

#### CONTROL COMMISSION AND JURY

- **Control of identity:** show the rowers' identity card when asked for at the weighing and the embarkation.
- **Clothing:** cfr. World Rowing Rules of Racing <https://d2cx26qpfwuhvu.cloudfront.net/worldrowing/wp-content/uploads/2022/02/25145439/FISA-rule-book-EN-2024-update-final-1.pdf> (in particular Section 3 on pages 113 – 114 and its bye-laws)
- **Stretchers:** no stretchers means no permission to go on the course.

#### TRAFFIC RULES

- Have a look at the annex for the traffic rules.
- Boats entering the course from under the bridge at the Gentse RS: first row towards the finish, do not cross the race course.
- When races pass, STOP ROWING in lane 0 as a normal sign of fair play.
- Warming up and cooling down: have a look at the map in the annex.

direction	training	race
to the start	lane 0 & 1	lane 0
to the finish	lane 3,4 & 5	lane 1,2,3,4,5
<b>forbidden</b>	lane 2	-

- No training during the races.

#### STARTING SYSTEM

- 2000m races: sound and red/green lights + flag
- 1500m/1000m/500m races: voice and flag

#### DOPING CONTROL

- Concerned crew members will be informed by the Control Commission.
- Doping test at the finish near the regatta village.
- Bring your **identity card** with you.

#### CREW CHANGES / WITHDRAWALS / SUPPLEMENTARY ENTRIES

- Until Friday 12/4: use the link [www.gentsers.be/gisrentry](http://www.gentsers.be/gisrentry).
- From Saturday 13/4 on: use the official forms (coloured sheets) available at the finish tower.
- Hand them in at the regatta office, finish tower first floor at the latest 2 hours before the start of the race.
- Check the names of the crew in the programme. The jury may give a warning if not all names are correctly listed at the regatta office.

#### WEIGHING

- Official scale at finish tower, ground level.
- From 2 hours till 1 hour before the race.

- Weighing rules: see World Rowing Rules of Racing <https://d2cx26qpfwuhvu.cloudfront.net/worldrowing/wp-content/uploads/2022/02/25145439/FISA-rule-book-EN-2024-update-final-1.pdf> (in particular bye-laws to rule 21 and 22 at page 105)
- Coxes and rowers must be weighed in before **each event** they participate in.

#### BOW NUMBERS

- available between 7:30 AM and 10:00 AM at Gentse RS (have a look at the map).
- To be returned at the Gentse RS **before 6:30 PM** – €2 will be kept back of the guarantee if too late.
- Guarantee: €5/number, to be paid cash or by credit/debit card, but guarantee will always be returned cash.

#### MEALS

- location: Gentse RS (have a look at the map)
- ordered in advance by email [info@loods25.be](mailto:info@loods25.be)

#### DRESSING ROOMS & SHOWERS

- 3 locations: Gentse RS, KRSG & KRCG (have a look at the map)
- ATTENTION: do not leave valuable items in the dressing rooms. The organising committee is not responsible for occasional loss.
- Lost and found objects are gathered at Gentse RS (have a look at the map).

#### MEDICAL SERVICES & RESCUE

- hospital: "Jan Palfijn", (have a look at the map).
- Physician and first aid: regatta village.
- in case of **emergency**: ☎ 112
- **Police**: ☎ 101

#### PRIZES & TROPHIES

- To be collected at the regatta village from 2:00 PM on.
- Please show up with your entire crew: there is a podium and medal ceremony (at no specific time).

