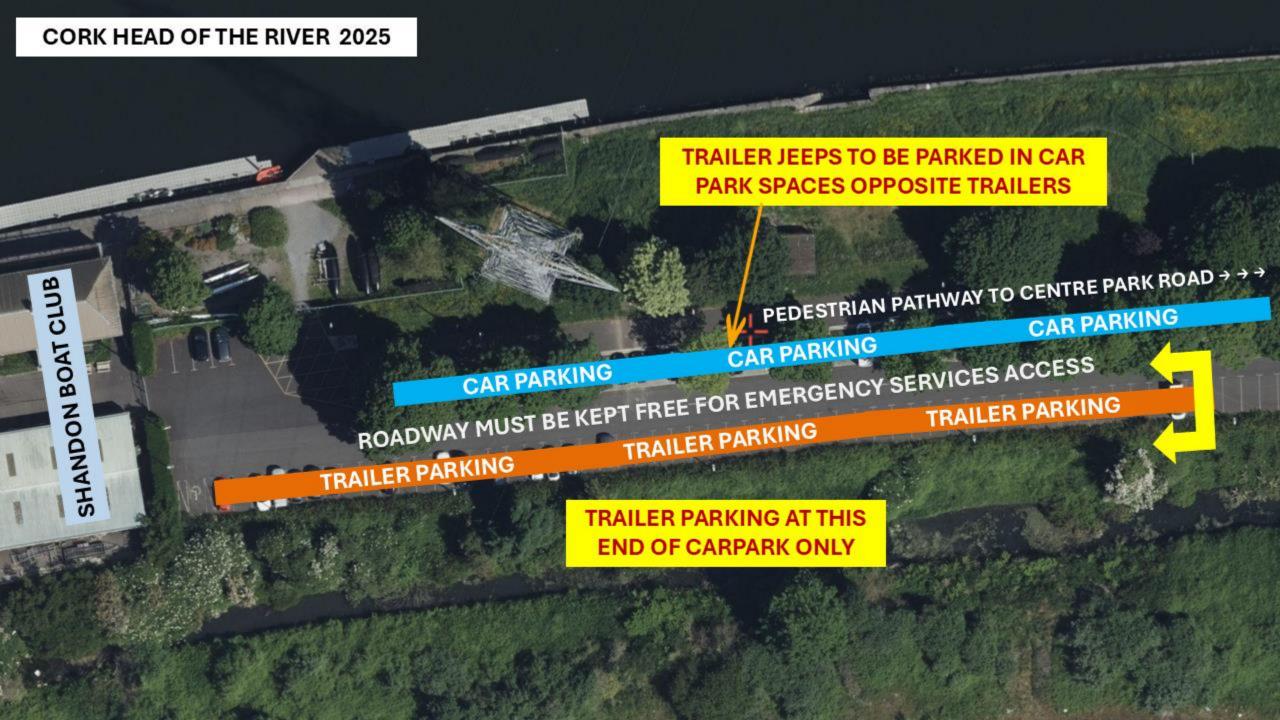
# CORK HEAD OF THE RIVER 2025

## Trailer Parking and Boat Launching

- Cork Boat Club Parking inside the club grounds for trailers.
- Lee Pontoon Parking on the road outside Lee RC and Pres RC.
- Shandon BC Parking on the road outside Shandon.

- Cork, UCC, Tralee, Fermoy, Clonmel, Kilorglin
- Lee, Pres, Skibbereen, LeeValley, DFRA, Kenmare, NewRoss
- Shandon, Bantry, Galway, Muckross, Waterford, Graiguenamanagh.

If you arrive at the wrong slip, you will be sent away!



## Car Parking

- For clubs going to Shandon or Lee Slips, you can park at Suttons Coal T12K7TV
- For clubs going to Cork Boat Club, you will need to park in Blackrock Village or the Ursuline Convent.
- Neither Cork City Regatta Committee nor the host clubs are responsible for any damage to vehicles or belongings while parked.



Location for GPS
Sutton's Coal,
Monahan Rd,
Ballintemple,
Cork



Location for GPS
Sutton's Coal, Monahan Rd, Ballintemple, Cork

## Rules for Launching

- No crew may slip unless they, their boat and their oars are ready to go.
- Equipment will be checked on the day by Marshalls, We will turn you away if defective.
- Check seats, riggers, backstays, bow balls, foot stretchers, hatch covers, slides, shoes, laces and numbers.
- Set your feet before you approach the slip or after you push away from the slip.
- Oars must come with the boat and must leave with the boat.
- If crews need help, supporters can carry oars down for them, but must leave the slip immediately.
- Only athletes, coxes and Marshalls allowed on the slip. Oar carriers can access the slip to help with oars but must leave immediately. Too many people on the slips make them unsafe.
- Harassment of the Marshalls = Immediate Disqualification

## Cork Boat Club Slips

- Launch Bow first.
- Traffic will be managed on the day. Marshals will decide which slip you use.
- Allow for 20-25min travel time to the start.
- Slip will open for launching for heads 30mins before their start time. E.g. Fixed head 1 has a 9:00 start, the slip will open at 8:30.
- Slip will close for launching for heads 20mins before their end time. E.g. Fixed head 1 has a 9:30 end time, the slip will close at 9:20.

#### Lee Pontoon

- Launch Bow first.
- Launch on the inside of the slip, closest to the wall.
- Return and Swap on the outside of the slip, closest to the river.
- Exception; 8+s and 8x+s can only launch on the outside part of the slip, they won't fit inside.
- Allow for 15min travel time to the start.
- Slip will open for launching for heads 30mins before their start time. E.g. Fixed head 1 has a 9:00 start, the slip will open at 8:30.
- Slip will close for launching for heads 15mins before their end time. E.g. Fixed head 1 has a 9:30 end time, the slip will close at 9:15.

