



Irish Coastal Rowing Championships

National Rowing Centre, Cork, Ireland 19th & 20th August 2023



CLUB INFORMATION PACK



Rosscarbery R.C.

HOSTED BY

ROSSCARBERY ROWING CLUB

Welcome Notes

Rowing Ireland Coastal Committee Chairperson

On behalf of Rowing Ireland I would like to welcome you to the 2023 Irish Coastal Rowing Championships. This year we are back to the National Rowing Centre in Cork the home of Rowing in Ireland. I would like to thank Rosscarbery Rowing Club for taking on the hosting of this year's Championships which is a huge undertaking for any club. However having been working with the club in recent months it is clear to see that they are planning on delivering an outstanding championships this year. I would like to thank the host club, the championship committee, regatta director and the entire regatta team who are working hard in preparing for this years event. To the board of Rowing Ireland and the team at the National Rowing Centre many thanks for the ongoing assistance and support. I would like to especially thank in advance the volunteers who will be playing a pivotal role in August in making sure the championships are a resounding success.



As the Coastal competitive season gets underway in the coming weeks around Ireland I would like to wish all of our clubs and your members the very best of luck and wish you safe rowing over the summer months and I am very much looking forward to meeting you all at the National Rowing Centre in August.

Ted Mc Sweeney

Chairperson Rowing Ireland Coastal Committee

Host Club Chairperson

On behalf of Rosscarbery Rowing Club, I am delighted to Welcome you, the Coastal Rowing Community of Ireland ,to the 2023 Irish Coastal Rowing Championship, hosted by our very own club at the NRC .

We have two strong dedicated Committees, the Rowing Ireland Coastal Championship Committee and Rosscarbery RC, who have working hard all year to ensure we can create the best possible setting for a memorable Championship. We have a lot to live up to, with the bar set high by our fellow Clubs over the years and across the Island.

At Rosscarbery we were thrilled that Ted, Bernie, Shane, Robert and Danny offered their expertise and support so readily, true friends to the sport.

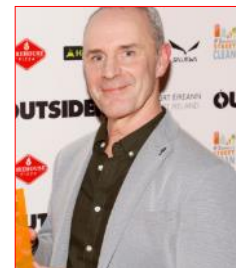
We would like to thank Rowing Ireland Coastal Division and the National Rowing Centre in accommodating us for the weekend. We are particularly grateful to our Championship sponsors, without whom we would have found it near impossible to pull this event together.

We would also like to show our appreciation for the Volunteers among you who have agreed to help us over the Championship weekend - whatever role you take on, it is a massive help to us .

From us all at Rosscarbery Rowing Club, we look forward to welcoming you to the NRC and we hope you have a fantastic Weekend, both on and off the water .

Gavin Fox

**Chairperson
Rosscarbery Rowing Club**



- **The Venue**

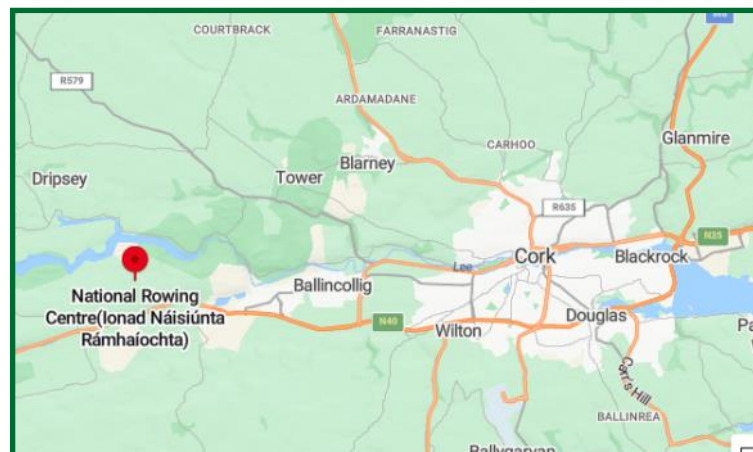
The 2023 Irish Coastal Rowing Championships will be held at the National Rowing Centre located just on the outskirts of Cork City, known throughout Ireland as the home of Irish Rowing. This state of the art Compound is World-class and has produced some of the best Rowers in the Sport.

