

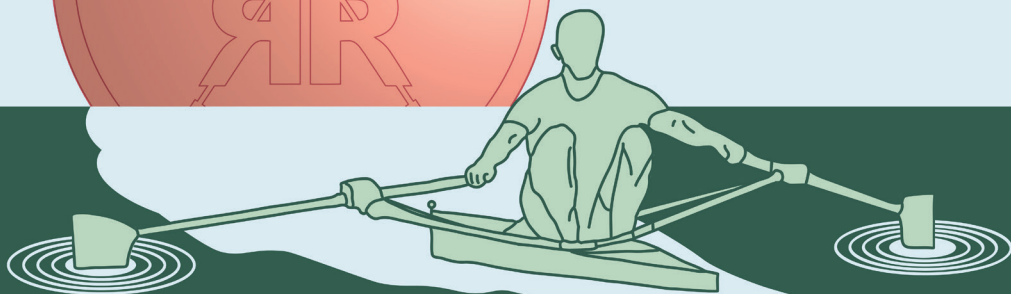


48^{ste}

OC&C RINGVAART REGATTA

31 MEI 2023

IN DE BAN VAN HET BLIK



100 km

Georganiseerd door
LAGA

 **OC&C**
Strategy Consultants


NORTHWAVE
Intelligent Security Operations


TU Delft

Charity



The OC&C Ringvaart Regatta is a great opportunity to raise money for charity. This year, too, there are many teams who will brave the 100-km rowing marathon with the goal of helping their fellow man a little further.



Table of Contents



Charity	3
Our Primary Sponsor and Other Sponsors	5
Preface President OC&C Ringvaart Regatta	6
Preface President of the D.S.R.V. Laga	7
De 48 th OC&C Ringvaart Regatta Committee	8
The 48 th OC&C Ringvaart Regatta: partners	9
Rules and Regulations	13
Rules and Regulations PA-CC Sprint	17
Race Progression	18
Route	22
Stops	28
Bridges	30
Safe Navigation (Dutch)	33
Race ‘tips and tricks’	36
Contact Information	40

WITH THANKS TO

OUR PRIMARY SPONSOR



OC&C
Strategy consultants

AND OUR OTHER SPONSORS



Preface President OC&C Ringvaart Regatta



Dear Ringvaart rowers,

The moment has finally arrived, the challenge of 100KM lies ahead of you. This year the OC&C Ringvaart Regatta will be rowed for the 48th time. But before we step into the present, let me take you back to the past. In 1976, for the 100th anniversary of D.S.R.V. Laga, the K.S.R.V. Njord was challenged to a 100KM race, the very first OC&C Ringvaart Regatta. This race did not go unnoticed and Aegir from the Far North also appeared at the start. In the years that followed, more and more teams, both men's and women's, appeared at the start and the event grew to what it is today.

With the support of our main sponsor OC&C Strategy Consultants, we are able to organize a rowing regatta for more than 150 boats. We are exceptionally grateful to OC&C for this cooperation.

The OC&C Ringvaart Regatta is a race that attracts many types of rowers and non-rowers. Some of you will want to row the new record, while others want to draw attention to a charity case. There will be teams who have gotten into the rowing boat for the first time this year and others who have been rowing together for years. Whatever your motive has been to participate in the OC&C Ringvaart Regatta, you are all welcome to test your perseverance over 100KM.

We, as organizers, are extremely pleased to see that this year you and others are also enthusiastically participating in the OC&C Ringvaart Regatta. We are working hard to organize and professionalize the event, allowing you as participants to compete at your leisure.

At the end you will be festively welcomed at the finish grounds at Lijm & Cultuur in Delft. The grounds will be open to spectators from 15:00, so you will be cheerfully welcomed. The finish area will be an area to celebrate your achievement with others. I wish you all the best with the final preparations. The trek will be a real challenge, but during the 100KM don't forget to enjoy your location and company. With perseverance and your eyes on the prize, I am confident that I can congratulate you at the finish raft in Delft.

With a loud: "In de ban van het blik!"

Brechtje Krijvenaar
President of the 48th OC&C Ringvaart Regatta

Preface President of the D.S.R.V. Laga



Dear rowers, coxes and coaches,

On Wednesday, May 31, a special experience awaits you: you will be rowing the OC&C Ringvaart Regatta. 100 tough, yet beautiful kilometers lie ahead. Completing these kilometers is a challenge of stature. You have prepared yourself well for this over the past few months. For some these were the first rowing strokes, while others have thrown themselves back into the sport. It is precisely this rich pallet of participants that makes this event so special. Each of you has your own objective and your own motive for participating. Therefore, it is not a race against others, but a race against yourself.

The OC&C Ringvaart Regatta is even more of a mental challenge than a physical one. In the past period you must have experienced tough training sessions. Especially remember these moments when the going gets tough. You have successfully completed every training, this trip will also be successfully completed. You will also be fanatically supported by your coaches, roommates, clubmates, parents and other friends. Above all, be inspired by their cheers and know that the congratulations are yours when the finish line is reached!

47 years ago, the OC&C Ringvaart Regatta was first organized on the occasion of the 100th anniversary of the D.S.R.V. "Laga". Through the hard work of many people and the contribution of our main sponsor OC&C, the Ringvaart Regatta has become one of the biggest rowing events in the Netherlands. Again this year more than 300 volunteers are ready to make it an absolute success! These Lagaaiers will help you with the final touches and, thanks to you, will be able to create a successful day beforehand.

Given the preparations, it promises to be a wonderful day. Thanks to the efforts of the volunteers, but certainly also of you, it will be an absolute success. I wish you good luck with the final training sessions and the OC&C Ringvaart Regatta. Push your limits and don't forget to enjoy the event and its festival.

Good luck!

Julia van Mens
President of D.S.R.V. "Laga"

De 48th OC&C Ringvaart Regatta committee



Since 1976, the Delftsche Studenten Roei Vereniging 'Laga' has organized the OC&C Ringvaart Regatta. The organizing committee works for months towards this day, on which eventually all of Laga rolls up its sleeves with about 300 volunteers. They put in 100 kilometers of effort to make the race run as smoothly as possible. On behalf of all of us, we wish you a lot of fun and success!



Committee 48th OC&C Ringvaart Regatta

Brechtje Krijvenaar
Yara Hamade
Jeroen Janssen
Floor van Ruth
Jean-Paul Smit
Jasper Ming
Ruben Gerritse
Willemijn Cleijndert
Thijs van Iersel
Jildou Wassenaar

President
Secretaris
Thesaurier
Commissioner of External Affairs
Commissioner of External Affairs
Festival & Finish
Leidschendam
Logistics
Volunteers
Race Commissioner

The 48th OC&C Ringvaart Regatta: partners



OC&C Strategy Consultants

Also this year OC&C Strategy Consultants is the proud main sponsor of the OC&C Ringvaart Regatta. Not only are they sponsoring the race, this sporty consultancy company is also rowing the 100km themselves. OC&C has been our main sponsor for many years and we hope this cooperation will continue for a long time. Curious about what kind of company OC&C is? OC&C Strategy Consultants is a global strategy firm, advising top management of leading companies and institutions. OC&C distinguishes itself by focusing entirely on strategy consulting. By not performing other consulting services such as implementation, the firm focuses on what they do best: helping clients solve their most interesting and complex strategic issues. Curious? Take a look at the site: <https://www.occstrategy.com/nl/> and don't forget to encourage the OC&C boat!



