



RING ROWING CLUB

COASTAL FIXED SEAT HOR

Venue: Curragealcky Lake, Drinagh, Co. Cork P47WA07.

C4+ Categories	FEE
COASTAL Mixed U12 C4+	€20.00
COASTAL Mixed U14 C4+	€20.00
COASTAL Mixed U16 C4+	€20.00
COASTAL Mixed U18 C4+	€20.00
COASTAL Mixed Senior C4+	€40.00
COASTAL Mixed Pre Veteran C4+	€40.00
COASTAL Mixed Veteran C4+	€40.00
COASTAL Mixed Masters C4+	€40.00

Please take time to inform all entering crews of the details below on racing, launching, and safety.

Coastal Fixed Seat Races: See above table.

Date: Saturday 13th May 2023.

Entries: All entries to be made via Rowing Ireland Tracker System.

Entries will close 7pm, 3rd/May/2023.

Club Captains Meeting: 2.30

Racing Time: From 2.45pm

Please email us at ringrccoastalandoffshore@gmail.com if you would like to use our fixed seat boat by close of entries on tracker.

PLEASE NOTE COURSE CHANGE FOR FIXED SEAT RACING TO HELP LAUNCH AND RELOAD CREWS EFFICIENTLY.

All Coastal 4 fixed seat categories are 2K **except for the following** U12 and U14 which will have a straight 600mtr run which will be started at the top of the lake. (Blue Line).



Entry Fees: See above table.

Payment Details: Ring Rowing Club

Acc: AIB

BIC: BOFIE2DXXX

IBAN: IE38BOF190258122859107

All entry fees must be paid by May 6th.

Club Captains Info

Important: Cox must sign in at this meeting. NO SIGN IN / NO ROWING. Experienced Coastal Coxswains only.

Important Race and Launch details:

Prior to Launching a crew captain must sign into regatta control, which will be located near the start line. You will receive a unique number that you must show to the starter when you are in the start zone.

All boats seats should be shined and ready to go.

When you are called forward raise your boat number. The race starter has acknowledged you verbally, you can begin rowing and timing begins once you reach the start line.

At the finish line- again please raise your number.

Times will be posted after each race but please note phone coverage are poor in the area.
Pennants awarded to winners of each category at the end of the day.

Declarations

All entries will be assumed declared unless the regatta secretary is informed of a crew withdrawal prior to the captains meeting. During the event all withdrawals must be submitted to regatta control.

Safety Advice

ATHLETES: Civil Defence Ambulance onsite.

CREW: Clubs must ensure that all their athletes are competent to compete in the category in which they are entered. If a crew is visibly struggling the safety boat or organizers at their own discretion may help or remove them from the race for their own safety.

COURSE: Safety stewards' boats will be on the course at all times. The course will be monitored throughout the event for any hazards/crews going off course and weather conditions.

Venue Details:

Secure off road Parking and Trailer parking. Please obey Traffic and parking stewards' directions.

Race Viewing Area.

Toilets

Refill Water Stations.

First Aid and Ambulance Area.

On Site Catering. (tea/coffee/sandwiches/snacks etc.)

Event Secretary: Karen McCarthy

Race Director: Margaurite easy

Safety Advisor / Donnagh Verling

Medical: Jo Verling.

Rules

All races will be held under Rowing Ireland Offshore Rules. It is the responsibility of clubs and athletes to be fully aware of these rules.

REMINDER FOR COMPOSITE CREWS.

CREWS CANNOT RACE UNLESS THE BOTH CLUBS HAVE APPROVED COMPOSITE CREW, BEFORE CLOSING.

Ring Rowing Club would like to wish you all a great day's racing and look forward to welcoming you all.