

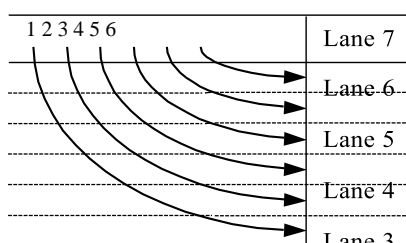
## Marshalling Instructions (for side by side racing)

### Boating

Boating instructions are as for Time Trials. Numbers for each race (A1–6, B1–6, C1–6 etc) can be collected from a table outside the Regatta Marshal's Cabin

### At the Start

Crews will proceed to the start in Lane 7 as far as the 1500m marker where they will be held by a Start Marshal. Under the Start Marshal's instructions a complete race will be called forward in REVERSE Lane Number Order (6, 5, 4, 3, 2, 1) to proceed in that order towards the 100m Start Zone. If a crew misses its "slot" it may not be allowed to race. When the Starter calls the race, crews will paddle across the course together under the direction of the 100m Marshal to their allocated lane (see diagram). Only when in the correct lane will a crew be allowed to turn and back onto the start pontoon.



### Warming up

Crews may warm-up in lane 7 on the way to the start but must not do racing starts or bursts at high speed when close to other crews or when a race is going past. Crews must not paddle firm or do racing starts in lane 7 between the 1500m mark and the start.

Crews may also warm-up in lane 5 ONLY between the 1500m and 1000m markers by turning carefully into lane 5 at the 1500m marker and then warming up in the racing direction only before turning back into lane 7 at the 1000m marker. When warming up in lane 5, crews must keep well clear of any races. No crew once past 1500m may turn back onto the course. Use of lane 6 to warm up is dangerous and may result in a sanction.

### Cooling down

Crews may cool down by carefully turning into lane 7 after their race, and then turning into lane 5 **between the Finish and 500m markers only**. Crews must travel in the racing direction only in lane 5 and must take care not to impede any races on the course, or to cross the Finish Line alongside a race.

### Disembarking

Use the Inward rafts only when coming ashore after racing. Do not use the Country Park raft or those on the southern shore of the course. Take care in the finish area to avoid collisions as crews merge from racing and from cooling down. The same rules apply to use of the pontoons for outgoing crews as apply to incoming crews.