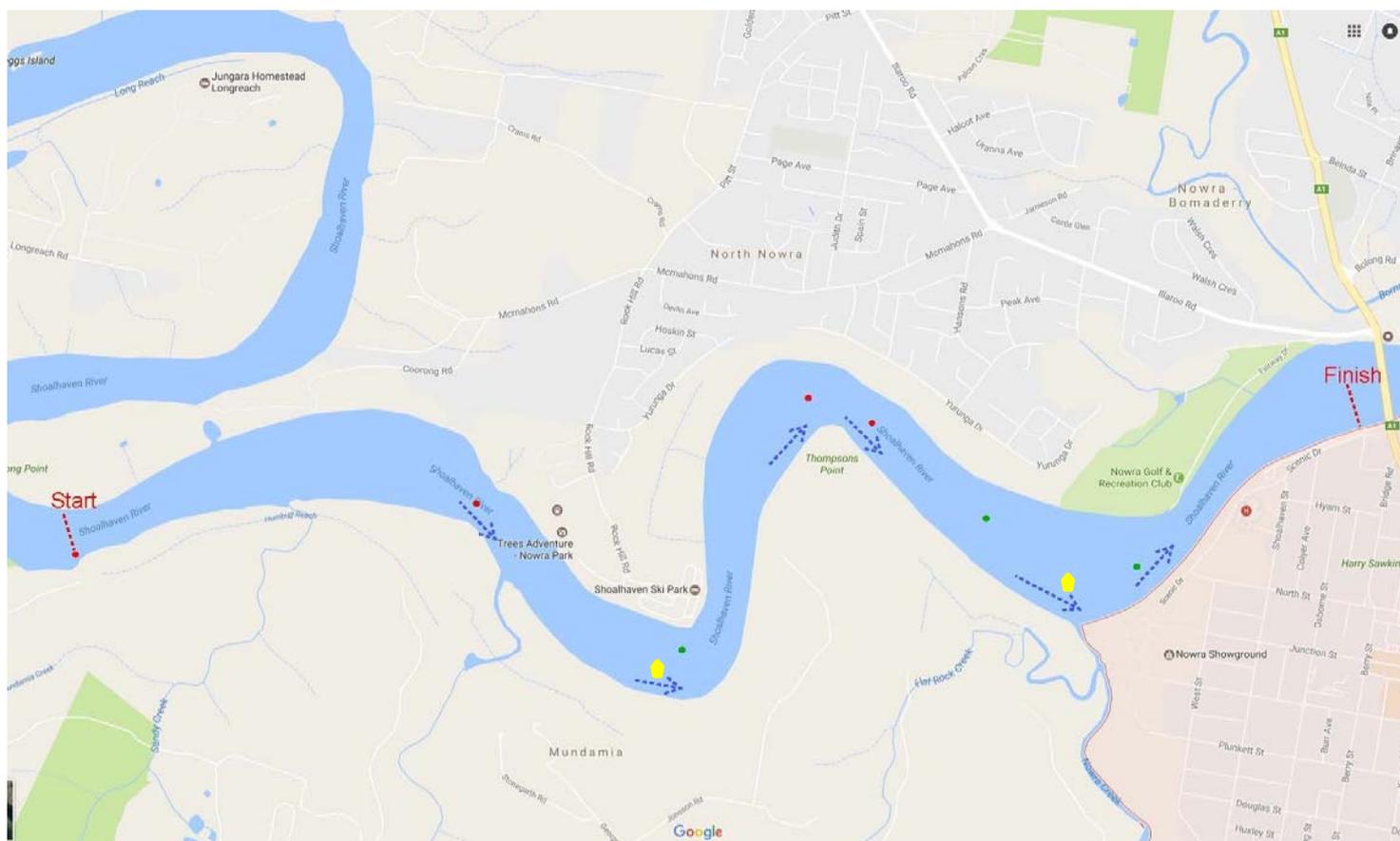


SHOALHAVEN ROWING CLUB - HEAD RACE 6,500m



RACE RULES : The following specific race rules will apply.