Rosscarbery Rowing Club is hugely appreciative of Rowing Ireland in allowing us to take on the site for the Event .



- **Getting To the Venue**

The venue is located on the Western Side of Cork City at Farran. It is easily accessible with a number of routes leading to it. The venue will be signposted from all the main routes leading to it in the lead up to the championships.



Distance from venue to :

Jack Lynch Tunnel	28.9 kilometres
N 22 Cork / Killarney Road	4.6 kilometres
Cork City	22.9 kilometres
Killarney	63.7 kilometres

Google Maps Location Link: <https://goo.gl/maps/8rvWtX4pLk92>

- **Rowing Course**



The 2023 Course will be set to the East of the Olympic Racing Course at the NRC. The above image shows the outer parameters of the rowing course. The course will have a minimum of ten lanes, however the exact number of lanes will be confirmed closer to the event.

There will be six racing courses available as follows:

- **First Course** 800 metres
- **Second Course** 1500 metres
- **Multi Turn Course A** 1600 metres
- **Multi Turn Course B** 2300 metres
- **Straight Line Course** 750 meters
- **Circuit Course** Distance to be Confirmed

- **Landing / Crewing Area**

All crews launching/recovering will be from the permanent pontoons at the facility. The map below identifies both areas and also shows the proximity of the crewing areas to the rowing course itself.



- **Event Site Layout**

The National Rowing Centre is particularly good at hosting a large Event such as ours both in terms of capacity, safety and viewing. There is plenty of onsite secure parking within a two minute walk to the Centre . There is ample room for Boats, Support crews and families. The jewel in the crown is the ability to see all of the races Shoreside with ease.



Parking

Parking will be in the Coillte Farran Woods Car Park which is adjacent to the venue. This facility can take 600 + cars . Please notify all Clubs members/drivers that there is a small charge to the Car Park by Coillte and it is Card/ Tap payment only—it is strictly cashless.

Toilets

The venue has toilets in a number of locations on site. To compliment this there will be extra toilets brought in specifically for this event and they will be located at pre -determined locations throughout the site as deemed necessary.

Food and Refreshments

There will be a wide array of Fresh Food available from Independent Vendors on site. Rosscarbery Rowing Club will have a refreshment tent serving Teas and Coffees– please support it .

Boat and Trailer Parking

There will be a dedicated boat and trailer park located on the site close to the launching and recovery area. There will be a Member of the Committee on site through the night.

• The Championships

The event will be run under the direction of the Coastal Division of Rowing Ireland. A dedicated championships committee shall co ordinate the event on behalf of the Coastal Division. This years committee is as follows:

Championship Committee 2023

The 2023 Championship Committee is as follows:

Chairperson	Ted McSweeney
Regatta Director	Shane Russell
Secretary	Bernie O'Donovan
Committee Members	Alyssa Mannix
	Danny Hayes
	Robert Dunne
	Tony Mannix
	Tim Crowley
	Gavin Fox

Regatta Director

The regatta director has been appointed by the Coastal Division of Rowing Ireland and he will have overall responsibility of the operation of the championships event.

Regatta Director	Shane Russell
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Rules

The rules as set down by the Coastal Division shall be rules of the event. The starter, time keeping and race results will be under the control of the Coastal Division of Rowing Ireland. A full rule book will be issued to all clubs in advance of the event.

Racing Schedule

The Championships will take place over the weekend of the 19th /20th August. It is anticipated that racing will commence at 8.30 am on both days.

Event Entries

The closing date for entries shall be 9th August at 19.00 hrs. Entry fees must be received within two days of the close of entry.

