

Head of the Fyris 2018 – race PM

Race info

The race is a head race with one start only (due to time restraints). Thus, each rower can only participate in one crew.

Due to the late season and cold water there is a 4-blade minimum: 2x, 4x, 4-, 4+ and 8+ (racing shells, gig boats or inriggers). Crews may be male, female or mixed.

The Johanna Anderssons trophy will be awarded to the crew and cox of the fastest coxed boat (regardless of size of boat or gender of crew). This trophy is a 'wandering' trophy and the winners will receive a framed photo of them with the trophy, and the club and boat type will be inscribed on a plaquette on the trophy, which will reside in the UARS club house.

The entry fee is 50 kr/rower or cox, and is paid to UARS in one payment per club. This is most conveniently done over SWISH to our account: 123 567 35 95. Mark your payment with "HoF2018", club name, and number of rowers. UARS rowers may settle the entry fee individually. Please settle this no later than race day.

Come prepared!

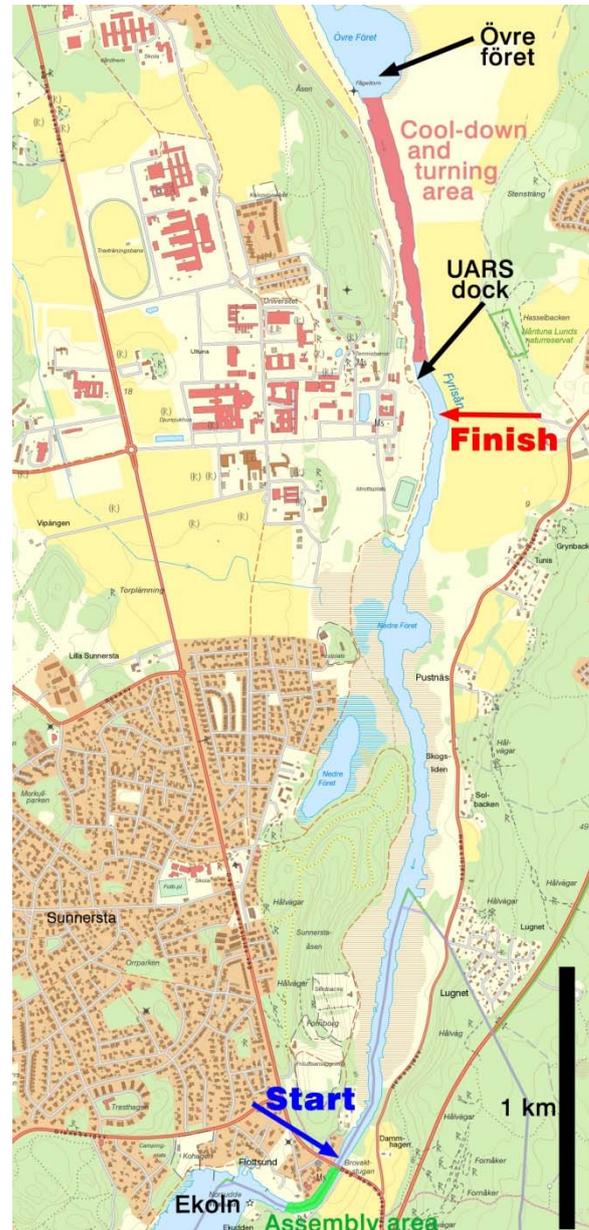
November 3rd can be cold. Uppsala academic rowing society's boat houses do not have any heating or proper changing facilities, or running water (in November). Thus, make sure to come prepared with warm clothes, and preferably with your racing gear underneath lots of warm clothes. Also bring spare clothes in the unlikely event of an accident causing rowers to fall into the water.

We will however make sure there is water, coffee / tea, available at the boat house area, and we have booked showers / sauna in a gym hall ca 400m from the boat house area, which will be available to the rowers after the race.

How to get to UARS

Cars can be parked on the closest public parking, ca 75 m from the boat large boat house. The address is Västra vindbrovägen 4, 756 51 Uppsala, see map below.

