disembarking

After the last test, each group of scullers will then de-boat from the inbound rafts.

VISIT THE RETAIL VILLAGE

The 2019 Retail Village features familiar and new exhibitors. Pick up your exclusive event t-shirt, buy the latest rowing kit, and check out the best boats and equipment.

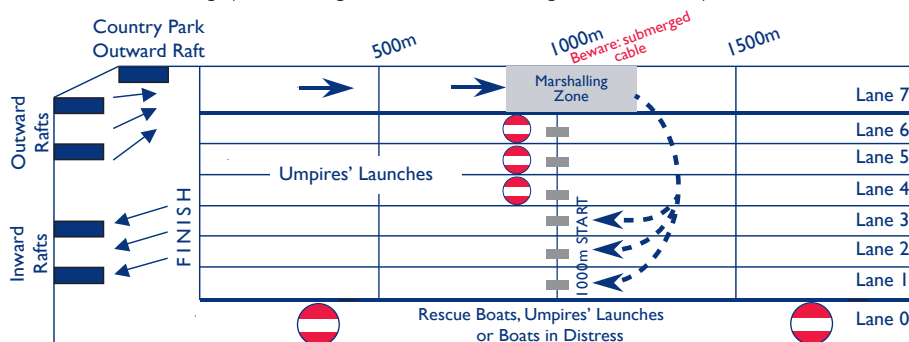
J14 Racing Circulation Patterns

Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

J14 Time Trial Circulation Pattern—Friday

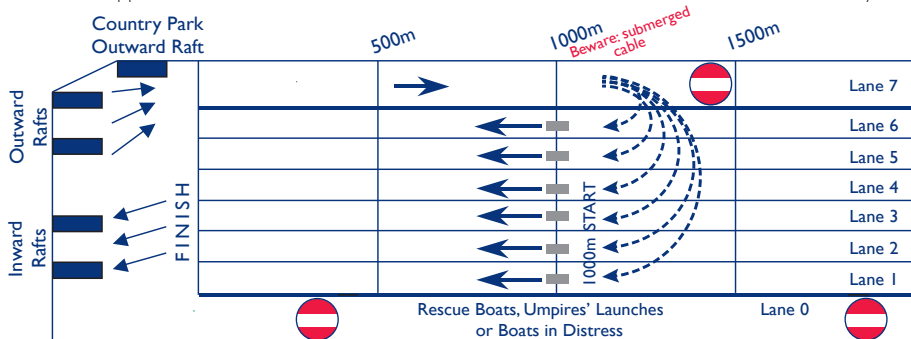
This applies from 30 minutes BEFORE the first time trial until after the last time trial has finished. Warming up and cooling down on the lake during time trials is not permitted.



Only two of lanes 1-3 will be used for racing. This will be published before the time trials.

J14 Side-by-Side Racing Circulation Pattern—Friday

This applies from 30 minutes BEFORE the first race until after the last race has finished each day.



Key Points

- Great care must be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
- The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
- Static crews in lane 7 must be aware of the potential danger of being blown into the racing lane 6 if there is a cross-wind. Crews stopping in lane 7 are advised to stop close to the bank.
- At the Start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the Start Zone.
- Crews proceeding past the 1000m Start in lanes 7 and 0 must take care of the anchoring cables coming from the bank.
- Crews must take particular care when crossing the course to get to their allocated lane.
- Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished racing.

J15, J16 & J18 Racing Circulation Patterns

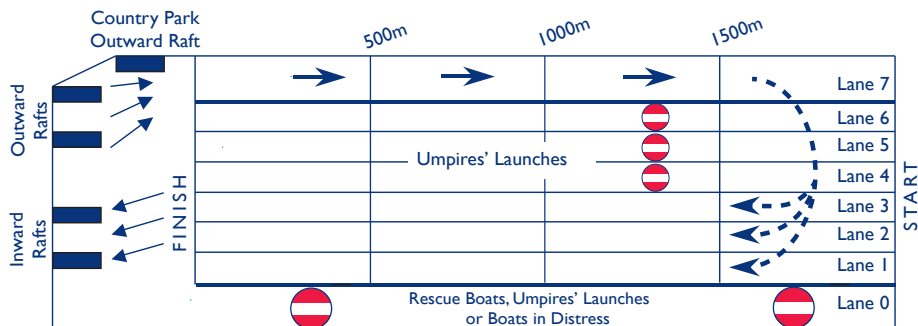
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Note that lake-side markers count down from the Start (2000m) to the Finish (0m)

J15, J16 & J18 Time Trial Circulation Pattern—Saturday & Sunday

This applies from 30 minutes BEFORE the first time trial until after the last time trial has finished.