OC&C
Strategy consultants

Feadship Stop Leidschendam

Also this year we are proud to announce another collaboration with Feadship. During the Ringvaart Regatta, the famous Leidschendam stop will be renamed the Feadship stop. Feadship will be present to encourage, support and give you extra energy. Don't miss this opportunity and stop by the Feadship stop. Answer the contest and have a chance to win great prizes. Whether you are a rower, cyclist or supporter, everyone is welcome!



PA-CC Sprintbokaal

The Sprintbokaal of the OC&C Ringvaart Regatta is for the last 500 meters of the race, within sight of the finish line at Lijm & Cultuur in Delft. PA-CC, Public Affairs-Coaching & Consulting from Utrecht is the sponsor of the Sprintbokaal 2023: the last 500 meters of the OC&C Ringvaart Regatta have been renamed the PA-CC Sprintbokaal this year. In these last meters you can kick all the energy out of your legs to then celebrate the top performance on the Party&Finish grounds!



Of course also this year there will only be one winner of the PA-CC Sprint Goblet and this winner will go home with an honorable prize. This year the founder of PA-CC, Mr. M. Krijenaar, will be happy to present the award to the winner. Herewith, in advance, Mr. Krijenaar's encouraging words: "I wish all participants in the Ringvaart Regatta much success and rowing fun, and remember: only the perseverer wins the sprint!"

Just graduated or graduating soon?

Start your career!

Are you an undergraduate or graduate student who just graduated and want to get your career off to a good start right away? Offers abound, but how do you make the best choice? With which employer can you learn the most? What kind of work best suits your education, interests and skills? And what really makes you happy? iTrainee helps you answer those questions, launch your career and guide you to the employer that suits you best.



Our traineeship gives you the chance to discover what makes your heart beat faster. We introduce you to a whole range of paths in business, from HR to Sales, Marketing, Finance and Logistics. At the same time, we work on developing your IT knowledge. Why? Because IT today plays an essential role in daily business operations and every part of an organization depends on IT. Developing your knowledge and skills in the field of IT will improve your chances on the job market.

We work closely with organizations such as Heineken, ASML, Rabobank, Hema, Deloitte and Atos. But also with smaller and medium-sized companies, so we can offer you the perfect environment to launch your career. For example, we have over 120 clients to start your career with! Because we know all the ins and outs, we will work with you to find the perfect match. If there is a match, you have found your employer and a permanent contract is waiting for you!

UniPartners

Who is UniPartners?

UniPartners has been an academic consulting firm for 35 years, consisting of 12 branches. We have a branch in every student city. In total we have 90 directors and run about 250 projects.

UniPartners

What does UniPartners do?

UniPartners links students to companies on a project basis. This means that when there is a challenge at a company, it will be defined into a project that will be executed by a student. This way, the student will have a fresh view on the project and will gain experience in the business world.

Jouw impact voor energie en klimaat ontdek je hier!

Zet samen met ons jouw vermogen in
voor de energie- en klimaat transitie



Rules and Regulations



1. Participation

- 1.1. Participation is possible by everyone, from 18 years of age.
- 1.2. The maximum number of participants is 170 boats. Admission will be in order of registration. After 170 entries, a team will be put on the reserve list, after which we will check whether there is still enough capacity for these teams. The maximum number of 8s this year is 50 boats. After 50 registered 8's, the next 8's will be put on the reserve list, after which it will be checked whether there is still enough capacity for these 8's.
- 1.3. Registration will be done via the website inschrijvingen.knrb.nl from 12:00 a.m. March 31, 2023 until 11:59 p.m. April 30, 2023. Changes to the registration will be accepted until 23:59 hours 30 April 2023. Participation is possible only after payment of the full registration fee. Payment must be completed by 11:59 p.m. May 16, 2023.
- 1.4. Refund of the entry fee is not possible. Exceptions may be made if the organization determines that there is force majeure.
- 1.5. The following gender classes will be issued: Men's, Women's and Mixed. The team is mixed if the team consists of an equal number of men and women. This does not include the coxswain. Free composition (for certain boat types). The team consists of any combination of men and women. If the team consists of less than 50% women and there is no free composition for the number in which the start is made, the team will compete in the men's classification.
- 1.6. Each team must start in the boat type in which they are registered.
- 1.7. By participating in the OC&C Ringvaart Regatta, one agrees to share data with the KNRB.

2. Boat

- 2.1. The boat must be delivered Tuesday, May 30, according to a daily schedule made by the organization (in case of the reserve date, it will be Tuesday, June 13, 2023). Boats delivered later than Tuesday, May 30, 2023 18:00 (in case of the reserve date, June 13 18:00) will be excluded from participation without refund of the entry fee. Should you be unable to meet this requirement you are requested to contact the OC&C Ringvaart Regatta organization as soon as possible. Teams are responsible for unloading their own boats. To this the following additions apply:

- When a boat needs to be rowed over to the starting location and weather conditions are predicted whereby it is not considered safe to row on Tuesday, May 30, the organization reserves the right to have these crews deliver their boat at another specified time.

- The organization reserves the right to move boats on the starting area for the purpose of easing the starting procedure.

2.2. A crew must provide its own boat and material. The organization is not responsible for damage caused during the race.

2.3. The boat will be inspected at launch on May 31, 2023. The organization reserves the right to exclude a boat should it not meet the requirements that will be set.

2.4. The boat shall meet the requirements as specified in the rowing regatta regulations of the KNRB article 17 to article 21 (to be found on the KNRB website).

3. Regatta

3.1. The team must have at least one person in charge who follows the team on shore. The telephone number of this person must be known to the organization of the OC&C Ringvaart Regatta.

3.2. In case of drop out or withdrawal during the race, the person in charge must notify the race committee. Teams must then still bear responsibility for the equipment.

3.3. The bow shall wear clothing of signaling color (e.g. fluorescent yellow shirt/shirt) during the race.

3.4. Boats will have individual start times. Times will be announced via the site on May 17, 2023.

3.5. Teams report for the start procedure on time at the specified start time, as communicated by the organization. Arriving late to the start may be fined (€20 for skiff, twos and fours and €50 for eights) and possibly result in exclusion.

3.6. At all times the instructions of volunteers on the shore prevail over the above mentioned rules. The instructions of volunteers must be followed at all times. Should you still be rowing after sunset (21:41 hrs), you must carry a white all around shining light. Boats rowing unlit after 21:41 will be disqualified. Any fines will be at your own expense.

3.8. The start will take place on Wednesday, May 31, 2023 from 5:30 a.m. according to the time schedule that will be published on the site under the heading field assignment.

3.9. An ascending team may not obstruct the ascending team and must give way in time so that the ascending team is free to choose its course. Safety and sportsmanship must be the decisive factors for both the ascending and running teams in the way they treat each other.

3.10. The finish must take place before 00:00 on the night of May 31 to June 01, 2023.

3.11. The organization reserves the right to exclude a team if, in the eyes of the organization, they are not going to meet the finishing time. This is in any case if the team stops at C4 (Café Ut Dobbertje) after 6:30 pm. Teams must then stop the race and moor at A.L.S.R.V. Asopos de Vliet.

3.12. If following crews do not obey the traffic rules and/or instructions of the organization and involved authorities and thereby endanger the continuity of the event, the organization may decide to give the participating crew concerned a time penalty or disqualify them and take them out of the race.

4. Route

4.1. The route has several obstacles such as low and/or narrow bridges and a lock. The bridge heights and widths can be found on page 30. Coxes should know these heights and widths and whether their team can row under them without bending over.

