



BEACH SPRINTS
CHAMPIONSHIPS

Competitor Instructions

British Rowing Beach Sprints 2023

V2 as of 21 July 2023

Welcome!

In preparation for the 2023 British Rowing Beach Sprint Championships, we expect all participants and officials to have read the following information before arriving at Exmouth. We want you to be equipped to enjoy the racing and to cope with all weather conditions.

GENERAL INFORMATION

PLEASE DO NOT FORGET TO BRING YOUR OWN BLADES – the event is not able to loan blades

OTHER ITEMS TO BRING:

- Sun cream and after sun cream;
- Clothing appropriate for the conditions;
- Water Bottle;
- Bootees or water shoes to wear in the water as the sand has pebbles/shingle
- Additional clothing towels, etc. in a dry bag;
- Boat rigging tools, including an Allen Key set;
- A pop-up tent if you wish.

DRINKING WATER

The event is aiming to be as environmentally friendly as possible so please remember to bring your own water bottle. There is a drinking water tap at the near to the RNLI Station

TRAVEL

Please consider your carbon footprint when travelling to the event and travel by train or car share if at all possible. We should, however, draw your attention to a rail strike on Saturday 29 July.

There are various places to park in Exmouth and prices vary. The cheapest is at the Long Stay Car Park on Maer Road (EX8 2DB) with c. 220 spaces close to the RNLI building at £6 per day. It uses the RingGo app location 42940.

CATERING

There are a number of food outlets along Queens Drive with varying opening times. However, it is unlikely that they will be open early so consider bringing a thermos with you. We will not be providing any extra catering facilities apart from those already in the area. There is a small Budgens supermarket with everything you might need next door to Exmouth Rowing Club.

DOGS

Certain parts of the beach are dog free zones so please ensure that you do not bring your dog onto the beach, ideally leave them at home.

DON'T FORGET . . .

You must bring your own oars!

PARKING AND TOILETS



RECYCLING POINTS

Please find below approximate locations of recycling points.



TIMETABLE

This programme is subject to change **before** and **during** the Regatta - **please check the website for any changes**. In addition, a WhatsApp group will be set up for club contacts to notify competitors of any changes. **Please ensure your on the day competition contact is up to date on BROE**

Saturday, 29th July 2023

Time	Event	Round
13:00	All crews to have registered	
14:00	Captains Meeting	
15:00	CO 1x	Time Trials
15:30	CO J18 1x	Time Trials
16:00	CW 1x	Time Trials
16:30	CW J18 1x	Time Trials
16:45	Mx 2x	Time Trials
17:10	CMx J18 2x	Time Trials
17:30	<i>End of Racing</i>	

Sunday, 30th July 2023 (Knock Out Rounds)

Time	Event	Round
08:30	Captains Meeting	
09:00	CO 1x	Knock out Rounds
10:00	CO J18 1x	Knock out Rounds
11:00	CW 1x	Knock out Rounds
12:00	CW J18 1x	Knock out Rounds
13:00	Mx 2x	Knock out Rounds
14:00	CMx J18 2x	Knock out Rounds
14:30	<i>End of Racing</i>	

REGISTRATION

Crews must register by 13:00 on Saturday, 29th July to confirm their entry.

BRIEFING

All competitors **must** attend the compulsory beach orientation / participant's briefing which will be held at 14:00 on Saturday, 29th July before racing.