#### Shandon Slip

- Launch Stern first.
- Two slips in use. Marshals will tell you on the day which to use.
- Allow for 10min travel time to the start.
- Slip will open for launching for heads 30mins before their start time. E.g. Fixed head 1 has a 9:00 start, the slip will open at 8:30.
- Slip will close for launching for heads 10mins before their end time. E.g. Fixed head 1 has a 9:30 end time, the slip will close at 9:20.

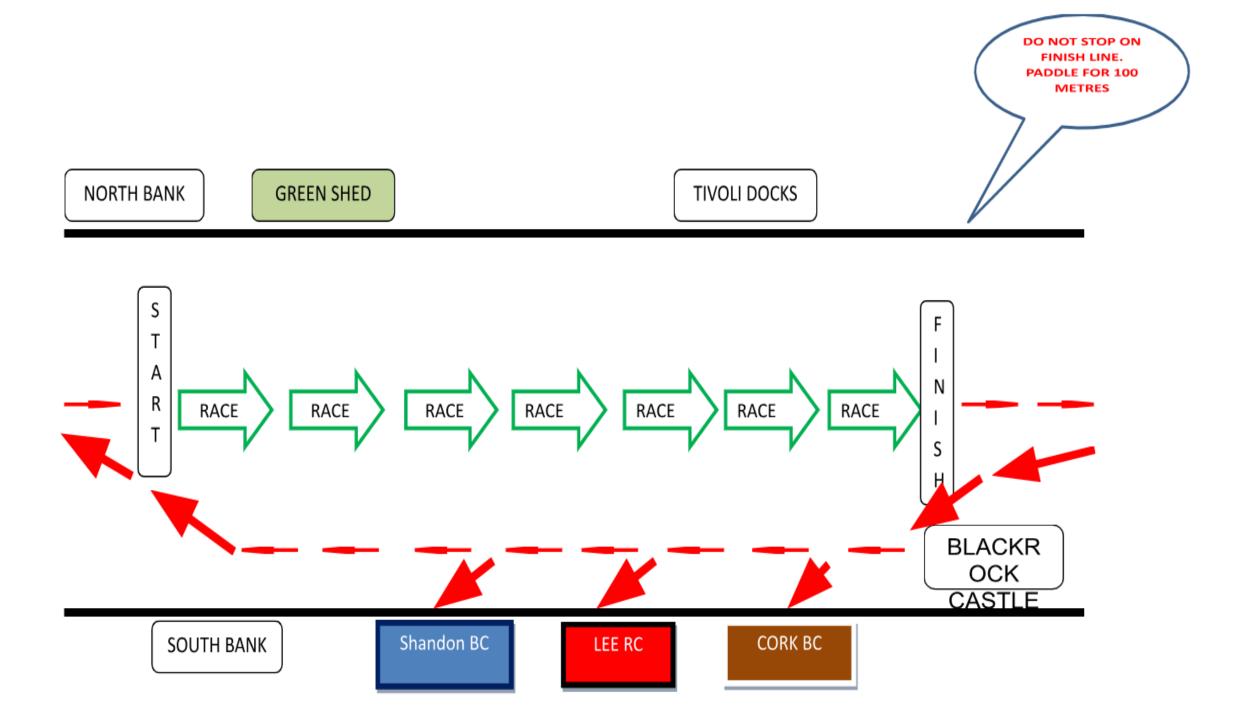
#### Numbers

- Each club will get all their numbers in one pack.
- Your host club will have them for you.
- €20 deposit required.
- Numbers will consist of a number that can be attached to the boat and a number to pin on the Bow person in your boat.
- Both numbers will be required to ensure a time. No Number means no time.
- Draw with numbers can be found here and on RI. The link is open to anyone to view, please do not request editorial access.
- https://docs.google.com/spreadsheets/d/1hkcBnlxpKghtTdkRxpMuArNEtDNfdTSX1 KBP-GUFgng/edit?usp=sharing

# Know your timetable

Head	Start Opens	Start Closes
Fixed Head 1	9:00	9:30
Fixed Head 2	9:35	10:05
Rolling Head A	10:10	11:55
Fixed Head 3	12:30	13:00
Fixed Head 4	13:05	13:35
Rolling Head B	13:40	14:40
Fixed Head 5	14:45	15:15
Fixed Head 6	15:20	15:50







- The course turns at Shandon BC and at Cork BC, make sure you respond to these turns.
- There will be a Buoy in the water at both these turning points, those racing must stay north of these buoys, these heading to the start or home must stay south of these buoys.
- We are on an active, commercial shipping channel. Large Vessels may appear on the day.
- The shipping channel is marked by large Green and Red Buoys. Boats should move either north (of the Green Buoys) or south (of the Red buoys) towards the walls of the river if a ship approaches.

### Updates

- We will use WhatsApp to update you during the day
- Use this link for access.
- https://chat.whatsapp.com/BqeeB5v6B3SGuMwtrH1tlk

### **FAQS**

#### Times

Will be given out after the event has finished. This is to make sure we have them all correct.

#### **Pennants**

Will be posted to the winning clubs after the event.

#### **Food and Drink**

Can be bought at Lee RC, Cork BC and Shandon BC

#### **Scratching Crews**

Please let us know

Watsapp/Text Me 0852510114

## Changing Rooms and Warm Up Equipment

Lee RC - Members Only

Pres RC – Members Only

Shandon BC – Changing Rooms Members Only, Ergs and Bikes Available to all

Cork BC – At the Captains Discretion

#### **Control**

Is in the lounge at Lee RC

No Access allowed