

## Swift Irish Coastal Championships 2023

29th/30th July



Loughros Point Rowing Club  
Narin Beach, Portnoo, Co. Donegal

### Saturday - Heats

Race Time	Event	Distance
09:30	CM2X - Heat A	4k
10:30	CM2X -Heat B	4k
11:30	CM1x - Heat A	4k
12:30	CM1x - Heat B	4k
13:30	C Mix 2X- Heats A	4k
14:30	CMix 2X- Heats B	4k

### Sunday - Finals

Race Time	Event	Distance
10:00	CW2X	4k
10:45	CM4X+	4k
11:15	CW1x	4k
12:00	Cmix J18 4x+	2.5k
12:30	CM2x	4k
Break 13:15-14:00		
14:00	CW4X+	4k
14:30	CM1X	4k
15:15	CMJ16 4X+ - & CWJ16 4X+-	2.5k
15:45	CMIX 2X	4k
16:30	CMJ18 4X+ & CWJ18 4X+	2.5k

