



The Welsh Amateur Rowing Association

Welsh Open Rowing Championship
Saturday 12th May 12th 2007
Cardiff Bay

Instructions to Competitors

1. Entries

Via OARA only. Cheques payable to WARA. No day tickets.

The OARA system allows us to identify competitors who enter more than one event (doubling up). We will make every endeavour to accommodate this but cannot guarantee all clashes will be avoided. Therefore, doubling up is at the competitors own risk.

2. Access

The event is being run from the Barrage alongside the 1500m course on Cardiff Bay. Directions to the course are given on the website.

Vehicles towing boat trailers should only access the course via the Associated British Ports entrance on Pierhead Street (use theaa.com routeplanner to reach CF10 4LY).

All other vehicles must access the course via the Penarth Marina entrance (CF64 1TT).

3. Car Parking

Trailers entering via the Pierhead Street entrance will be directed to the trailer park, where trailers will be dropped and towing vehicles parked in the adjacent car park.

If you wish to deposit your trailer on site the previous evening access through the Port is only possible between 1600 – 2045hrs.

Other vehicles can park along the Barrage and Barrage car park.

4. Registration

Registration and Race Control is situated in the small marquee on the East end of the enclosure.

Crews must register at least 1 hour before race times.

5. Numbers

Lane numbers will be issued to prior to boating from the Registration tent. Numbers will only be issued in the 60 minutes before the scheduled race time.

Numbers must be placed in on the bow canvas of each boat, i.e. using an Empacher slot.

Numbers will be collected by regatta marshals at the "Boats off" area.

Crews are responsible for their numbers. A charge of £10 will be levied for each number lost.

6. Regatta Rules

The Regatta will be conducted under ARA rules of racing.

7. ARA Cards

Competitors must present their up to date ARA cards to registration. These will be returned once crews have finished racing.

8. Coxes

Coxes should weigh in prior to racing and provide their own weights, using as few items as possible, to ensure they meet the minimum class requirements (Male crews = 55kg, female = 50kg, J15 and younger = 45kg). Coxes will be weighed in their racing kit, including life jacket.

9. Boating

It is recommended that crews boat no less than 30 minutes before the race start time.

However, please note section 11 below. It is the crews responsibility to get to the start area 6 minutes prior to the scheduled start of their race.

Separate facilities will be operated for "boats on" and "boats off."

Shoes, blades, trestles etc must be removed from the boating area. It is recommended each crew has support to remove equipment.

Equipment will be checked before crews take to the water. It is the responsibility of crews to ensure their equipment, including life jackets are in a safe condition (see ARA Rules of Racing, 2.3. Equipment Check)

10. Circulation

The circulation plan will be published on the regatta website

11. Start Area

Crews will be called to the start pontoon 6 minutes before racing and must be attached and ready to row 2 minutes prior to the scheduled time of the race. The start will take place without reference to absentees.

12. Finish

Crews should stop rowing immediately after the finish as there is limited space.

Crews should follow the instructions of the regatta marshals carefully in this area to avoid collisions.

13. Warm down

This is shown on the circulation plan

14. Boats off

The "boats off" pontoon should be approached bows first.

Regatta marshals will retrieve boat numbers from crews at this stage.

Crews should quickly and efficiently remove their boats and oars from the landing stage.

15. Winning Crews

Winning crews will be identified and should take their boat to the Medals Presentation Area, resting their boat on the trestles provided. Medals will be presented to the winner of each category at this point.

16. Facilities

Toilets, showers and limited changing facilities are available on the ground floor of the Environmental Building. Portable toilets will be available on the site.

A rowers café with seating is provided in the main marquee serving hot/ cold drinks and a assortment of good quality locally sourced foods.

17. First aid

First aid cover is provided on site by the St Johns Ambulance. This is located within the regatta enclosure, adjacent to the rowers café marquee.

18. Contacts

In emergencies the Event Organiser can be contacted on 0787 6253007 (0800 – 1600hrs only).

19. Disputes

Any disputes arising from racing will be heard in accordance with ARA Rules of Racing 2.7.

20. Feedback

Thank you for supporting the inaugural Welsh Open Championship Regatta. We would be delighted to hear any feedback on how we could improve the regatta for next year.