**3.2km course**

**HOR Secretary: Niamh-Ann Sherlock - (089) 4188522 - niamhannenglish@gmail.com**

Dear Secretary / Captain,

We are delighted to present the prospectus for the Castleconnell Head of the River 2022:

|  |  |  |
| --- | --- | --- |
|  |  |  Men’s and Women’s events |
| Boat  | Senior  | U23  | Inter  | Club | Novice  | J18  | J16  | J15  | J14  | J12  | Masters |
| 1x  | X  | X  | X  | X | X  | X  | X  | X  |  |  | X |
| 2x  | X  | X  | X  | X |  | X  | X  | X  | X  |  | X |
| 2-  | X  | X  | X  | X |  | X |  |  |  |  | X |
| 4x-  | X  | X  | X  | X |  | X |  |  |  |  | X |
| 4x+  |  |  | X |  | X  | X | X  | X  | X  | X  | X |
| 4-  | X  | X  |  | X |  | X |  |  |  |  | X |
| 4+  |  |  | X |  | X  | X  | X  | X  |  |  | X |
| 8+  | X  |  | X  | X | X  | X  | X  | X  |  |  | X |
| 8+ Mixed |  |  |  |  |  |  |  |  |  |  | X |
| 8x+  |  |  |  |  |  |  |  | X  | X |  |  |

|  |  |
| --- | --- |
|  | Para events |
| Boat  | AS (women)  | AS (men)  | TA (women)  | TA (men)  | TA (mixed)  | LTA (mixed) |
| 1x  | X  | X  | X  | X |  |  |
| 2x  |  |  |  |  | X |  |
| 4+  |  |  |  |  |  | X |

* Entry fees are: singles €10, doubles/pairs €18, quads/fours €36, eights €60.
* Pennants will be given in events where 4 or more crews compete.
* Bow numbers will be issued (deposit of €10 required per crew, capped at €50 per club).
* Entries to be made using the Rowing Ireland tracker system.
* Timing in place from 9:00 to 15:30. This may be extended based on volume of entries.

**Rules:**

* All races will be run under the rules of Rowing Ireland.
* The HOR committee reserves the right to make any alteration to the programme it deems necessary and its decision in all cases will be final.
* The appropriate fee for all crews entered should be made to **Castleconnell Boat Club, IBAN – IE09 AIBK 9301 4804 9040 42** by bank transfer by Tuesday 25th of October 2022, before bow numbers are issued. Please state on bank transfer club name for reconciliation purposes. Cheque payment only if bank transfer is impossible payable to Castleconnell Boat Club and posted to Lorraine Neville Treasurer, Oak Ridge, Knockea, Ballyneety, Co. Limerick, V94 HFY7 and also need to be received before bow numbers will be issued.
* Entries close on Wednesday 19th of October 2022 at 19:00
* A copy of the draw will be on the tracker system.
* The HOR committee reserve the right to cancel races if the category is deemed unsafe due to adverse weather conditions. In the event that weather on Saturday 29th proves too unsafe to hold HOR we will defer to Sunday 30th if weather is forecast as safer then, those unable to attend on the Sunday will get a full refund of entry fees paid.

**Safety Officer:** Ross Macmillan

**Safety Statement**

The HOR committee is committed to running Castleconnell HOR in a safe manner.

**Responsibility**

* Each participating club should ensure that every member of their competing crews can swim and is competent to participate in this event.
* It is the responsibility of competing clubs to ensure that their members are appropriately dressed and that their equipment is suitable, especially with regard to bow balls, bow number holders, heel straps and quick release strap for shoes.
* Coxes must wear appropriate lifejackets.
* Oars to be stored on wracks provided at the slip not on the grass.
* Adequate marshals shall be provided in the launching area.
* Adequate launches shall be provided during the event.

**Rules of the River**

* Crews should launch facing upstream at the club slip.
* Crews proceeding to the start should do so keeping to the Limerick shore. At the start, crews should wait to be called by the starter.
* Crews capsizing or otherwise in difficulty should remain with their boat until rescued.
* A Search and Rescue team will be on standby during the day.
* First Aid will be on standby during the day.

Yours in Rowing,

*Niamh-Ann Sherlock (HOR Secretary)*