

Irish Coastal Rowing Championships



Hosted by

Kilmacsimon Swimming & Rowing Club

National Rowing Centre, Cork, Ireland

17th & 18th August 2024



EVENT INFORMATION PACK

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IRISH COASTAL ROWING CHAMPIONSHIPS 2024

National Rowing Centre, Farran, Co. Cork.

Saturday 17th and Sunday 18th August 2024

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Welcome Note

On behalf of the Championship Committee of Rowing Ireland Coastal Rowing, I am delighted to be able to share with you the event information pack for the Irish Coastal Rowing Championships 2024 being hosted by Kilmacsimon Swimming and Rowing Club at the National Rowing Centre in Cork, the home of Rowing in Ireland.

We would ask all clubs to familiarise themselves with this document as it is full of information about the event and also please do feel free to share this with your members and via social media etc.

I do hope that you all have a safe journey to Cork in the coming days and I am very much looking forward to seeing you all at the championships

Shane Russell
Regatta Director
Irish Coastal Rowing Championships 2024





IRISH COASTAL ROWING CHAMPIONSHIPS 2024

National Rowing Centre, Farran, Co. Cork.

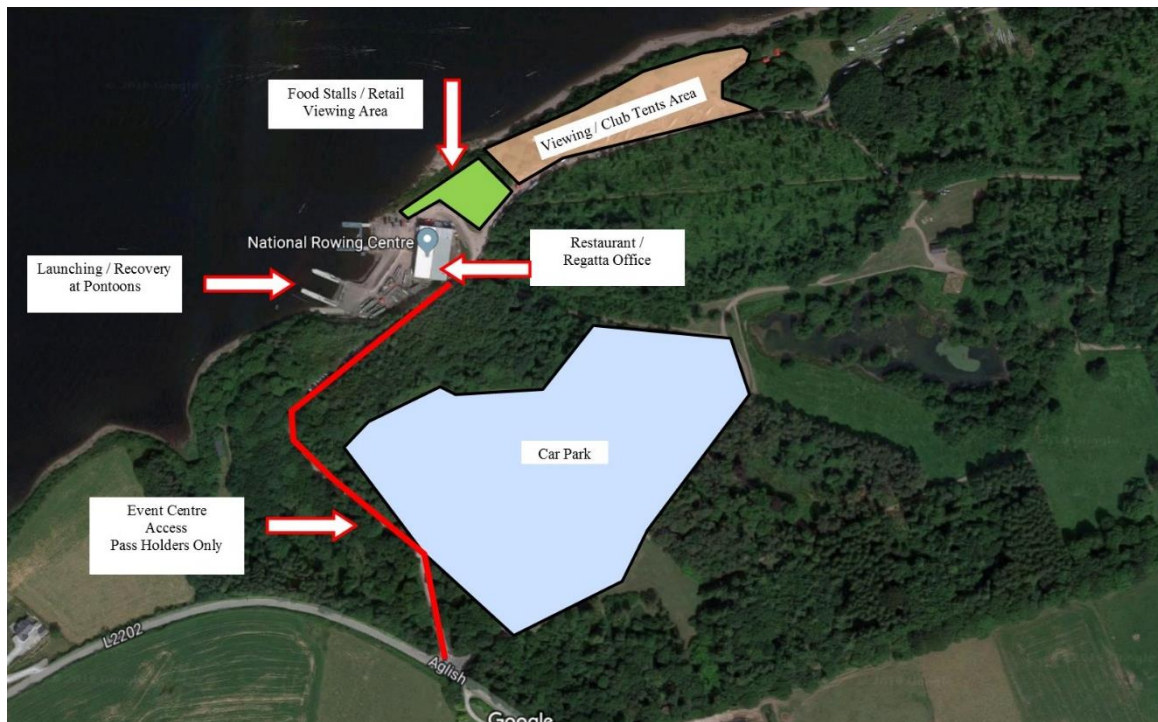
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Public Parking

As you will be aware parking will be based in the adjoining Coillte Car Park which is just adjacent to the National Rowing Centre. Parking costs €5 euro per day. There is a pathway which leads to the National Rowing Centre from the Coillte Car Park. **We have been notified by Coillte that the payment system for the weekend is cashless so please let all of your members know this.** The parking access will be on your right-hand side as you approach the National Rowing Centre from the Cork City side.



