

HAMPTON 4S & 8S Head Feb 2010 - J14 OCTUPLES

NB IT IS IMPORTANT THAT ALL COXES AND COACHES OF OCTUPLES READ, UNDERSTAND AND FOLLOW THESE INSTRUCTIONS AND ATTACHED MAP

COXES – You MUST do what your are told to do by the Marshals

- NO OCTS SHALL GO ON THE WATER UNTIL ALL OTHER DIV 1 CREWS HAVE BOATED
- ALL BOATS WILL MARSHALL FACING UPSTREAM INITIALLY OPPOSITE THE MILLENIUM BOATHOUSE (HAMPTON AND LEH)
- WHEN INSTRUCTED THEY WILL THEN PROCEED UPSTREAM LEAVING ABOUT A LENGTH OF CLEAR WATER BETWEEN CREWS.
- CREWS WILL THEN BE STOPPED BY MARSHALS IN A LAUNCH AT THE BOTTOM OF SUNBURY COURT ISLAND.
- WHEN THE LAST QUAD RACING DOWNSTREAM IN DIV 1 HAS PASSED THE OCTUPLES THE OCTS WILL BE INSTRUCTED TO CROSS THE RIVER. COXES, YOU WILL MOVE ACROSS THE RIVER TO YOUR LEFT. THE MARSHALS WILL START WITH THE TOP CREW AND WORK DOWNRIVER INSTRUCTING CREWS TO CROSS AS THEY GO.
- WHEN ALL CREWS ARE ACROSS THE RIVER (STILL FACING UPSTREAM) YOU SHOULD LISTEN TO MARSHALS ON THE BANK AS WELL AS THOSE IN LAUNCHES. YOU WILL BE TOLD TO PREPARE TO RACE AT WHICH POINT CREWS SHOULD REMOVE TOPS ETC. DO NOT REMOVE KIT UNTIL TOLD TO DO SO BUT WHEN YOU ARE TOLD REMOVE AND PUT KIT AWAY QUICKLY.
- YOU WILL THEN PROCEED UPSTREAM WHEN INSTRUCTED TO THE TURNING BUOY. WE WILL AIM TO KEEP YOU MOVING ALL THE TIME.
- **PLEASE BEWARE OF THE THAMES WATER INLET AND WOODEN POSTS (ON THE COXES LEFT HAND SIDE) WHILE MOVING UPSTREAM.** MARSHALS WILL BE PLACED ON THE BANK ABOVE AND BELOW THESE POINTS
- AT THE TURNING BUOY THE CREW WILL BE TOLD TO STOP AND THEN BOW 4 INSTRUCTED TO ROW ON WITH THEIR RIGHT/STROKESIDE/RED BLADES TO TAKE THE BOWS INTO THE WEIR CHANNEL STREAM. (THIS WILL HELP THEM TURN.)
- THEY WILL THEN BE INSTRUCTED TO PROCEED DOWN THE CENTRE OF THE RIVER TO THE START. **NO OCT WILL START UNTIL ALL CREWS HAVE CROSSED THE RIVER**
- WHEN RACING BE AWARE OF CREWS MARSHALLING ON COXES RIGHT HAND SIDE (GREEN / BOW SIDE)

