



## **Irish Rowing Championship Regatta 2022 Notes for Clubs**

### **Covid 19**

Unfortunately, Covid is still present with us at the current time. We would encourage any athletes, coaches or officials that feel unwell to take a Covid test and not to attend the event if they test positive.

### **Weather**

Temperatures of 20-24" are anticipated over the weekend. It's important that coaches ensure their athletes remain hydrated and wear sun protection.

### **Streaming**

We are providing a streaming service this year to facilitate those who are not able to attend due to Covid restrictions. The link for the streaming will be provided on the Rowing Ireland website.

### **Blades**

All oars should be painted in club colours and blades painted in the Irish colours are not permitted.

### **Coxes**

Unlike other regattas during the year, coxes must be a registered member of the club for which they are participating unless it is a composite in which case he/she must represent one of the named clubs in the composite. Coxes must have photo ID available when being weighed.

### **Medical Facilities**

An ambulance will be present in front of the boat bays and will be present until 20 minutes after the last race.

### **Regatta Office**

The Regatta office is on the ground floor at the far end of the building near the presentation podium (painted blue on the outside). It will be open from 7am until after the Captains meeting each evening.

### **Captains Meeting**

A Captain's meeting will take place in the large marquee beyond the Presentation Podium at 18:30 on Thursday and 30 minutes after racing on Friday and Saturday.

### **Declarations**

Declarations will take place at the Captains meeting each evening. Only crews declared will be included in the lane assignments. Any club declaring and subsequently failing to row will be subject to a significant fine unless they provide a satisfactory explanation to the Rowing Ireland Disciplinary Officer.

### **Substitutions**

You may substitute up to half a crew plus the cox. If an electronic substitution has not been done a substitution form must be completed and handed into the Regatta Office at least one hour before the first race. Forms are available from the office.

### **Finals**

All finals will take place at the scheduled final time in the event of heats no longer being required.

### **Bow Numbers**

Bow numbers are required for all races but there is no deposit required this year. The numbers will be allocated as your boat is launching and will be removed on return. Please do not request numbers unless your boat is at the launching area. To assist with timing you will note that the numbers of some lanes are white on black.

### **Lanes**

Lanes are numbered 0-7. Only lanes 1-6 will be used for racing.

### **Slipping**

NRC - Slip 1 to be used for slipping. Slips 3 and 4 only to be used for returning. Slipping at the beach is only permitted at the far end where the control commission are in operation. For safety reasons slipping is not permitted from the area near the concrete slip beyond the finish.

### **Route to the start**

Crews must use Lane 7 to proceed to the start. Close to the start crews must stay close to the Lane 6 side of their lane. Crews must row through the bridge and may not stop before the bridge. There is a warm-up area above the bridge where a clockwise pattern must be observed. Once above the bridge, crews may not come below until called by the starter. Please ensure your crews study the circulation patterns.

Crews going to the start from the beach should be alert as they approach the finish line. A marshal will be in position in this area. Once past the finish line they join the regular traffic pattern.

### **Cooling Down**

Crews may continue beyond the course to cool down. At all times a clockwise "drive on the left" policy must be observed.

### **Returning to the Beach or NRC**

Please note that there is a one-way system in place and you must row to the end of the launching area and turn around the yellow buoy outside the swim lane before landing or proceeding to the NRC.

Please review the training and racing patterns at the end of this document.

### **Weighing**

Weighing of lightweights and coxes will take place in the lobby beyond the entrance to the regatta office. Weighing will take place between 2 and 1 hours before your first race. Lightweights must wear their racing uniform (one piece). Coxes will be weighed in their one piece or equivalent. Shoes, jackets and life jackets must be removed for weighing. Coxes are permitted to carry a maximum of 10kg ballast. Ballast must be available for inspection at all times. Failure to produce the required ballast at any time will result in automatic disqualification.

