

Irish Coastal Rowing Championships



Hosted by

Kilmacsimon Swimming & Rowing Club

**National Rowing Centre, Cork, Ireland
17th & 18th August 2024**

Club Information Pack





Welcome Notes

Rowing Ireland Coastal Committee Chairperson

On behalf of Rowing Ireland I would like to welcome you to the 2024 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 Kilmacsimon Swimming & 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 year's 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

To our coastal rowing community, on behalf of Kilmacsimon Swimming and Rowing Club, I'm really looking forward to welcoming you and your families to the National Rowing Centre in Farran for the 2024 Irish Coastal Rowing Championships. With additional race categories this year, I hope the event will be bigger and better than ever. Although with the standards set by previous host clubs and associations we have a hard act to follow.



Fortunately the depth of experience within the Championship Committee, including Regatta Director Shane Russell, will ensure no stone is left unturned in achieving a successful weekend. Hosting the Championships is a great honour for our club and has particular significance this year as we celebrate our 40th anniversary. I would like to take this opportunity to thank our members who are working hard in the background for all their efforts to date. To all the local businesses who have come on board as event sponsors, we thank you for this vital support.

Also our gratitude goes to Tadhg Branagan at the NRC for all your help so far. Finally, to the rowers. I wish you all well in your preparations. Stay safe and see you in August.

Jerry O'Sullivan

**Chairperson
Kilmacsimon Swimming & Rowing Club**



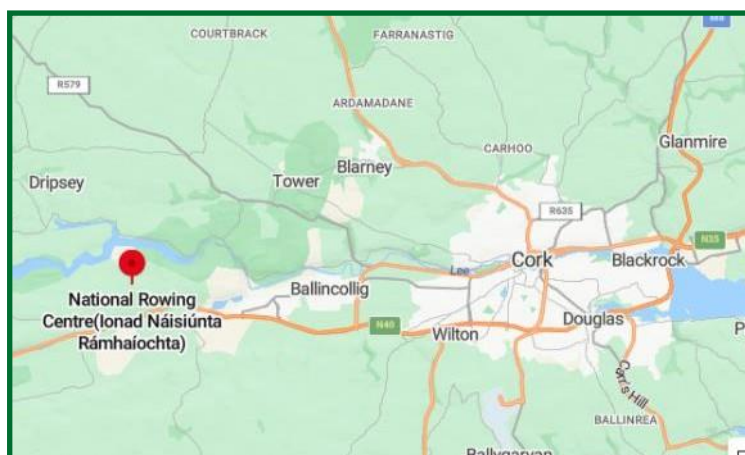
- **The Venue**

The 2024 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. Kilmacsimon Swimming & 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
City	22.9 kilometres
Killarney	63.7 kilometres

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

- *Rowing Course*



The 2024 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

Kilmacsimon Swimming & Rowing Club will have a breakfast and lunch service available in the restaurant and a refreshment tent serving Teas and Coffees– please support. A number of other vendors will also be onsite.

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.



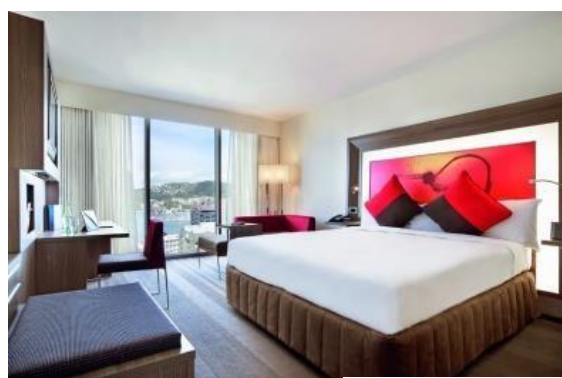
- **Accommodation (contd.)**

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:

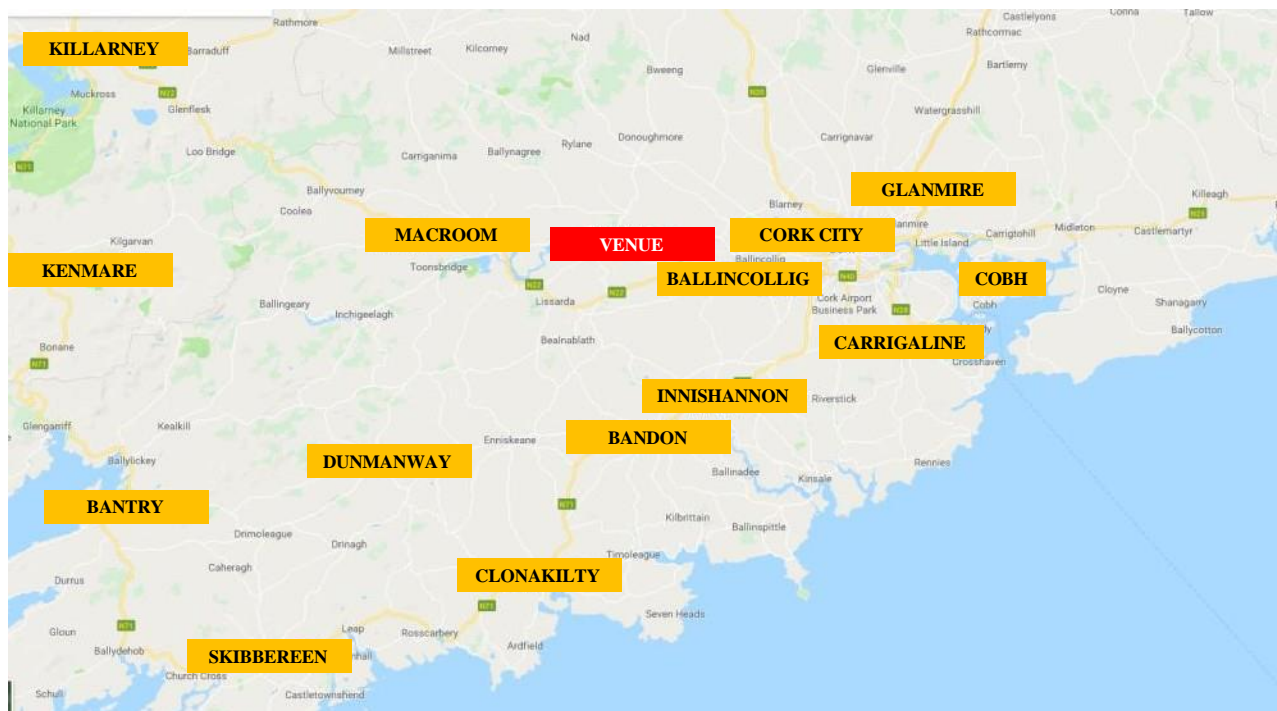
Fáilte Ireland
Discover Ireland Centre
Grand Parade,
Cork.
T12 CK0Y.
T: +353 (021) 4255 101
W: www.failteireland.ie



- **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 2024 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
Ballinacollig	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 Junior Mixed	Maximum Two Men
	Coastal four Intermediate Mixed	Maximum Two 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
	Traditional Veteran Men	Men
	Traditional Veteran 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	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
	Traditional Senior Mixed	Maximum Two Men

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 17th August 2024

As per the 2023 Coastal Championships the following initiatives will continue in 2024: 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.