Trailers should instead drive to the address Arrheniusplan, 756 51 Uppsala. There you see a sign "Roddklubb" pointing left, which points towards the boat houses. See map to see which access road to use – be careful it is tight between the trees.



Boats are preferably offloaded directly from the trailer as it stands on the bike path next to the boat house. Boats are placed in area between the boat houses. The trailer is then parked in the vicinity, but away from the boat area.

A digital map of the area with relevant markers can be found at:

<https://drive.google.com/open?id=1fRt6x3qc86CLQTLzRPpMD3vjw96--XMP&usp=sharing>

Boat rigging etc

Is done in the area between the boat houses. Be prepared to go out on the water no later than 11.45. Bring your own trestles / slings.

Crew briefing

Will be held at **11.00, close to the small boat house**, and will be announced on site with a megaphone. This will contain start order and important safety notes.

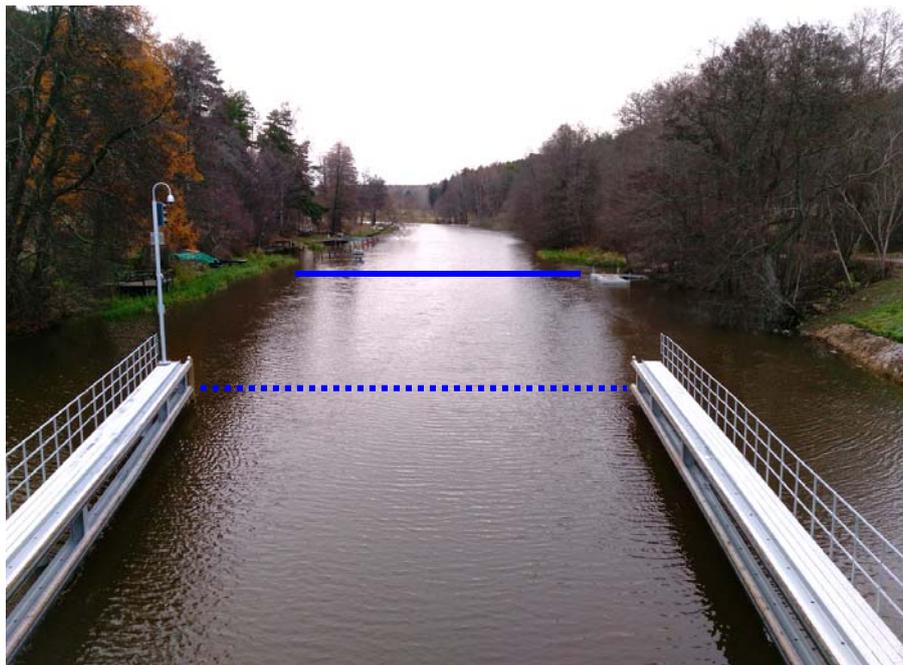
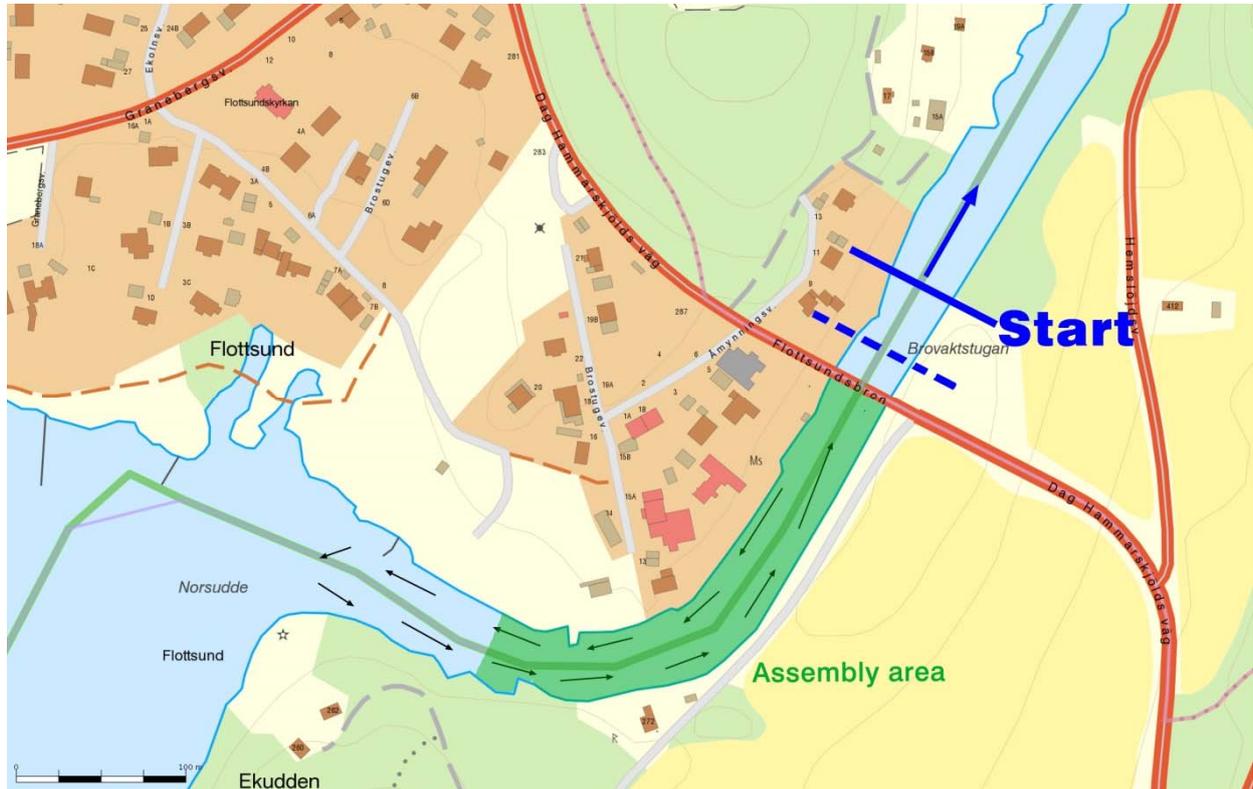
Putting in the boats

