



April 2010

Dear Rower,

On behalf of the Sark to Jersey race committee I would like to invite you to enter this year's race, which will be held on Saturday 10 July. If you are not familiar with this race it is the most prestigious rowing event in the annual Channel Islands rowing calendar.

The race is the longest of its type in Channel Island waters, covering a distance of some 19 miles from Dixcart Bay in Sark, a dog leg round the Paternosters and then along the north coast of Jersey ending at Bonne Nuit Bay. The event attracts a large number of entries with a variety of rowing craft consisting of singles, pairs and fours crews. The majority of the participants, numbering approximately 140 on the day, are made up mainly of Jersey and Guernsey residents. However the event also attracts participants from the UK and France.

On race day in the evening there will be prize giving, a buffet dinner and music in a marquee on South Pier. Please do buy your tickets early if you don't want to be disappointed.... tickets sell out quickly and are limited to 320 this year!

Please find detailed below the programme of events (this year's scrutineering will take place during the week before the race):

*** Saturday 10 July 2010**

11:00 – 12:00	Race check- in and collection of scrutiny tag
13:00	Race start – mass start for all boats
19:00	Marquee party starts at South Pier - ticket entry only –
20:00	Buffet meal followed by presentation
01:00	Bar and disco closes

* Race cancellation date is 24 July 2010 race start 13:15

The closing date for receipt of fully completed race entry forms is **1 June**: the forms will only be considered complete when they are accompanied by all necessary supporting papers and cheques. You are most strongly advised to submit forms as soon as possible in case there are any mistakes or omissions. Forms that have not been received and forms that remain incomplete in any way by the closing date will not be accepted for entry in the race.

Jersey competitors only – please note the rule change last year whereby each crew must provide one helper for a minimum of 5 hours on race day.

Look forward to seeing you on the day!

Kindest regards,

Paul Coutanche
Race Co-ordinator

Contact number: 07797 725334



2010 Race Entry Form

Please write in block capitals and ensure **all information** is provided

Entrants name & contact details (captain in case of multiple crew):

Name			
Address			
Telephone number	Day	evening	mobile
E-mail address			

Boat detail:

Club / sponsors name			
Boat number			
Boat colour			
Length		metres	cms
Location of boat 7 days before race			

Boat insurance:

Insurance certificate	Tick to confirm boat is insured and a copy of insurance certificate document is attached <input type="checkbox"/>
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Classification (please tick the appropriate box):

	Ladies fixed seat	Ladies sliding seat	Mens fixed seat	Mens sliding seat	Mixed fixed seat	Mixed sliding seat
Singles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pairs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Crew members (plus insurance warranty):

I/we, the undersigned, hereby agree that I/we shall participate in the Sark to Jersey Rowing Race entirely at my/our own risk and I/we agree to hold the organisers and officials of the race harmless and indemnified against all claims and/or loss, damage or bodily injury arising out of my/our entry in the race. The organisers are insured against third party risks only; any claimant against the organisers would have to prove that his/her loss or injury resulted from the negligence of the organisers or official representatives. **Please note** – all crew members under the age of 16 will require written parental consent. By signing below I/we hereby accept that I/we hold day membership with the Jersey Rowing Club.

	Full Name (in capitals)	Sex	Date of Birth	Signature (every participant must sign)
1.		M / F		
2.		M / F		
3.		M / F		
4.		M / F		
Cox		M / F		

2010 Race Entry Form (continued)

Please enter no of tickets required in the boxes below:

Type of ticket	What's included	Price per person	Numbers (meat eaters)	Numbers (vegetarians)	Total cost
Competitor ticket	Race entry fee, Evening buffet / disco 2 programmes	£37.00			£
Competitor ticket (under 16's only)	Race entry fee Evening buffet / disco 2 programmes	£23.00			£
Guard boat / non competitor/ helper evening social ticket	Evening buffet / disco	£18.00			£
Transport to St Helier (non Jersey competitors only)	Coach from Bonne Nuit	£3.00	No of people:		£
TOTAL COST					£

~ Ticket Notes ~

1. No refunds will be given
2. Admission to evening event is ticket only
3. All tickets must be paid in full on return of this form
4. All cheques made payable to 'JRC Sark to Jersey Account'

T-Shirts:

Each member of the crew will receive a newly designed free T-shirt. Please indicate chest size by indicating numbers in the appropriate box

Mens small 38	<input type="checkbox"/>	Mens medium 42	<input type="checkbox"/>	Mens large 44	<input type="checkbox"/>	Mens X large 48	<input type="checkbox"/>
Ladies small	<input type="checkbox"/>	Ladies medium	<input type="checkbox"/>	Ladies large	<input type="checkbox"/>	Ladies X large	<input type="checkbox"/>

Guard boat detail:

All entries will provide their own guard boats. It is important that the guard boat is capable and equipped to rescue the whole crew and has a VHF radio. I, the undersigned, hereby agree to safeguard the rowing boat in which the crew (listed on page 2) will be competing until the crew member(s) is/are returned to safety and will co-operate with the organisers to that end.