Entries may only be made through the Tracker system on Rowing Ireland.

For details on submitting entries on the tracker system please email us at coastalchamps@rowingireland.ie and we will be happy to run through the procedure with you.

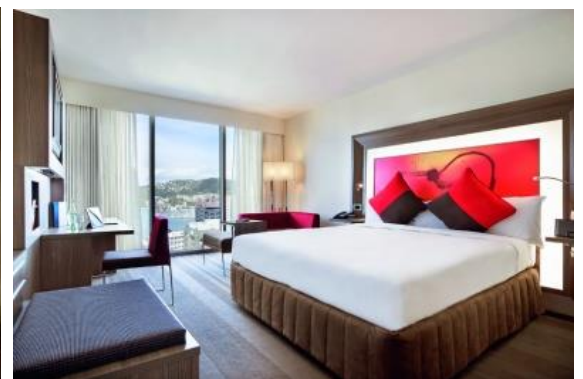
- **Accommodation (contd.)**

The following are some links to various accommodation offerings in the Cork area.

- www.orielhousehotel.ie
- www.ucccampusaccommodation.com
- www.cork.ie/wheretostay/bedandbreakfast/
- www.cork.ie/wheretostay/hotels/
- www.cork.ie/wheretostay/selfcatering/
- www.cork.ie/wheretostay/hostels/
- www.cork.ie/wheretostay/guesthouses/
- www.cork-guide.ie/cork-accommodation.html
- www.bandbireland.com/destinations/the-south/cork
- www.trivago.ie/cork-42559/hotel

Should you require any further information in relation to accommodation in the Cork area then the team at the Board Fáilte Tourists Office would be more than willing to assist:

Fáilte Ireland
Discover Ireland Centre
Grand Parade,
Cork.
T12 CK0Y.
T: +353 (021) 4255101
W: www.failteireland.ie



- **Accommodation**

Given the location of the National Rowing Centre and its proximity to Cork City there is a large number of hotels, Guest Houses, Bed and Breakfasts, Holiday Homes and Camp Sites that would be ideally suited for your stay in Cork for the 2023 Championships.

The Map below gives you an indication of the proximity of the venue to the main urban towns and villages in the Cork Area.



Distance from National Rowing Centre to Various Towns in Cork and Kerry.

Cork City	22.4 km
Ballincollig	13.6 km
Cork Airport	25.2 km
Glanmire	31.8 km
Macroom	15.5 km
Little Island	32.7 km
Cobh	45.2 km
Midleton	46.5 km
Clonakilty	43.2 km
Skibbereen	66.2 km
Bantry	66 km
Kenmare	70.4 km
Killarney	61.8 km



• *Championship Categories*

First Course	Category	Exemptions / Restrictions
800 Meters	Coastal four Under 12	Men / & or Women
	Coastal four Under 12 Women	Women
	Coastal four Under 14	Men / & or Women
	Coastal four Under 14 Women	Women
	Coastal four Under 16 Women	Women
	St. Ayles Skiff Women	Women
	St. Ayles Skiff Men	Men
	St. Ayles Skiff Mixed	Maximum Two Men
	Donegal Skiff Mixed	Maximum Two Men
	Traditional Under 14	Men / & or Women
	Traditional Under 14 Women	Women
	Traditional Under 16 Women	Women

Second Course	Category	Exemptions / Restrictions
1500 Meters	Coastal four Under 16	Men / & or Women
	Coastal four Under 18	Men / & or Women
	Coastal four Under 18 Women	Women
	Coastal four Masters Women	Women
	Coastal four Masters Mixed	Maximum Two Men
	Coastal four Masters Men	Men
	Coastal four Veteran Women	Women
	Coastal four Veteran Mixed	Maximum Two Men
	Coastal four Veteran Men	Men
	Coastal four Pre -Veteran Women	Women
	Coastal four Pre -Veteran Mixed	Maximum Two Men
	Coastal four Pre - Veteran Men	Men
	Coastal four Senior Mixed	Maximum Two Men
	Timber Yawl Women	Women
	Timber Yawl Men	Men
	Traditional Under 18	Men / & or Women
	Traditional Under 18 Women	Women
	Open Classic Men	Men
	Open Classic Women	Women

