

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 the 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 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
forbidden	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 the sports office, finish tower 2nd floor at the latest 2 hours before the start of the race.
- Check the names of the crew in the programme. The jury may give a warning if not all the names are listed at the regatta office.

WEIGHING

- Official scale at finish tower, 1st floor.
- From 2 hours till 1 hour before the race.
- Weighing rules: see annex.

BOW NUMBERS

- Available between 6:30 AM and 10:00 AM at the Gentse RS (have a look at the map).
- To be returned at the Gentse RS **before 7:00 PM**, €2 will be kept back of the guarantee if too late.
- guarantee: €5/number.

MEALS

- Location: Gentse RS (have a look at 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 & KRCS (have a look at the map).
- ATTENTION: do not leave valuable items in the dressing rooms. The organisational 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 at the map).
- Medic and first aid: finish tower, 1st floor.
- In case of **emergency**: **112**.
- **Police**: **101**.

PRIZES & TROPHIES

- To be collected in the regatta village between 14:00 PM and 17:00 PM.
- 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 may penalise cyclist who do not respect this rule.
- Only cars with authorisation of the organisation are allowed to follow the races. Traffic police may penalise cars without an authorisation certificate.
- The umpiring car has absolute priority: no cyclist are allowed between the official car and the rowing course.
- The organisational committee is not responsible in case of an accident.

RESULTS

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