4.2. Several rest locations will be provided along the route. Each location may be moored for a maximum of 45 minutes. This is voluntary and the clock time will therefore continue at each stop. The only stop that deviates from this is Leidschendam. Here everyone is required to take a 45-minute break.

5. Finish area

5.1. You are not allowed to bring your own alcoholic beverages and beverages contained in a glass or glass bottle onto the finish area.

5.2. It is not allowed to spread confetti on the finish area. Cleaning fees may be charged.

5.3. The riggers must be removed from the boats in the designated athletes area, if not otherwise indicated by the organization.

5.4. All participants and the specified team leader are allowed in the athletes area.

6. Rankings

6.1. There is one winner over all competitors: the fastest team of the total OC&C Ringvaart Regatta.

6.2. The winner is the team that achieves the highest percentage of the Ringvaart record per boat-type. The records can be found on the website.

7. Cancellation

7.1. If the race cannot take place due to unforeseen circumstances or force majeure, this will be communicated to all participants by Tuesday, May 30, 2023 at 09:00. The event will then be rowed on June 14, 2023.

7.2. If, due to unforeseen circumstances or force majeure, the race cannot take place on June 14, 2023 either, a percentage of the entry fees, to be determined by the board of the D.S.R.V. "Laga" on a case-by-case basis, may be refunded to the registering teams.

7.3. If the race on June 14, 2023 cannot take place due to unforeseen circumstances or force majeure, the event will be cancelled at 09:00 on Tuesday, June 13, 2023.

7.4. By offering an alternative date, refund of entry fees is not possible in case of cancellation of the event on May 31, 2023.

8. Team

8.1. According to KNRB Rule 52 a medical examination is advised when participating in a rowing competition. The control of this is the responsibility of the rowing club of the participant. Participation is at your own risk. KNRB regulations are applicable.

8.2. Participants are expected to know the regulations and to be aware of the current information on this website. The Binnenvaart Politie Reglement is fully applicable and "good seamanship" is paramount.

8.3. A crew shall consist of up to nine crew members for an 8, up to five (uncrewed; four) crew members for a 4, up to four (uncrewed; three) crew members for a 3, up to three (uncrewed; two) crew members for a 2, up to three crew members for a single wherry and up to one crew member for a skiff.

8.4. The crew may not be changed during the trip, except for a single and double wherry for which it is permitted to swap the rower with the coxswain.

8.5. For all teams, the coxswain counts as a crew member.

Rules and Regulations

PA-CC Sprint



1. Everyone for whom participation is possible, automatically participates in the PA-CC Sprint, as soon as the registration for the OC&C Ringvaart Regatta is completed.

2. Participation is only possible for participants of the OC&C Ringvaart Regatta in the numbers as communicated on the website.

3. There are no additional costs for participation.

4. The organization reserves the right to cancel the Sprint in its entirety.

5. The Sprint will take place over the last part of the route of the OC&C Ringvaart Regatta, over a distance of approximately 500 meters. The finish of the sprint will coincide with the finish of the OC&C Ringvaart Regatta. The exact route can be found on the website.

6. The buoys placed along the route serve as an indication of the start of the Sprint Goblet.

7. There is one winner over all participants: the fastest team of the Sprint Goblet.

8. The winner is the team that achieves the highest 'Golden Standard'. The 'Golden Standard' used for the respective boat type can be found on the website.



Race Progression



General Progression	
04:40 - 08:20	Check-in
05:30 - 08:30	Briefing
05:50 - 08:50	Vlotten
06:00 - 09:00	Start
06:50 - 10:30	Crossing of Kagerplassen
08:20 - 12:00	Passage of C1, Cafe Wink
10:00 - 14:40	Passage of C2, Zwanenburg
11:30 - 16:20	Passage of C3, Lisse
11:50 - 17:20	Crossing of Kagerplassen
12:30 - 18:20	Passage of C4, Cafe Ut Dobbertje
13:50 - 20:30	Passage of C5, Feadship Stop Leidschendam
14:30 - 21:20	Departure C5, Feadship Stop Leidschendam
15:30 - 22:30	Finish

Start: Boat Area

When you deliver your boat on Tuesday, May 30, you have to deposit your boat on a reserved place on the terrain of A.L.S.R.V. Asopos de Vliet.

The A.L.S.R.V. Asopos de Vliet would like to draw your attention to the following:

- It is not allowed to enter the boathouses. It is not allowed to smoke or cook on the premises. Contact is through the Ringvaart committee. So do not call Asopos and do not walk in there for questions.
- Nuisance and noise for local residents should be kept to a minimum at all times
- Urinating outside the toilets is forbidden.
- Cars are prohibited from entering the grounds or residential area. Cars can be parked at the business park “De Baanderij”.
- Only members of Asopos and/or the Ringvaart organization may enter the work-

shop. This shed will be closed at all times to rowers of associations other than Aso-pos.



Finish: Boat Area

Boats can be parked at the finish area at the boat car of the respective club. Note: Boat cars and boats must be removed from the grounds of Lijm & Cultuur before June 1, 12:00. Failure to do so will result in a fine equal to the additional terrain rental that follows.

Check-in

The check-in point at A.L.S.R.V. Asopos de Vliet is indicated on the map. The person in charge or the coach should check in the team here. We require a demonstrable bright bow shirt from you here; you will not be issued start numbers without one. You will receive at check-in:

- Start numbers; the steer and bow must wear the start numbers clearly visible or taped to the front of the boat.
- Directions for the route across the Kaag.

Briefing

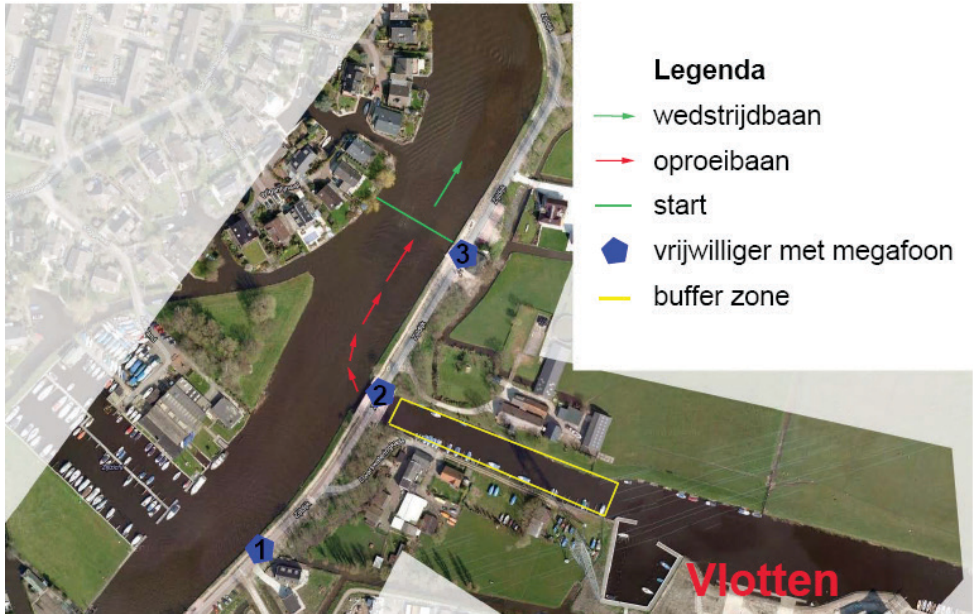
After checking in, there will be a briefing for the coxswains/steers and coaches (one per boat). The (other) rowers do not have to attend this. Here the starting procedure will be briefly explained again, the entire route will be gone through and any changes or points of attention will be discussed. It is wise to read the route description in this booklet before the briefing. This way, any ambiguities could still be clarified. The relevant route description, including a view in Google Maps, can also be found on the site.