• **Championship Categories (contd.)**

Second Course (contd.)	Category	Exemptions / Restrictions
1500 Meters	Coastal four Under 21 Women	Women
	Coastal four Junior Women	Women
	Coastal four Intermediate Women	Women
	Coastal four Senior Women	Women
	Traditional Under 16	Men / & or Women
	Traditional Under 18	Men / & or Women
	Traditional Under 18 Women	Men / & or Women

Multi Turn Course A	Category	Exemptions / Restrictions
1600 meters	Traditional Junior Men	Men
	Traditional Junior Women	Women
	Traditional Senior Men	Men
	Traditional Senior Women	Women

Multi Turn Course B	Category	Exemptions / Restrictions
2300 Meters	Coastal four Under 21 Men	Men
	Coastal four Junior Men	Men
	Coastal four Intermediate Men	Men
	Coastal four Senior Men	Men

Straight Line Course	Category	Exemptions / Restrictions
750 Meters	Open Sprint Men	Men
	Open Sprint Women	Women

Circuit Courses	Category	Exemptions / Restrictions
Distance TBC	Seine Boat Race Men	Men
	Seine Boat Race Women	Women
	Celtic Longboat Men	Men
	Celtic Longboat Women	Women

Note: In accordance with the rules as set down by the Coastal Division of Rowing Ireland there may be some restrictions that apply to certain categories. Please refer to the rules to get further details on any restrictions that may apply.

• *Provisional Race Order*

Saturday 19th August 2023

As per the 2022 Coastal Championships the following initiatives will continue in 2023: Where a given category requires heats the heats and final will take place on the same day i.e. heats in the morning final in the afternoon. Medal presentations will take place every 60—90 minutes approx. Racing will continue during medal presentations.

Race No.	STATUS	CATEGORY	DISTANCE	BOAT TYPE
1 & 2	HEATS	Coastal four Senior Mixed	1500 m	Coastal four
3 & 4	HEATS	Coastal four Veteran Mixed	1500 m	Coastal four
5 & 6	HEATS	Coastal four Under 18	1500 m	Coastal four
7 & 8	HEATS	Coastal four Under 12 Women	800 m	Coastal four
9 & 10	HEATS	Coastal four Under 16 Women	800 m	Coastal four
11 & 12	HEATS	Coastal four Under 14	800 m	Coastal four
13	FINAL	Coastal four Masters Men	1500 m	Coastal four
14	FINAL	Coastal four Masters Women	1500 m	Coastal four
15	FINAL	Coastal four Pre Veteran Men	1500 m	Coastal four
16	FINAL	Coastal four Pre Veteran Women	1500 m	Coastal four
17	FINAL	Coastal four Senior Mixed	1500 m	Coastal four
18	FINAL	Coastal four Under 18	1500 m	Coastal four
19	FINAL	Coastal four Under 12 Women	800 m	Coastal four
20	FINAL	Coastal four Under 16 Women	800 m	Coastal four
21	FINAL	Coastal four Under 14	800 m	Coastal four
22	FINAL	Coastal four Under 21 Women	1500 m	Coastal four
23	FINAL	Coastal four Veteran Mixed	1500 m	Coastal four
24	FINAL	Open Classic Men	1500 m	Classic *
25	FINAL	Open Classic Women	1500 m	Classic *
26	FINAL	Timber Yawl Men	1500 m	Timber Yawl
27	FINAL	Open Sprint Women	750 m	Classic *
28	FINAL	Timber Yawl Women	1500 m	Timber Yawl
29	FINAL	Open Sprint Men	750 m	Classic *
30	FINAL	Traditional Under 14 Women	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
31	FINAL	Traditional Under 16	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
32	FINAL	Traditional Under 18 Women	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
33	FINAL	Traditional Junior Women	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
34	FINAL	Traditional Junior Men	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
35	FINAL	Traditional Senior Women	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
36	FINAL	Traditional Senior Men	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
37	FINAL	Donegal Skiff Mixed	800 m	
38	FINAL	Seine Boat Race Women	Circuit	
39	FINAL	St. Ayles Skiff Mixed	800 m	
40	FINAL	Celtic Longboat Women	Circuit	
41	FINAL	St. Ayles Skiff Women	800 m	
42	FINAL	Celtic Longboat Men	Circuit	
43	FINAL	St. Ayles Skiff Men	800 m	
44	FINAL	Seine Boat Race Men	Circuit	