All boats are put into the water at the UARS dock, and **all boats should be in the water no later than 11.45**. Please note that the wooden dock may be very slippery when wet. Please note that the slower boats (last in the start list) need to go out first, to get to the start in time, and also to make assembling before start easier.



Assembly before start

All boats must first row to the mouth of Fyris (8+ cannot turn in the river close to the start, smaller boats can), and then order up in the correct order for start (see below) and during the wait a “caravan” of boats can lie between the mouth of the river and bridge at Flottsund (see map). **All boats should be assembled no later than 12.15**



View of the start from the bridge at Flottsund. Boats line up between these ledges (at the dashed blue line), and on command start rowing, the starter is placed ca 50m upstream on the white platform to the right. Thus, the start line is marked with a solid blue line above.

Start

First start is planned to 12.30. Boats will be started in intervals of 30-60s. Order will be decided by race leadership in advance and posted in connection to the briefing at the boat houses at 11.00. The goal is to have the fastest boats first, and then in expected falling order to avoid overtaking. Thus, 8+ will go first, then 4x, then 4-/+, then 2x, inriggers last.

The start will be directly after the bridge at Flottsund. The starter will be standing on a white floating platform on the east side of river, about 50 m north of the bridge. *There will be a rolling start. Each boat will upon the command "and go" start rowing from north end of the bridge (dashed blue line on map), and as they pass the starter (solid blue line on map) an air horn will be sounded, and the start time recorded.*

Race course

The race course is ca 3 km upstream the Fyris and its bends and turns. Please note that the first S-bend is tight, and it is not recommended that boats go into this bend at full speed. Overtaking will be possible on some, but not all stretches. Boats should go to the east of red markers, and to the west of green markers. A terrain map of the course is found on the last page in this document.

