



Warm up zone

Keep to the **right** heading downstream and when returning to the waiting area

WAITING AREA

START

Co. ANTRIM STATION

Co. DOWN STATION

QUB

Cutters

Methody

Lagan Scullers

TRAILER PARKING

Lagan Dragons

RBAI

Belfast Rowing Club

BELFAST BC

Visiting crews launch from BRC and return via Belfast Boat Club

FINISH

Belfast Sprint Regatta

Course Notes

The Course is 500m, 2 Lane, Straight, Buoyed and Tidal.

A Starting pontoon will be moored close to the Governor's Bridge. The Finish is at Belfast Rowing Club.

Crews proceeding to the start from any slipway should stay off the course, close to the Co. Antrim (boat house) bank and must not interfere with racing.

Crews must stop at the crossing point just downstream of the QUB boathouse and cross when instructed to the Co Down hand arch of the Governor's Bride.

Crews MUST follow the circulation pattern shown

Please ensure that you launch in good time to report to the waiting area downstream of the Governor's Bridge, facing the Start **at least 5 mins before your race time** ready to be called forward to the Start pontoon.

At the Finish stopping space is very restricted and the course runs very close to the Belfast Boat Club pontoon.

Paddle on past the BBC pontoon being aware of boats launching and other crews returning to the slipways after finishing their own races.

Once past the BBC pontoon spin your boat as soon as it is safe to do so then paddle back to your slipway taking care not to interfere with oncoming racing or to impede other crews that are launching and heading to the start.

Expect queues to form at busy times. Be patient and plan ahead for this, especially if your boat is due to be used in a subsequent race.

SAFETY AT THE FINISH

A safety marshal will be directing traffic. Crews and coxes must stay alert and pay heed to all instructions.

Visiting crews should launch from Belfast Rowing Club and exit via Belfast BC as shown.

N.B. All crews exiting at Belfast BC should row past the pontoon, spin and approach it from upstream