Club Towing Vehicle Parking

There will be limited parking on site in the NRC. Each club will be given one pass to allow a vehicle to park in the NRC facility. We advise that clubs ensure that they follow the instructions of stewards on site at all times. Clubs can collect their vehicle pass on the Friday evening at the NRC from the Regatta office which is located on the first floor of the NRC Building.

Accessible Parking

There will be parking on site in the NRC for those with accessible parking passes. All clubs are asked to ensure that you email coastalchamps@rowingireland.ie on or before Tuesday the 13th August to book a pass for this area as the number of vehicles allowed in here are limited.



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On Site Catering

For the duration of the event there will be a range of food stalls on site offering a great selection of food and tasty treats. See below the details of the various options:

Restaurant: (Menu is subject to change) Cash & Card Payment Accepted

***Located upstairs in restaurant in the Rowing Centre. Catering sponsored by #Cracked...
Bistro, Bandon.***

Breakfast: 8:30-11am

Breakfast roll (sausage/pudding)	€6.50
Scone	€3.00
Tea/Coffee	€2.50

Lunch: 11:30-4pm

Hot Lunch

Carvery	€15.00
Chicken Curry & Rice/Chips	€15.00
Chicken Satay & Rice/Chips	€15.00
Veg Curry & Rice/Chips	€13.00
Chips & Curry/Satay Sauce	€6.00
Chips	€5.00

Kids Menu

Kids Carvery	€10.00
Kids Sausage & Chips	€10.00
Kids Goujons & Chips	€10.00

Sandwiches

Selection of Sandwiches	€5.50
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Beverages

Tea/Coffee	€2.50
Minerals (can)	€2.00
Monster (can)	€3.00
Juice	€2.00
Water	€1.50
Lucozade Sport	€2.50

Snacks

Cadbury Snack	€1.20
Twix	€2.00
Kinder Bueno	€2.00
Freddo	€0.50
Tayto	€1.50
Popcorn	€1.50
Pringles	€2.00





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Tea/Coffee/Cake Tent:

<i>Selection of Cakes & Home Baking</i>	<i>Individually Priced</i>
<i>Beverages</i>	
Tea/Coffee	€2.50
Minerals (can)	€2.00
Monster (can)	€3.00
Juice	€2.00
Water	€1.50
Lucozade Sport	€2.50
<i>Snacks</i>	
Cadbury Snack	€1.20
Twix	€2.00
Kinder Bueno	€2.00
Freddo	€0.50
Tayto	€1.50
Pick & Mix	€2.50

Bean & Berry Truck

Coffee, Tea & Acai bowls available



Results

We are going to have a real time result system in place for the event. This will be available online at the following link: <https://tinyurl.com/CoastalChamps2024>

Or you can also use your smartphone and scan the following QR code:





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Lane Allocation

For races where we have heats the lanes for the final will be allocated as follows:

- Lane 1: 5th in Heat A
- Lane 2: 4th in Heat B
- Lane 3: 3rd in Heat A
- Lane 4: 2nd in Heat B
- Lane 5: 1st in Heat A
- Lane 6: 1st in Heat B
- Lane 7: 2nd in Heat A
- Lane 8: 3rd in Heat B
- Lane 9: 4th in Heat A
- Lane 10: 5th in Heat B

As per rule 6.10.13, at least one crew must be eliminated from each heat. Therefore in the event of a heat having five boats then there would be four qualifiers from that heat for the final.

Race Objection Procedure

The race objection fee for this year's championships is €50.00. Objection forms will be available from the regatta office. Please ensure any objections that are being submitted are submitted within the requirements of the rules.