No.	Race Type	Category	Distance	Boat Type
1 & 2	Heats	Coastal Four Junior Mixed	1500 m	Coastal four
3 & 4	Heats	Coastal Four Intermediate Mixed	1500 m	Coastal four
5 & 6	Heats	Coastal Four Senior Mixed	1500 m	Coastal four
7 & 8	Heats	Coastal Four Veteran Mixed	1500 m	Coastal four
9 & 10	Heats	Coastal Four Under 18	1500 m	Coastal four
11 & 12	Heats	Coastal Four Under 12 Women	800 m	Coastal four
13 & 14	Heats	Coastal Four Under 16 Women	800 m	Coastal four
15 & 16	Heats	Coastal Four Under 14	800 m	Coastal four
17	Final	Coastal Four Masters Men	1500 m	Coastal four
18	Final	Coastal Four Masters Women	1500 m	Coastal four
19	Final	Coastal Four Pre Veteran Men	1500 m	Coastal four
20	Final	Coastal Four Pre Veteran Women	1500 m	Coastal four
21	Final	Coastal Four Junior Mixed	1500 m	Coastal four
22	Final	Coastal Four Intermediate Mixed	1500 m	Coastal four
23	Final	Coastal Four Senior Mixed	1500 m	Coastal four
24	Final	Coastal Four Under 18	1500 m	Coastal four
25	Final	Coastal Four Under 12 Women	800 m	Coastal four
26	Final	Coastal Four Under 16 Women	800 m	Coastal four
27	Final	Coastal Four Under 14	800 m	Coastal four
28	Final	Coastal Four Under 21 Women	1500 m	Coastal four
29	Final	Coastal Four Veteran Mixed	1500 m	Coastal four
30	Final	Open Classic Men	1500 m	Classic *
31	Final	Open Classic Women	1500 m	Classic *
32	Final	Timber Yawl Men	1500 m	Timber Yawl
33	Final	Open Sprint Women	750 m	Classic *
34	Final	Timber Yawl Women	1500 m	Timber Yawl
35	Final	Open Sprint Men	750 m	Classic *
36	Final	Traditional Under 14 Women	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
37	Final	Traditional Under 16	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
38	Final	Traditional Under 18 Women	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
39	Final	Traditional Junior Women	1600 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
40	Final	Traditional Junior Men	1600 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
41	Final	Traditional Senior Women	1600 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
42	Final	Traditional Senior Men	1600 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
43	Final	Traditional Veteran Women	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
44	Final	Traditional Veteran Men	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
45	Final	Donegal Skiff Mixed	800 m	
46	Final	Seine Boat Race Women	Circuit	
47	Final	St. Ayles Skiff Mixed	800 m	
48	Final	Celtic Longboat Women	Circuit	
49	Final	St Ayles Skiff Women	800 m	
50	Final	Celtic Longboat Men	Circuit	
51	Final	St Ayles Skiff Men	800 m	
52	Final	Senie Boat Race Men	Circuit	

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 2024 Irish Coastal Rowing Championships have been received.





Sunday 18th August 2024

No.	Race Type	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&6	Heats	Coastal Four Under 21 Men	2300 m	Coastal four
7&8	Heats	Coastal Four Under 18 Women	1500 m	Coastal four
9&10	Heats	Coastal Four Under 12	800 m	Coastal four
11&12	Heats	Coastal Four Under 16	1500 m	Coastal four
13&14	Heats	Coastal Four Under 14 Women	800 m	Coastal four
15&16	Heats	Coastal Four Pre Veteran Mixed	1500 m	Coastal four
17	Final	Traditional Under 18	1500 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
18	Final	Traditional Under 16 Women	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
19	Final	Traditional Under 14	800 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
20	Final	Traditional Senior Mixed	1600 m	East Coast Skiffs, Kerry 4 Oars, Slaney Cotts *
21	Final	Coastal Four Veteran Men	1500 m	Coastal four
22	Final	Coastal Four Veteran Women	1500 m	Coastal four
23	Final	Coastal Four Under 21 Men	2300 m	Coastal four
24	Final	Coastal Four Under 18 Women	1500 m	Coastal four
25	Final	Coastal Four Under 12	800 m	Coastal four
26	Final	Coastal Four Under 16	1500 m	Coastal four
27	Final	Coastal Four Under 14 Women	800 m	Coastal four
28	Final	Coastal Four Pre Veteran Mixed	1500 m	Coastal four
29	Final	Coastal Four Masters Mixed	1500 m	Coastal four
30	Final	Coastal Four Junior Men	2300 m	Coastal four
31	Final	Coastal Four Junior Women	1500 m	Coastal four
32	Final	Coastal Four Intermediate Men	2300 m	Coastal four
33	Final	Coastal Four Intermediate Women	1500 m	Coastal four
34	Final	Coastal Four Intermediate Senior Men	2300 m	Coastal four
35	Final	Coastal Four Intermediate Senior Women	1500 m	Coastal four

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 2024 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
Telephone
Email:

Niamh Lordan
086 243 0813
coastalchamps@rowingireland.ie