TIMETABLE, PROGRESSION AND DRAW

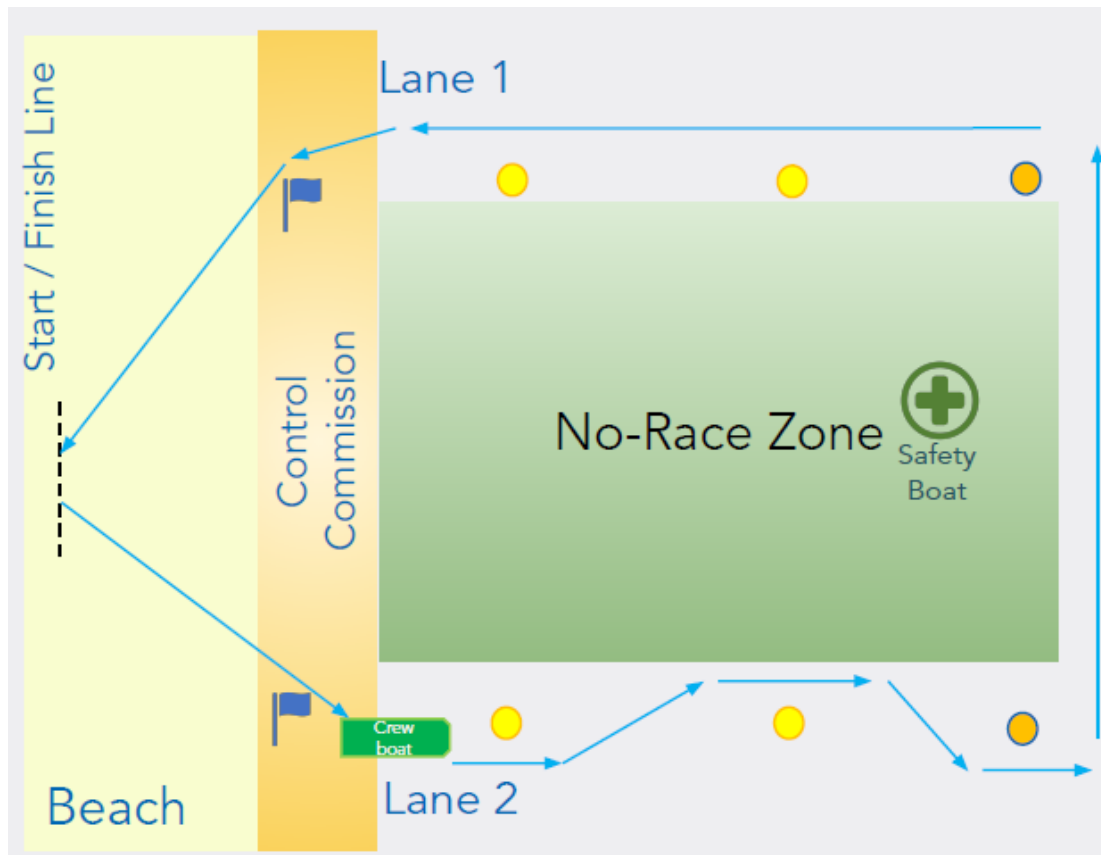
- The Start list will be published after registration closes.
- A provisional timetable will be published on the website and on site. Competitors are expected to monitor the timetable and be ready for changes. This programme is subject to change **before** and **during** the Regatta - **please check the website for any changes**. In addition, a WhatsApp group will be set up for club contacts to notify competitors of any changes.
- The provisional progression system is shown below (order to be determined by the time trial):
 - QF1 – 1 v 8
 - QF2 – 4 v 5
 - QF3 – 2 v 7
 - QF4 – 3 v 6
 - SF1 – Winner QF1 v Winner QF2
 - SF2 – Winner QF3 v Winner QF4
 - FB – Loser SF1 v Loser SF2
 - FA – Winner SF1 v Winner SF2
- Fastest crew lane selection will be in operation during the knock-out stages.
- All competitors must attend the briefing at 14:00 on Saturday, 29th July, and for those in the knock out stages, 08:30 on Sunday, 30th July.
- All crews are expected to help move boats at the start and end of the day if required.

SUMMARY OF RACING FORMAT

Please read the Rules (<https://www.britishrowing.org/wp-content/uploads/2023/03/2023-British-Rowing-Rules-of-Racing-v1.pdf>) and all notices prior to racing, below is just a short summary.

- **Processional Time Trial** (please see first diagram) – One of the crew will run from the start line to the boat on the water in lane 2. The crew will slalom out to the turning buoy, turn 90 degrees and row to beyond the land 1 turning buoy and turn 90 degrees. The crew will then row straight back to shore in Lane 1, keeping outside the slalom buoys. Once on shore, the crew will run around the lane flag in lane 1 and up the beach to the finish line.
- **Knock Out Stages** (please see second diagram) - the race starts with a sprint on the beach of between 10 and 50 m for the rower or one of the rowers. Each crew will be allowed up to two boat handlers. The competitor then enters the boat and the boat slaloms around three buoys over a 250m course, and, for this event, will row straight back to the beach before one of the rowers exits the boat and runs to the finish line.
- The boat handlers shall wear matching uniforms that are different in colour to their crew. The role of the boat handlers is to support the safe start and finish of their crew. The boat handlers shall at no time enter the boat or be in water deeper than shoulder height. The boat handlers are under the jurisdiction of the rules and race officials and their actions may result in their crew being penalised.

