

# Info for Coxswains

An overview of the racecourse

2024



# Reading guide

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# The main changes

This year (2024) there will be no major changes compared to last year.

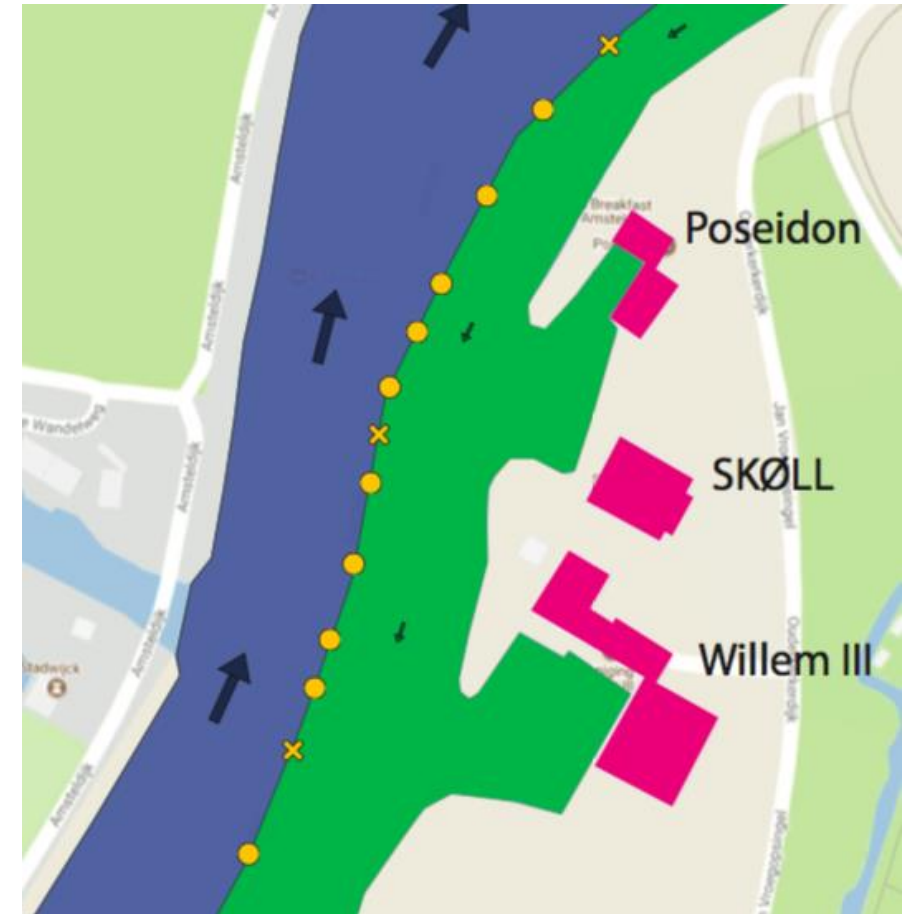
The two changes that were made last year were received very well and will remain.

- Passing of the bridge in Ouderkerk is prohibited. The start will be at the same location as last year, a few hundred meters towards Amsterdam.
- The finish will be in front of rowing club De Hoop in Amsterdam.



# Warm up / Cool down

- Warm up / cool down lane along the entire racecourse
- Rowing outside the warmup lane is only permitted rowing southwards (towards the start) of the Rozenoord bridge between 1 hour and 10 min before the first start of your own block and after the passing of the last team of the race. (Rules item 8)
- Follow the instructions of the umpires
- Warm up in time slots according to special draw
- After passing the Rozenoord bridge please row in order of numbers as much as possible
- The possibility to overtaking in the warm up lane is very limited
- Laying idle is only possible in the wider areas of the warm up lane



# Warm up & Time slots

- All crews need to start their warm up on time
- Checkpoint T1 needs to be passed between 55-40min before your own start. Crews that are early can use the *Duivendrechtsevaart* to continue their warming up
- All crews need to pass the Rozenoord bridge between 40 and 35 minutes before their own **theoretical** start time. This time will be presented for each individual team on a separate draw and on their crew number.
- **Crews that are passing the Rozenoord bridge too early will be stopped and ordered to wait.**
- **Crews that are too late at the Rozenoord bridge might be stopped and excluded from the race!**  
**Be aware that you will have a timeslot of 5minutes to pass the Rozenoord bridge!**
- T1 and start times will be printed on the start numbers.

