



**1<sup>st</sup> July 2023**

**RE: Irish Rowing Championships 2023**

Dear Clubs,

Please read the below information and use it to make your final preparations for the Irish Rowing Championships Regatta 2023:

**Declarations**

Declarations for all races should be made at the captain's meeting on the evening prior to racing taking place. At the captain's meeting, a club representative must declare each crew.

Once declarations are complete, each crew will be allocated a heat and lane number following the numbered sequence on the tracker draw. Any crew not declared will **not be included in the draw**. Any crew that declares and subsequently does not race will be liable to a financial penalty unless an acceptable reason is provided to the regatta committee.

The captain's meeting will take place 30 minutes after the end of racing on Thursday, Friday, and Saturday evening. Any changes to the scheduled meeting time will be communicated via the 'Club Contacts WhatsApp group' (see below).

**Timetable**

The timetable will not be changed to accommodate equipment or personnel clashes. It is the club's responsibility to ensure that they have sufficient equipment and personnel to fulfil their entry.

**Racing format**

6 crews or less	Straight final
7-12 crews	2 heats with 3 crews from each heat qualifying for the final
13-18 crews	3 heats with 2 crews from each heat qualifying for the final
>18 crews	Multiple heats which will act as time trials. The fastest 6 crews overall will qualify for the final

## Progression system

The following progression system will be used:

<u>Lane 1</u>	<u>Lane 2</u>	<u>Lane 3</u>	<u>Lane 4</u>	<u>Lane 5</u>	<u>Lane 6</u>
<b>2 heats</b>					
3H1	2H2	1H1	1H2	2H1	3H2
<b>3 heats</b>					
2H2	1H3	1H1	1H2	2H1	2H3
<b>Time trial</b>					
5 <sup>th</sup>	3 <sup>rd</sup>	1 <sup>st</sup>	2 <sup>nd</sup>	4 <sup>th</sup>	6 <sup>th</sup>

In the event of an event with time trials dropping to less than 18 crews after declarations are made, the race format will be changed to heats.

In the event of an event with heats and a final dropping to 6 or less crews, a straight final will be used which will take place at the originally scheduled final time.

## Access to the National Rowing Centre

Security will be in place at the NRC from 12:00 on Thursday until 18:00 on Sunday. Trailers are requested to arrive **after 12:00 on Thursday**. The regatta committee may allow earlier access to trailers under certain circumstances, **provided this is agreed in advance**.

**Under no circumstances will trailer access to the NRC be permitted before the aforementioned times. Clubs are advised that any inappropriate behaviour toward NRC or security staff will not be tolerated, and behaviour of this kind will result in a penalty. Trailers arriving before the indicated time without prior approval will be removed from the trailer parking area.**

Any trailers arriving on Friday morning must be in place by 08:00 as the area from the NRC to the trailer parking area will be closed to vehicular access in order to ensure pedestrian safety.

Trailers may be directed to the Coilte car park in the case of late arrivals.

## Car Parking

Coilte will be operating the car park adjacent to the NRC. This car park accepts card payments only and no discounts are available for multiple entries. Rowing Ireland has no control of these car parking arrangements.

## Speed limit

For safety reasons, a speed limit of 15 kph will be in place within the NRC area. We request that all clubs instruct their trailer drivers to respect this speed limit. Any vehicles found to be in breach of this speed limit will have their access pass to the NRC revoked.

## Bow numbers

Bow numbers will be available from the NRC and the beach area. Numbers will be issued as crews launch and retrieved once the boat returns. No deposit system will be in place for numbers.

### Club Uniform

Clubs are reminded that all oars must be painted in official club colours as submitted to Rowing Ireland during the affiliation process. All athletes must wear their official club racing colours. In composite crews, competitors must wear the registered uniform of their own club. Undergarments (of a similar length) may be worn uniformly under the official uniform, provided that the colour of the undergarment is the same as the body of the official uniform or plain white.