Boat skipper	Contact number
Name of boat	Make of boat
Colour	Length
Signature of skipper	Date

Rowing Team Captain's declaration:

I have read and understood the race rules (attached) covering the boat equipment and crew and I agree that my crew and I will abide by them and by all decisions and instructions from the organisers and scrutineers in the general running and conduct of the race.

Signature	
Full name	
Dated	

Please return 1) entry form 2) insurance document 3) helper information sheet
And 4) cheques by 1 June 2010 to:
Paul Coutanche, L'Etacq House, La Route De L'Etacq, St Ouen JE3 2FD.



Jersey Crews Only - Mandatory

2010 Helper Information Sheet

Each crew must provide one helper (over the age of 18) for a minimum of 5 hours on race day. The helper will also be expected to attend a briefing session two weeks prior to the race – the race committee will contact them directly to confirm date and time.

Failure of the helper to attend the briefing session or race day will result in disqualification of your race entry.

Please write in block capitals and ensure all information is provided

Boat / Crew information:

Captain's Name	
Boat Number	
Daytime contact number	
Evening contact number	
Mobile number	
E-mail address	

Helper Name & Contact Details:

Name	
Address	
Daytime contact number	
Evening contact number	
Mobile number	
E-mail address	
Sex	Male / Female
Date of Birth	
Signature	

SARK TO JERSEY ROWING RACE RULES 2010

A. FIXED SEAT BOATS:

A1. BOATS: Must be a conventional sea-going craft.

A2. ALL BOATS: Of 4.3m and under must have a beam of not less than 1.07m. All others, except entries in the open class, must have a beam of not less than 25% of the overall length, beam to be measured at gunwale height to the outside surface of the skin.

A3. HULL SHAPE: No external projections of the hull above the water line except for fitting or moulding flange. One reverse shear of 3.7cm is permitted above the water line. On all fixed seat boats the pin or gate shall be within 2.5cm from the internal hull skin.

A4. DIMENSIONS: Boats will have a minimum internal depth of 38cm, this measurement will be required for the whole rowers cockpit area, and will be entered in the following classes subject to the maximum lengths stated, excluding rudder. Singles 4.9m. Pairs 6.1m. Fours 7.35m. Sixes 8.55m. Open 9.15m. Whalers may be entered in the open class only.

A5. WORKBOATS: Are defined as standard heavy craft, purpose built for fishing etc. eligibility subject to scrutiny.

A6. OPEN CLASS BOATS: Are orthodox craft built to offshore rowing requirements. Measurements – maximum length 9.15m, minimum beam 1.065m.

A7. FITTINGS: On all classes, rowlocks or gates must be attached directly onto the gunwales and no outriggers are permitted. Seats must be fixed, with no sliding fittings. It is also recommended that coxed boats have pump fitted in addition to carrying a baler and that all the non-coxed boats should have automatic pump i.e. singles or pairs.

B. SLIDING SEAT BOATS:

B1. The dimensions of sliding seat boats shall be as follows:

	Maximum Length	Minimum Beam	Horizontal Measurement (X)	Vertical Measurement (Y)
SINGLES:	6m	.75m	22.5cm	19.0cm
PAIRS:	7.5m	1m	35.0cm	23.0cm
OPEN:	10.7m	1.3m	45.0cm	30.0cm

B2. HULL SHAPE: When measured horizontally from the centerline of the hull (X), at its widest point, the hull must intercept a point less than the vertical measurement (Y) above the bottom of the hull.

B3. SLIDING SEAT: Boats shall either be of a wash deck construction or have venturi type or electric bailers fitted.

B4. OUTRIGGERS: Shall be permitted on sliding seat boats.

