



The Head of the East

Sunday 1 March 2020

This Head Race will be run under the Rules of Racing of British Rowing, including the Personal Ranking Index, and will take account of the guidance of RowSafe. Racing will be in five divisions as below.

The long course is 2,200m downstream from St Neots Campsite to Crosshall Marina; the short course is 1,200m downstream from St Neots Campsite to St Neots Rowing Club.

ENTRY FEES

Eights £96 Fours / Quads £48 Doubles/ Pairs £24 Singles £12

Entries will only be accepted via BROE, available at <https://broe2.britishrowing.org/>

Entries will close when sufficient paid-up entries are received, or at noon on Saturday 22 February.

The draw will take place at 5pm on Sunday 23 February at St Neots Rowing Club.

Queries only (NOT for making entries):

Telephone: Sally Lawrence 0774 086 1313

Email: headoftheeast@gmail.com

EVENTS OFFERED

Entries are welcomed for those listed below:

	Division 1 09:00	Division 2 11:00	Division 3 13:00	Division 4 15:00	Division 5 16:00
Open / Mixed	8+, 4-, 2x		4x, 4+, 2-, 1x		
Women	4x, 4+, 2-, 1x		8+, 4-, 2x		
Masters (M)	8+, 4x, 2-		4+, 2x, 1x		
Masters (W)	4+, 2x, 1x		8+, 4x, 2-		
Masters (Mxd)	4x	2x, 8+		4x	
J18	8+, 2x, 2-		4x, 1x		
WJ18	4x, 1x		8+, 2x, 2-		
J16	4x		2x, 1x		
WJ16	2x, 1x		4x		
New To Rowing					4x+, 2x

The New to Rowing event is aimed at those the beginning their rowing careers with zero points.

Prizes will be offered for events with at least three starters.

Masters events will be combined and handicapped as appropriate.

LOCAL EVENT RULES

Divisions will be closed on BROE once full, though may be reopened if crews withdraw or scratch. Late entries may be reallocated if space in their preferred division becomes available. Division updates will be communicated via the St Neots Rowing Club Twitter feed (@stneotsrc).

Note that no entire crew is allowed to race more than once at the same event. However, individual rowers may do so, as long as there is at least 25% change in the crew list. Changing the coxswain or swapping seat positions does NOT count as a different crew. Attempting to circumvent this Local Event Rule by undeclared substitutions will result in disqualification.

Please note that the number of eights within each division may be capped.

The stretch of river between the start and the upstream end of St Neots Marina is very narrow. For safety reasons overtaking in this section of the racing course is PROHIBITED. Any crew which overtakes another crew before the downstream end of St Neots Marina will be penalised or potentially even disqualified (the severity of the penalty will be at the discretion of the Race Committee).

CONDITIONS OF ENTRY

Entries are accepted subject to Local Event Rules but competitors should also note the following points:

Fees must be fully paid and boats in safe condition to obtain boat numbers on the day.

Crews withdrawn after the draw must pay full entry fees.

If an entry is withdrawn before the closing time for entries, a full refund will be made.

All payments must be made through BROE.

If the Head is cancelled or curtailed because of weather conditions or other reasons outside the Race Committee's control, a proportionate refund will be made taking account of costs incurred.

The Committee can accept no responsibility for competitors' boats and equipment.

Competitors leaving boats and equipment at St Neots Rowing Club do **so at their own risk.**

DOCUMENTATION

Links to

[HotE 2020 - Competitor Information & Safety Plan](#)

[HotE 2020 - Course Map](#)

[HotE 2020 - Water Safety Risk Assessment](#)

[HotE 2020 - Boating & Parking Layout](#)

[HotE 2020 - Trailer Parking Area Risk Assessment](#)

[HotE 2020 - Emergency Access Points](#)

Poster design by Lindsay Segall and Tracey Newland