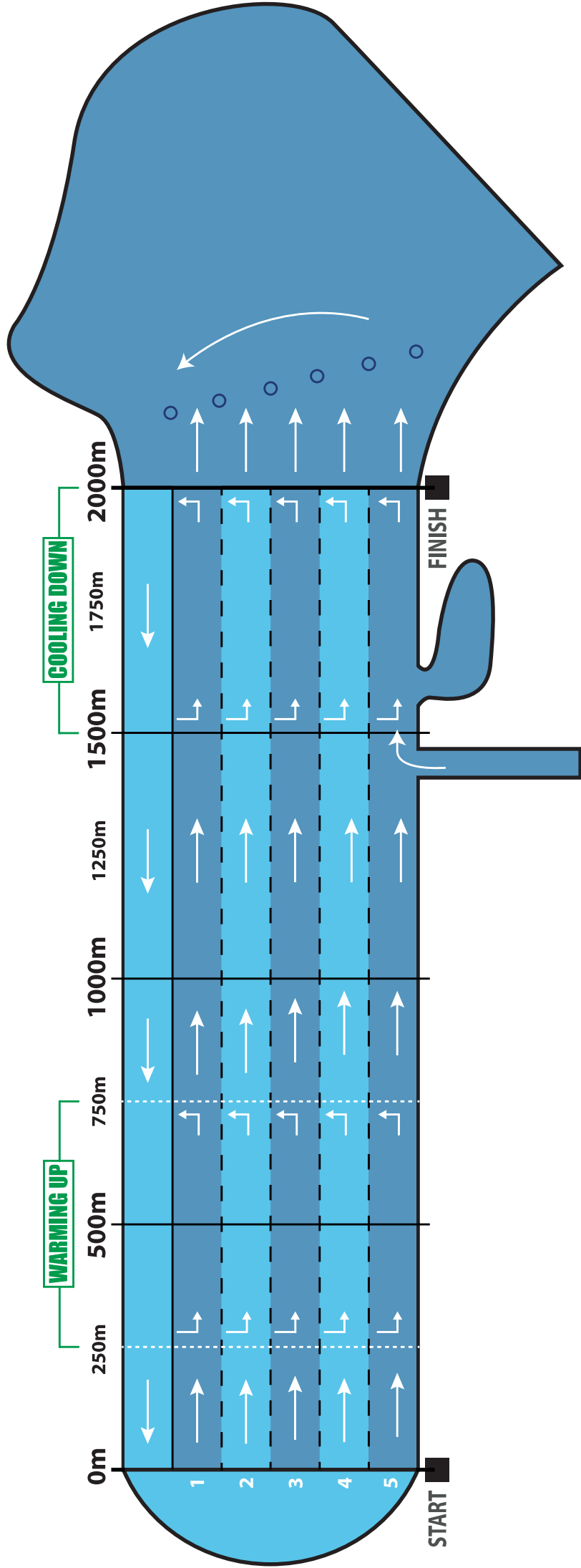
#### HOW TO FOLLOW RACES

- All bicycles must follow the bike path. Traffic police will penalise cyclist who do not respect this rule. Be aware of road works at 1250m mark.
- The umpiring car has absolute priority: no cyclist between the official car and the rowing course.
- The organising committee is not responsible in case of an accident.

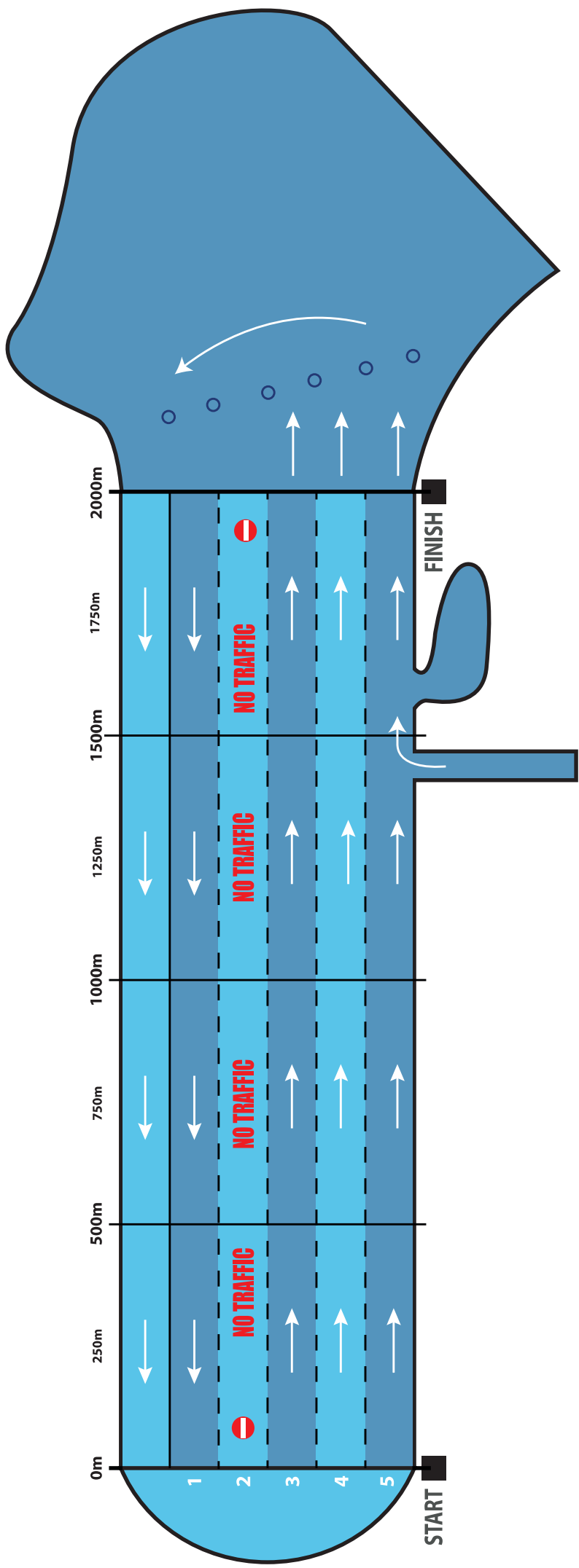
#### RESULTS

- The results will be published in the regatta village and at the Gentse RS. The results will also be online on the following link: [www.gentsers.be/live](http://www.gentsers.be/live).

