

CONTROL COMMISSION AND JURY

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

TRAFFIC RULES

- Have a look at annex B for the traffic rules
- Boats entering the course from under the bridge at GRS: first row towards the finish, do not cross the race course.
- When races pass, STOP ROWING in lane 0 as a normal sign of fairplay.
- Warming up and cooling down: have a look at the map in annex B
- 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
<i>forbidden</i>	lane 2	-

STARTING SYSTEM

- 2000m races: sound and red/green lights + flag
- 1000m/500m races: voice and flag.
- have a look at annex C in this folder

DOPING CONTROL

- Concerned crew members will be informed by the Control Commission.
- Doping test at the finish near the regatta village.
- Bring your **identity card** with you

CREW CHANGES / WITHDRAWALS / 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 2h till 1h before the race
- Weighing rules: see annex

BOW NUMBERS

- available between 6:30 AM and 10:00 AM at Gentse RS (have a look on the map)
- to be returned at GRS **before 6:00 PM**, € 2,00 will be kept back of the guarantee if too late.
- guarantee: € 5,00/number

MEALS

- location: Gentse RS (have a look on the map)
- ordered in advance by e-mail.
- contact: info@loads25.be

meal	start	end
breakfast	6:00 AM	10:00 AM
lunch	11:00 AM	2:00 PM
dinner	6:00 PM	8:00 PM

DRESSING ROOMS & SHOWERS

- 3 locations: Gentse RS, KRSG & KRCG (have a look on 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 on the map).

MEDICAL SERVICES & RESCUE

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

PRIZES & TROPHIES

- to be collected in the regatta village (14-17h)
- Please be present with your whole crew, there is a podium and medal ceremony (no specific time)

HOW TO FOLLOW RACES

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

RESULTS

- Results will be published in the regatta village and on the Gentse RS. The results will also be online on the following link: www.gentsers.be/live