



**JUNIOR
CHAMPIONSHIPS**

British Rowing Junior Championships 2021

Circulation Patterns

TEAMWORK | OPEN TO ALL | COMMITMENT

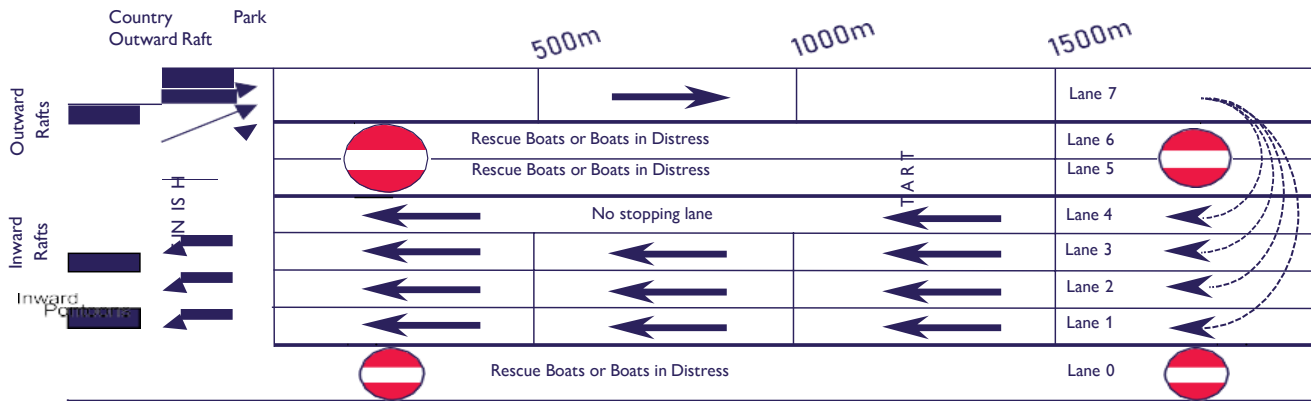
Training Circulation Pattern

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 practice will be from 8:00 until 9:00 and after racing 18:45 to 20:00. On Saturday from 7:30 to 8:45 and after racing 18:15 to 20:00, and Sunday 7:30 to 8:15. Athletes and coaches are reminded that they are to be de-boated and clear of the stages and boat racks by the time of closure which is 20:00. 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 at the end of the day. The lake must be clear 30 minutes before racing is due to start on each day. The lake will not re-open for practice until 15 minutes after the last race of each day has finished if time permits.

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.

Racing Circulation Patterns

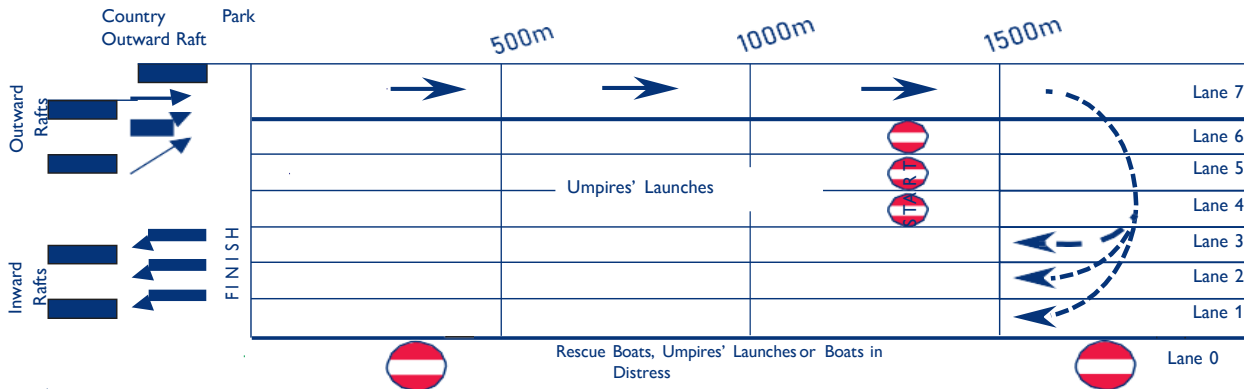
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

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

Time Trial Circulation Pattern—Friday, Saturday & Sunday

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

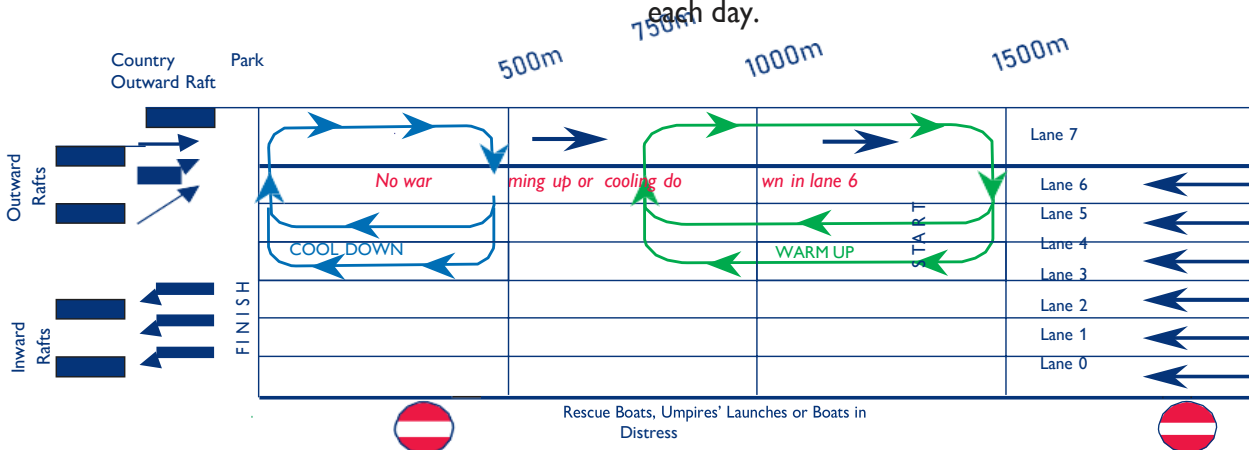
Warming up and cooling down on the lake during time trials is not permitted.



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

Side-by-Side Racing Circulation Pattern—Friday, Saturday & Sunday

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



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. 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.
4. 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.
5. Crews must take particular care when crossing the course to get to their allocated lane.
6. 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.

Land Circulation Pattern