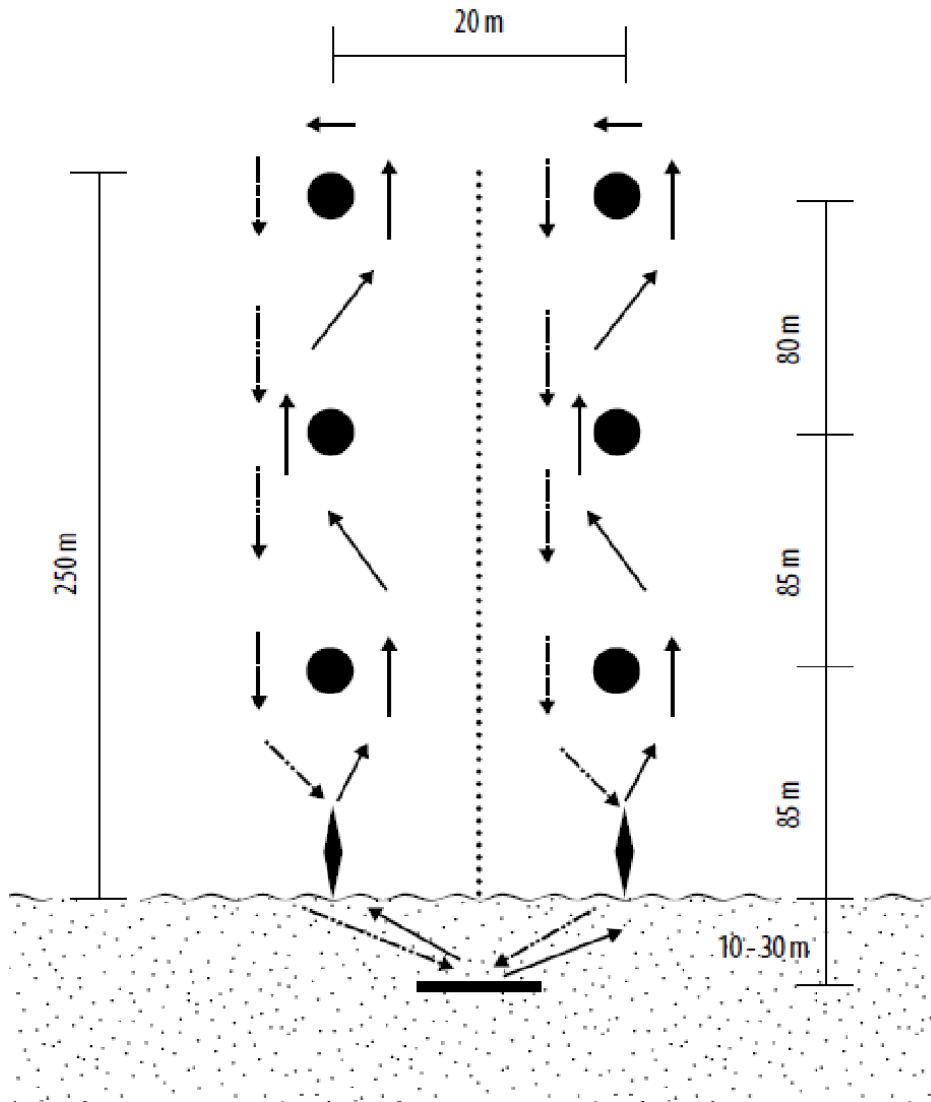
PROCESSIONAL TIME TRIAL



Boat Preparation (ProceSSIONAL Time Trials)

- Racing crews should report at Control Commission (CC) to be allocated their boat before the race starts. Once racing has started, crews should be ready in CC to receive their boat and prepare it for their race. The crew and their boat handlers will have approx. 2 mins to prepare their boat and move it to lane 2 for the start of their race.
- You are not permitted to change the rigging of the boat – only the foot stretcher may be moved.
- One minute before their Race Time the crews will be under the Starter's orders and take their boat to the water. Any crew delaying without good reason will risk the Starter starting without them. The Runner must be on the Start Line

RACE COURSE (QUARTER FINALS, SEMI FINALS and FINALS)



BOAT HANDLERS

- There shall be up to two boat handlers per boat who must be over the age of 16. The boat handlers shall, in principle, be provided by the teams and are recognised as official support crew members. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. The boat handlers for each crew should wear matched uniforms that conform to the rules, and in a colour which is different from the crew (alternatively the boat handlers may wear a coloured bib).
- Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder fixing, etc. When the boat returns to the beach the boat handlers may “catch” the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line.



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- The boat handlers shall at all times remain in shallow water not above their shoulder height. The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the rules of racing.

NOTICES:

ON THE WATER

- All race craft are required to follow the International Rules for Prevention of collision at sea and the local marine traffic regulations. The local marine agencies have been informed of the racing area.
- Circulation patterns detailing training and racing zones are displayed on the notice board, and included below.
- No-go zones and sea marks are included in the event traffic pattern and will be displayed on the notice board.
- Be aware that there might also be other water users (paddle-boarders, kayaks, jet skis etc.) as well as stationary navigational buoys.
- Take care not to be swept or blown onto the rocks. Crews will be marshalled accordingly.
- Special care should be taken to watch out for swimmers especially at the start and finish of the race, and close to the near-shore turns.
- Any official can stop racing if conditions deteriorate such that they become unsafe. Individual crews can be returned to the shore if they appear not to be able to cope with the conditions.
- There will be no rowing in the dark.
- No on the water warming up or cooling down is permitted during racing.

ON THE LAND

- Take care handling boats on land to avoid contact with other crews, spectators, etc. Boat zones will be zoned off and marshals will be present to alert spectators that move too close to potential areas of risk.
- Beach traffic patterns are displayed on the notice board and included below. Areas for spectators will be marked off.
- Participants and officials who have a medical condition should take appropriate prophylactic medicine (e.g. asthma rescue inhaler) and carry it at all times.
- Protect yourself against high or low temperatures as applicable (use sunscreen, wear appropriate clothes, etc.).
- In the event of lightning or severe weather, the course and beach may be evacuated. You may need to find shelter ashore or in your vehicle.
- First Aid and an ambulance will be situated on Queen's Drive.
- Car parking, public toilets and the race beach are indicated on the map.

WELFARE

Missing children should be taken to race control from which announcements to their parents or caregivers will be made.



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Clubs should take care of their junior members and any safeguarding concerns should be reported to the Event Welfare Officer (Sarah Harris: 07818 576149 - sarah.harris@britishrowing.org) who can also be contacted via race control.

ENDS