# Buoys & Warm up lane

There are buoys in 2 colors and 2 sizes

- Small Buoys
  - Yellow: careful overtaking in the warm up lane is allowed
  - Orange: overtaking and laying idle in this section of the warm up lane is prohibited
- Tall Buoys
  - Long distance orientation
  - Marking of special situations



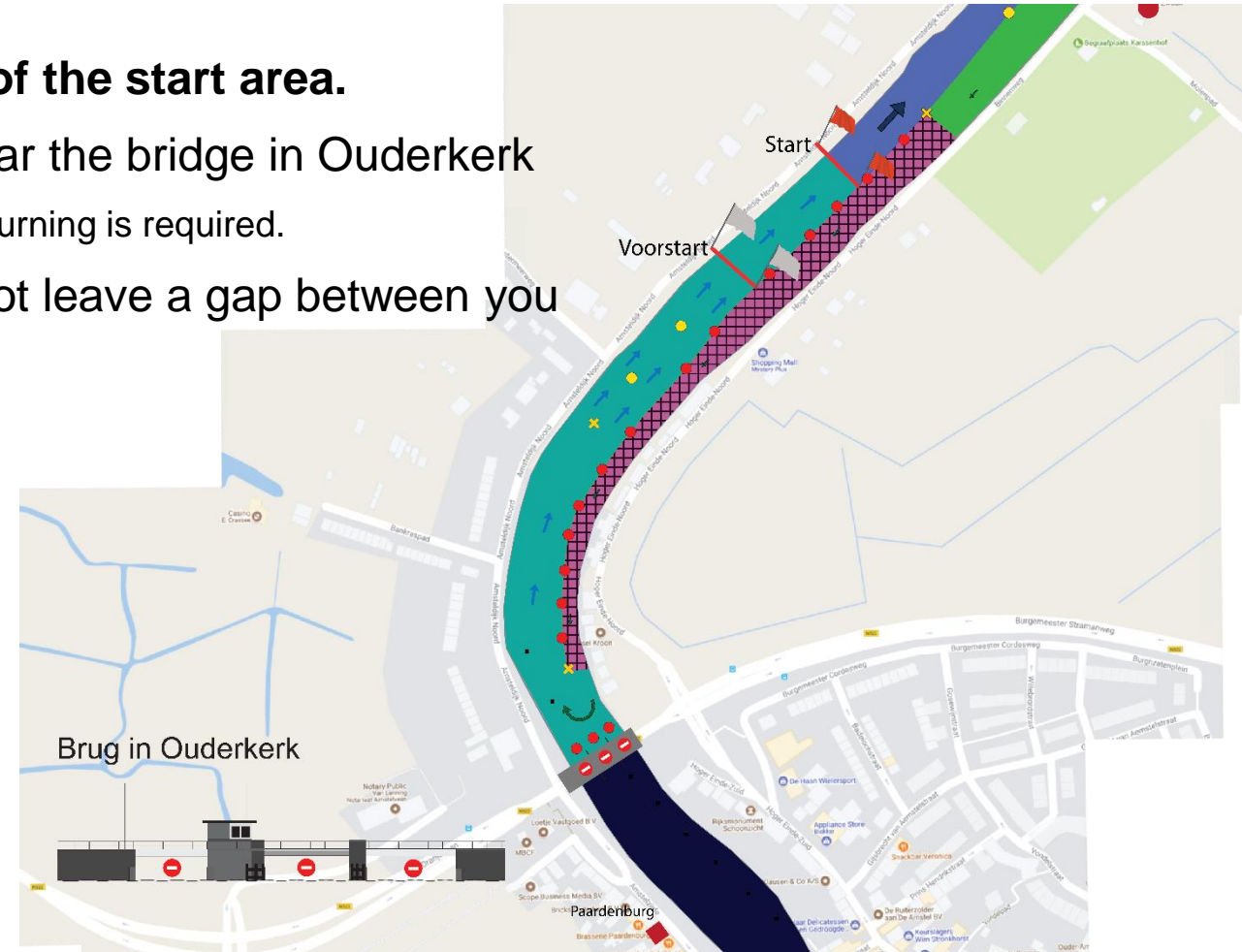
# Buoys & the Racecourse

- Just like during the warmup, you need to keep all the buoys on your starboard side during the race
- At several locations, extra buoys are placed also on port side, indicating special or potentially dangerous situations (f.i. at Amstelkanaal). These situations are presented in the course map
