

COL PANTON MEMORIAL MARATHON

INSTRUCTIONS TO COMPETITORS

AT THE START:

- The start area for 2008 is at the entrance to Molonglo River in East Basin, near the Boathouse Restaurant.
- All starters must be behind the start line to receive race instructions by **0645**. Late arrivals may be excluded.
- Crews/scullers not on the published start list will not be started in the race.
- If it is a cool day, wear an extra top to the start, as you will be sitting behind the start line for some time.
- Crews/scullers will be started according to the published handicap list
- You must obey all directions given to you by the boat race officials

DURING THE RACE:

- You may navigate the most direct course from start to finish
- When overtaking, both the overtaking boat and the boat being overtaken have a **shared responsibility** to be careful. The faster boat is responsible for overtaking in a safe manner. The slower boat is responsible for not impeding the overtaking boat and for alerting the overtaking boat if it is getting too close.
- If you are swamped or you capsize, **stay with your boat** and await assistance from the boat race officials. **Do not** leave your boat and attempt to swim for shore.

AT THE FINISH:

- After finishing, **all** boats **must** move off the buoyed course to proceed to warm down area
- The warm down area is between the 1800m start and the 1000m start on Yarramundi Reach.
- Traffic flow in the warm down area is in an **anti-clockwise** direction
- All boats **must** remain in the warm down area until after the warm down marshal has signalled that the last boat has finished
- Any boat that leaves the warm down area and enters the last 1000 metres of the Yarramundi Reach buoyed course without the clearance of the warm down marshal will be disqualified.
- Any boat that does not proceed to the warm down area after finishing will be disqualified.

FAILURE TO FOLLOW ANY OF THESE INSTRUCTIONS MAY RESULT IN DISQUALIFICATION

ALL COMPETITORS MUST BE SUFFICIENTLY COMPETENT TO BE ABLE TO:

1. ADHERE TO THESE INSTRUCTIONS

2. COMPLETE THE FULL 8.3km DISTANCE OF THE RACE.