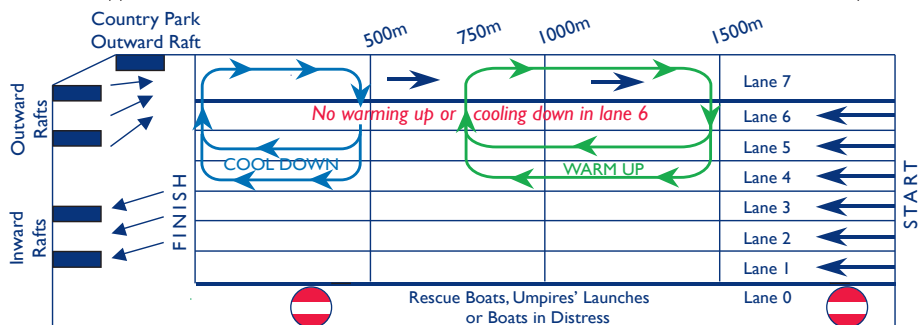
Warming up and cooling down on the lake during time trials is not permitted.



Only two of lanes 1-3 will be used for racing. This will be published before the time trials.

J15, J16 & J18 Side-by-Side Racing Circulation Pattern—Saturday & Sunday

This applies from 30 minutes BEFORE the first race until after the last race has finished each day.



Key Points

- Great care must be taken when using the pontoon on the Country Park shore. Note that this pontoon is for embarkation only.
- The pontoons on the side of the course past the Finish Tower and in front of the new boathouses must not be used by any crews.
- Static crews in lane 7 must be aware of the potential danger of being blown into the racing lane 6 if there is a cross-wind. Crews stopping in lane 7 are advised to stop close to the bank.
- At the Start crews must keep into the bank whilst waiting to be called to their race and must stay clear of the Start Zone.
- Crews must take particular care when crossing the course to get to their allocated lane.
- Crews must take particular care near the Finish and in the Boating Area to avoid collisions with other crews that have just finished, have been cooling down.



Marshalling Instructions for J14 Time Trials

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

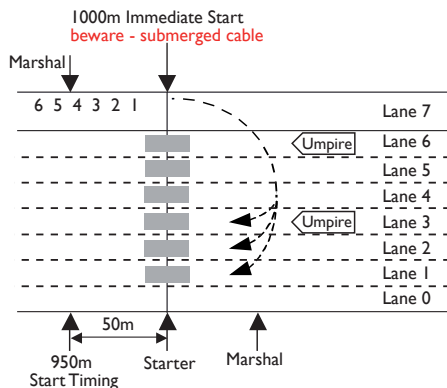
- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial. Boat in number order.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner:
- Crews must proceed to the Start in lane 7.

Warming Up

There is no circulation loop to warm up before or during time trials. Instead, consider warming up on land.

At the Start

Remove spare kit under the direction of the Start Marshals. Crews will then paddle in single file. Crews must then follow the Umpires' instructions to paddle between the two launches in a continuous clockwise semi-circle (e.g. "hard on strokeside, bowside light/easy/hold") into the designated racing lanes. Crews will be alternately allocated to one of lanes 1, 2 or 3. We will decide the two lanes in use for time trials based on the weather and water conditions. Lanes 4 to 6 are safety lanes and are not in use for racing. Lane 0 is for use by crews in distress. See diagram opposite. After completing the turn, crews must keep paddling in their allotted lane towards the timing line. The Starter will say 'Go' approximately 50m before the timing line and crews will be timed from the 950m point.



Only two of lanes 1-3 will be used for racing.
This will be published before the time trials.