### **Times for weighing**

Event	From	To	Day
Womens Novice 8+	07:35	08:35	Friday
Womens Lightweight 1X	07:45	08:45	Friday
Mens Lightweight 1X	09:10	10:10	Friday
Womens Club 4+	12:10	13:10	Friday
Mens Club 4+	12:55	13:55	Friday
Mens Intermediate 8+	14:10	15:10	Friday
Womens Intermediate 8+	15:00	16:00	Friday
Womens Novice 4X+	07:30	08:30	Saturday
Mens Novice 4x+	10:00	11:00	Saturday
Mens Junior 8+	11:40	12:40	Saturday
Womens Club 8+	12:20	13:20	Saturday
Mens Club 8+	06:55	07:55	Sunday
Mens Junior 4+	07:05	08:05	Sunday
Womens Intermediate 4+	07:30	08:30	Sunday
Womens Junior 8+	09:25	10:25	Sunday
Mens Intermediate 4+	12:10	13:10	Sunday
Mens Novice 8+	13:10	14:10	Sunday
Womens Senior 8+	13:40	14:40	Sunday
Mens Senior 8+	15:00	16:00	Sunday

Note – where there are multiple heats, only the first heat has been shown above.

Junior 16 coxes are not required to weigh-in.

### **Control Commission**

The umpires operating the Control Commission will be checking that boats have properly functioning self release mechanisms for the shoes, hatches and bow balls in place and coxes are wearing life jackets. All of these measures are to ensure the personal safety of your rowers so please co-operate and ensure everything is operational before approaching the slip.

## **Training**

Training must be concluded and all boats must be off the water 30 minutes before the first race each morning to enable the course to be changed from the training to racing pattern. Absolutely no training is permitted during the regatta or at the lunch interval. No coaching launches are allowed at any time from Thursday to Sunday.

<b>Day</b>	<b>From</b>	<b>To</b>	<b>From</b>	<b>To</b>
Thursday	10:00	-	-	20:00
Friday	07:30	-	08:30	17:15 - 19:30
Saturday	07:30	-	08:00	17:00 - 19:30
Sunday	06:30	-	07:30	

## **Photo-Finish**

A photo-finish system will be in operation. It is not open to the public. If a club captain or coach wishes to view a close finish please contact the Chief Umpire or come to the office and we will make arrangements for you to see the photo-finish. Please note that we cannot facilitate requests to supply individual photo-finish images during the regatta. A number of close finishes will however be posted on Facebook,

## **Anti-Doping**

Anti-Doping will take place during the regatta.

## **Water**

It is possible to drink the water in the NRC. External taps are located on both sides of the front of the boathouse. Free drinking water will also be available at the beach area.

## **Camping**

Coillte have advised that absolutely no camping will be allowed. Clubs may however erect tents during in the area beyond the finish line. Please consult with the traffic coordinators – Gerry Farrell & Brendan O’Dea regarding suitable locations before pitching. Club who pitch tents on suitable racking areas may be requested to move them.

## **Security**

Security will be in place from midday Wednesday until 17:00 on Sunday. Clubs are advised not to leave equipment in the NRC on Sunday night. The Championship Committee cannot accept responsibility for any damage to equipment during the weekend.

## **Traffic Control**

Towing vehicles with passes must be in position 30 minutes before racing commences each day. After this time no vehicles will be allowed beyond the pedestrian entrance to the NRC.

Clubs are reminded that a speed limit of 15kph exists in the vicinity of the NRC. The access roads are used extensively by walkers and we would ask that you use respect the other users of the Coillte woods by driving with care. Any vehicle breaking the speed limit will have their access pass revoked.

**Recycling**

We would ask all clubs to encourage their athletes to bring reusable water bottles to help reduce our environmental footprint over the weekend. Each club will be provided with a supply of black bags on arrival. In addition 10 large recycling bins have been provided. We would appreciate your assistance by asking your athletes to use the appropriate bins. Full black bags of general rubbish can be left at the side of the road for collection or placed in the yellow skip.

**Presentation Ceremonies**

Presentations will take place in six blocks over the weekend. Once the finals start the presentation team will be in place and will remain for approximately two hours. Championship Winning crews are requested not go for a long cool down and to come to the slips at the NRC as soon as possible after their race. There will be trestles available at the top of the slip for your boat. Crews should make their way to the Presentation tent and the medal ceremony will take place immediately after the next race finishes. We would ask for your cooperation in adhering to this schedule so that the presentation can take place before the commentary on the next race commences.

**Results**

Live results and draws can be accessed by following this link

<https://tinyurl.com/ChampResults22>

**Catering**

External catering will be available behind the Finish.

**Rowing Merchandise**

The Rowing Ireland merchandise ten is located in the spectator area behind the finish.

**Swimming**

Swimming in the lake is prohibited by the ESB

**Boat Repairs**

D.Wall Racing Boat Repairs will be located behind the finish

## Circulation Patterns for training & racing



Please note that when training, crews must row through the finish line. Under no circumstances should a crew cut across the course to return to the slips.