

## Instructions for Competitors

1. Crews should collect race numbers at any time after 8:15am from the first floor of LMBC Boathouse.
2. All crews **MUST** wear the race numbers provided, pinned onto the bow person and cox. **CREWS WILL NOT BE STARTED WITHOUT A RACE NUMBER.**
3. The course will be from the A14 road bridge, upstream to the post by the Green Dragon Footbridge, divisions starting at 10:00, 11:30, 13:00, and 14:30.
4. All crews will make their own way to the start (allow at least 45 mins from the boat houses) **except the top 15** crews in divisions 1&2 and the **top 10** in divisions 3&4 which must arrive at Chesterton at least 25 mins before the start and follow marshals instructions. These crews will be sent to the start last and will spin and pull in on station. Even numbered crews will pull in on the towpath side, odd numbered crews on the opposite bank.
5. Boats must be above the start at the motorway bridge at least 5 minutes before the advertised start time. **LATE CREWS WILL ONLY RACE AT THE DISCRETION OF THE START MARSHALL.** A late crew will be awarded a time penalty. Time penalties will be awarded at the rate of 5 seconds per minute late for the first 5 minutes and then at the rate of 30 seconds thereafter. All crews must be downstream of the finish at Chesterton Footbridge at least 20 minutes before the advertised start of each race. No boat will be allowed to proceed downstream after that time.
6. Crews will be started at 15/20 sec intervals. All times will be taken 'bows on'.
7. The races will be processional, following the rules and water safety code of The Amateur Rowing Association (A.R.A.).
8. Any crew about to be overtaken must give way if safe to do so, allowing the overtaking crew the fastest line, which is normally the towpath side. Any crew that fails to give way will, at the marshal's discretion, be awarded a time penalty.

9. Marshals instructions must be adhered to at all time.

10. Failure to observe any rule or marshalling instruction may result in either a time penalty or disqualification. Any disputes or objections MUST be lodged with the Finish Marshall, within 20 minutes of the end of the race. The race committee's decision will be final in all disputes.

11. The ARA veteran handicapping system is use in both The Cambridge Small Boat and Autumn Heads. We use an average time for Elite competitors from past years to obtain 'Standard time', which gives the following time allowance

Boat class	Standard time	Vet A	Vet B	Vet C	Vet D	Vet E	Vet F	Vet G	Vet H
1x,2-	11:00	0:00	0:07	0:23	0:50	1:13	1:39	2:09	2.42
4+	10:00	0:00	0:06	0:21	0:45	1:06	1:30	1:57	2.27
8	9:00	0:00	0:05	0:18	0:41	0:59	1:21	1:46	2.12

12. Veteran events may be held in the following classes, by age. The age restriction is the lower limit for the AVERAGE age of the crew (excluding the cox). Measured in whole years attained during the current year.

Vet	Lower age
A	31
B	36
C	43
D	50
E	55
F	60
G	65
H	70

13. In the unlikely event of cancellation of the race, the race committee regrets that it cannot undertake to refund fees in full.

14. The Cambridge Autumn Head Committee and The Rob Roy Boat Club will not be liable for any damage, loss of property or personal injury in connection with this race.

15. Prizes and the final results will be presented at approximately 4pm at LMBC Boathouse. Prizes will be presented to the fastest crew in each event, so long as there are more than 3 crews entered and 2 crews rowing in that event.