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Hong Kong, China Rowing Association Head of Shing Mun 2023 (Big Boat)

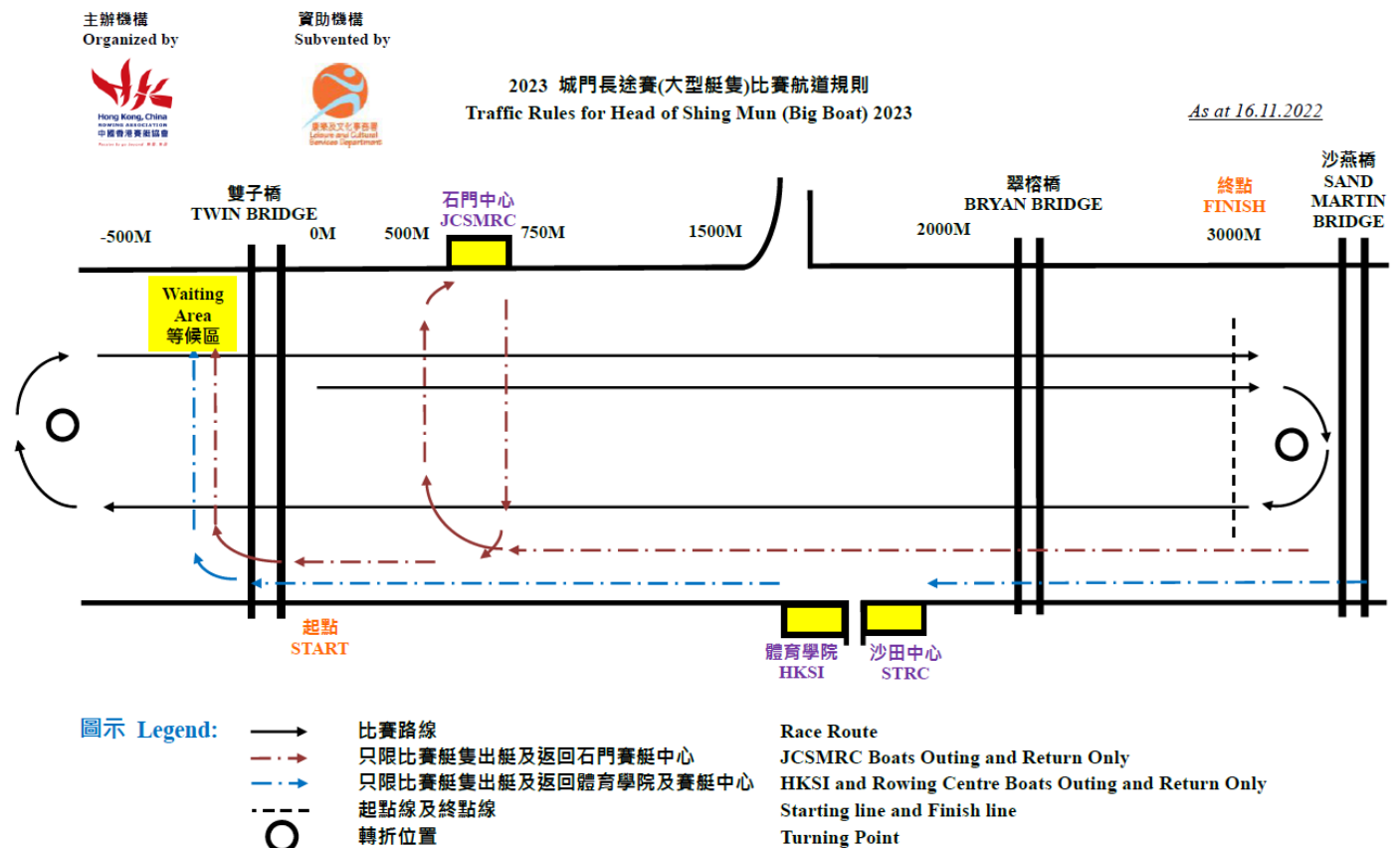
Notice to Competitors

The Head of Shing Mun is a Long-Distance Processional Race. This means that boats are started at short intervals, and the order of finishing is determined by the time taken to complete the course. Here are some guidelines for competitors.

1. The Course

The course is about 10,000 meters long. 0m Mark, is the start of the course, following the Shing Mun River toward the 3000m Mark and reach the first turning point, after two 90-degree turn and downstream to the second turning point at -500m Mark. After another two 90-degree turn, follow the Shing Mun River toward the Finish at 3000m Mark.

Map of Race Course



2. Team Managers' Meeting

Each club shall assign at least **ONE** representative to attend the Team Managers' Meeting. Team Managers' Meeting by adopting 'ZOOM' at 08:30am on 15 January 2023 (Sunday). The Meeting ID will be provided later.

3. Crew Changes and Withdrawal

According to the **Rule 45** of HKCRA Rules of Racing, Clubs may substitute up to one half numbers of rowers in all crews entered by them, provided that the substitutes are members of the same Club. (or, in the case of composite crews, of one of the clubs concerned). **All substitution and withdrawal shall give notice in writing to the Organizing Committee at the Team Managers' Meeting.**

4. Registration

All participants must report to Boat Marshalls with their valid HKCRA Centre User cards before leaving the pontoon. All non-Centre Users cannot be allowed to compete in the event.

Registration officials will distribute cloth number to the bow rower of each crew but a fine of HKD\$150 will be charged for any loss.

