



# POPLAR REGATTA 17th May 2026 at E16 2QT

## NOTES TO COMPETITORS

### Getting to the Regatta

1. Please see directions at [www.pbdr.co.uk/poplar-regatta](http://www.pbdr.co.uk/poplar-regatta). The Regatta Centre postcode for all vehicles including spectators, towing vehicles and cars carrying sculling boats is E16 2QT. Spectator parking is chargeable.

### Check-in, Substitutions, Weighing

2. The draw with lane allocations and heat allocations is at [www.pbdr.co.uk/poplar-regatta](http://www.pbdr.co.uk/poplar-regatta).
3. Regatta Reception is in the Reception Foyer at the London Regatta Centre (NOT the Regatta Centre reception desk). Collect race numbers there.
4. Coxes must be weighed and can collect their weight slip at Regatta Reception. Coxes need to carry ID. Please note 45kg minimum weight for J14 and J15 crews, 55kg minimum weight for all other crews. Cox boxes may NOT be carried when weighing-in as these are considered to be part of the boat.
5. Crews will be issued with a plastic race number for the boat's Empacher slot which will be in the format Letter (A-Z) Number (1-6). There will be no paper numbers. The number indicates the allocated racing lane number (see below).
6. Substitutions will remain open on BROE until afternoon on Saturday 16th May. Where possible please make substitutions on-line yourself. If BROE has closed please make substitutions at Regatta Reception before racing and allow extra time for this to happen.

### Start and race organisation

7. The course is 2000m with Stern-On-Start, Bows-Finish. The start is at the east end of the Royal Albert Dock. The finish is at the west end near the Regatta Centre. Distances and Start and Finish are marked on the south wall of the dock next to the airport.
8. Racing is on a 6-minute cycle. Racing starts at 09.00 and continues until 12.54, breaks at 13.00 until 14.24, then continues until 18.00.
9. For races with 2 heats and a final, progression is: Heat Winners go through to the final. The next 4 fastest crews from both heats combined go through. For races with 3 heats and a final, progression is: Heat Winners go through to the final and the next 3 fastest crews from all heats combined go through. All finals will be 6-boat races unless crews withdraw.
10. If weather conditions deteriorate so that finals from heats cannot be held, winners will be declared from the fastest times recorded during heats.
11. If a crew scratches from a 2-boat final, the remaining crew must row-over the course to claim the win and prizes.
12. The airport will be in use during the afternoon of the regatta and planes will be taking off and landing. Because of the noise, the start umpire will attempt to hold back races until relative quiet prevails.

### Going afloat

13. Boating should be between 45mins and 30mins before your race is timed to start. If you are late at the start you risk an Official Warning or you may miss your race altogether.



14. Per Rules of Racing 7-2-8 Equipment Check, competitors are fully responsible for ensuring the condition of their boat. Race Officials may undertake spot checks and shall exclude any boat that fails to meet the standards. All boats must display their 6-character ID code.
15. Random checks will be made on crew composition by roll-call at the OUT pontoon.
16. Use the OUT pontoon (further to the east, nearer the start) for going afloat. Bowballs down the ramp first. Put blades on the side of the dock above the pontoon with handles through the fence sticking towards the water. DO NOT store blades on the pontoon. There will be helpers on the pontoon to assist you in getting afloat and to push you off.

#### **Going to the start**

17. Warming-up towards the start is ONLY travelling eastwards towards the start in the start approach lane. YOU MUST NOT TURN ON TO THE COURSE to warm up. Any crews doing so are liable to be disqualified.
18. Any crew suffering an equipment failure on the way to the start should notify an official and follow instructions for safe return to the IN pontoon.
19. When you arrive at the Pen, near the east end of the dock, aiming to be there 10mins before the start of your race, wait under Pen Marshal's instructions until called to go forward to the start pontoon.
20. Crews should ensure they know their allocated lane number. Lane 0 is the safety boat lane next to the airport. Do not enter this lane. Lanes 1 to 6 are racing lanes, 1 nearest the airport, 6 furthest from it. Lane 7 is the start approach lane. YOU MUST FOLLOW THE CLOCKWISE CIRCULATION PATTERN AT ALL TIMES while afloat. Lanes will not be re-drawn if crews scratch.

#### **At the start**

21. Crews should attach themselves to finger-piers stern first. Any crew failing to do so within a reasonable time is liable to be disqualified.
22. At the start, the start of the race will be signalled with traffic lights and aurally with loudspeakers. If these fail, the start umpire will call the start with a loudhailer and the drop of a flag. The start umpire will be situated on the road bridge above the start line.

#### **During the race**

23. The race is bank-umpired, with umpires at 500m intervals along the course. If a race is halted, for example because of a false start, follow instructions from the umpires to return to the start.

#### **At the finish**

24. Umpires at the finish line near the Regatta Centre will decide the order of finishing, and times will be taken. This information will be available on the Time Team website at <https://regatta.time-team.nl/poplal/2026>.
25. After passing the finish line, crews should hold-up their boat, turn and head for the IN pontoon taking care not to cut across the racing lanes. There will be helpers on the IN pontoon to assist crews coming ashore.
26. Your plastic race number will be removed from your boat after each race by the helper at the top of the IN ramp who will be collecting them. If your crew has succeeded in qualifying in a heat to go through to the final, please return to Regatta Reception to get a new number for the final.



### **Prizes**

27. Crews having won their event should present themselves as a complete crew at Regatta Reception with photo ID for each crew member. They will be given a prizes slip which should be taken to the Prizes Tent where prizes will be issued. Some events have trophies associated with them and photos can be taken of crews with trophies, but trophies may not be removed from the Prizes Tent.

### **Insurance**

28. Please note that the British Rowing membership insurance is only valid for UK residents who are resident in this country for more than six months in a year.