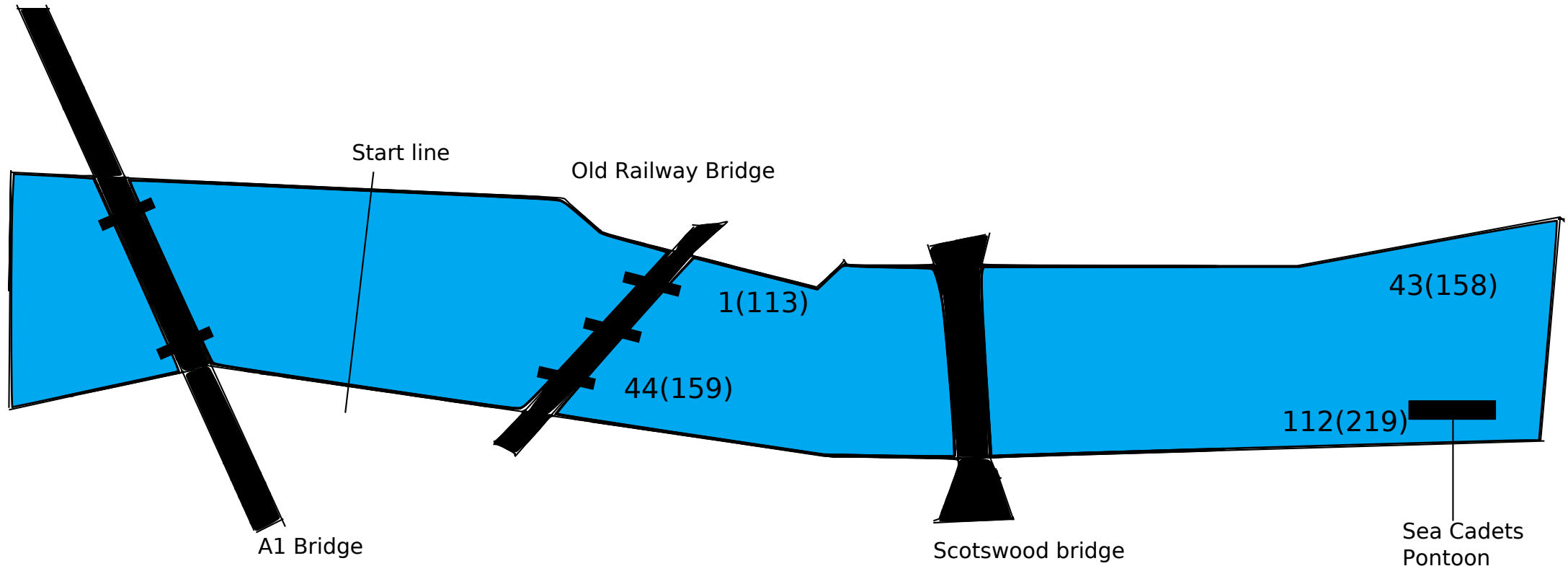


Tyne Head Races Start plan



Crews must assemble with bows pointing against the tide in number order

Eights should assemble on the north bank with crew 1 nearest the Railway Bridge

Fours and quads should assemble on the south bank with lowest numbers at the Railway Bridge

Crews will be instructed to turn and make their way to the start

Crews should paddle to the Railway Bridge through the Railway bridge towards the start.

Crews **MUST** use the central arches of all bridges

Crews will be instructed "Number....GO!" before the start line. Timing will start as the crew crosses the start

Crews must obey the marshals' instructions at all times