

Summary of Racing Format and Conduct (to be read with the Captains Pack)

Please read the Rules and all notices prior to racing, below is just a short summary.

- The aim of the progression system is to identify the fastest four crews in each event.
- The start of the race will be a beach start with crews standing next to their floating boats. In line with the rules, and taking into account the weather conditions, each crew will be allowed two boat handlers at the discretion of the Race Committee Chairman.
- 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.
- Races will be run over 4km for the heats and 6km for the finals (aside from CMxAbil4x+, which is run over 4km). Races will be timetabled with some having gaps of 5 mins for start times. ***Slower crews in races should give way to faster crews in later races.***
- There will be an umpire positioned to notify crews of any penalty notifications. This position will be notified at the Captains Briefing each morning. If a crew has been awarded a penalty, the umpire will notify them, and they will proceed to the “penalty zone” (identified as the Penalty Area on the map), where they will be required to undertake a penalty, before re-joining the race.
- Once a crew has passed the finish line, they will make their way to the beach in a safe and controlled manner, keeping a good look out and having regard for other water users.
- Umpires will issue penalties for crews that are considered 'out of control' during the start and race. Each crew has 2 boat handlers, this may be increased to support crews in the start zone.
- Coxes are required to wear lifejackets and rowers are required to have them to hand at all times when afloat. It would be better to avoid using automatic lifejackets as they are liable to get wet and inflate when not needed.
- Crews are monitored during the event; if deemed by officials to be a hazard to themselves or others they will not be allowed to take part and are escorted off the course.
- Care should be taken not to be swept or blown onto Maer Rocks.