‘Vlottijd’/ Rowing to the start

You will be called by ascending start number by the management present to make your way with your boat to the forecourt near the rafts. First you get your boat, only then the boat. Here you will wait until one of the raft commissioners calls your number. From this time you will have a maximum of five minutes at the raft to put your boat in the water and leave, then row to the start (see map below). The boat must be fully adjusted before the raft time.

Start

The start will take place close to A.L.S.R.V. Asopos de Vliet. If you sail under the first bridge on the Zijl, you immediately start the starting procedure. As soon as you get the signal from the present race control, you can start the race from a flying start. In case of bad weather, the race committee will strive to speed up the start procedure; so make sure you show up at the start on time and prepared. There will be race officials on the shore to guide you. Please pay close attention to their directions! See map below for an overview of the start location.



Deadlines

If you cannot sail the race fast enough, the race committee will ask you to stop the race and moor. The organization reserves the right to exclude a team if, in the eyes of the organization, they are not going to meet the finishing time. This applies in any case if the team does not pass stop C4 (Leiden) before 18:30. You will then have to moor at Asopos de Vliet.

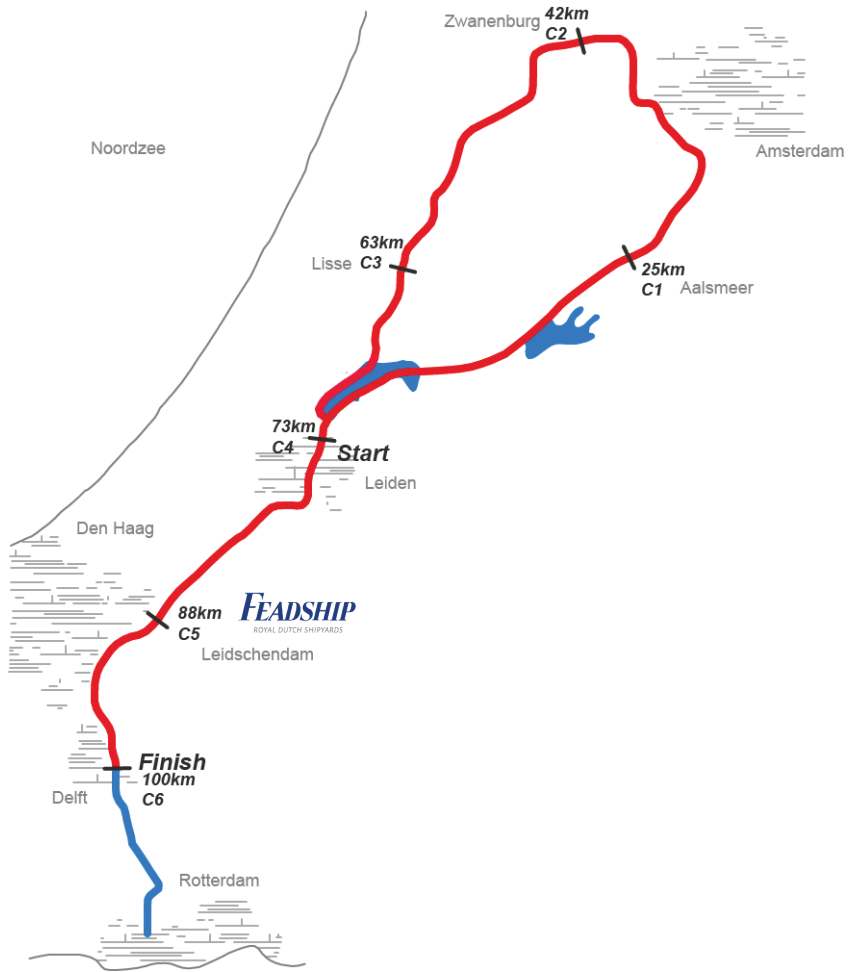
Medical Attention

First aid is available at the stop in Lisse and the Feadship stop in Leidschendam. There will also be first aid escorts riding along on motorcycles during the race. Should you require urgent medical attention during the race or should an accident occur, please call the crisis center at +31 6 39338280. Please clearly state your name, start number and location. If someone is in life-threatening danger and acute medical care is needed, call 112 before calling the crisis center. The crisis center should also be notified of the emergency situation in any case.

Dropping out of the race

Teams that drop out before the finish line and have not been removed from the race by race officials should report this to race officials at the stops. If no race director is present or you are not at a stop, please call the crisis center number to report it. Boats can be rowed back to Asopos de Vliet if necessary. Teams are responsible for transporting boats at all times.

Route

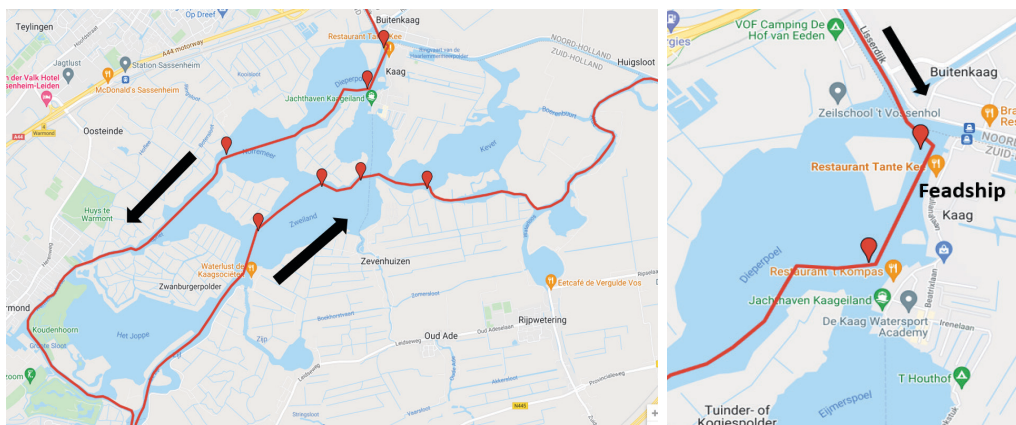


First Crossing over the Kaag

About three kilometers from the start you will enter the open water of the Kaag, whose crossing is two kilometers long. While crossing the Kaag, please be mindful of other shipping. There are buoys all over the Kaag on which you can navigate. On the open water there are large buoys that you should pass with the buoy on your starboard side. In the smaller waterways, there are skippy balls in the entrance to the waterway you need to enter. Pay close attention here, as there are many small waterways on the Kaag. Furthermore, there are motor boats from the rescue team and organization present to assist you in case of emergency and possibly point you in the right direction.