* for full list of permitted boat types please consult Section 6 of the Rowing Ireland rules

All categories will be completed on the day.

The exact number of heats will be confirmed once all entries have been received.

Note: Please note that the above race order is in draft format and is given as a guide only at this time. The final race order may be varied and this will be confirmed once the entries for the 2023 Irish Coastal Rowing Championships have been received.

Sunday 20th August 2023

Race No.	STATUS	CATEGORY	DISTANCE	BOAT TYPE
1 & 2	HEATS	Coastal four Veteran Men	1500 m	Coastal four
3 & 4	HEATS	Coastal four Veteran Women	1500 m	Coastal four
5	FINAL	Coastal four Under 21 Men	2300 m (MT)	Coastal four
6 & 7	HEATS	Coastal four Under 18 Women	1500 m	Coastal four
8 & 9	HEATS	Coastal four Under 12	800 m	Coastal four
10 & 11	HEATS	Coastal four Under 16	1500 m	Coastal four
12 & 13	HEATS	Coastal four Under 14 Women	800 m	Coastal four
14 & 15	HEATS	Coastal four Pre Veteran Mixed	1500 m	Coastal four
16	FINAL	Traditional Under 18	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
17	FINAL	Traditional Under 16 Women	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
18	FINAL	Traditional Under 14	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
19	FINAL	Coastal four Veteran Men	1500 m	Coastal four
20	FINAL	Coastal four Veteran Women	1500 m	Coastal four
21	FINAL	Coastal four Under 18 Women	1500 m	Coastal four
22	FINAL	Coastal four Under 12	800 m	Coastal four
23	FINAL	Coastal four Under 16	1500 m	Coastal four
24	FINAL	Coastal four Under 14 Women	800 m	Coastal four
25	FINAL	Coastal four Pre Veteran Mixed	1500 m	Coastal four
26	FINAL	Coastal four Masters Mixed	1500 m	Coastal four
27	FINAL	Coastal four Junior Men	2300 m (MT)	Coastal four
28	FINAL	Coastal four Junior Women	1500 m	Coastal four
29	FINAL	Coastal four Intermediate Men	2300 m (MT)	Coastal four
30	FINAL	Coastal four Intermediate Women	1500 m	Coastal four
31	FINAL	Coastal four Senior Men	2300 m (MT)	Coastal four
32	FINAL	Coastal four Senior Women	1500 m	Coastal four

* for full list of permitted boat types please consult Section 6 of the Rowing Ireland rules

All categories will be completed on the day.

The exact number of heats will be confirmed once all entries have been received.

Note: Please note that the above race order is in draft format and is given as a guide only at this time. The final race order may be varied and this will be confirmed once the entries for the 2023 Irish Coastal Rowing Championships have been received.

• *Event Contact Details*

For all event details please do not hesitate to contact the Championship Committee Secretary as follows:

Secretary Bernie O'Donovan
Telephone 087 8105384
Email: coastalchamps@rowingireland.ie



Rosscarbery R.C.

