



Dear Captain/Secretary,

Muckross Rowing Club is pleased to invite entries from all affiliated clubs to compete in the Muckross Head Of the River which will take place at the National Rowing Centre, Farran Wood on **Saturday 2<sup>nd</sup> December 2023**. The event will include a rolling head over a **3000 m course** between 10am and 3pm. Timing for coastal events will commence at 11.30am.

We look forward to welcoming you to the Muckross Head Of the River 2023 and wish all competing clubs the very best of luck!

Sean Daly  
Chairman, Muckross RC

Tim O'Shea  
Event Secretary, Muckross HOR

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## IMPORTANT INFORMATION

- Entries will only be accepted via the online Rowing Ireland Tracker system. Close of entries is **Wednesday 22<sup>nd</sup> November at 19:00**. No entry may be accepted from any Irish club not affiliated to Rowing Ireland.
- All entries must be accompanied by the full entry fee. Cheques to be made payable to **Muckross Rowing Club**. Post cheques to Muckross RC, c/o Mr. Tim O'Shea, Mangerton Road, Muckross, Killarney, Co. Kerry, V93 R6H2. Any requests for fee refunds due to illness, exceptional circumstances or otherwise will only be considered following the event's conclusion.
- **Please note that Coillte operates an unmanned and cashless barrier system for entry to the car park.**
- The Draw and results will be made available online at [www.rowingireland.ie](http://www.rowingireland.ie).
- In the event of cancellation due to weather conditions, the event may be run at a later date, to be advised. Please check on the Rowing Ireland website in the days prior to the event for the latest updates.
- Boats and equipment (including heel restraints, bow balls, hatch covers and quick release foot stretchers) will be subject to inspection.
- Failure to obey the instructions of event officials may result in disqualification.
- Muckross Rowing Club and the organisers of the Muckross Head Of the River cannot accept any liability for loss or damage to any individual's personal property or damage/loss incurred to any boats and/or equipment. Individuals are responsible for their personal property at all times.
- Towing vehicles and boat trailers will be permitted access to the NRC from 7.00am.
- **Deposit System: A maximum deposit of €50** (or €10 per crew) must be received from your club prior to issuing bow number cards. This may be paid on the day at the Registration Desk. The deposit will be returned when the **full** set of Number Cards issued to your club is returned by the end of the day. Each missing Number Card will incur a €10 charge to be deducted from your deposit. Cards will not be issued separately to individual crews.
- Official club colours must be worn throughout the timed piece.
- Timing for flatwater events will commence at 10.00am and cease at 3.00pm sharp, subject to weather conditions. Timing for coastal events will run from 11.30am to 3.00pm sharp.
- Pennants will be awarded for categories where a minimum of three crews from at least two clubs are entered.
- **A Coxes Meeting will be held at 8.30am in the NRC restaurant area (upstairs), to be attended by all coxes, scullers and Club Captains. A roll call of clubs will take place at the Coxes Meeting.**



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# EVENT DETAILS

# Muckross HOR

## FLATWATER CATEGORIES

Category	MENS	WOMENS
Senior	8+, 4-, 4x-, 2-, 2x, 1x	8+, 4-, 4x-, 2-, 2x, 1x
Intermediate	8+, 4+, 2-, 2x, 1x	8+, 4+, 2-, 2x, 1x
Club	8+, 4+, 4x+, 2x, 1x	8+, 4+, 4x+, 2x, 1x
Novice	8+, 4+, 4x+, 2x, 1x	8+, 4+, 4x+, 2x, 1x
Masters	8+, 4+, 4-, 4x+, 2x, 1x	8+, 4+, 4-, 4x+, 2x, 1x
Junior 18	8+, 4+, 4x-, 2-, 2x, 1x	8+, 4-, 4x-, 2-, 2x, 1x
Junior 16	8+, 4+, 4x+, 2x, 1x	8+, 4+, 4x+, 2x, 1x
Junior 15	8x+, 8+, 4x+, 2x, 1x	8x+, 8+, 4x+, 2x, 1x
Junior 14	8x+, 4x+, 2x, 1x	8x+, 4x+, 2x, 1x
Junior 13	8x+, 4x+	8x+, 4x+

MIXED MASTERS
8+, 4+, 4x+, 2x

PARA	MENS	WOMENS
AS	1x	1x
TA	1x	1x
PARA	MIXED	
TA	2x	
LTA	4+	

\*Updated 16 November 2023

## COASTAL CATEGORIES

Category	MENS	WOMENS
Open	C4x+, C2x, C1x	C4x+, C2x, C1x
Masters	C4x+, C2x, C1x	C4x+, C2x, C1x
Junior 18	C4x+, C2x, C1x	C4x+, C2x, C1x
Junior 16	C4x+	C4x+
Junior 14	C4x+	C4x+

MIXED	
Open	C2x
Masters	C2x
Junior 18	C4x+, C2x

\*Updated 20 November 2023

## PRIZES

Pennants will be awarded for categories where a minimum of three crews from at least two clubs are entered. The above flatwater and coastal categories may be rationalised for award of pennants in the event of limited entries for particular categories. The clubs of any affected entries will be advised in advance of the event.

## ENTRY FEES

All Eights/Octuples: €60  
 All Doubles/Pairs: €20

All Quads/Fours: €40  
 All Singles: €10



## WEATHER

- All crews will race the 3000 m course. In the event of poor racing conditions, a reduced course distance may be implemented on the day (e.g. for Junior 14/15/16 crews).
- All participants and spectators are advised to prepare for both cold and wet conditions and bring suitable footwear and appropriate thermal/rain gear.
- Rowers new to competition and/or the NRC course should be well prepared and briefed by their club coaches in advance of the event.
- Any notice of cancellation/postponement will be posted on the Rowing Ireland website.
- Hours of rowing may be curtailed on the day in the event of fog, wind or other adverse conditions.

## FACILITIES

- Food & beverage shop and bathroom facilities will be available.
- Please respect our natural environment and the Farran Wood area. Dispose of all rubbish in bins provided. Rubbish bags will also be distributed to participating clubs at registration.
- **Please note Coillte is operating a strictly cashless system (card only) for access to the car park.**
- Vehicular access to the National Rowing Centre compound will be restricted.

## FURTHER INFORMATION

- Additional information on the event will be posted on the Rowing Ireland website and Muckross RC social media.
- Enquires to the Event Secretary: Tim O'Shea

Email: [muckrosshor@gmail.com](mailto:muckrosshor@gmail.com)

Mobile: 086 3548181



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