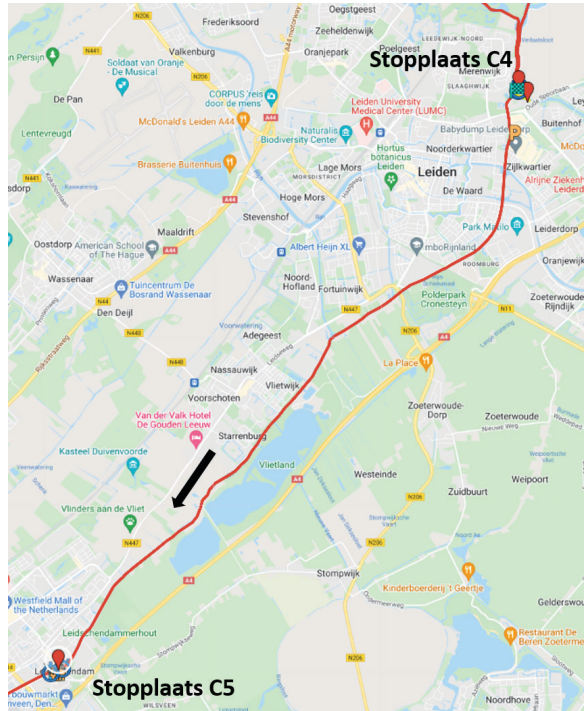
Second Crossing over the Kaag

Note! The return route across the Kaag has been modified since a few years. After rowing about seventy kilometers around the Ringvaart on the left, you will return to the Kaag. Navigate on the large buoys, which you should pass with the buoy on your starboard side. This means that when you enter the Kaag, take the second exit on the starboard side. You are now passing Feadship. After passing under the first bridge, turn left at the shipyard. After the second bridge (watch out, narrow!) turn right towards Asopos de Vliet.



Route Through Leiden

A few kilometers later you arrive at stop C4, where you can moor at café Ut Dobbertje. You continue straight on and pass the bridge where you started from Asopos de Vliet. After a few kilometers you row under the Spanjaardsbrug and continue straight on across the large intersection. After a few kilometers keep left at the water tower (attention, do not paddle under the Hooghkamerbrug!). After this you go under the Vlietlandbrug and follow the water towards Leidschendam.



Feadship stop Leidschendam

After 88 kilometers you will arrive at the Feadship lock stop in Leidschendam. Well before the lock, time will be stopped and so boats can moor quietly one after the other. When your time is stopped, wait until you are called by the volunteers present to dock. On the port side the eights will be lifted out of the water, the other boats will dock on the starboard side (on the church side). This will work the same on the other side of the lock.

After you have moored, immediately remove all loose items and the boat-ors from the boat yourself. There will be trash cans at the exit rafts, so trash can be thrown away in here right away. The boats will then be lifted out of the water by volunteers, so make sure no trash falls on the tillers. The tillers put the boats down on the other side of the lock. The poles themselves should be brought to the racks by the rowers or coaches. The following crew is not allowed to reach the rafts and boat racks here due to crowding. After disembarking, there will be extensive time to speak to the rowers.

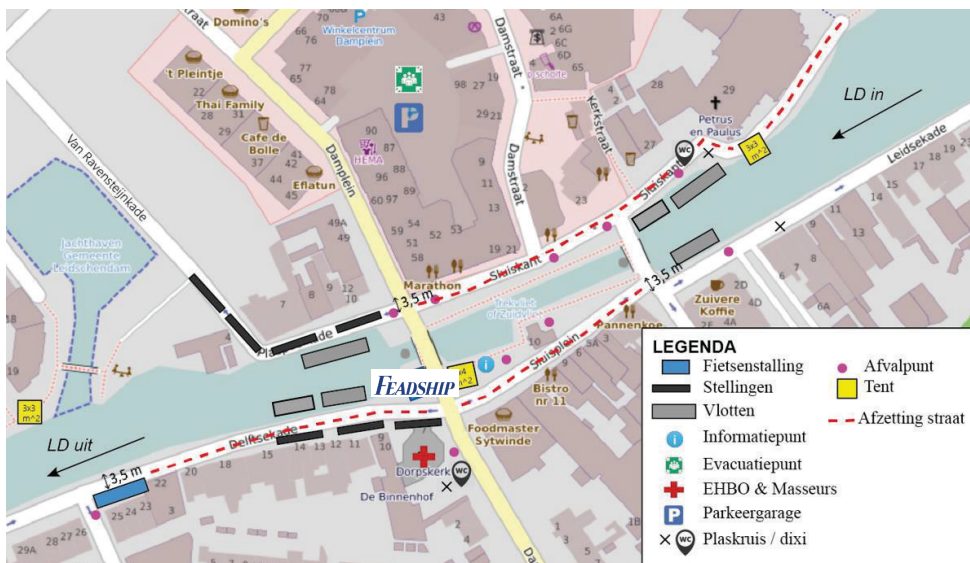
Within 45 minutes of arrival, you should be back on the water to cover the last kilometers to Delft. In the meantime, masseurs and possibly first aiders will be present in the Binnenhof for the necessary care. The rowers themselves are responsible for putting

the boat back in the water on time (within 45 minutes!). The departure times will be indicated at the information point. Time will start running again from the tent located about 100 meters after the lock, this will be indicated by timekeepers shouting loudly “Door!”. If the boat is not back in the water within the prescribed 45 minutes the time already starts running, this obviously does not apply if someone receives medical treatment.

In Leidschendam there is a water tap point at the exit raft on the starboard side where bottles can be filled. Dinner will also be available for the rowers, who arrive here later in the day, if they have indicated this. Also, our partner Feadship will be present at this stop with a booth. Be sure to stop by and enter the contest for a chance to win some great prizes!

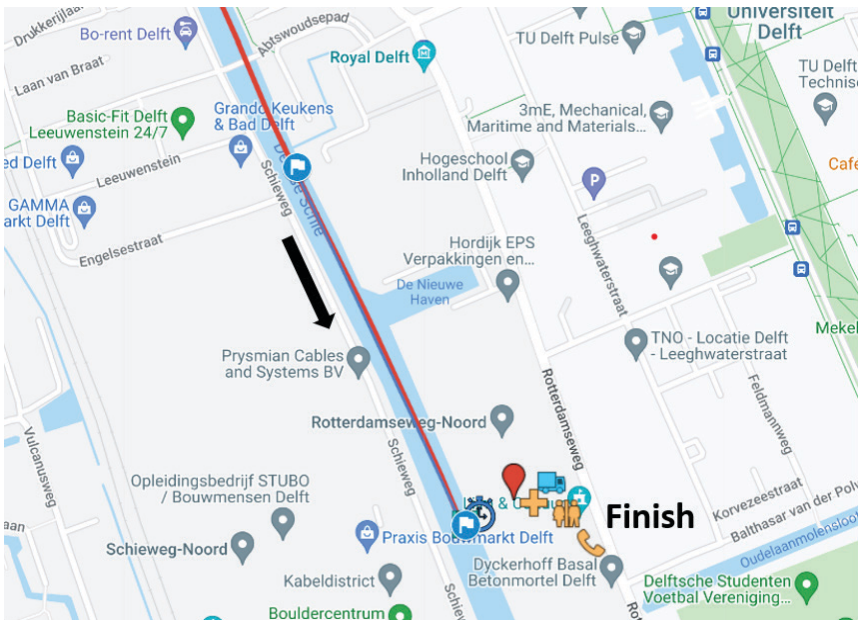
Since this stop is in a busy populated part of Leidschendam, there are some rules that everyone needs to abide by:

- When lifting a boat, an extra person needs to walk at the tip of the boat to guide it due to the crowds.
- The following crews are not allowed to park along the quay or in front of the church the Binnenhof. Parking garage Damplein is a three-minute walk.
- Please be considerate of the neighborhood, do not play loud music and throw garbage in the garbage bins provided.
- Do not go to the toilets of the catering establishments but to the toilets in the Binnenhof or the dixi’s provided.



PA-CC Sprint

The sprint cup takes place during the final meters of the Ringvaart Regatta. It is a 500-meter sprint. The sprint starts 500 meters before the finish so that all spectators can see which team still has the best sprint in their legs after 99.5 kilometers of rowing! The sprint cup is different from most rowing competitions. Boats from different boat classes will compete directly against each other. For all participating numbers, “gold-standards” (ideal target times) have been carefully set, which each participant will have to dip as far below as possible. The team that does this best may call itself the winner of the sprint cup. The route of the sprint is shown on the map below.



