



**JUNIOR
CHAMPIONSHIPS**

EVENT INFORMATION 2023

TEAMWORK | OPEN TO ALL | COMMITMENT

Welcome to the 2023 British Rowing Junior Championships

It gives me great pleasure to wish you all a very warm welcome to the 2023 British Rowing Junior Championships.

The Junior Championships is a dedicated British Rowing event that provides an opportunity to compete against the best young rowers from across the country. It is an aspirational event and, I hope, a highlight of the season. We aim to offer a competitive challenge, that is athlete focused, fair, equitable and a positive experience for all athletes, coaches, supporters and spectators. While the quality of competition is high and we are keen to maintain this high standard, the event should also be fun.

Winning a British Championship medal is a terrific achievement: and the winners are very worthy of the title British Champions.

We will be conducting time trials again this year in order to create a race programme with intermediate finals that will provide excellent racing for the crews and scullers. Those crews who make the top 12 in their event time trial will progress to semi-finals and finals. While time trials may not be the best spectator experience, they are an excellent way to deliver exciting and rewarding racing later in the day.

Although I have been involved with BRJC for a very long time, as coach, helper, supporter and volunteer. I would like to say a huge thank you to the Junior Champs Committee - all volunteers- who have done so much of the groundwork for this event through this year, and over many previous years. They have great experience, dedication, and an understanding of the ethos of this event. Their commitment is wonderful.

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 members at British Rowing who are increasingly involved with our competition. The wider team of volunteers and professional staff working together is a brilliant example of the essence of our sport – groups working together, supporting each other, pulling (or pushing) together to achieve a common goal and a successful outcome. I also have to thank the staff at the NWSC who work hard with us to deliver a high-quality event.

The Organising Committee has been working with British Rowing's Junior Rowing Committee and National Competition Committee to create a Championships that fits the talent pathway and meets your aspirations.

Whether you are a competitor, coach, spectator or volunteer, we very much appreciate your support, and I hope you have a successful and enjoyable Championships. Good luck and good rowing!

Mike Martin, Chair of British Rowing Junior Championships

Please Note: -

We very much value your ideas, so please let us know what you really think. We will be sending a survey to pre-event contacts after the competition.

Draw System for Events with Side by Side Racing

The Championships draw system aims to identify the fastest three crews in each event.

All events (even for straight finals) may be subject to a time trial to determine progression to later rounds. The precise structure of later rounds cannot be determined until the number of crews registering for an event at the Regatta is known.

Information on redraws will be posted on the results website 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.

7 or fewer Entries

There will be a time trial over 900m for J14 & J15, over 1900m for J16 & above. All crews in the time trial progress to Final A.

8 - 11 Entries

There will be 2 Heats with the 1st 2 progressing to Final A and the remainder to the Repechage. 1st 3 crews in the Repechage progress to Final A.

12 -13 Entries

There will be 2 Heats with the 1st 2 progressing to Final A and the remainder to 2 Repechages. 1st place in the Repechages will progress to Final A and the remainder to Final B.

14 or more Entries

There will be a time trial over 900m for J14 & J15, over 1900m for J16 & above. Top 12 crews progress to Semi-finals and the remainder to Minor Finals.

In each Semi-Final the 1st 3 crews progress to the Final A and the remainder to Final B.

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 and coaches are reminded that they should 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.
- 1.2 All crews shall have a named coach or responsible adult present at the Regatta. This person must be 18 years of age or older, must have been named in the "Crew Notes" section of the BROE2 entry and a current mobile telephone number for that person must have been provided. If a substitute coach attends the Regatta they must contact Registration and register their mobile telephone number.
- 1.3 Crews must register with the Entries Secretary at the Regatta at least **40** minutes before the start time of the first crew in the time trial or heat in which they are racing. Numbers and instructions relating to time trials and heats 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 provide their name and a contact number for the duration of the event. 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 Results Website no 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 race in their event in accordance with the Rules of Racing. Crews must use BROE2 to notify substitutions prior to the Regatta; the

system will be open from 09:00 on Friday 7 July until 18:00 Thursday 13 July. After this time changes must be notified in person at the Registration Office (open from 06:00 on Friday 14 July, Saturday 15 July and Sunday 16 July) with details of the substitute's registered club, name, date of birth and Racing License number as recorded by the relevant Great Britain Rowing Body. The Entries Secretary may ask to see the Racing License of substitutes. Substitutions are subject to British Rowing Rule of Racing 7-2-4; all substitutions must be notified to Registration before going afloat. Substitutes must be registered members of their declared club(s) by 1st June 2023.