If your crew is being caught by a faster crew, you must move out of their way before returning to your allocated lane. You must not impede the faster crew or any crews in adjacent lanes. Specific instructions for which way you should move will be confirmed at the coaches meeting but you must not impede a faster crew.

Cooling Down

There is no circulation loop to cool down during or after time trials. Instead, consider cooling down on land.

Disembarking

Crews must be careful near the Finish and in the Boating Area, and proceed straight to the rafts quickly and safely.

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RESULTS SERVICE

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rowresults.co.uk/brjc19

Marshalling Instructions for J15, J16 & J18 Time Trials

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

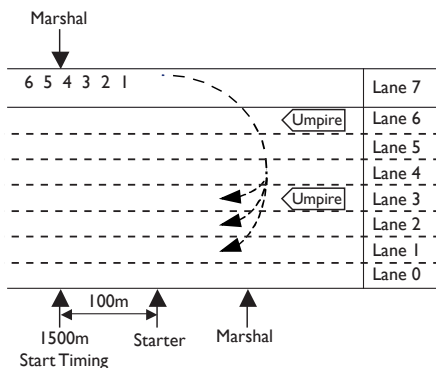
- Crews must be ready to boat 30 minutes before the scheduled start time of their time trial. Boat in number order.
- Control Commission Umpires will supervise boating and may do the normal safety checks. Any boat failing inspection will not be allowed to boat unless the problem can be fixed in a timely manner:
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Warming Up

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Remove spare kit under the direction of the Start Marshals. Crews will then paddle in single file. Crews must then follow the Umpires' instructions to paddle between the two launches in a continuous clockwise semi-circle (e.g. "hard on strokeside, bowside light/easy/hold") into the designated racing lanes. Crews will be alternately allocated to one of lanes 1, 2 or 3. We will decide the two lanes in use for time trials based on the weather and water conditions. Lanes 4 to 6 are safety lanes and are not in use for racing. Lane 0 is for use by crews in distress. See diagram opposite. After completing the turn, crews must keep paddling in their allotted lane towards the timing line. The Starter will say 'Go' approximately 100m before the timing line and crews will be timed from the 1500m marker to the normal Finish.



Only two of lanes 1-3 will be used for racing.
This will be published before the time trials.

If your crew is being caught by a faster crew, you must move out of their way before returning to your allocated lane. You must not impede the faster crew or any crews in adjacent lanes. Specific instructions for which way you should move will be confirmed at the coaches meeting but you must not impede a faster crew.

Cooling Down

There is no circulation loop to cool down during or after time trials. Instead, consider cooling down on land.

Disembarking

Crews must be careful near the Finish and in Boating Area, and proceed straight to the rafts quickly and safely.



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Marshalling Instructions for J14 Side-by-Side Racing

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

Crews should go afloat to race or train using the outward rafts in the Boating Area. Crews may use the Country Park raft with care: this raft is for embarkation only. The rafts on the southern shore of the course towards the Finish Tower are not for the general use of competitors. Crews must proceed to the 1000m Start in lane 7 to 50m beyond the 1000m Start where they will be held by the Race Former:

Warming Up

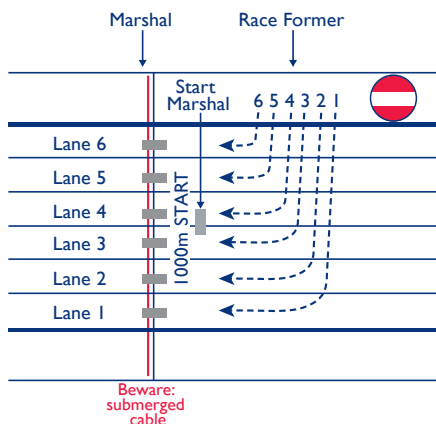
There is no circulation loop to warm up before or during J14 side-by-side racing. Instead, consider warming up on land.

At the Intermediate Start

Under the instructions of the Race Former at 50m above the Start a complete race will be called forward in number order (1, 2, 3, 4, 5, 6) to proceed in that order behind the 1000m Start Pontoon where they will be held in position by the Start Marshal. If a crew misses its 'slot' it may not be allowed to race. When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane. Only when in the correct lane will a crew be allowed to paddle through the Start Pontoon and back down onto the Start Pontoon.