Event Rules

The event is run under the rules of Rowing Ireland. A copy of these are available for download from www.rowingireland.ie and there will also be a copy available in the regatta office at the event.

Merchandising

There will be merchandise available to purchase at the event. This usually sells out fast, so it is advised to drop by the merchandise stall when you arrive at the venue. **Please note all payments for merchandising are cashless.** Please ensure all members are aware of this in advance.

Boat Storage

As the boats will come off the water each evening it is recommended to bring some tyres etc. with you to sit the boats on. There will be a limited number available at the NRC so its always best to bring some with you also.



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Event What's App Group

This year we are setting up a whatsapp group for people to join to get updates in relation to the event. This is not a requirement but it is a great way for us to be able to get updates out to clubs and their members in the lead up to and during the event. Please note that this whatsapp group is for event updates only and the group will be deleted after the event. See details below:

Join our Kilmacsimon- ICRC 2024 updates WhatsApp group by QR Code or link for updates and notifications on the event.



<https://chat.whatsapp.com/JvkZ5IJhqFDF2ztZTBjarx>

Steward Nominations

We would remind clubs to ensure that you have your stewards nominated as soon as possible as our Steward's Co-ordinator is looking to assemble the stewards Rota by Monday next to give people as much notice as possible.

The stewards will be filling positions such as race stewards, start line stewards and pontoon stewards.

We are asking clubs to nominate stewards by clicking on the link below and filling out the quick form. Once received our Steward's Coordinator will be in touch with all the stewards in relation to the roster schedule.

Stewards Nomination Link: <https://forms.gle/M3mceKMbTtJD7jzr8>



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Event Schedule

Friday 16th August	1.00 pm	Venue opens for access to all clubs.
	7.00 pm	Crew Declarations Meeting on the first floor restaurant area in the National Rowing Centre. Each club must be represented at this meeting. There will also be a safety briefing as part of this meeting.
Saturday 17th August	7.30 am	Safety Team Inspection
	8.00 am	Club Captains / Coxes Meeting at the restaurant in the NRC This will include a safety briefing.
	8.20 am	Stewards Briefing at the restaurant in the NRC
	8.35 am	Stewards to be at stewards' boats
	8.50 am	10 Minute Warning for First Race
	9.00 am	First Race Commences
	Prizegiving	The prize giving will take place throughout the day. We will confirm details of this with Club Captains at the morning briefings.
Sunday 18th August	7.30 am	Safety Team Inspection
	8.00 am	Club Captains / Coxes Meeting at the restaurant in the NRC This will include a safety briefing.
	8.20 am	Stewards Briefing at the restaurant in the NRC
	8.35 am	Stewards to be at stewards' boats
	8.50 am	10 Minute Warning for First Race
	9.00 am	First Race Commences
	Prizegiving	The prize giving will take place throughout the day. We will confirm details of this with Club Captains at the morning briefings.



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Race Order

Below you will find the draft race order for the championships. Please read the notes on the bottom of the next page in relation to the race order.