- 2.2 Crews that have scratched (either by notifying Registration or by failing to confirm by the required time) cannot be reinstated into the event.
- 2.3 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 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. Empacher numbers should be placed in the buckets at the end of the pontoon after the time trials. There is no warm up loop for time trials so do not boat more than 20 mins before your time trial.
- 3.2 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 place your lane numbers in the buckets at the end of the pontoon when disembarking.
- 3.3 Entry fees will not be refundable if it should become necessary, for any reason, to abandon the Regatta or any event, or if crews withdraw for any reason once entries are closed.
- 3.4 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 or semi-finals may be used to determine which crews will progress to later rounds, or to determine the medal positions.
- 3.5 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.
- 3.6 It is the competitor's responsibility to keep him/herself informed of any changes to the event programme.
- 3.7 Doping Rules apply to all participants of the sport, including minors (children and young people), and they make all participants subject to drug testing. For the purposes of those rules, consent of a parent or guardian to the testing of a minor is deemed to follow automatically from the fact that the minor has been permitted by their parent or guardian to participate in rowing. Therefore, any minors as well as all other athletes participating in this competition may be subject to drug testing. A Clean Sport essential guide for parents and carers, along with more information about antidoping and your responsibilities can be found on British Rowing's [Clean Sport](#) webpage or email cleansport@britishrowing.org

4. Weighing-in

- 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 wristband as a weight certificate,

which may be inspected, together with any dead weight, by Control Commission before boating or after disembarking.

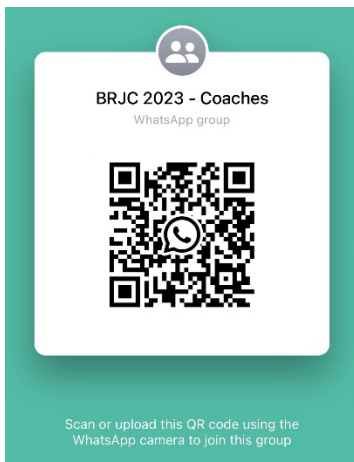
- 4.3 Coxes must present their Membership Card/ID with photograph to the weighing official for identification before they are weighed.
- 4.4 Coxes will be weighed by Control Commission according to British Rowing Rule of Racing 7-2- 7. Weighing-in will open 90 minutes before the first coxed race each 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, silver or bronze medals will be awarded to the overall fastest three crews in the final A of each event. The names of the winning crew for each event will be recorded in the British Rowing Championships Book of Winners. The principal coach of each medal-winning crew will also receive a gold, silver or bronze medal.
- 5.3 The most successful club, based on the results of all three days' racing taken together, will be declared the Victor Ludorum and will be presented with a commemorative plaque.
- 5.4 Medals will be presented from the pontoon by the Finish Tower to the winning crews.
- 5.5 Medalists must make their way directly to the Presentation Pontoon and not warm down.
- 5.6 Any undeclared substitutions will result in immediate disqualification.
- 5.7 Medals will not be presented to any crew whose identities have not been confirmed.

6. Coaches' Meeting

- 6.1 There will be a Coaches' briefing each morning, time to be confirmed. There will also be a Coaches' WhatsApp Group for further updates during the Regatta which can be accessed via a QR code below.



Safety Instructions

Due to the length of the racing day and the opening hours at SCP, unfortunately there will be no training time available on the loch either before or after racing on any day of the regatta. For anyone wishing to train on the loch on Thursday, please make direct contact with SCP.

Although the Regatta will endeavour to provide a safe environment within the RowSafe guidance, competitors are specifically reminded that persons using the loch 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 (land and water see maps) and of the RowSafe guidance.
- Deciding, together with their coaches, whether or not they are competent and capable to use the loch in the prevailing weather and water conditions.

Clubs and competitors must:-

1. Not practice during racing.
2. Ensure that all roadways and access routes are kept clear at all times. No vehicles may be left within the boating area after 7:00. Crews should be especially vigilant in the boating/boathouse areas.
3. Report all accidents to the Regatta Office & SCP Reception.

Safety Boats

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

Water Quality

Water users should check [here](#) for up-to-date information on the water quality of the loch. 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 & SCP Reception 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, Regatta Controller and the Race Committee Chair 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).

Official Merchandise & Rowshow

Official BRJC and British Rowing Merchandise will be available from our partners, Sabre in the Event Village. You will also be able to find many other retailers in this area.



