

Instructions to Competitors

v 2026.1
(Agecroft)

NW Junior Time Trial

(INCLUDING LOCAL NAVIGATIONAL RULES AND REGULATIONS)

1. Organisation

The Race is conducted under British Rowing's RowSafe and the Rules for Processional (Head) Events.

The forward port and starboard riggers on all boats, other than single sculls, MUST be protected by a backstay

This event is organised by North West Rowing Council (NWRC), and the North West Junior Committee, to select a team to represent North West region at the Junior Inter-Regional Regatta (JIRR) – a British Rowing Championship Competition.

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| Chair of Competition | Kayne Parlevliet (NWRC Junior Co-ordinator), +44-7703-828309 |
| Chairman of Race Committee | Paul Jackson (NWRC Competition Coordinator), +44-7808575249 |
| Local advisers (Agecroft Head and Agecroft RC) | Matt Lord (07730 002121), Claire Sherwin |

Boating and race times:

- *Division 1:*

- *Arrive from:* 11:00
- *Briefing:* 11:45
- *Boating:* 11:55
- *Race starts:* 12:30

2. Safety

Please refer to the safety plan and course maps for full details of safety arrangements. **THE RIVER WILL NOT BE CLOSED TO OTHER CRAFT.**

On race day, commercial craft are not expected but shall be required to steer a specific course on the river. **IT IS YOUR RESPONSIBILITY TO KEEP A LOOK OUT.**

3. First-Aid / Medical

The Water Sports Centre (WSC) has an AED device. The competition will provide a 'lead first aider' – stationed at the boathouse - available on the radio with a call for "medic". ***** Coaches, please bring your own first-aid kit to support your athlete(s) ***;** should you be missing kit equipment or need support please contact any official with radio to call the "medic".

4. Trailer Parking & Boat Assembly

Please contact Kayte to be notified of your trailer parking area in advance of the event after the draw has been made. Please follow instructions from Marshals when parking vehicles and assembling/moving boats. Towing vehicles and vehicles carrying a single scull can be parked in the large car park at the end of Waterfront Quay.

5. Visitor and Competitor Car Parking

Car parking for visitors and competitors is on the road on Waterfront Quay, M50 3XW, or at The Lowry multi-story Car park (M50 3AH).

Parking at the club is restricted for trailers of crews boating from the club side. However, the Waterfront Quay is only 50m from the club house.

6. Registration

Registration for ALL CREWS is in/by the club house. On arrival, crews should immediately register their arrival and collect their race numbers. Numbers just be for the Empacher slot on the bows of your single scull.

If you are not going to be using the standard blade colours for the club that submitted the entry, please notify registration.

7. Cox and Scullers Briefing

A video of the full Agecroft head course, and all key hazards, is available online at <https://youtu.be/cGoUx45WxIE> - for the NWJTT the race will START at "the Black Footbridge" and end at "the Metro line bridge" so please view the video knowing the START and FINISH lines are in a different position – please see the course map.

*** Coaches, it is your responsibility to ensure your competitors have watched this video ***

8. Boating

Crews will be asked to boat in numerical draw sequence. Late boating may result in refusal to race, or time penalties.

9. Getting up to the start

Boats should proceed up stream on the right, i.e. keep to the scullers left / cox's right. Boats may overtake on the way up, using the centre of the river.

10. Start assembly

Crews should not turn until instructed to do so. There will be start marshals on the riverbank and in a launch.

11. Starting

Competitors must obey the instructions of the Start Marshall at all times. When instructed to turn, boats should turn and paddle downstream maintaining numerical sequence and 3 - 4 lengths of clear water. Crews will be started by the command "Number ...Go".

Timing will commence as each boat passes the start line under the bridge.

12. Racing

- All crews must comply with instructions of umpires.
- Boats being overtaken must give way in good time to allow faster boats to follow their proper racing course.
- Failure to obey this and other instructions from Umpires may result in penalty or disqualification.
- Time bonuses will not be awarded, penalties may.
- Complaints of interference must be registered with the chief umpire.

13. After the race

The race finish is under the Metro Bridge. There will be no signal.

As soon as a boat has passed the finish line, competitors should wind down to light pressure and continue paddling. **DO NOT STOP.**

Competitors should paddle downstream and return to the boathouse. Finish marshals in launches will guide returning crews.

Crews should note that in the section between Trafford Road bridge and Gnome Island there are multiple pillars, please remain in the middle of the course and keep a good lookout.

Failure to comply strictly with the above rules and marshals' instructions will render crews liable to disqualification or such other penalty, including a time penalty, as may be deemed appropriate.

14. Results and Medals

Provisional results will be available on <https://rowresults.co.uk> – but may be subject to change due to updates in crew identification (assignment of crew numbers to finish times).

When results confirmed by the Race Committee, following the addition of any penalties. A loud hailer will be used to indicate "RESULTS ARE FINAL". Medals will then be available for presentation.

Please bring your British Rowing racing licenses should they be needed to help confirm the identity of a crew member.



15. Local Rules.

Please remember that the following Local Rules, from the NW Regional Umpires Commission have been communicated to all clubs and will apply to this Time Trial:



BRITISH ROWING
NORTH WEST REGION

Local Rules of Racing

a) Foul and abusive language: Crews will be disqualified for using foul and abusive language in the public hearing.

b) Control Commission boat checks: in addition to the equipment checks seen in BR Rules of Racing 7-2-8.b the checks 12.b.i and 12.b.ii (shown below) will also be included; boats that do not meet the requirements may be prevented from rowing or disqualified.

- i. Backstays:** The forward port and starboard rigger on all boats, other than single sculls, must be protected by a backstay.
- ii. Buoyancy:** Boats without sealed watertight compartments under seats must secure buoyancy bags into those spaces.
- iii. Long Hair:** must be secured in a bun, as it is a drowning risk, since it may become entangled in a capsized boat.
- iv. Hoodies and other Loose Garments:** must not be worn afloat, as it risks becoming entangled whilst rowing.
- v. Dry Robes:** must not be worn afloat, as it constitutes a drowning risk.

16. Immediate disqualifications.

Due to a very small number of past incidents, the event secretary would like to draw your attention to the following rules which will be enforced throughout the event.

ALL BOATS MUST SECURE THE SUPPLIED CREW ID ON BOW BOATS SUCH THAT IT IS VISIBLE TO COURSE UMPIRES, STARTERS AND FINISH JUDGES. ANY BOAT NOT COMPLYING COULD BE DISQUALIFIED.

ANY UNSPORTSMAN LIKE CONDUCT, ABUSIVE OR FOUL LANGUAGE WILL RESULT IN INSTANT DISQUALIFICATION.

17. >>>

Above all, be safe and enjoy your day with us!