Finish

The finish of the 48th OC&C Ringvaart Regatta is on the Schie in front of the grounds of Lijm en Cultuur in Delft. After the finish your battle is over. You row slowly to the rafts at the quay at Lijm en Cultuur. Each participant will receive two codes for spectators. More information is in the participant email! Unfortunately, no tickets can be purchased on site.

At the finish line, you must quickly lift your boat out of the water yourself. You can park your boat next to your club's respective boat car. Please be careful with your equipment, in the chaos it is easy to lose parts. On the finish area there will be a ceremony



where you can enjoy a drink and a snack with music and where your performance will be celebrated. A meal will be provided for rowers and steers, if indicated on the entry form.

At the finish area there will be several bars where food and drinks of all kinds will be available. There will also be plenty of space for rowers to rest and for spectators to enjoy the finish line and the race. It will also be possible for rowers to shower on the grounds. There will be a large screen where the race can be followed. Furthermore, from sponsors there will all be booths with all kinds of things to do. Itrainee will put up a dance mat and a grab machine and will be present with a van. There will also be a boat on display on the grounds that will be rowing across the Atlantic Ocean. In the evening there will be the possibility to have a dance.

All in all, it is going to be a great day where both rowers and spectators will be entertained!

Stops

Facilities have been set up at six locations along the route for the rowers to get out and recover on the shore. The locations and facilities for each stop are listed below.

Stop C1: Café Wink (Oude Meer) - 25 km

- Docking is possible. Disembarkation is possible. However, it is advised not to pause too long at this stop.
- Refreshments available: water, refreshments from Café Wink.
- You may not consume your own refreshments on the café's terrace.
- Facilities available: toilet facilities.
- It is not possible to use the toilets at Café Wink.

Stop C2: Zwanenburg - 42 km

- Mooring and disembarkation is possible but rafts are limited.
- Beware of boulders on the quay.
- Available refreshments: water, food, coffee and tea.
- Facilities available: toilet facilities.

Stop C3: Lisse - 60 km

- Mooring is possible.
- Please beware of boulders on the quay.
- Mooring and disembarkation is possible.
- Available refreshments: water, food, coffee and tea.
- Facilities present: toilet facilities (in two locations), masseurs, first aid, tents with possibility to sit.
- Please note! Wild urination on the dike is prohibited.
- If you only want to stop to pee, it is advisable to moor at the beginning of the dike and use the toilet facilities on the right at the Canoeing Association Lisse.

Stop C4: Café Ut Dobbertje (Leiden) - 73 km

- Mooring and disembarkation is possible.
- Beware of boulders on the quay.
- Available refreshments: water, refreshments from Café Ut Dobbertje.
- Facilities available: toilet facilities.
- It is not possible to use the toilets at Café Ut Dobbertje.
- **Attention! This stop must be passed before 18.30.**

Stop C5: Feadship stop Leidschendam - 88 km

- Mooring and disembarkation is mandatory.
- Present refreshments: water, dinner, ample catering facilities.
- Facilities available: toilet facilities (at 3 locations), masseurs, first aid, bone lifters
- Due to the lock in Leidschendam, boats will be lifted over the lock to continue on the other side of the lock. You may spend a maximum of 45 minutes from clocking out to clocking in at the Leidschendam stop. The lifting of the boats will be done by volunteers of the D.S.R.V. 'Laga'.

Finish

- Mooring and disembarkation is mandatory.
- Available refreshments: water, hot meal, food, drinks.
- Attende facilities: toilet facility, first aid, massage, butter area, music, performances, cans.

Bridges



On the route you are going to encounter many bridges. This section lists them all, including the height and width of the bridges. Bridges that are very narrow or very low are indicated in red. As a coxswain, read this carefully, and abide to the rules of navigation at all times.

Safety at bridges:

- One should at all times take into account the height and width of the bridge. The coxswain should be aware of the bridge heights.
- The coxswain should inform his/her team in good time whether a bridge is high enough to pass without bending.
- Bridges should be taken through the starboard bridge hole, if possible.
- Boats should always observe the signs and lights of the bridges. The BPR is leading here.
- Take into account oncoming boats.
- The organization is not responsible for collisions with a bridge.

Bridge	Height	Width
A.L.S.R.V. Asopos de Vliet naar Start		
Driegatenbrug	1,6 m	4,2 m
Start to C1 - Cafe Wink		
Bridge after the Kagerplassen: the Meerburg	0,8 m	4,2 m
Bridge at Weteringen	2,71 m	10,5 m
Bridge at Leimuider	2,56 m	14 m
Aalsmeerderbrug	2,45 m	13,7 m
C1 Cafe Wink to C2 - Zwanenburg		
Bosrandbrug	1,28 m	16,5 m
Two bridges of the N232 at Aalsmeer	3,45 m 7,1 m	13,5 m 16 m
Bridge after the Nieuwe Meer	5,7 m	14 m
Three bridges right after that	7,9 m	16,2 m

Bridge	Height	Width
Bridge at Badhoevedorp	1 m	8,5 m
Bridge of the S106	4 m	8,5 m
A5 - bridge	5,7 m	29,5 m
Bikelane bridge Zwanenburg	2,2 m	9,6 m
Bridge at Halfweg	2,2 m	8 m
Biking lane bridge Zwanenburg	2,2 m	9,6 m
Weerenbrug	2,3 m	8,5 m
C2 - Zwanenburg to C3 - Lisse		
Bridge of A205	5,3 m	9,25 m
Bridge right after that	5,27 m	19 m
Bridge at Vijfhuizen	1 m	8 m
Schalkwijkerbrug	1,25 m	8,5 m
Bridge right after that: Cuquiusbrug	2,2 m	10 m
Bennebroekerbrug	1 m	8,5 m
Hillegommerbrug	1 m	8,2 m
Elsbroekerbrug	3 m	8,4 m
Lisserbrug	1,1 m	8,4 m
C3 - Lisse to C4 - Leiden		
A44-bridg and the Spoorbrug	4,5 m 5,1 m	8 m 8 m
Jan Dekker Brug in Warmond	2,7 m	14 m
Broekpolderbrug	1,4 m	5,4 m
C4 - Leiden to C5 - Feadship stop Leidschendam		
Zijlbrug	4,5 m	10,5 m
Spanjaardbrug	2,5 m	10,5 m
Wilhelminabrug	2,5 m	10 m
Julius Ceasarbrug	2,5 m	10,5 m
Two briges after that	1,45 m 1,45 m	10 m 10 m
Lammebrug	2,85 m	7,8 m

Bridge	Height	Width
Vlietlandbrug	1,8 m	9 m
Overhaalbrug	2,6 m	10,5 m
C5 - Feadship stop Leidschendam to the Finish		
Sijtwendebrug	2,5 m	7 m
Hogebbrug	5,6 m	7,5 m
Wijkerbrug	2,5 m	7,5 m
Kerkbrug	2,5 m	7,5 m
A12 - bridge	5,6 m	20 m
Oude Tolbrug	2,5 m	10,5 m
Nieuwe Tobrug (Kippenbrug)	2,4 m	7,5 m
Hoornbrug	7 m	13 m
Nieuwe draaibrug	3 m	21 m
A4 - bridge	7 m	11,9 m
Reineveldbrug	4 m	10 m
Plantagebrug	2,5 m	10,5 m
Koepoortbrug	2,5 m	10,4 m
Oostpoortbrug	1 m	15,7 m
You are now rowing past the D.S.R.V. "Laga"		
Sint Sebastiaansbrug	4,4 m	10,5 m
Hambrug	1,4 m	11,85 m
Abstwoudsebrug	1,4 m	10,5 m
The start of the sprint starts after the Abstwoudsebrug		

Safe Navigation

REGELS

Toon goed zeemanschap

Doe alles om gevaarlijke situaties te voorkomen, ook als je voorrang hebt.