C. ALL BOATS:

C1. MINIMUM COMPULSARY EQUIPMENT: 3 oars, 3 rowlocks or gates and pins, A sharp knife, a torch, 3 flares, approved type and in date, 2 to be orange smoke, a whistle or audible warning device, A suitable hand bailer or manual bilge pump, wash deck boats exempt, 1 British standard type approved life jacket per crew member, non swimming competitors will wear a life jacket at all times while afloat. At the discretion of the race officials the spare oar for singles boats may be carried by that boats guard boat. The organisers recommend that the above safety equipment also be carried during any training.

C2. BOUYANCY: shall be fixed firmly in all boats so as to support the boat and crew on an even keel if swamped. Minimum buoyancy requirement 22.5 litres volume per crew member. This equates to approximately 22,500 cubic centimetres

C3. TOWING RING: A firmly fitted and adequate towing ring with minimum 6mm diameter rope attached, minimum length of 10m must be provided forward, the rope to be fixed in place for the duration of the race.

C4. CREW: No member of any crew will be under 14 years of age on the date of the race. No person will be able to compete unless the organisers are in possession of a completed insurance warranty and for under 16's a parents' or guardians' written consent. Any alterations to crew lists supplied with the entry form must be notified to the Scrutineers prior to the start. A female crew may have a male coxswain or visa-versa, but this may affect the eligibility for certain trophies, a mixed crew shall contain equal numbers of male and female rowers. Once the race has started coxswains may not take the place of any rower. No relief crew may be carried.

C5. GUARDBOATS: All entries will be accompanied by a guardboat. The name, size and colour of which must be given on the entry form and the guardboat skipper's name must be included. Provision for all this information will be found on the entry form and must be completed and returned with the entry form (by the specified deadline date agreed each year). Competitors are reminded that the organisers do not accept responsibility for providing guardboats or tows to Sark. Entries without guardboats will not be allowed to start the race.

C6. MARKINGS: A race number will be allocated when your entry is accepted. Note - race numbers allocated to boats will be left unchanged if possible. This number must be displayed on both sides of the boat at the bow within the first three feet of the boat in black on a white background. Also a black number on a fluorescent background must be placed on the bow or stern buoyancy tank, to be read from the bow. All numbers must be completely visible above the waterline. Boats losing their number between the start and finish risk disqualification. All Guard boats must display the number of the rowing boat that they are escorting; these numbers shall be a black number on a white background. In all cases, Rowing & Guard boats, all numbers must be in a plain font type that is easily read and be at least 25.0cm high and 5.0cm in thickness. If the number can be inverted, e.g. 9, it must have a black line 2.5cm thick placed underneath it.

C7. ALL CAPTAINS: Must report to the Scrutineers to check in at Dixcart bay and to collect your scrutiny tag no later than one hour before race start time. Further, if you arrive in Sark with your boat damaged, please advise the Scrutineers.

C8. SCRUTINY TAGS: Will be issued to each race entry. These must be handed in to the committee representative at the refreshment table after the finish or in the event of retirement to a radio guardboat Skipper. Failure to notify the control boat of an entry's retirement jeopardises the safety of other rowers, please try to ensure that the information is radioed in. Failure to hand in your scrutiny tag at Bonne Nuit without good reason will result in no time being recorded and disqualification

C9. VHF RADIO: May be carried by entrants but should only be used in an emergency and only by those licensed to do so. Electronic navigation aids will be permitted.

C10. TO CONFORM: With an undertaking made to the Sark authorities, no competitors will make arrangements to stay overnight in Sark on the Friday proceeding the race unless the individual names of the competitors, escort boat crew and all other passengers in the overnight party are notified to the Race committee at least one week before the race.

C11. THE INTER – ISLAND: Competition for the Le Poidevin Trophy will be competed for by all classes on a points system as follows: In any class the entries from each Island will be totalled and the Island submitting the least starters in a class will determine the number of points for that class. e.g. 5 singles Guernsey, 4 singles Jersey therefore 4 points available for that class. The first singles will receive 4 points, second 3 points, third 2 points & fourth 1 point.

C12. COMPETITOR HELPERS: Each Jersey crew must provide one helper (minimum age 18) on race day for a minimum of 5 hours.

C13. COMPETENCY: Any crew or individual entering the Sark to Jersey Race without the approval of an established rowing club will be asked to prove their competency to complete the race to the satisfaction of the Jersey Rowing Club's Committee ("JRC")

C14. THE DECISION: of the JRC is final with regard to the above rules.

Note - please check your car insurance before you tow a rowing boat. Some insurance companies do not automatically cover towing