

Regatta Conditions & Safety briefing for Inter Pros, Whanganui.  
Saturday 10<sup>th</sup> October 2020

Inter Provincial Regatta to be contested by Teams of eight from Wellington Assn & Whanganui Assn to be held at Whanganui on Saturday 10<sup>th</sup> October 2020, commencing at 9.00am.

Each team (8) will compete in a series of different boat class races with points accumulated on the basis of 3 / 2 / 1 with the eight person team with the most points winning the Graeme Moran trophy.

All races will be over 1100m - wire to wire on the Aramoho 2km course. Six lanes can be used with lanes numbered 1-6 from the boat-park / judges' side of the river.

All events are Open grade.

Each eight will be required to break down in to the following:

- One Coxless Quad scull – 4X-
- Two Double sculls – 2X
- One Single – 1X
- One Coxed Four – 4+
- One Coxless Pair – 2-

Each rower may only race three times. (seven get 3 races, one gets 2 races)

**SAFETY BRIEFING** - A representative from each Assn must attend the safety briefing which will be held outside the Regatta Secretary's Office 45 minutes prior to the start of the first race.

All are reminded that all rowing skiffs must comply with all FISA / RNZ rules for safety (i.e. heel restraints / bow balls). Whanganui R.A. accepts no responsibility for checking heel restraints or bow balls which shall at all times remain the responsibility of the individual crew using the skiff. Spot checks on these safety features may be conducted during the regatta.

All boats must carry the provided correct Alpha Numeric lane number. Must be returned promptly as may need to be re-issued for future event.

Every competitor excluding coxswains must wear a rowsuit / singlet in their Club colours.

Coxswains shall wear a New Zealand Safety Standards approved life jacket rated for the weight of the coxswain. Inflatable life jackets are prohibited. The minimum weight for a coxswain is 55kg. Weighing may take place in accordance with NZRA Rules of Racing.

**PROCEEDING TO START** - Competitors making their way to the start must proceed upriver on the Aramoho side of the river (i.e. the boat park side of the course) ensuring they do not hinder boats racing.

At the Start:

- Be with the other Alpha numbers like yours – i.e. all the "B"'s together.
- Be positioned to row into the start immediately the previous race starts – listen carefully to what the marshal and starter are saying.
- Lane 1 is nearest to the true right bank (Aramoho side of river)

React quickly to any instruction from the race umpire – they are there for your safety, and the fairness of the race.

During the race, if capsize occurs, stay with the boat.

**RETURNING TO BOAT PARK** - On completing their race all crews must ensure they promptly clear the finish line and do not impede any crews finishing behind them. THIS CONDITION IS OF PARTICULAR CONCERN WHEN THE TIDE IS FLOWING UPSTREAM. All crews must keep as close as possible to the Aramoho bank when returning to the Boat Park but be aware of the location of AWRC pontoons.