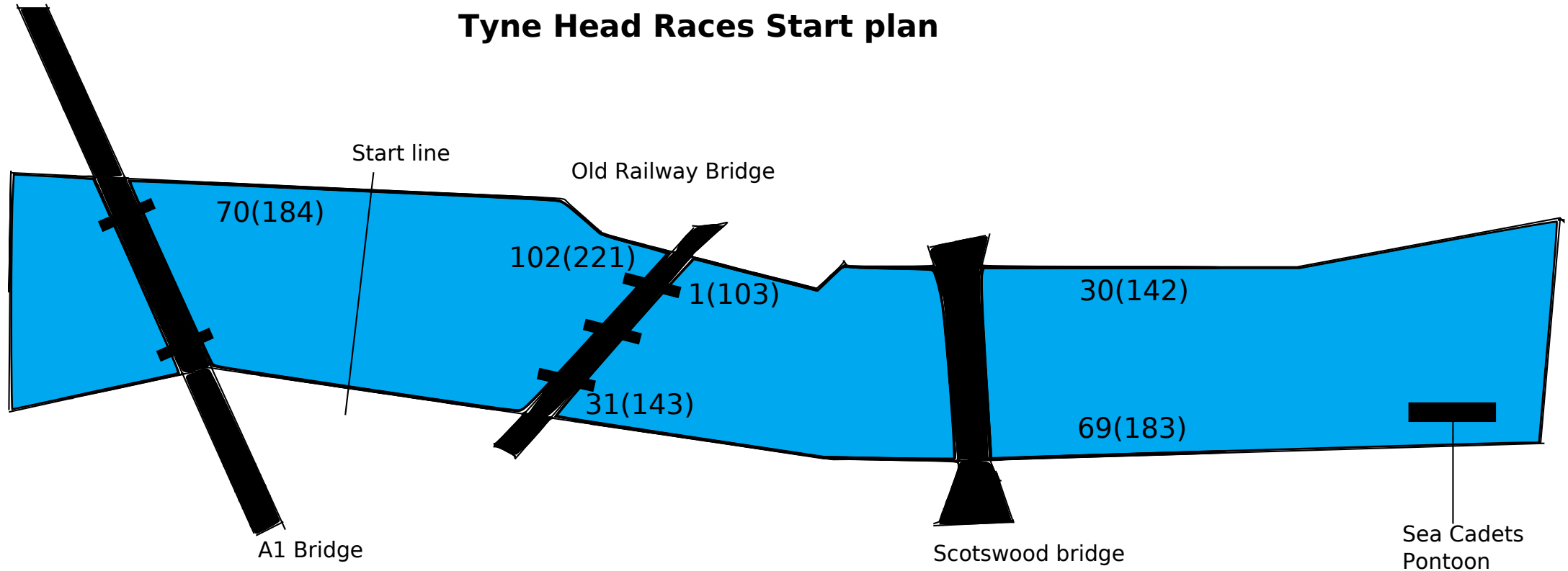


## Tyne Head Races Start plan



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

Crews 1-30 (103-142) should assemble on the north bank with crew 1 east of the Railway Bridge

Crews 31-69 (143-183) should assemble on the south bank east of the railway bridge the Railway Bridge

Crews 70-102 (184-221) should assemble on the north bank west of the rail bridge.

Each set of crews will be instructed to turn together.

Crews should paddle through the Railway bridge towards the start.

Once crew 30 (142) has passed through the railway bridge crews 70-102 (184-221) will be instructed to move up through the railway bridge, then turn and proceed to 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