- Passing a buoy on the wrong side or leaving the racecourse can lead to a penalty. If passing the buoy on the wrong side leads to a potentially dangerous situation, the team can be excluded from the race.

# Line up & Turn to the Start

**Umpire instructions overrule all rules presented of the start area.**

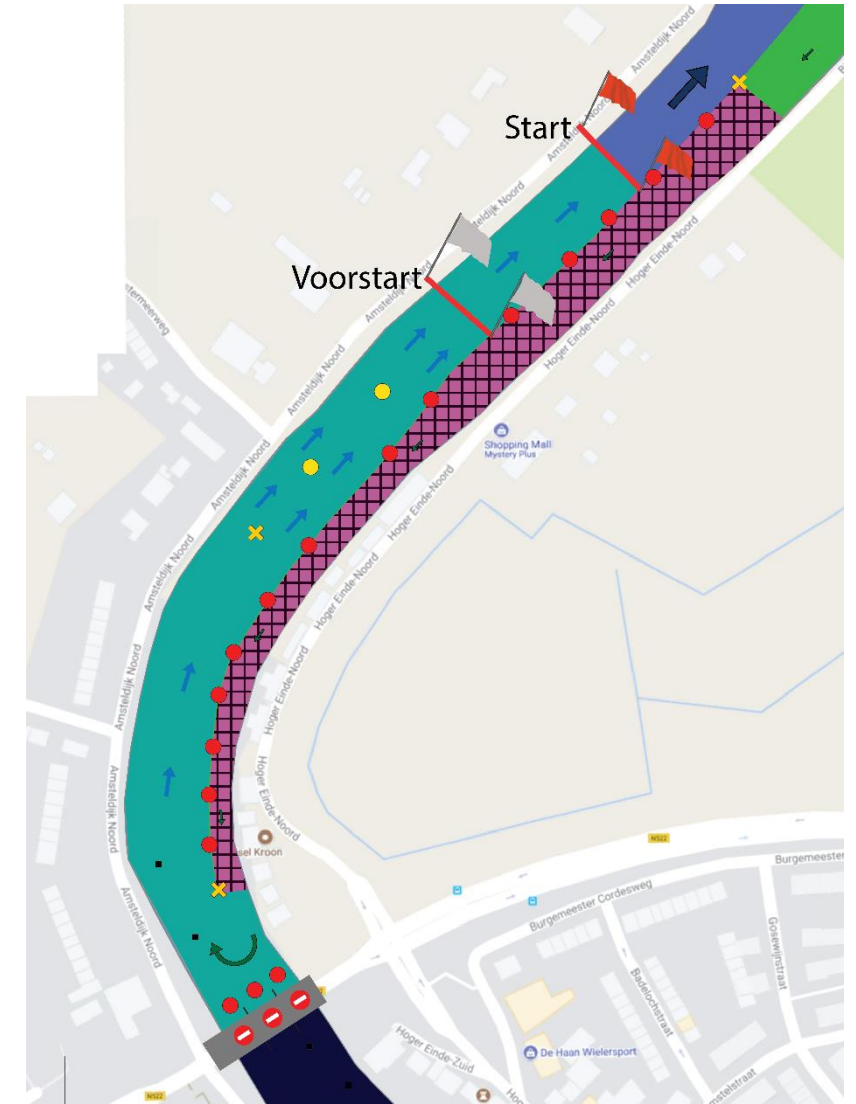
- Turning is only allowed behind the turning buoy near the bridge in Ouderkerk
  - Unless, **based on specific instruction of the Umpire**, early turning is required.
- After turning in numbered order to start area. Do not leave a gap between you and the boat in front of you
- Split to port and starboard side:
  - Odd numbers to port side
  - Even numbers to starboard side
- Side by side to the pre-start
- Pre-start is located 100 m before start