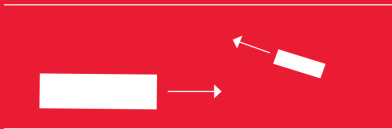
Houd stuurboordwal

Schepen die geen eigen wal houden moeten voor je wijken, zelfs beroepsvaart.



Klein wijkt voor groot

Klein (<20m) wijkt voor groot (>20m en veerponten).



Hoofdvaarroute gaat voor nevenvaarroute

Let op: voorrang moet je krijgen!



Motor wijkt voor spier, spier voor zeil

Kleine motorboten wijken voor zeil- en roeiboten.
Roeiboten wijken voor zeilboten.

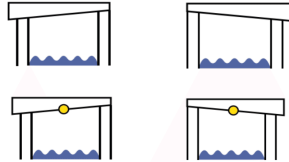


BRUGGEN

Gaat de gele lamp boven een bruggat uit, volg dan de zijlichten.

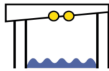
Als het veilig is mag je doorvaren

Tweerichtingsverkeer



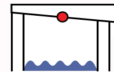
Vaar door dit bruggat heen

Eenrichtingsverkeer



Verboden door dit bruggat te varen

Eenrichtingsverkeer



Dubbel rood: geen brugwachter

Als het veilig is mag je doorvaren, let op tegenliggers



Enkel rood: de brug wordt bediend

Als het veilig is mag je doorvaren, let op tegenliggers



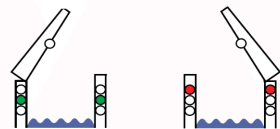
Middenlicht dooft: brug gaat open

Links: wachten, jij mag eerst als de brug open is
Rechts: wachten, tegenliggers mogen eerst



De brug is open

Links: jij mag eerst
Rechts: jij moet wachten



GROTE SCHEPEN

Zicht

Houd rekening met de dode hoek van binnenschepen.
Regel is: zie jij de schipper, dan kan de schipper jou zien.



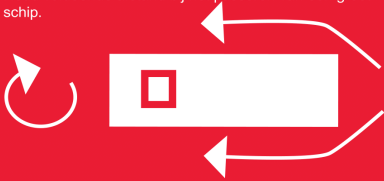
Zwenken

Binnenschepen hebben een grote draaihoek. Geef deze de ruimte om de bocht door te komen.



Zuiging

Houd voldoende afstand bij het passeren van een groot schip.



TIPS

Zorg dat je gezien wordt

Het is **verplicht** om bij slecht weer (mist, neerslag of schemering) een fluorescerend hesje te dragen. Deze liggen in het palenhok.

Het wordt **sterk aangeraden** om tijdens het roeien een fluorescerend hesje te dragen, in ieder geval voor de boeg.



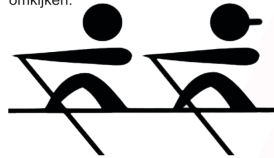
Stop veilig

Stop op een veilige plek.



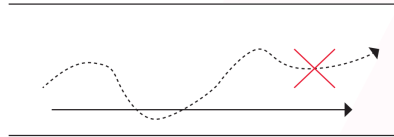
Kijk elke 5 halen om

In ongestuurde nummers moet de boeg elke vijf halen omkijken.



Vaar een duidelijke koers

Zorg dat andere schepen duidelijk zien dat je laat lopen of weer oppakt.



Communicatie - Blik van Buiten - Sparren - Spiegelen



PA-CC adviseert bedrijven, maatschappelijke organisaties en *studentenverenigingen* in hun (politieke) belangenbehartiging en communicatie.

PA-CC coacht *young professionals* in hun professionele ontwikkeling met vakgerichte training. Scherpe positionering en goede voorbereiding met de *blik van buiten* helpen het gesprek aan te gaan om samen de vraagstukken op te lossen.

PA—CC

PUBLIC AFFAIRS — COACHING & CONSULTING

Race tips and tricks



Being well prepared for a long trip like the Ringvaart is of course very important. Below we have some useful “tips and tricks” for you, to make this 100 km race go as smoothly as possible. Of course you don’t have to follow all these tips and everyone will have their own way of rowing the Ringvaart, but it can be useful to go through this if you are not sure where to start in your preparation.

Training

- **Core Stability**

Training your core for rowing will not be unfamiliar to you, and for the Ringvaart, it is extra important to focus on lots of core stability exercises in the month beforehand to avoid additional soreness. Think sit-ups, planks, or crunches, for example.

- **Eating and drinking**

While training, it is a good idea to practice eating and drinking while exercising. You will need to eat regularly during the race to maintain your energy level. One idea is to practice with a bow/stroke change to take a minute or two to eat and drink something. Half the boat rows on, and the other half can take a break, that way the boat doesn’t lose too much speed. Also try out different types of snacks, to test whether your stomach can handle these during exercise.



- **Tempo**

The Ringvaart is often rowed at a faster pace than you might be used to, with shorter strokes where less power is applied than a normal workout. This will keep you going longer than long powerful strokes. So it is a good idea to train at the same rhythm as you row the Ringvaart. For this it can also be nice to change the adjustment of the boat to a slightly lighter adjustment.

- **Shape**

To row 100 km for a whole day, a good condition is very important. Therefore, in addition to your boat training, regularly train longer stretches on the ergometer. Of course, you can always train your condition in other ways as well, such as running or cycling.

Preparations for the race

- Please read the rules and race booklet carefully so there are no surprises waiting on the day of the Ringvaart.
- It is important to make your boat “Kaag-ready”. This is because on the Kagerplasen there can sometimes be high waves. It is therefore advisable to take precautions such as storm guards and masking off riggers. This is further explained under the heading materials.
- Note: Make sure your boat is prepared before Tuesday evening, May 30. There will be no time and space for this on Wednesday, May 31. Make sure the boat trailer arrives on Tuesday between 10:00 and 18:00. This should be unloaded immediately. The rowers are responsible for this themselves. Please email the OC&C Ringvaart Committee (ringvaartregatta@laga.nl) if you wish to row your boat over to Aso-pos.
- Parking is not possible at the Asoπος grounds. It is possible to park at parking lot de Baanderij (Sisalbaan 5A, 2352 AZ Leiderdorp). Please be careful not to leave your car there for too long.

On the day

Safety (mandatory)

- Wear a bright color, for visibility on the water. A bow jacket is mandatory for this purpose. The back number must be pinned to the vest as shown in the photo to the right.
- Bring a white all around shining light. This must be used after sunset at 9:41 p.m. for visibility on the water.
- Followers and fellow cyclists are mandatory during the 100 km. They can also bring dry clothing and some food and drink. This may be either on a bicycle, or in a car. The bike and car routes will be explained in a separate booklet, which you will receive via email and will be on the website. The route can also be found on the site via Google Maps under the competition heading.