Racing Circulation Patterns

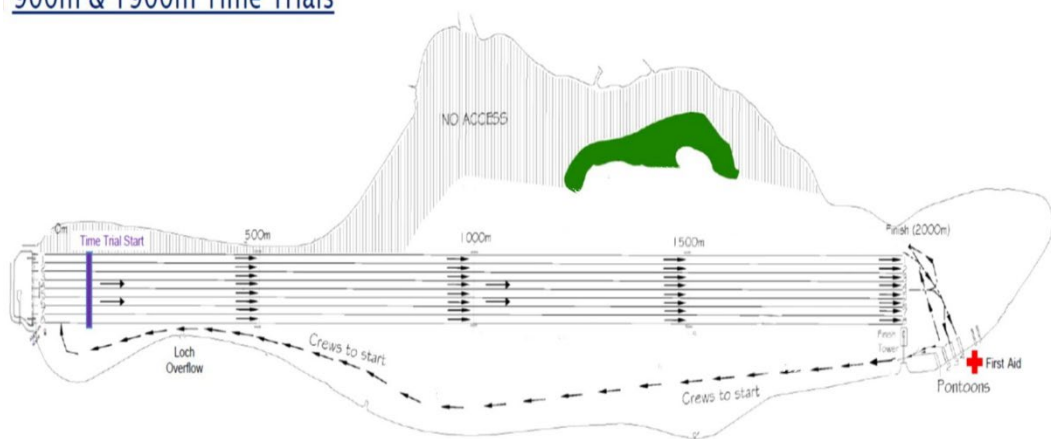
Failure to comply with these rules may lead to the removal of the crew or club from the Regatta.

Time Trial Circulation Pattern

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

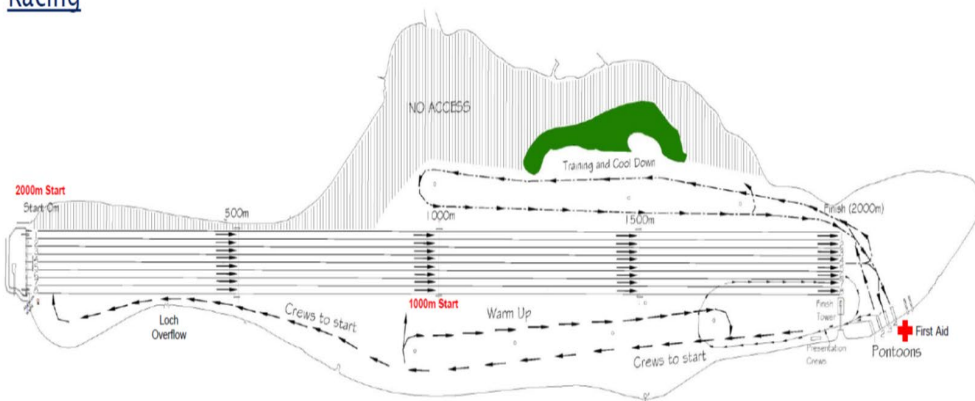
Warming up and cooling down on the loch during time trials is not permitted.

900m & 1900m Time Trials



CIRCULATION PATTERN

Racing



Marshalling Instructions for Time Trials

- 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.
- Launch on the OUT pontoons (1 & 2), pass under the footbridge and keep moving so as not to impede other crews.
- Go to the Start via the shore side of the large Orange buoys, following any instructions from officials.
- Officials at the Start will allocate crews to either lane 4 or lane 6.
- Any crew that is unable to race should return to the pontoons via lane 1.
- Crews being overtaken must move out of the racing line, using lanes 3, 5.
- Crews impeding others by not giving way may be disqualified.
- Lanes 2 & 8 are not to be used.
- For the 900m time trials which finish at the 1000m mark, stay in lane & continue down the course to the 2000m Finish line.
- Once finished, crews are to clear the finish area & disembark on the IN pontoons (3 & 4).
- Note that failure to obey the circulation pattern during time trials may lead to a racing penalty.

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.

Marshalling Instructions for Side-by-Side Racing

- 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.
- Launch on the OUT pontoons (1 & 2), pass under the footbridge & keep moving so as not to impede other crews.
- Go to the Start via the shore side of the large Orange buoys, following any instructions from officials. .
- Warm Up must be CLOCKWISE around the Orange buoys as shown above.
- Particular care should be taken when passing the 500m mark due to the restricted width between the loch overflow & lane 8. Crews must proceed in single file at this point.
- **At the Start**
For 2000m races, under the instructions of the marshal near the 350m loch outflow complete races will be sent forward in number order (1,2,3,4,5,6, 7). 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.
- Should it be necessary for 1000m races to start at the 2000m start & finish at the 1000m mark, stay in lane & continue down the course to the 2000m Finish line
- .Disembark on the IN pontoons (3 & 4).
- Presentation crews: go direct (passing under the foot bridge) to the presentation pontoon but beware of crews going to the Start. Return to the 2000m Finish via lane 7 as shown above when safe to do so.
- Cool Down (optional): after the 2000m Finish turn to port & proceed around the buoys in an ANTICLOCKWISE direction as shown . Beware crews crossing the Finish & do not cross the Finish with racing crews.
- Note that failure to obey the circulation pattern may lead to a racing penalty.