# Start area

- Prestart line is situated 100 m before start line and marked with two buoys with a white flag
- Start line is marked with two buoys with a red flag
- When passing the pre-start, start picking up your speed to race speed
- There will be continuous starting every 15-20 seconds
- Between events there will be a gap of a few minutes



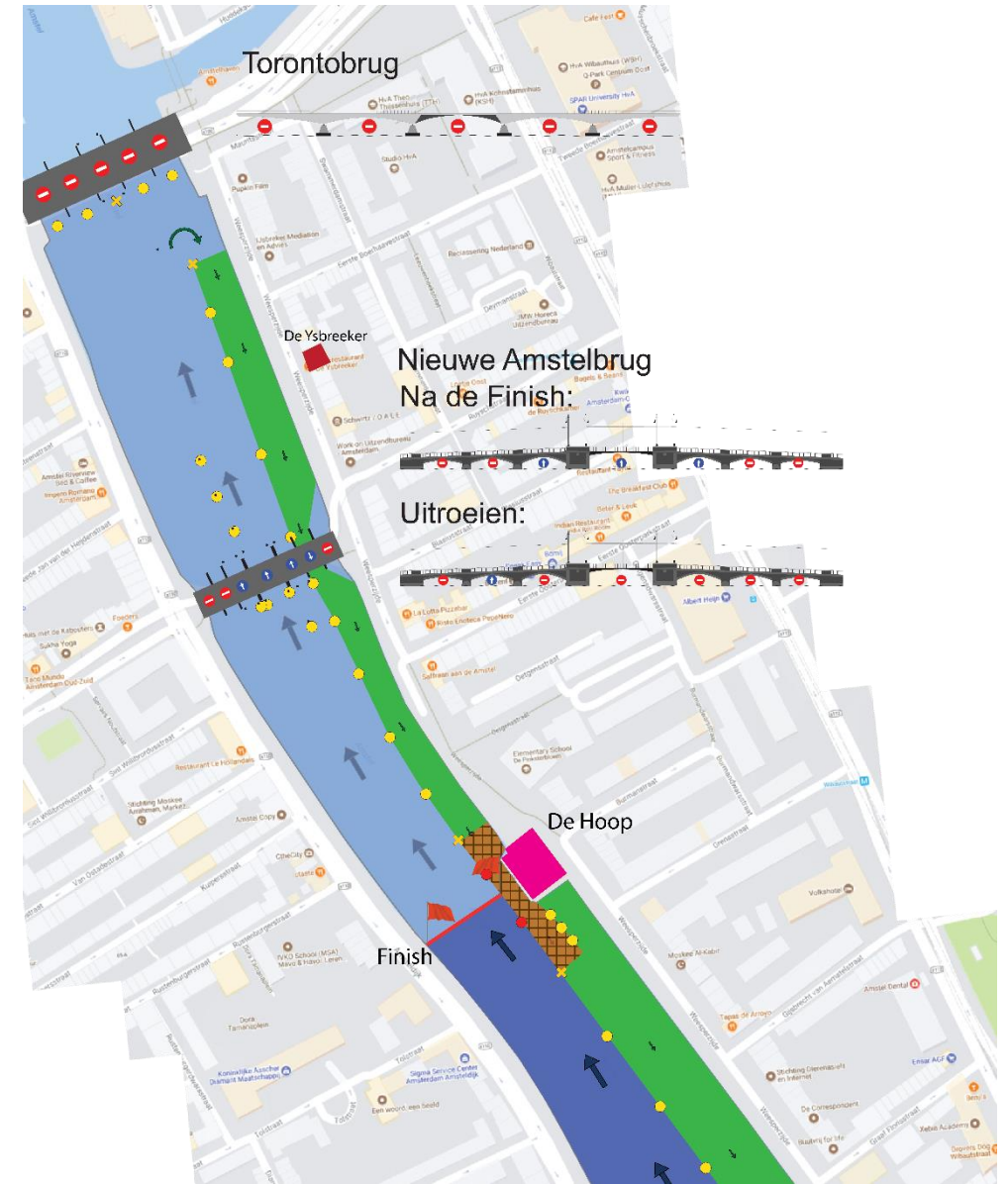
# Race Course

- Curved racecourse of around 8km
- Check the overtaking instructions on the website [headoftheriver.nl](http://headoftheriver.nl)
- Warm up lane is prohibited rowing during the race
- Using closed bridge arches will result in exclusion
- **ATTENTION:** Starting at the Duivendrechtse Vaart, directed towards the city of Amsterdam, the warmup lane is also open for pleasure boating in both directions.  