Clothing

- Be sure to bring (quick-drying) thermal shirt and pants. In case of heavy rain, it may also be useful to have a waterproof jacket with you.
- Be sure to keep your back warm, this is especially true for the bow, which should be dressed warmer than the rest of the boat.
- A cap or sun hat is handy to have with you (Even in less bright sunshine). Make sure the follow crew has extra clothing with them.
- Wear a bright color, for visibility on the water.

Nutrition tips

- Don't eat strange foods, eat snacks that you would normally eat while working out, then you will know how your body reacts to them. Also, eat a good meal sometime during the day.
- Bring plenty of sugary foods, as well as some savory snacks. It is important to have sports drinks with you, especially on a hot day where there is a lot of drinking. Bring normal water as well, and dilute the sports drink if necessary.
- Keep your food well dry and wrapped in plastic. A fair amount of water gets into the boat during the Ring Canal.

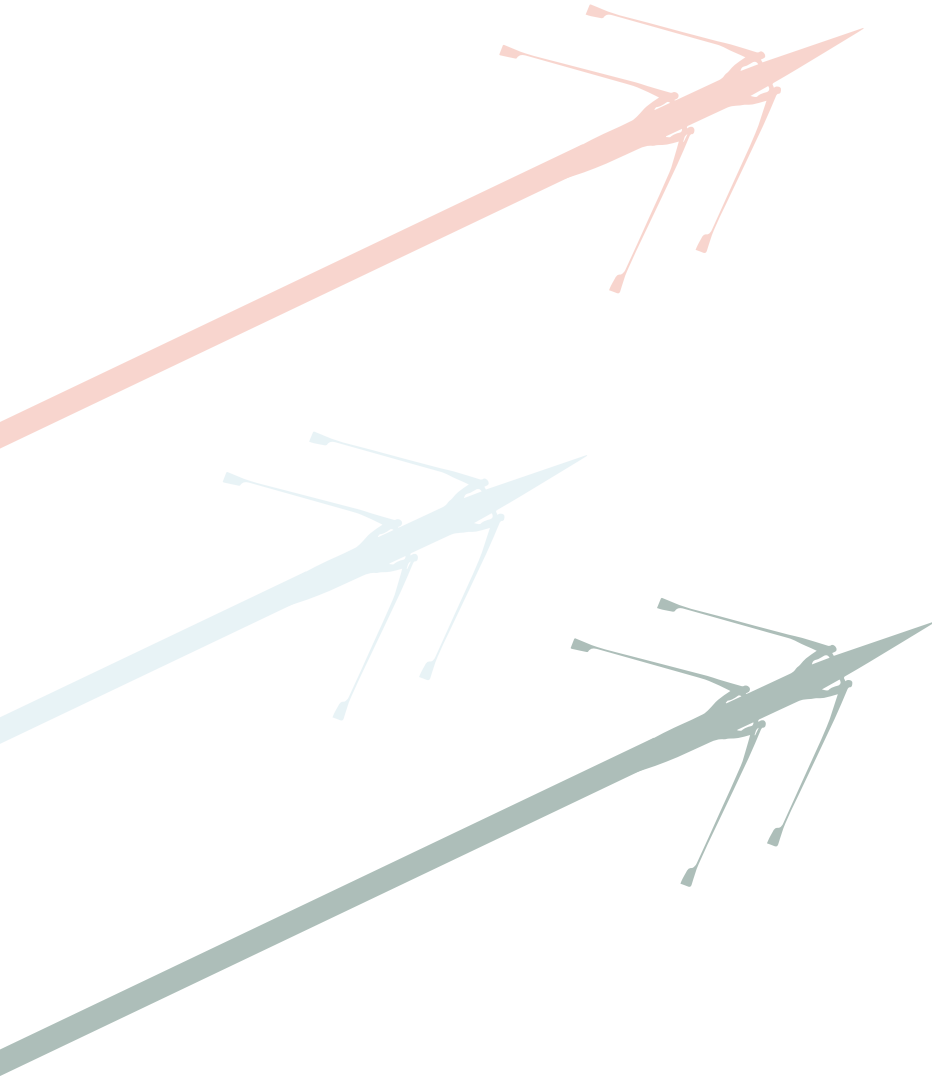
Equipment

- Double check that you bring all your equipment: oars, benches, boats, riggers, etc.
- Have the follow crew bring the following: water pump pliers, baco, screwdriver (cross and flathead), duct tape, band-aids and sports tape. Take with you in the boat: a 10/13 wrench, bailing can (can be a cut-off PET bottle), large sponges (behind your footboard, to catch water, you can squeeze them dry at the stops).
- Tape off the intermediate compartments in the boat for less movement of water in the boat. Cover your riggers with tape to break off waves as shown in the photo to the right. Be sure to leave space between the tape and the boat.
- Raise the storm board in front.
- Make sure you have heelstrings on



your shoes and a good bow ball.

- Adjust the boat (the dollies) a little higher: With all the extra stuff on board, the boat will automatically be a little lower.
- Tape off the ends of the slidings if necessary to keep your hauls short. If necessary, set your poles a little shorter, that way the stroke will be less heavy and the high pace can be maintained.
- Make use of a rowing seat, or cut a yogamat in the shape of a rowing pad. Rowing seats can be purchased on the Ringvaart site and can be picked up at the start at Asopos.



Contact Information



Telephone numbers

Head crisis center	Yara Hamade	+31 6 39338280
Second telephone crisis center	Sophie Mans	+31 6 52864877
Third telephone crisis center	Rosalie van der Weerd	+31 6 12103915

Adresses

Organisation: D.S.R.V. "Laga"
t.a.v. Ringvaart Commissie
Nieuwelaan 53
2611RR

E-mail: ringvaartregatta@laga.nl

www.ringvaartregatta.nl
www.laga.nl

Bank: ABN AMRO
NL59 ABNA 0474 9425 38
t.n.v. Stichting Toertochten Laga

48^{ste} OC&C Ringvaart Regatta



With thanks to our partners

OC&C Strategy Consultants

TU Delft

Northwave Cyber Security

Feadship

Talent voor Transitie

iTrainee

AVC Support

BlinkLane Consulting

UniPartners

Turff

Dura Vermeer

Stud Studentenuitzendbureau

Hoogheemraadschap Rijnland

Hoogheemraadschap Delfland

EasyFloat

Lijm & Cultuur

Provincie Zuid-Holland

A.L.S.R.V. Asopos de Vliet

Gemeente Leidschendam

Stichting Centrum Leidschendam

Gemeente Delft

Gemeente Leiderdorp

Leidse Reddingsbrigade

Kamprechtters

Hoofd van Jury

Vrijwilligers D.S.R.V. Laga



The best home for the
best strategy talent

OC&C Strategy Consultants

OC&C Strategy Consultants is een wereldwijd actief strategie kantoor en adviseert topmanagement van vooraanstaande bedrijven en instellingen. OC&C onderscheidt zich door zich volledig te richten op strategie consulting. Door geen overige consulting diensten zoals implementatie te verrichten, focust het kantoor zich op wat ze het beste kunnen: cliënten helpen om hun meest interessante en complexe strategische vraagstukken op te lossen.

OC&C kenmerkt zich door een open, eerlijke en directe cultuur binnen het kleinschalige karakter van het Rotterdamse kantoor. Bij OC&C heb je vanaf dag één impact op projecten voor een breed scala aan cliënten in verschillende sectoren, zoals consumentengoederen, retail, transport en technologie. Daarnaast staat persoonlijke ontwikkeling en groei hoog in het vaandel. Met deze combinatie bieden wij nieuw talent the best home for the best strategy talent.

Contact: Maartje ten Cate
rotterdam.recruitment@occstrategy.com