

GENERAL INFORMATION

Instructions for Competitors

1. Crews should collect any time after 8:30, their race numbers from 1st & 3rd Trinity Boathouse.
2. Prizes and final result will be presented at approximately 4:00 at 1st & 3rd Trinity Boathouse.
3. The races will be processional, following the rules and water safety code of The Amateur Rowing Association (A.R.A.).
4. The course will be from the A14 road bridge, upstream to the post by the Green Dragon Footbridge, Starting at 10:00, 11:30, 13:00, and 14:30.
5. Prizes will be presented to the fastest crew in each event, so long as there are more than 3 crew entered and 2 crews rowing in that event.
6. Changes of either STATUS or EVENT will be accommodated (subject to rule 5) if possible. Any changes MUST be passed to the race committee BEFORE race day. Any crew found racing with the incorrect status or in the wrong event maybe disqualified.
7. Crews wishing to boat from Churchill/Selywn/King's/Leys boathouse must get permission from the Churchill Bursar in advance. Mrs Jennifer Rigby, Churchill College, Cambridge, CB3 0DS, 01223 336212, bursar@chu.cam.ac.uk
8. All crews will make their own way to the start (allow at least 45 mins from the boat houses). Boats must muster 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
9. Crews will be started at 15/20 sec intervals. All times will be taken 'bows on'
10. All crews MUST wear the race number provided, pinned onto the bow person. **CREWS WILL NOT BE STARTED WITHOUT A RACE NUMBER.**
11. Any crew about to be overtaken must give way, allowing the overtaking crew the fastest line, which is normally the towpath side.
12. Marshal's instructions MUST be followed at all times. Failure to observe any rule or instruction may result in either a time penalty or disqualification. Any disputes or objections MUST be lodged with the Finish Marshall, within 20 mins. of the end of the race. The race committee's decision will be final in all disputes.
13. 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	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

ARA rule 4-1-7.

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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

14. In the event of cancellation of the race, the race committee cannot undertake to refund fees in full.
15. The Cambridge Small Boats Head Committee or The Rob Roy Boat Club will not be liable for any damage, loss of property or personal injury in connection with this race.