***Be careful, it can become busy.***



# Finish area

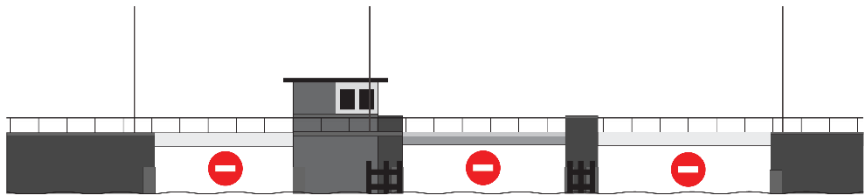
- Crews will finish in front of rowing club De Hoop
- The finish is marked with two buoys with a red flag
- Crews need to continue rowing after the finish line, passing the Nieuwe Amstel bridge
- Protests can be announced at the umpire after the Nieuwe Amstel bridge in one of the launches
- Passing the Toronto bridge is prohibited
- **ATTENTION:** On the east side (warm up lane) pleasure boating is allowed in both directions. Pay attention to motorized crafts in the area after the finish and after the Nieuwe Amstelbrug



# Bridges along the racecourse 1/6

## Bridge in Ouderkerk

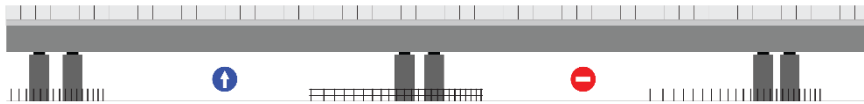
- If a crew does go under the bridge in Ouderkerk in preparation for the race they will be excluded from the competition.



