Instructions to competitors/coxwains.

1. To ensure a prompt start all crews should be at the marshalling area above Cobden Bridge at least 5 minutes before the published start time of the division. You should allow at least 30 minutes to reach the start from Southampton, BTC or Itchen Imperial and at least 15 minutes from Coalporters. ***Any crews not in the marshalling area above Cobden Bridge by 11:25 for division one and 12:55 for division two, will be started at the end of the division and may be liable for disqualification or a time penalty.***
2. Crews should take warm clothes to the start as the start time may be delayed for safety reasons if there are major shipping movements on the river. Crews will be given warning when the division is about to start.
3. Crews should line up with the lowest number nearest the turning buoy and the highest nearest Cobden Bridge. Please ensure that you are in correct order as soon as possible
4. Marshals will instruct crews to turn the Buoy at approximately 10-15 second intervals. Once around the buoy, crews should start to build to the start line at the pontoon, where the race will be started with the words “number x- go”
5. Immediately after Cobden Bridge crews must steer to the left of the moored boats and buoys. Cutting this corner will result in disqualification.
6. The next corner after the straight is also marked by buoys. Again cutting the corner will result in disqualification.
7. It is advised that crews take one of the two centre arches through Northam Bridge (the arch with the sign above it, or the one to its left.
8. On the next corner crews must pass to the left of the red post, failure to do so will result in disqualification.
9. After the straight alongside the Marina crews must steer to the right of the moored boats and yellow mooring buoys.
10. From the green post at the end of this line of boats crews should steer just to the left of the right hand pillar of the Itchen Bridge.
11. The finish is a line between the finish/timing boat moored close to Southampton Rowing Club, and Itchen Rowing Club.
12. Upon finishing the race crews should continue through the Itchen Bridge before turning. Crews causing an obstruction by stopping at the finish line may be disqualified at the finish umpires discretion.
13. When rowing back to clubs please be aware that other crews may still be competing.

General notes;

* 1. Crews being overtaken should give way. Failure to do so may result in disqualification.
	2. While other water users have been informed of the race, they still have a right to use the water.
	3. Coxwains should be vigilant especially when passing marinas, as not everyone will be aware (or even care!) that a race is in progress.
	4. Common sense should prevail while racing, it is better to lose a little time than to lose the boat.
	5. Safety boats will endeavour to inform other water users of the race but it cannot be assumed that everyone has been told (or have taken notice).
	6. Any incidents (collisions, capsizes etc) should be reported to the organisers before the end of the day.