PRE START

1. Crews to be at Start / Marshalling area 5min prior to their start time,
2. Crews go direct to start keeping to right (northerly) bank of river,
3. Crews will be lined up in predetermined start order and signaled when to commence running start,
4. Late arriving boats must await instructions from start marshal or starter.

OVERTAKING RULE

1. A leading crew at the entry to a bend always has right of way around the bend.
2. A boat is deemed to be overtaking when it has its Bow Ball with in half a length of the stern of the boat in front. When this occurs, the slower boat must surrender the best racing line to the overtaking boat and warn the faster crew if they need to alter their course. The faster boat must be prudent and delay the act of passing if a pass cannot be accomplished without incident.

NAVIGATION RULES

1. All crews must row between the bowside (right) bank and all green navigation buoys during the race. *(This is shown by the blue arrows on the above course map).*
2. All crews must row between the bowside (right) bank and each marshals boat at the ski park corner and at the golf club corner *(shown in yellow)*
3. A 30 second penalty will be added to the time of any crew for each breach of rules 1 or 2

Please note that the river is not closed to other boats during our race and we must adhere to normal maritime rules which allow room for boats heading upstream.

POST FINISH

1. Crews are to continue rowing lightly after crossing the finish line and make their way under the bridge (to avoid collision with crews still finishing) before turning and making their way back to the landing area.

Shoalhaven “Head of the River” Time Trial Course Description

“This description is from the coxswains view”

The time trial course covers a distance starting 6.5km upstream from the Shoalhaven Rowing Club so plenty of time should be allowed to ensure you make the start on time. The start will be from the red buoy near the western end of the (Humbug Reach) as shown on the attached map. The Shoalhaven River is tidal and all crews should be aware of changing water levels and sandbars on the inside of bends.

1. From the boat launch area all crews are to move to the right hand side of the river (Golf club side) and head up stream to the start (away from the bridge) staying as close to the right hand side as deemed safe. Crews boating from the sailing club beaches downstream of the bridges should row through the 5th arch of the bridge (counting from the south bank) before proceeding up the river to the start.
2. The more difficult navigation obstacles will be encountered with in the first kilometer from the Golf Club bend (right hand) to Thompsons Point bend (left hand approx 2.5k from finish)) on the way upstream to the start. Be aware that a sand bar and sea grass bed extends out from the Golf club bend and should not be short cut. There are a number of Green channel marker buoys along this section so care should be taken not to hit them. The last of these is close to the right bank indicating a rock shelf buoy must be kept on your right side.
3. At Thompsons point there are two RED channel marker buoys these are to be kept on your left hand side as you progress to the start AND also to your left on your return journey during the race. However during the race if this presents a safety issue between crews the outside boat may pass on the other side (the long way round).
4. At the Ski Park bend (right hand) approx 3.5k from finish) a green channel buoy sits off the point and should be kept on your right (bowside). Beyond here crews should also watch for a starboard (green) pipe beacon close to the right hand bank and upriver from the white pontoon adjacent the Animal Park.
5. The river from here (Humbug Reach) is reasonably straight forward to the start which is adjacent to a red buoy approx. 1.6km along this reach. A few channel markers are situated along this section so all due care should be taken while proceeding up the right hand side of the river.
6. Crews are to marshal upstream of the start line and follow directions from the marshal in lining up in start order. Crews warming up upstream of the marshalling area must follow the normal rules to keep towards the right (bowside) bank of your direction of travel.
7. The start line will be between the red buoy near the rocks on the south bank and the starter positioned on the north bank. Starting crews are to pass between this buoy and the starter. Crews will start at 30 second intervals. Your start time will be recorded as you cross the line.
8. During the race crews must stay to the right hand side of the river and keep all green navigation buoys and marshal boats to their left side (see navigation rules above). Before, during and after the race all crews must follow the direction of the marshals'. ***Please note the course has changed slightly in two places – at the ski park corner passing between the marshal boat and the bowside(right) bank - at the golf club corner by passing between the marshal boat and the right bank and the last green buoy and the right bank.***
9. Crews are asked to continue rowing through the bridges before stopping and/or turning to keep the finish area clear. Crews accessing the transit lane back to the rowing club house along the southern bank should do so using the first span of the bridge on the southern side.