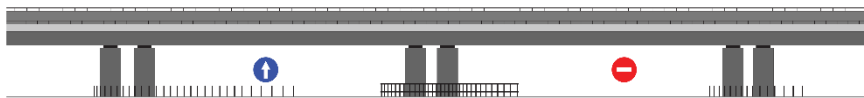
# Bridges along the racecourse 2/6

Rozenoordbrug

Race Direction



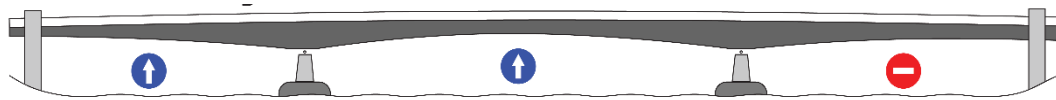
Warm up Direction



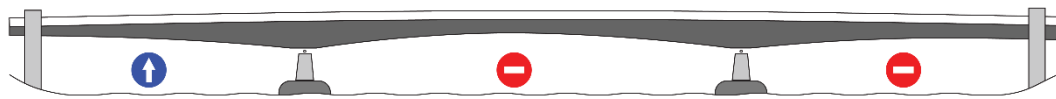
# Bridges along the racecourse 3/6

Utrechtse brug

Race Direction



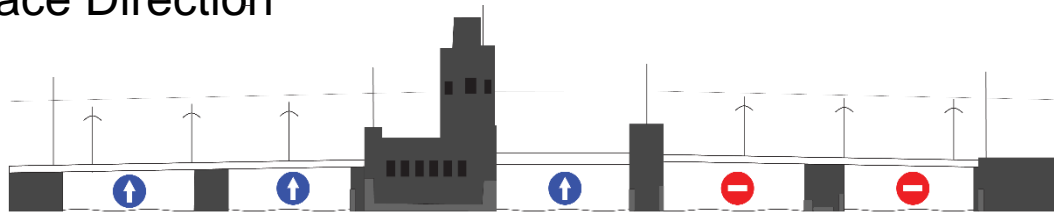
Warm up Direction



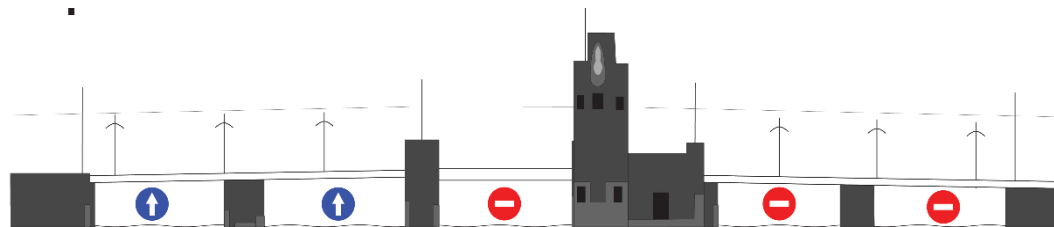
# Bridges along the racecourse 4/6

Berlagebrug

Race Direction



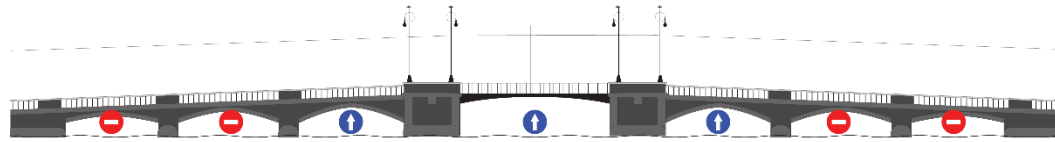
Warm up Direction



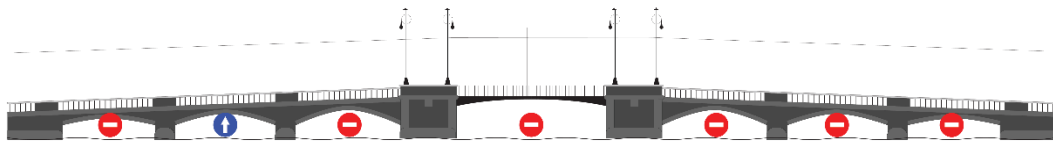
# Bridges along the racecourse 5/6

Nieuwe Amstelbrug

Directly after the finish (race direction)



Cool down Direction





# Bridges along the racecourse 6/6

- Passing a closed arch, regardless which bridge, leads to exclusion from the race
- At the end of the Head of the River area, in Amsterdam, passing the Toronto bridge is prohibited

Torontobrug



# Coxwains

- Weighing will take place in the repair shop of rowing club Skøll, between 3 and 2 hours before the first start of their OWN race
- Coxswains of the juniors-16 crews, masters, club, mixed and company eights do not weigh in
- A coxwain needs to become 15 years old or older in the current calendar year
- Coxswains of Junior-16 crews have a different age limit: minimum of 12 years old at the day of the race
- If ballast (extra weight) is required, take it with you in the boat and place it as close to the coxswain seat as possible



# Clothing & Crew numbers

- Clothing of all rowers and coxswains need to comply with clothing rules of their federation
- Coxswain and bow rower wear their crew number PERMANENTLY visible both on:
  - Race clothing
  - Warm up / cool down clothing
- Crew numbers can be taken home as a souvenir