A digital map of the area with relevant markers can be found at:

<https://drive.google.com/open?id=1fRt6x3qc86CLQTIzRPpMD3vjw96--XMP&usp=sharing>

The best aerial photos of the area are available at:

<http://www.hitta.se/kartan?s=89ac6bc8>

Finish

The finish will be the steam boat dock at Ultuna, ca 150 m south of the UARS dock. When a boat passes the finish line an air horn will be sounded.



View of the finish from the north. Time keeper will be on this dock.



Docking – boats out of the water

In order to not cause a pile-up of boats after the finish, crews should continue rowing past the finish and past the UARS dock, and then turn the boat and go into the dock and take out the boats. The 8+ boats may have to go up to “Övre föret” in order to turn. Remember to keep to the right in the direction of travel.

Prize ceremony

The prize ceremony will be held as soon as the last boat is back on land, in the area close to the boat houses. It will be announced using a megaphone.

Safety and traffic rules

Expected weather is 5-8 °C, and water temperature at this time of year is within the same range, this means that falling into the water is dangerous, and safety is a serious matter. UARS has life jackets that can be borrowed, if desired.

Safety is paramount – if any other crew is in the water abort race and make sure they get help as soon as possible (get the attention of the rescue boat).

Boats with navigation issues (in the reeds) or broken equipment (where there is no danger to the crew) are no reason to abort the race.

If a boat has gone into the reeds and need to get back on the course, boats on the course have right of way. Don't block other crews when you get back on the course.

Fyris bends, and has reeds, watch out. Please note that the first S-bend is tight, and it is not recommended that boats go into this bend at full speed. Watch for markers in the river - row between them. Red marks west edge, green east edge

Outside the race the Fyris river has right side traffic (in the direction of travel, i.e. keeping the bow side oar close to land). Make sure to keep to your side and watch out for traffic.

Rescue boat

The UARS motor boat will act as a safety boat and either cruise slowly down the course, or lay in readiness somewhere along the course.

We are checking with Sjöräddningssällskapet if they are willing to deploy a rescue scooter (or similar) to the area for the duration of the race for added safety.

River closed to other traffic

The authorities have closed the river to all other traffic for the duration of the race (12.00 – 14.00). We cannot physically close the river, but will have markers at the end of the race area, and we have informed all local boat and canoe clubs etc.

Facilities

A dry toilet is located behind the large boat house, next to the trailer parking. Showers and sauna at *Syltallen* (ca 400m from the boat houses, see map above) and can be used. One of the UARS marshals at the boat houses will have the access card.



There are lockers in the large boat house for valuables, but we will make sure that there is always UARS-people around the boat houses, so that bags etc should be safe in the boat house. Another option is to keep valuables in locked cars.

Food / fika

Will be available at a stand close to the small boat house. Payment will be possible to UARS Swish account (123 567 35 95) only, mark payments "Fika HoF" or similar.

Available for reasonable price

- Hotdogs with bun and accessories (also veggie and vegan versions)

Free fika for rowers and volunteers

- Hot coffee / tea from thermoses
- Cookies or similar
- Drinking water

Time plan

Below the rough time plan of the event is given. When all boats have finished, we'll try to wrap up as soon as possible. Prize ceremony will be held as soon as all boats are back on land.

Time	Preperations (UARS)	BBQ / Fika open	Rigging etc	Boats leaving dock	Boats gathering behind start	Race	Boats returning	Prize ceremony	Showers sauna	Packing up (UARS)
09:00	Blue									
09:30	Blue									
10:00	Blue	Red	Blue							
10:30	Blue	Red								
11:00	Blue	Red	Crew briefing / info meeting							
11:30	Blue	Red	Blue	Red						
12:00		Red		Red						
12:30		Red				Blue				
13:00		Red				Blue	Red			
13:30		Red					Red	Red	Red	Blue
14:00		Red					Red	Blue	Red	Blue
14:30		Red						Red	Red	Blue
15:00									Red	Blue
15:30										Blue
16:00										Blue

Contact info

Race organisation

- Erik Lewin materialchef@uars.se 070-459 89 12

