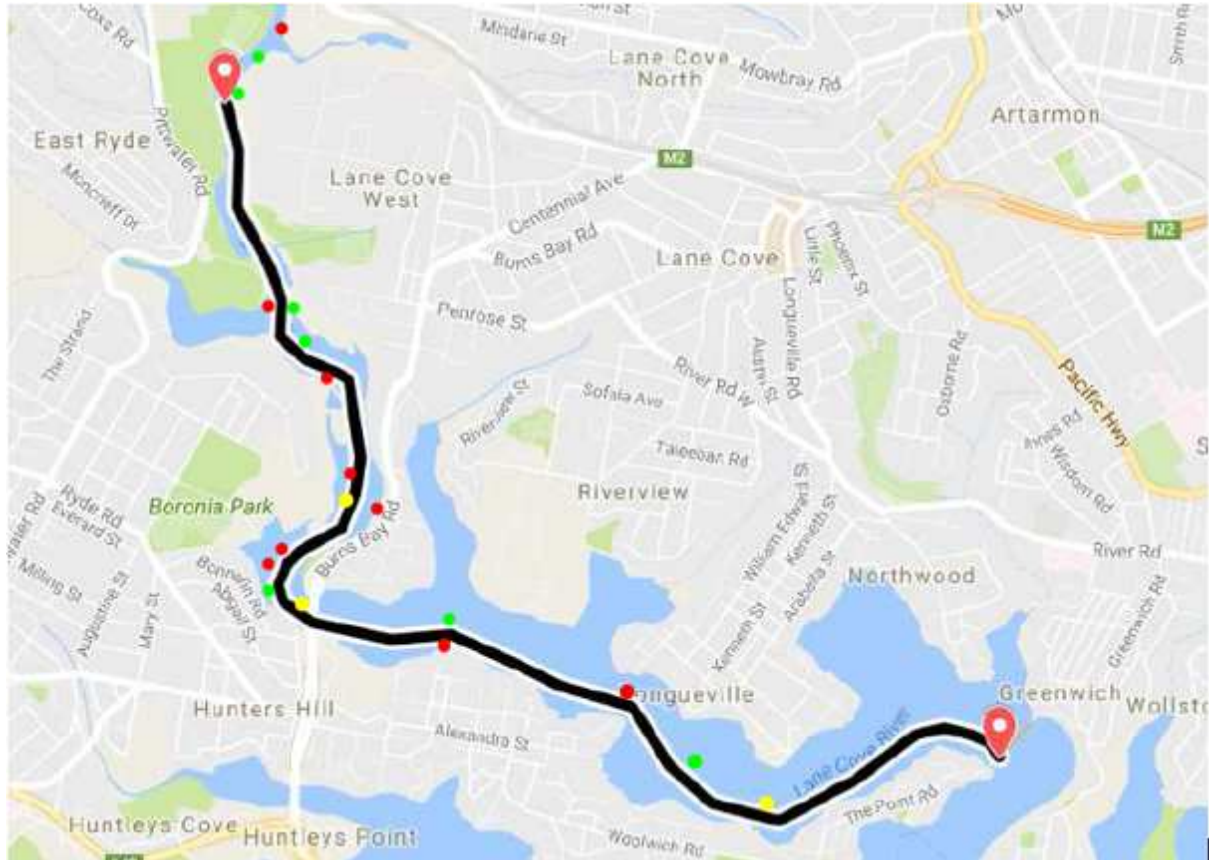


Competition Instructions – Lane Cove Head

We look forward to your support of one of the newer regattas on the Rowing NSW regatta calendar. The Lane Cove Head is in its second year and was designed to promote sweep rowing on a fun and exciting course that winds its way down the picturesque Lane Cove River.

Below is a map of the Lane Cove River and the course for the Lane Cove Head.



Channel navigation markers are marked above in Red and Green. Additional turning buoys will be laid on the course. These are denoted in Yellow on the above map. Crews are required to race on the outside of these three turning buoys.



Bow Numbers

These will be distributed by arrangement with competing clubs and crews. To make arrangements please contact Owen Nix on 0499 105 414. These indicate the start order.

Heading to the Start & Marshalling

All crews are required to be in the marshalling area at 8:50am – upriver of the start – 10 minutes before the first crew sets off at 9:00am. The 9:00am start is designed to afford crews plenty of time to either rig boats and/or row around to the marshalling area. It will also allow us to race the course at close to high tide.

When heading towards the marshalling area you will pass:

- Two green channel markers; and
- Go underneath the 2nd set of powerlines that cross the river upstream of the Figtree Bridge.
- At the red channel navigation marker, crews will turn around the marker and face downriver and marshal into the starting order denoted by their bow number.

The Start

Crews will be starting at 30 second intervals in order denoted by the bow number of each crew.

The Course & Racing

The racing line is shown in black on the map.

Slower Crews

Slower crews are expected to yield for faster boats and at the direction of marshalls. Any crew that doesn't yield at the direction of the marshall, may be subject to a **15 second time penalty**.

Figtree Bridge

When passing underneath the Figtree Bridge, crews may use the two most southern spans. The other spans on the northern side will be too narrow to safely navigate through. Any crew that passes through the other spans will incur a **30 second time penalty**.

Turning Buoys

There are three turning buoys that crews are required to pass on the outside of when navigating the race.

- Buoy 1 – Located Upriver of the Figtree Bridge, by the shallow water and about 2km into the race. Any crew that does not pass on the outside (with the buoy on the crews bowside – coxswains RHS) of this buoy will incur a **30 second time penalty**.
- Buoy 2 – Also located upriver of the Figtree Bridge, leading into the bridge and about 2.5km into the race. Any crew that does not pass on the outside (with the buoy on the crews strokeside – coxswains LHS) of this buoy will incur a **30 second time penalty**.
- Buoy 3 – Located downriver of the Figtree Bridge, near to North Shore RC and about 5km into the race. Any crew that does not pass on the outside (with the buoy on the crews strokeside – coxswains LHS) of this buoy will incur a **60 second time penalty**.



After the finish & Bow Number Collection

Crews are expected to row past the finish line and ensure it remains clear for other crews in the regatta. For those that raced in the 2016 event, where the finish line was brought forward due to inclement weather, please note that weather permitting, the 2017 course should be approximately 500 metres longer than last year. Any crews returning upriver to boating areas such as North Shore Rowing Club or Sydney University Boat Club (Thyne Reid Boatshed) are expected to stay well clear of racing crews and on the other side of the river.

A finish marshall will be there to ensure crews move past the finish line on the incoming tide. The finish marshall will also be able to collect bow numbers off boats after they have finished.

Results & Prizes

Results will be available shortly after the conclusion of racing at North Shore Rowing Club and on www.rowingnsw.asn.au.

Rowing NSW coffee mugs will be awarded to the first place crews in each event. For masters events this will be after handicaps have been taken into account. These will be presented at North Shore Rowing Club after the conclusion of racing and at approximately 10:30am. Any uncollected prizes will be delivered to clubs via arrangements at a later date.

Inclement Weather & Conditions

Clubs are expected to provide regatta contact persons and their mobile phone details on Rowing Manager. We will contact the regatta contact persons and advise of alternative plans and arrangements in the event of inclement weather.

Should you have any questions, please do not hesitate to contact Owen Nix on (02) 9555 6111 or 0499 105 414.