



Notice for Crews participating in the Head of the Shannon at Lough Rinn 2023

Please note the following points of information regarding the Head of the Shannon 2023 which is to take place at Lough Rinn on Sat 2nd December. Please refer to the event safety Procedures document on the Rowing Ireland website.

We do request your support and patience in order to facilitate a successful experience for all competitors. There will be catering available from early morning with a selection of hot food including breakfast and lunch options. Coffee and Treats will also be available throughout the day. The facilities of the caravan park will be available on the day (changing rooms and showers etc.)

Trailers and towing vehicles will be given an allocated space on arrival. We will be using the caravan park for most trailers with some in the area in front of the caravan park. All trailers must face the lake. All boat building must face the lake too in order to maximize space on the day. Please work with our marshals in this regard. If you plan to arrive on Friday, please advise Mark Butler – 086 8377868 in advance to arrange parking.

Car Parking will be available on site for circa 170 cars. This will be on a first come first served basis. Please respect our Marshals and listen to their requests and advice. An over-flow car park is located approximately 800m from the centre which is served by a footpath. We will permit drop-offs at the gate before proceeding to the overflow carpark. There will be signs to this parking area, and it has been used previously for Lough Rinn Regatta.

Notes

1. Entry Fees must be paid before any club will receive their bow numbers and a paper number is attached to the back of your race top in a visible location. Entry Fees for each club must be paid prior to bow number collection and all fees as per draw are due. This will be strictly adhered to. Carrick Rowing Club Bank Details are – BIC. AIBKIE2D and IBAN. IE23AIBK93706110041035
2. A deposit is required for bow numbers; This will be €50 (cash only) per club and will be returned when all bow numbers for the club have been handed back after the event. A fee of €10 will be charged for each missing number which will be taken from the €50 deposit. You will be provided with a full list of your numbers.
3. Please refer to the event safety statement on the Rowing Ireland website.
4. The coxes meeting will take place at 09.15 at the gate leading to the slipping area where there is a map of the lake and the course. It is required that all coxes, scullers and individuals with responsibility for steering coxless boats attend. It is very important to attend this briefing. Please take note of any navigation markers, obstacles and buoys that are on the course that day.

5. Please adhere to all marshals on and off the water, failure to do so will lead to time penalties or disqualification
6. Slipping times for both races must be adhered to, as slips will be closed at the noted times and crews will not be permitted to slip thereafter. This will be enforced without exception. (Please see slipping schedule on page 3)
7. Masters crews must inform their grade to the Event Secretary no later than official registration date, failure to do so will result in an 'A' grade time being awarded.
8. During the race, rowers being overtaken must avoid impeding those behind; allow faster crews the shortest line on corners. (This will be explained in greater detail at the coxes meeting, but it is anticipated that faster crews will pass crew to the coxes right and rowers right.)
9. Marshalling and safety boats will be on the course and will be wearing appropriate PPE whilst on the water
10. If you do have an accident, stay with your boat until help arrives. Do not attempt to swim to the bank without your boat. If you see another boat in serious trouble, please stop and help until a rescue launch arrives.
11. Pennants will be awarded to the fastest crew racing in the official event category.

Please be advised that it is forecast to be dry and a very cold day with a light westerly breeze. Temperatures are set to be very low for the full day and we recommend that all competitors be appropriately dressed for weather conditions. Coaches, we ask that you ensure your crews are adequately dressed, with long sleeve tops and hats etc. We also advise all competitors to wear slides, crocs or flip flops as slipping times will require efficiency from all crews.

We look forward to meeting you all on the day and wish you every success.

Yours sincerely,

Mark Butler
Head of the Shannon Secretary



Slipping Times for the Head of the Shannon Race 1 (Crews must be slipped by times below)

Crew Number	Slipping time
108 – 60	09.55
59 - 35	10.10
34 - 20	10.20
19 – 1	10.30

Slipping Times for the Head of the Shannon Race 2 (Crews must be slipped by times below)

Crew Number	Slipping time
258 – 220	12.55
219 – 190	1.10
189 – 170	1.20
169 - 150	1.30