5. Going to the Start

Depending on the location of the Start, it could take up to 20 minutes for boats to get to the Starting Area. It is necessary for all boats to arrive at the Starting Area **at least 10 minutes before the Start Time**. The Organizer will provide a time schedule indicating boats departure times from the landing stage. Any boat which does not leave the landing stage on or before the scheduled time is unlikely to arrive at the Starting Area at least 10 minutes before the Start Time, and will therefore not be allowed to take part in the race.

On the way to Start (or return to Rowing Centre after the race), athletes shall get closer to the river bank and stop the boat if any racing boat is approaching. Non racing boat shall not cause any interference for any boat in racing.

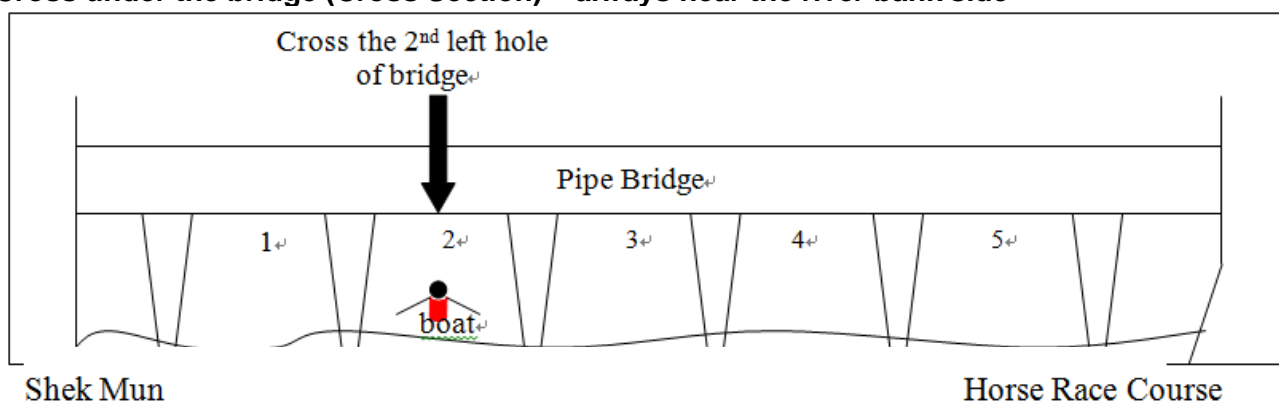
6. Starting Area

Boats will be required to line up in starting order manner behind the Start Line in the Waiting Area. A Crew Marshal will assist in the lining up, but it is the responsibility of each crew to know its starting number and to identify the crews which are immediately ahead and immediately after. Boats should stay as close together as possible (without clashing) and should slowly move towards the Start Line as crews in front are started.

7. The Start

Boats will be started at intervals of **30 seconds**. The Starter will call each boat and say **Boat Number ".....Attention.....GO"**. At the word GO, each crew must start rowing. The starting instruction will be given before the boat actually crosses the timing line, which is about 20 meters beyond the Start line. It is a running start. This means that the boats will be moving as they cross the timing line. There will be an interval of only 30 seconds approximately between the starting times of each boat, so as soon as the boat in front has started, the next crew should get ready to start. It is important that this interval is about 30 seconds between each boat, so it is each crew's responsibility for paying attention to the progress of the start very carefully, and gradually moving up to the start line as the race proceeds while keeping the same boat in front and behind.

8. Cross under the bridge (Cross Section) – always near the river bank side



9. Overtaking

Boats should keep as **close** as possible to the **river bank**, except when overtaking. Crews who are overtaking should try to overtake on the right (**Bow side**), facing the direction of travel. Crews being overtaken are reminded that they must not deliberately obstruct or in any way impede a crew which is overtaking. If there is any danger of crews colliding, the slower crew must give way to the faster crew. If a crew believes that it is in danger of being hit by another crew, one member of the slower crew must call out to warn the faster crew of the danger. Penalty will be given to any crew who acts in a dangerous, selfish or unsportsman-like manner. **Safety is of the utmost importance at all times.**

10. Turing buoy

At the turning marks, no crew is permitted to collide with or obstruct another crew while turning around a turning marker. If two or more crews are at risk of collision or obstruction, all crews must take due and reasonable care to avoid collision or obstruction. If a crew causes or irresponsibly contributes to a collision or obstruction in whatever manner, the Umpires may penalize the crew by awarding a time penalty, or may exclude the crew or take other appropriate measures under the rules. It is the responsibility of all crews not to collide with other boats.

In order to be placed in the final ranking for the event, all crew must round all turning markers and must complete the full course.

11. The Finish

Here will be a hooter sound as each boat crosses the finish line. The time will be taken as each boat crosses the line.

12. Results

The order of finishing will be determined by the difference between the starting and finishing times. Crews who record their own times are advised that only the official start and finish times will be used, and no protests will be permitted relating to the accuracy of timing.

13. Penalty

Time penalty: 30 sec will give to boat caused any interference or obstruction to others

Exclusion: 1. For boat caused any collision

2. Those boat not turn at the turning buoy and not finish the whole course

14. Medal Presentation Ceremony

In order to comply with the social distancing measures announced by the Government under the Prevention and Control of Disease Ordinance (Cap 599), **the Medal Presentation Ceremony will be canceled and the medals will be presented at registration counter.**

~ End ~