

LONDON DOCKLANDS REGATTA 2005 - Entry Instructions and Conditions

A one day, six / seven lane regatta raced over 2000 metres to be held on the Royal Albert Dock, at the London Regatta Centre, Dockside Road, London E16 on **Saturday 14 May 2005**. Held under ARA Rules of Racing and Water Safety Code.

ENTRIES

- Individual entries must be made on standard **ARA Regatta Entry Forms** or via **OARA**.
- Please use the **London Docklands Regatta's Summary Form** (NB NOT the ARA version), as our form has been specifically designed to help us produce the race timetable.
- **Entries close at 10 pm on Saturday 07 May 2004.**
- Payment - cheques should be made payable to **London Docklands Regatta**. Any entry fees outstanding on Thursday 12 May 2005 will result in a surcharge of £10 per crew (£5 for single scullers). The Committee reserves the right to exclude all entries from any Club which is not fully paid up by one hour before that Club's first race.
- **Address for entries - The Entries Secretary, London Docklands Regatta, Ravensmede Cottage, Christchurch Road, Virginia Water, Surrey GU25 4PT.**
- If you wish, you may fax the Summary Form (only) to 01344 430254. Please **DO NOT** fax individual ARA Regatta Entry Forms.

CHECKLIST

Have you included...

- Completed **ARA Regatta Entry Forms** (or **OARA**) - one form per crew / sculler for each event.
- Completed **London Docklands Regatta Summary Form** - one per Club for each day.
- Full payment by cheque**, payable to **London Docklands Regatta** (for all race fees and ARA Day Tickets).
- Whether entering via OARA or on paper forms please include a copy of the **London Docklands Regatta Summary Form** with your payment so it is clear to us which entries your cheque covers.

CONDITIONS

- The London Docklands Regattas are open to all Club and composite crews.
- The Regattas' events and entry fees are as listed.
- Competitors are to provide their own boats and oars. All boats must have Empacher slots for numbers on their bows. Numbers will be provided after check-in for a deposit of £10 per number. The full deposit will be refunded on return of the number; £5 will be retained if the number has been lost.
- The timetable and list of entries will be published at the London Regatta Centre on Tuesday 10 May 2005. The timetable and list of entries will also be posted on the Regatta's website **www.ldr.org.uk**.
- The Committee reserves the right to alter the timetable of racing and re-draw races. The Committee

also reserve the right to alter the list of published entries to correct a mistake of the Regatta or should the Committee consider it to be in the best interests of racing.

- If there are fewer than four entries in an event, the Committee will place the crews / scullers into the next higher status event available, without reference to the Club, unless the Club has specifically excluded such "upgrade" on the Summary Form. The Committee reserves the right not to hold events with fewer than four entries.
- Events will be rowed from a fixed start over 2000 metres, except for the Project Oarsome races which will be raced from a free start over 500 metres.
- Doubling up of boats or competitors is at your own risk. The Committee may endeavour to accommodate doubling up if notified on the Summary Form. **Doubling-up not notified on the Summary Form will not be taken into account in the timetable.**
- Crews / scullers must have finished checking-in at Race Control at least 60 minutes before their first race each day and be at the 'pen' or marshalling area, about 250 metres short of the start, 10 minutes before heat time. Any crew presenting themselves at the pen less than 10 minutes before race time for a heat can expect to be eliminated.
- If 55 minutes before the published heat time, seven crews or fewer have checked in, then there may be no heats and the final may be run at published heat time.
- No crew will be eliminated in heats unless beaten by at least three others.
- If the result of a final is a dead heat then there shall be an immediate re-row (involving only the dead-heated crews) over the whole course.
- Lightweight men and women shall be weighed not more than two hours and not less than one hour before the first race in their event. To remain consistent with FISA, lightweight competitors must weigh-in wearing racing strip. The ARA Lightweight classification applies (Rule 4-1-5) - i.e. Men 72.5 kg (max), 70 kg (crew average); Women 59 kg (max), 57 kg (crew average).
- Medals will be awarded for first, second (if four or more crews enter) and third (if five or more crews enter).
- Races will be timed, and where possible split times will be posted for each race, giving times at 500, 1000, 1500 and 2000 metres. Race times will subsequently be published at www.mikrotime.co.uk.
- Medals will only be presented upon production of valid ARA Racing Licences, which will be updated as appropriate if the event is a qualifying event under ARA Rules of Racing.