Rowing with blades painted in the Rowing Ireland colours is not permitted.

### Water

Drinking water is available from the taps in front of the NRC and drinking water will also be available from the beach area. We would ask that clubs encourage their members to bring a reusable water bottle and refill it from the water distribution points.

### Waste disposal

Each club will be provided with a supply of refuse bags on arrival. We ask that clubs separate recycling and refuse and bring their own waste to the available bins or else leave them on the side of the road for collection.

### Racking

Clubs will be allocated boat racks in the enclosure or at the beach area. Racks should be used for 8s and 4s and pairs and singles should be stored on trailers or trestles where possible. Clubs may be asked to move boats from areas that have been designated for vendors if they are causing an obstruction.

### Club tents

Clubs are welcome to erect club tents in agreed areas. Clubs are asked avoid causing pedestrian or vehicular obstruction when they erect their tents. In a case where a tent is causing an obstruction, clubs may be asked to move their tent(s).

### Traffic circulation

The traditional traffic path of using lane 7 to the bridge and following a clockwise circulation around the warmup area above the bridge will be used. Water levels in the lake can change and so this traffic pattern may be subject to change. Clubs are asked to remind their crews to be vigilant on their way to the start, especially after the 500m mark to avoid any damage to fins etc.

Crews are asked to follow the 'swim lane' from the 2k finish to the end of the beach area and turn after the end of the buoy line. Crews are not to turn at the 2k finish line.

### Training times

Prior to Thursday	No training permitted
Thursday	12:00-20:00
Friday	07:30 until 30 mins before the first race 15 mins after the last race-18:30
Saturday	07:30 until 30 mins before the first race 15 mins after the last race-18:30
Sunday	07:30 until 30 mins before the first race

No coaching launches are permitted on the course during training hours and no training will be permitted during the regatta hours.

### Cox weighing and ballast

Coxes must weigh in between 2 and 1 hours before the first heat of their event. Ballast must be carried **by the cox** at all times. The coxswain shall produce the ballast on request by an official at any time up to and including disembarking from the boat at the conclusion of the race.

Minimum cox weights are as follows:

Men's Championships 55 kg.

Women's Championships 50 kg.

Coxes must provide photo identification at the weigh in. Weigh ins will take place on the ground floor next to the regatta office.

### Lightweight weigh ins

The weight limit for Lightweight Men's 1x is 72.5kg.

The weight limit for Lightweight Women's 1x is 59kg.

Lightweight rowers must weigh in in their racing uniform (club colours) not less than one hour and not more than two hours before their first heat in their event.

If their first heat is subsequently postponed or cancelled, the lightweight rower is not required to weigh in again on the same day.

### Championship events

Clubs are reminded that in the case of less than 3 crews starting a final for 2 years in a row, that event will cease to be a championship event. In the case of a single crew final (one entry or due to withdrawals), this event will cease to be a championship and no prizes will be awarded.

### Photography

Professional photography services will be available during the regatta.

### Catering

Athletes and spectators will be able to purchase food from the various vendors on site. No food will be available from the NRC itself.

### Ambulance

The ambulance will be on site while racing is taking place. The ambulance will be located in front of the boathouse.

### Merchandise

The merchandise tent will be located in the spectator area behind the finish. Rowing Ireland and Irish Rowing Championships Merchandise will be available to purchase.

## Results

Results and a live draw will be available via a live spreadsheet. The links to the results and live draw will be posted on the tracker page.

## Club flags

Clubs are requested to provide their club flags which will be flown from the balcony during the regatta weekend.

## Club contact WhatsApp group

Club secretaries are encouraged to join the club contact WhatsApp group. This group will be used to provide updates during the course of the regatta in relation to weather, training times, timetable changes etc.

Club contacts can join the WhatsApp group using this link:

Link: <https://chat.whatsapp.com/KZQGwGPpgcyK81LZqUrpFI>

Any queries about the above can be directed to:



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