Cooling Down

There is no circulation loop to cool down after J14 side-by-side races. Instead, consider cooling down on land.



Disembarking

Use the inward rafts only when coming ashore after racing. Take care in the Finish Area to avoid collisions as crews merge from racing.

Prize Winners

Instructions for prize-winning crews are given at section 5 on page 4 of this leaflet.

Notes

Marshalling Instructions for J15, J16 & J18 Side-by-Side Racing

Please note that the lake-side markers count down from the Start (2000m) to the Finish (0m).

Boating

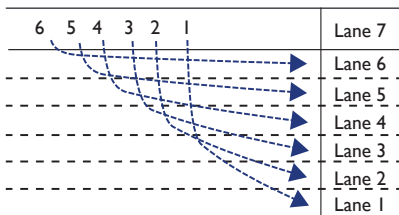
Crews should go afloat to race or train using the outward rafts in the Boating Area. Crews may use the Country Park raft with care: this raft is for embarkation only. The rafts on the southern shore of the course towards the Finish Tower are not for the general use of competitors. Crews must proceed to the Start in lane 7 as far as the 1500m marker where they will be held by a Start Marshal.

Warming Up

Crews may warm up in a clockwise direction in lanes 4 & 5 between the **1500m and 750m markers** by carefully turning into lanes 4 or 5 at the 1500m marker and then warming up in the racing direction only, before turning back into lane 7 at the 750m marker. Crews warming up must keep well clear of any racing.

At the Start

Under the instructions of the Race Former near the 1500m marker a complete race will be called forward in number order (1, 2, 3, 4, 5, 6) to proceed in that order towards the 2000m Start where they will be held in position by the Start Marshal. If a crew misses its 'slot' it may not be allowed to race. When the Starter calls the race, crews will paddle across the course in lane order to their allocated lane. Only when in the correct lane will a crew be allowed to paddle through the Start Pontoon and back down onto the Start Pontoon.



Cooling Down

Crews may cool down in a clockwise direction by carefully turning into lane 7 after their race, and then turning into lane 4 or 5 at the **500m marker** only. Crews must travel in the racing direction only in lanes 4 & 5, must not impede any racing, and must not cross the Finish Line alongside a race.

Disembarking

Use the inward rafts only when coming ashore after racing or practising. Take care in the Finish Area to avoid collisions as crews merge from racing and from cooling down.

Prize Winners

Instructions for prize-winning crews are given at section 5 on page 4 of this leaflet.

 britishrowing.org  [britishrowing](https://www.facebook.com/britishrowing)  [@britishrowing](https://twitter.com/britishrowing)  [@britishrowing](https://www.instagram.com/britishrowing)  [britishrowing](https://www.youtube.com/britishrowing)



RESULTS SERVICE

Race results will be posted on rowresults.co.uk/brjc19 as soon as possible after each race. This site is optimised for mobile browsers. Full results will be posted on our main site (www.britishrowing.org) each evening.

rowresults.co.uk/brjc19

General Information

Cycling, Skating, Rollerblading & Pedestrians

Cycling, skating, rollerblading etc. is prohibited in all Regatta enclosures and in the boating area. The south side of the course will be closed to unauthorised users from half an hour before racing starts until half an hour after racing has finished. Cyclists etc. must give way at all times to pedestrians and service vehicles of the Regatta. A designated cycleway is provided on the north side of the course from the Scoreboard to the Finish. Cyclists must dismount at the end of the cycleway.

Only crews and their coaches are permitted in the Boating Area. No other pedestrians may enter the Boating Area and should instead walk alongside the boathouses. Cyclists are not permitted in the Boating Area.

Thunder & Lightning

Competitors and spectators will be advised on what to do in the event of lightning via the public address system. This will include instructions on how the course will be cleared of crews and officials, to seek 'proper shelter' and when the Organising Committee will make decisions on racing.

