

TEAM MANAGER MANUAL

International Spring Regatta 2015

CONTROL COMMISSION AND JURY

- *Control of identity*: show the rower's identity card when asked for at the weighing and the embarkation.
- *Clothing*: uniform clothing cfr. FISA-rules.
- *Stretchers*: no heel stretchers means no permission to go on the course.

TIME TABLES AND TRAFFIC RULES

- Have a look at the pontoons for traffic rules.
- Boats entering the course from under the bridge at Gentse RS: first row towards the finish; do not cross the race course.
- When races pass, STOP ROWING in lane 0 as a normal sign of fair play.
- Warming up and cooling down: have a look at the map.
- No training during the races.

direction	training	race
to the start	lane 0 & 1	lane 0
to the finish	lane 3,4 & 5	lane 1,2,3,4,5
forbidden	lane 2	–

STARTING SYSTEM

- 2000m races: sound and red/green lights + flag.
- 1000m/500m races: voice and flag.
- Have a look at the figure in this paper.

DOPING CONTROL

- Concerned crew members will be informed by the Control Commission.
- Doping test at GRS (have a look at the map).
- Bring your identity card with you.

CREW CHANGES / WITHDRAWS / SUPPLEMENTARY ENTRIES

- Use the official forms (coloured sheets).
- Hand them in at regatta office, finish tower 2nd floor, at the latest 2 hours before the start of the race.
- Check the names of the crew in the program. The jury may give a warning if not all names are listed at the regatta office.

WEIGHING

- Official scale at finish tower, 1st floor.
- From 6:45 AM till 4:30 PM.
- The weighing takes place between **2 hours** and **1 hour** before the start of the race.
- **Maximums:**
 - *LM (lightweight men)*: individually 72.5kg and crew average 70kg (in single scull the rower can weight 72.5kg).
 - *LW (lightweight women)*: individually 59kg and crew average 57kg (in single scull the rower can weight 57kg).
- **Minimums:**
 - *cox for male crews*: 55kg,
 - *cox for female crews*: 50kg.
- Coxes are allowed to take up to 10kg ballast to reach their minimum weight.

- A rower who participates in multiple races must register for weighing multiple times.

LANE NUMBERS

- Available between 6:30 AM and 10:00 AM at Gentse RS (have a look at the map).
- To be returned at Gentse RS **before 7:00 PM**; € 2.00 will be kept back of the guarantee if too late.
- Guarantee: € 5.00/number

MEALS

- *location*: Gentse RS (have a look at the map).
- ordered in advance by e-mail.
- *contact*: manu@detremerie.be

meal	start	end
breakfast	6:00 AM	9:00 PM
lunch	11:00 AM	2:00 PM
dinner	6:00 PM	8:00 PM

DRESSING ROOMS & SHOWERS

- 3 locations: GRS, KRSG & KRCG (have a look at the map).
- ATTENTION: do not leave valuable items in the dressing rooms. The organising committee is not responsible for occasional loss.
- Lost and found objects are gathered at Gentse RS (have a look at the map).

MEDICAL SERVICES & RESCUE

- *Hospital*: "Jan Palfijn" (have a look at the map.)
- *doctor and first aid*: finish tower, 1st floor
- on case of emergency: ☎ **112**
- police: ☎ **101**

PRIZES & TROPHIES

- To be collected at the *regatta village* between 14h00 until 1 hour after the last race.

HOW TO FOLLOW RACES

- All bicycles must follow the bike path. Traffic police will penalise cyclist who do not respect that rule.
- Only cars with authorisation of the organisation are allowed to follow the races. Traffic police will penalise cars without an authorisation certificate.
- The umpiring car has absolute priority: no cyclist between the car and the rowing course are allowed.
- The organising committee is not responsible in case of an accident.

RESULTS

- Results will be published at the regatta village.

CONTACT

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Rowing Clubs

- 1** GRS: Bownumbers, Finance and Food
- 2** KRCG
- 3** KRSG

Pontoons

- 4** GRS
- 5** KRCG
- 6** KRSG

Boat Areas

- 7** Boat Area 1
- 8** Boat Area 2
- 9** Boat Area 3
- 10** Boat Area 4

Other

- 11** Finish Tower: Weighing and Doctor
- 12** Grocery
- 13** Regatta village: Results, medals, shops, foods and drinks