We are very pleased to confirm that this year's British Rowing Junior Championships will once again be live streamed. Supporters can tune into the action via [British Rowing's Youtube channel](#).

RESULTS

Results will be published on rowresults.co.uk as soon as possible after the end of each race. Full results will be available at the end of each day on britishrowing.org/brjc.

PHOTOGRAPHY

AllMarkOne is the official media partner of the British Rowing Junior Championships. You can buy your Junior Championships photos online at allmarkstore.co.uk.



General Information

Cyclists

1. It is important that coaches & supporters following races on bicycles take due care & attention so as not to collide with pedestrians.
2. Traffic must be single file & pedestrians have right of way at all times.
3. Clubs are requested to limit the number of cyclists to one per crew.
4. NO cycling is permitted within the areas next to the Pontoons, Finish Tower & Presentation Pontoon.

Thunder & Lightening

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 boating pontoons. Medical facilities are intended to cover emergencies only: there is no provision for physiotherapy treatment. Please see Emergency and useful contact information below for additional medical assistance.

Changing & Toilet Facilities

Changing and showering facilities are available in the main building. Toilet facilities are available in the main building, in the boating area and in Portaloos around the site.

Safeguarding Policy

The Organising Committee believes that the welfare and well-being of all children and adults attending the Regatta is paramount. Children and adults at risk; 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 Mary Rouse. 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 on 07596 556978.

A full copy of the British Rowing Junior Championships Safeguarding Policy will be displayed at the Regatta Office and the British Rowing Safeguarding Policies are available [here](#).

Emergency Contact

In the event of an emergency please ask any event official for help. They will have radio contact with all members of the Organising Committee and the Race Committee should it be necessary.

Emergency and Useful Contacts

For Police, Fire and/or Ambulance dial 999 and give the full address "Strathclyde Country Park, 366 Hamilton Rd, Motherwell ML1 3ED", do not ring off until the address has been confirmed.

Police (non-emergency): 101

NHS Direct: 111

Out of hours care: NHS 111 - 6pm to 8am Mon -Thursday, Friday 6pm to Monday 8am at weekends.

Hospital: Hairmyres Hospital, Eaglesham Road, East Kilbride, G75

8RG Tel: 01355 585 000 University Hospital Wishaw, 50

Netherton Street, Wishaw ML2 0DP Tel: 01698 361100



Strathclyde Country Park Reception: 01698 402060

Photographers

At the Championships all official photographers and videographers in attendance will be provided with a copy of British Rowing's Photography and Use of Imagery policy and will be required to comply with it. Official photographs may be available for sale at the Regatta and subsequently from the photographer's website. These photographs and videos may be used on websites and social media channels of the Championships or by British Rowing and/or their partners for promotion, education and development of the sport. 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, that while all photographers will be asked to adhere to British Rowing guidelines, the subsequent photographs or videos may be freely used in print, digital media or elsewhere, over which British Rowing has no control. Coaches, responsible adults and competitors agree that by entering competitors they have made the competitors and their parents/carers aware of the above and British Rowing's guidance concerning Photography and Use of Imagery. The aforementioned guidance can be found in the British Rowing Safeguarding Handbook 4 section 1.2.

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 carers aware of this and that they further consent to this.

It is the responsibility of the parents or carers, to inform the event organisers if they do not want their child being photographed, or if their child cannot be photographed for safety or security reasons. If this is the case, the event organisers will work with the parents or carers and the photographers/videographers to ensure where possible that the child will not appear in any photographs or videos of the event. 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, Strathclyde Country Park and their agents, servants and suppliers do not accept responsibility or liability for any loss, theft, damage, injury, accident, etc.

Catering

On all days of the regatta, catering will be available throughout the racing programme provided by Strathclyde Park RC, which is the regatta's officially approved caterer.

Vehicle and Trailer Parking at the Course

Car parking is available in the lochside car parks.



Key Locations



Notes

Strathclyde Country Park

Telephone: 01698 402060



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