# TRAFFIC RULES: RACING



# TRAFFIC RULES: TRAINING



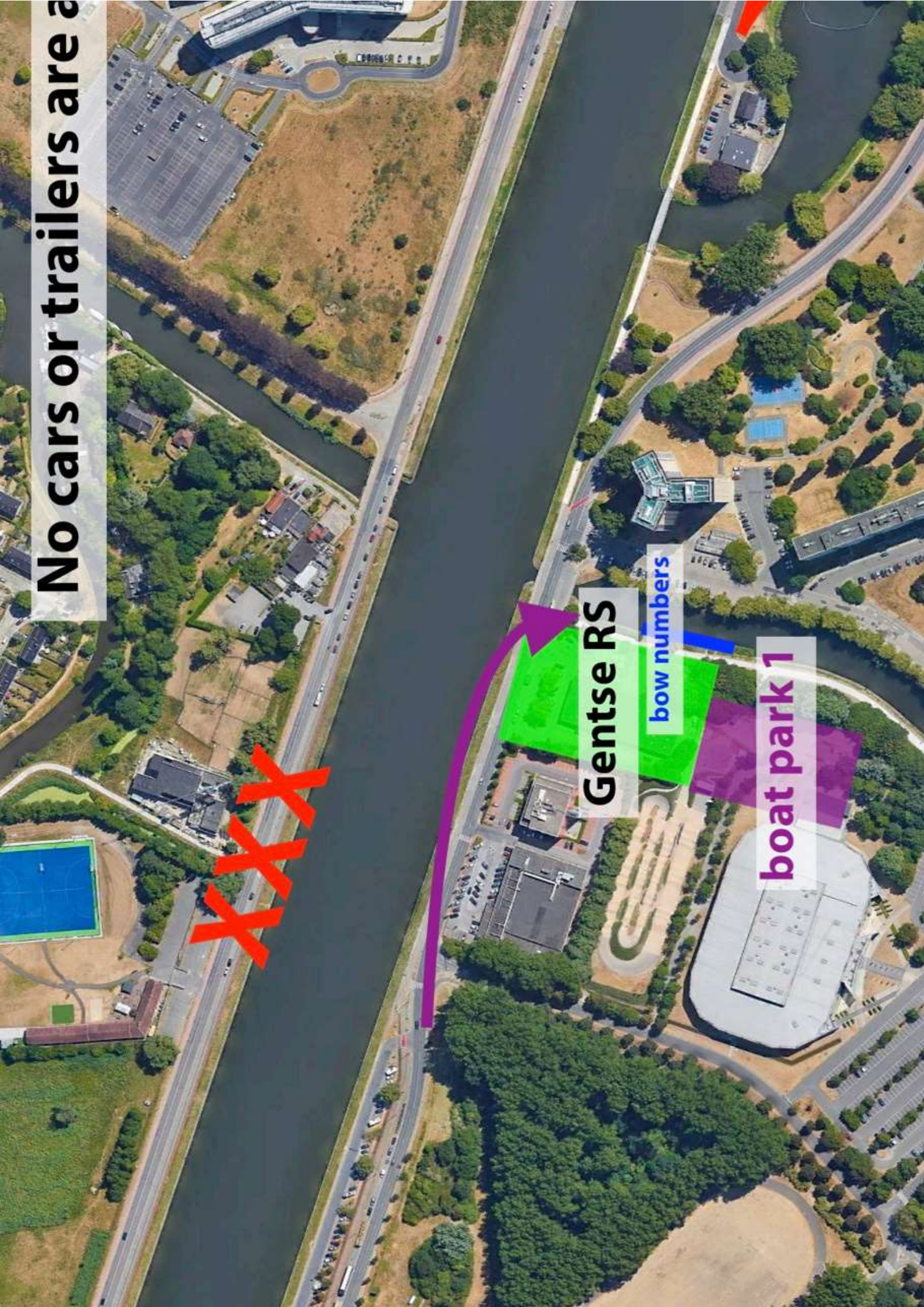
No cars or trailers are allowed

XXXX

Gentse RS

bow numbers

boat park 1



**no trailers or cars allowed**

**only trailers  
no cars allowed**

