

Durham Autumn Sprint



Saturday 29th September 2018

Supported by Workwear Express Ltd



500m, Free Start – River Wear at Durham

Held under British Rowing Rules and Row Safe. First Race not before 09:00 am.

Division 1 (9.00 - 11.30)		Division 2 (11.30 - 14.00)		Division 3 (14.00 - 16.30)	
J13 2x Omnium	WJ13 4x+	J13 4x+	WJ13 1x Omnium	J13 1x Omnium	WJ13 2x Omnium
J14 4x+	WJ14 1x Omnium	J14 1x Omnium	WJ14 2x Omnium	J14 2x Omnium	WJ14 4x+
J15 1x Omnium	WJ15 2x Omnium	J15 2x Omnium	WJ15 4x+	J15 4x+	WJ15 1x Omnium
J16 2x	WJ16 1x	J16 1x	WJ16 4x-	J16 4x-	WJ16 2x
J18 4x-	WJ18 2x	J18 2x	WJ18 1x	J18 1x	WJ18 4x-
J16 4+	WJ18 4-	J18 4-	J15 4+		WJ16 4+
WJ15 4+	WJ18 2-	J18 2-	W Mas 4+	W Mas 2x	
Mas 2x	WMas 1x	Mas 1x	WMas 4x-	Mas 4x-	Mas 4+
Senior 4+	Senior1x	Senior 2x		Senior 4x+	Senior 4x-
W Senior 4x-	W Senior 4x+	W Senior 4+	W senior 1x	W Senior 2x	

1x & 2x Skills Omnium—offered at J13, J14 & J15

Standard Entry Fees £7.50 per seat

Omnium £10 per seat (includes race)

Entries Close 19.00 Friday 21st September

Please see conditions of entry for further information

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Conditions of Entry

1. Entries close 19.00 Friday 21st September
2. Entry fees are £7.50 per seat (Omnium £10) coxes are free. Payment by BROE2 Only.
3. Doubling up is permitted and encouraged between divisions. No doubling up of crew or equipment within a division.
4. Times of divisions are approximate and are subject to change depending on entries.
5. Please state if you are NOT prepared to row at a higher status / age group. Masters Handicap system will be applied as required.
6. **INSURANCE:** Note that your BR membership insurance is only valid for UK residents who are resident in this country for more than six months in a year. Evidence of insurance cover must be provided by those not covered by BR membership insurance.
7. The draw will take place on Monday 24th September at Durham ARC.
8. The draw and safety instructions will be posted on www.durham-arc.org.uk on or after Tuesday 25th September.
9. In the event of cancellation 50% of entry fees will be refunded.

J13, J14, & J15 Omnium

1. Singles and doubles wishing to race at J13, J14 or J15 must enter the omnium and complete the skills assessments
2. Crews wishing to race in quads DO NOT need to enter the omnium.
3. The omnium will include:
 - a. Standing rigger dips (30 seconds)
 - b. Hands of at the catch (one hand at a time, done twice)
 - c. 360 boat spin (one way in either direction)
 - d. Roll ups (60 seconds)
 - e. 500m time trial (this will be raced side by side in standard regatta knockout format)
4. Instructions for each skill can be found on pages 3 & 4 of this document.
5. A combined ranking for these 5 skills will be given.
6. Prizes will be awarded for both the overall winners of the omnium at each age and gender and also for the winners of the 500m regatta.

Enquiries should be directed to Mark Bell, regattasec@durham-arc.org.uk

Detail of skills tests and the standard required

Hands off at the catch

Description	At full slide, full reach, take one hand off the handle at a time (right off and hand must pause and be still). Complete twice on each side. Having core engaged is recommended.	
Scoring	Pass	two completed on each side
	Intermediate	not being still / stable
	Fail	not completed
Video	https://youtu.be/UxnjtdofPfc	

Standing rigger dips

Description	Stand up (lock handles together and pull to help). Then rock the boat, dipping the riggers in the water, by moving the sculling handles up and down. Use feet to help rock boat, keep blades on surface.	
Scoring	Pass	50 completed in 30 seconds or less
	Intermediate	between 10 and 50 completed in 30 seconds
	Fail	less than 10 completed in 30 seconds
Video	https://youtu.be/K-vJ-5dO700	

360 degree boat spinning

Description	Using powerful (whole body) strokes, turn the boat round as close to on the spot as possible, returning to the start position	
Scoring	Pass	one 360° turn completed in under 30 seconds
	Intermediate	one 360° turn completed in 30-50 seconds
	Fail	not completed within 50 seconds
Video	https://youtu.be/K5xja-4_vqQ	

Roll ups

Description	Starting from backstops, a controlled recovery, blades off water (feathered), ending with entry (at full slide/reach). NO propulsive movement.	
Scoring	Pass	three well executed 60 seconds
	Fail	not completed
Video	https://youtu.be/HBo2QVNvZL8	

500m race

Description	Scullers / crews will be started side by side to perform their fastest 500m piece. Assume this will be a free start. If sculler / crew is successful they will stay on water for subsequent heats where applicable.
Scoring	Scullers / crews will be timed and an overall ranking given to determine points. Only the first heat of the regatta will be timed and used for ranking.