Saturday 17th August 2024 Race Order				
Race No.	Race Type	Category	Distance	Start Time(no earlier than)
1	Heat 1	Coastal Four Under 16 Women	800 m	9.00 am
2	Heat 2	Coastal Four Under 16 Women	800 m	
3	Heat 1	Coastal Four Under 14	800 m	
4	Heat 2	Coastal Four Under 14	800 m	
5	Final	Coastal Four Masters Men	1500 m	
6	Final	Coastal Four Masters Women	1500 m	
7	Final	Coastal Four Pre Veteran Men	1500 m	
8	Final	Coastal Four Pre Veteran Women	1500 m	11.20 am
9	Final	Coastal Four Junior Mixed	1500 m	
10	Final	Coastal Four Intermediate Mixed	1500 m	
11	Final	Coastal Four Senior Mixed	1500 m	
12	Final	Coastal Four Under 18	1500 m	
Presentation of Prizes for Races 5 - 11				
13	Final	Coastal Four Under 12 Women	800 m	
14	Final	Coastal Four Under 16 Women	800 m	
15	Final	Coastal Four Under 14	800 m	2.00 pm
16	Final	Coastal Four Under 21 Women	1500 m	
17	Final	Coastal Four Veteran Mixed	1500 m	
18	Final	Open Classic Men	1500 m	
19	Final	Open Classic Women	1500 m	
20	Final	Timber Yawl Men	1500 m	
Presentation of Prizes for Races 12 - 19				
21	Final	Open Sprint Women	750 m	
22	Final	Timber Yawl Women	1500 m	
23	Final	Open Sprint Men	750 m	4.00 pm
24	Final	Traditional Under 18 Women	1500 m	
25	Final	Traditional Under 16	1500 m	
26	Final	Traditional Junior Women	1500 m	
27	Final	Traditional Junior Men	1500 m	
28	Final	Traditional Senior Women	1500 m	
29	Final	Traditional Senior Men	1500 m	
30	Final	Traditional Veteran Women	1500 m	



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Presentation of Prizes for Races 20-30

Sunday 18th August 2024 Race Order

Race No.	Race Type	Category	Distance	Start Time(no earlier than)
1	Heat 1	Coastal Four Under 18 Women	1500 m	9.00 am
2	Heat 2	Coastal Four Under 18 Women	1500 m	
3	Heat 1	Coastal Four Under 12	800 m	
4	Heat 2	Coastal Four Under 12	800 m	
5	Heat 1	Coastal Four Under 16	800 m	
6	Heat 2	Coastal Four Under 16	1500 m	
7	Heat 1	Coastal Four Under 14 Women	800 m	
8	Heat 2	Coastal Four Under 14 Women	800 m	11.20 am
9	Final	Traditional Senior Mixed	1500 m	
10	Final	Traditional Under 16 Women	800 m	
11	Final	Traditional Under 14	800 m	
12	Final	Coastal Four Veteran Men	1500 m	
13	Final	Coastal Four Veteran Women	1500 m	
14	Final	Coastal Four Under 21 Men	2300 m	
15	Final	Coastal Four Under 18 Women	1500 m	2.00 pm
Presentation of Prizes for Races 9 - 14				
16	Final	Coastal Four Under 12	800 m	
17	Final	Coastal Four Under 16	1500 m	
18	Final	Coastal Four Under 14 Women	800 m	
19	Final	Coastal Four Pre Veteran Mixed	1500 m	
20	Final	Coastal Four Masters Mixed	1500 m	
21	Final	Coastal Four Junior Women	1500 m	
Presentation of Prizes for Races 15 - 20				
22	Final	Coastal Four Junior Men	2300 m	
23	Final	Coastal Four Intermediate Women	1500 m	4.00 pm
24	Final	Coastal Four Intermediate Men	2300 m	
25	Final	Coastal Four Senior Women	1500 m	
26	Final	Coastal Four Senior Men	2300 m	
Presentation of Prizes for Races 21 - 26				

The race order will remain in draft format until the crew declarations meeting on the Friday evening. Once this meeting has been concluded the final race order and lane allocations will be confirmed. Note the race order should largely remain unchanged. The only change that may happen would be if



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heats were to be removed in the event of any crew withdrawals that then require only a straight final.

Presentations

As with previous years we will hold a number of presentation of prizes throughout the day. Please refer to the race order above where you will find the proposed presentation schedule. We would ask that all clubs ensure your crews are at the presentation podium on time and that they have their club colours etc on them for the photographs.

Further Information

Should you have any further queries please do not hesitate to contact us via coastalchamps@rowingireland.ie and we would be only too delighted to assist you in any way we can.

Finally, we ask that you respect the wonderful venue at the National Rowing Centre and leave it as you found it. Here's looking forward to a great weekend of rowing.

End of Document.