



J16 Events at Long Distance Small Boat Trial – Boston

19th & 20th February 2011

Introduction

The purpose of the J16 Trial is to gain an invitation to the J16 Crew Sculling Camp at the National Water Sports Centre, Nottingham (Monday 11th April – Wednesday 13th April).

Coaches who feel that they need advice on assessing their scullers' standard should contact Richard Boulton, High Performance Coach – Juniors, richard.boulton@gbrowingteam.org.uk or 07802 982915.

Entries should be made on the attached excel spreadsheet and returned to John Layng (john.layng@gbrowingteam.org.uk) by midday on Monday 14th February.

Eligibility for JM16 and JW16 Entry

Entrants must be:

- registered competitors with British Rowing, SARA or WARA; and
- born between 1st September 1994 and 31st December 1995

In addition certain criteria should be applied by coaches when making an entry:

Scullers should have achieved < 18:15.0 (JM16 events) or < 20:30.0 (JW16 events) in a 5000m ergo test, to be completed **before** the entry is made (max. rate 26).

J16 scullers are expected to compete in their 1x on the Saturday and in 2x combinations on the Sunday. Any J16 sculler without a partner from their club for the Sunday should begin to make contact with other scullers who may be in a similar position. The HPCJ is willing to help where possible.

The HPCJ has the right to refuse an entry which they feel is not of the required standard.

Coaches will need to pay the entry fee of £20.00 for the weekend per rower for those rowers taking part in the J16 categories (Cheques made payable to British Rowing Limited).

HPCJ reserves the right:

- to reject any entries not received on time or not properly completed;
- to admit any candidate not fulfilling the above conditions but whose inclusion he feels would benefit the Junior Scheme in the future.

Please note this is not a compulsory trial for selection to the GB v France J16 Team and scullers seeking selection for this event do not have to attend.

All candidates are expected to race on both Saturday and Sunday.

TRIAL FORMAT

Saturday 19 February

Start Time 10:30 a.m.
Events: JW16 1x,
JM16 1x

Sunday 20 February

Start Time 11:00 a.m.
Events: JM16 2x,
JW16 2x

Rate whilst racing

Although the LDTs are not rate-capped, it is strongly recommended that all boat types aim for a high quality and consistent performance. Taking into account the time of the year, these events should mirror the rates being done in training and crews should be aiming for rates of about 28-30. We will have coaches taking rates at points along the course.

Insurance

It is the responsibility of coaches and candidates to ensure that they and their equipment are adequately insured; including provision for Third Party Cover.

Safety

In the interests of safety; all coaches must be prepared to act as marshals as requested. Under no circumstances will they be permitted to accompany their candidates over the course. If there is any doubt about river conditions in the days leading up to any of the events please telephone John Layng, Junior Team Manager, on 07785 728670.

Boston Long Distance Small Boat Trial Timetable

Saturday 19 February

Check in, payment and number collection	07:30 – 09:00
Briefing	09:00
Latest boating time	10:00
Race Start	10:30

All crews and coaches MUST attend the briefings

Entries close for Sunday's race at 17:00 on Saturday

Sunday 21 February

Check in and number collection	08:00 – 09:15
Briefing	09:30
Latest boating time	10:30
Race Start	11:00

Race Numbers

Your number(s) should be collected from Boston RC Clubhouse when you confirm/change your entry and pay your entry fee(s). No sculler or crew will be permitted to race if they have not paid, collected their number or boated on time.

Note: All boats must be fitted with an 'Empacher slot' in which to fit their number.

Parking

Parking will be at Boston Rowing Club. Please park carefully, under the direction of members of Boston RC. **Please do not park in the residential road.**

Boating and Facilities

We are able to use the facilities of Boston Rowing Club. Please respect the facilities of the club. Limited refreshments can be purchased on site. Boating will be from the landing stage at Boston Rowing Club. Crews/scullers will boat in ascending order with the assistance of the Boston RC officials.

Security

The GB Rowing Team has employed a security guard from 19:00 – 07:00 to oversee boats left at Boston RC overnight on the Friday and Saturday evenings. Please do not leave boats either in, or on the railings of, the children's playground.

DISCLAIMER: British Rowing does not however accept any responsibility for equipment left while at Boston which is entirely at the owner's risk.

The GB Rowing Team accepts no liability for the loss of or damage to personal property so coaches/rowers are reminded not to leave kit or valuables lying around unattended.

Going to the Start

You should observe the normal rules of the river i.e. KEEP TO BOWSIDE.
See map for location of start and refer to map for finish line.

Marshalling

Marshalling will be above the start. When you reach the marshalling area you should get into position taking care not to interfere with oncoming boats whilst you turn round. It will be necessary for all boats to be past the bend (which is located 2km after the start) before racing starts. Crews not above this point by the start time may not be allowed to proceed further. When moving up beyond this point there may be crews racing so keep a good look out and remain close into the bank. It is therefore essential that you obey the instruction of the marshals. Please be careful. Further details will be available at check in on the day and at the briefing.

Racing

When racing commences you will be set off approximately 20 seconds apart. You should keep approximately to the middle of the river during the race unless you are being overtaken. You should then move away from the middle of the river giving sufficient room for the approaching crew/sculler to come by. When you have finished racing you should continue to paddle for a further 100m before stopping. You must not stop on the finish line or cause a hold up around the finish area. Do not lie down in the boat once you have crossed the finish line.

Results will be made available as soon as possible; division one results will not be published until after division two has started.

Safety

To ensure the event runs or is not reduced in size, all coaches must be prepared to help with safety at various marshalling points.

Further marshalling and safety instructions will be issued before the event and at the briefing.