Medical Support

During racing hours medical and first aid facilities are available near the base of the Finish Tower: dial 24720 from any site telephone. Any medical problem arising on the campsite that can safely be brought to the First Aid Centre will be dealt with. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment. A Duty Officer of the National Water Sports Centre is on call 24 hours a day, contactable through the Centre Reception: dial 24738 from any site telephone.

Outside racing hours, or if a more serious problem occurs, contact the NHS Walk-In Centre 10 minutes' drive away, or ring NHS Direct. See below for contact details.

Changing Facilities

Changing, showering and toilet facilities are available in the Lakeside (Main Centre) building.

Safeguarding Policy

The Organising Committee believes that the welfare and wellbeing of all children and adults attending the Regatta is paramount. Children and vulnerable adults; regardless of age, gender, ethnicity, religion or ability, have equal rights to safety and protection, and therefore an increased duty of care. All suspicions, concerns and allegations of harm will be taken seriously and responded to in a swift and appropriate manner.

The Event Welfare Adviser is Joanna Cotgrove. She is the initial point of contact for any concerns or

allegations and may be contacted via the Regatta Office throughout the event, via any official or by telephone 02082 376795. A full copy of the British Rowing Junior Championships Safeguarding Policy will be displayed at the Regatta Office.

Emergency Telephones

These are situated at the Start and Finish Towers, at the 1000m and 1500m markers on either side of the lake, at the Waterman's Office, at the NWSC Reception and at each manned hut.

Emergency & Useful Contacts

For Police, Fire and/or Ambulance dial 999 and give the full address "National Water Sports Centre, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU." Do not ring off until the address has been confirmed.

Police (non-emergency)—101

NHS Direct—111

NHS Walk-In Centre (07:00–21:00), Seaton House, London Road NG2 4LA—0115 883 8500

Medical Practices:

Radcliffe-on-Trent—0115 933 2948 / 3737
214 Musters Road—0115 981 4124

Hospital: Queens Medical Centre, Derby Road NG7 2UH—0115 924 9924

NWSC Reception—0115 982 1212

Photography and Media

There may be photographers and videographers at the Championships. Photographs may be available for sale at the Regatta and subsequently from websites. These photographs and videos may be used on websites and social media channels of the Championships or by British Rowing and/or their partners. By entering the Regatta, competitors and those responsible for them consent to this.

Competitors and those responsible for them should be aware that other, non-official photographers may operate at national sporting events and the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which British Rowing has no control.

The National Watersports Centre is a public place and it is not possible for the organisers of the Regatta to restrict access to the site to either professional or non-professional photographers.

Official Photographers will be allowed access to the medal ceremonies presentation area. Those photographs may be available for purchase at the regatta and subsequently from the photographer's website.

In addition to the above, the event may be streamed live on the day of the event and the footage may also be shared with the media and press. Coaches, responsible adults and competitors agree that by entering the competition, they have made their athletes and their parents or caregivers aware of this and that further they consent to this.

Safety & Security

In the interests of safety and security, please do not leave baggage or other personal belongings unattended at any time. Unattended items may be removed by security staff. You are advised not to leave valuables in any vehicles.

Anyone taking part in any activity etc on site does so entirely at their own risk. The Committee of the Junior Championships, British Rowing Ltd, Holme Pierrepont Leisure Trust, Serco and their agents, servants and suppliers do not accept responsibility or liability for any loss, theft, damage, injury, accident etc.

Vehicle and Trailer Parking at the Course

The designated trailer parks are shown on page 16. Gates are opened at 06:00 and closed at 22:00 daily. Trailers and towing vehicles may be brought through to the Finish Area for unloading on Friday, Saturday and Sunday morning until 90 minutes before the first race of the day and from after the last race of the day. Entry and exit is only permitted through the boathouse (via Trailer Park 1). Towing vehicles and trailers must not drive further than the half-gate by the 'new boathouse' / Finish Tower. Boats should be stored on your trailer or on the racks in the Finish Area. Please remember to tie down your boat to prevent it from being blown off the racks.

Competitor and spectator parking areas are shown overlaid. Note that the Main Car Park is for officials only.

Please note that there is a daily charge for car parking. Trailers and their towing vehicles will not be charged.

Key Locations

