

Lagan Scullers Head

Saturday 29 March 2025

3 Races 3000m approx., at 1100, 1330, 1500hrs



	Mens				Womens			
	4x+	4x-	2x	1x	4x+	4x-	2x	1x
Senior		Race 1	Race 2	Race 3		Race 2	Race 3	Race 1
Club 2		Race 2	Race 3	Race 1		Race 3	Race 1	Race 2
Masters		Race 3	Race 1	Race 2 (A-E, F+)		Race 1	Race 2	Race 3 (A-E, F+)
Novice	Race 3				Race 1			
Junior 18A	Race 2	Race 3	Race 1	Race 2	Race 3	Race 1	Race 2	Race 3
Junior 16	Race 1		Race 2	Race 3	Race 2		Race 3	Race 1
Junior 15	Race 2		Race 3		Race 3		Race 1	
Junior 14	Race 1				Race 2			
Any M/W	LTA 1x Race 1							
Any M/W	Junior 16 8x+ Race 3							
Any Mixed	2x Race 3							

A pennant will be awarded to the fastest crew in each class where there are at least two entries.

The event will be run to Rowing Ireland rules and all entries MUST be via the Rowing Ireland Tracker System.

Overseas Clubs not affiliated with Rowing Ireland may enter - please contact lscullers@hotmail.com for info.

Entry Fees: Octos £60/€72, Quads £32/€40, Doubles £16/€20, Singles £10/€13

Entries close on 19th March at 7pm only via Rowing Ireland Tracker.

Clubs are liable for full entry fees once the draw is published.

Entry fees are to be paid in full prior to issue of Bow Numbers.

Fees payable to 'Lagan Scullers Club' by Bank Transfer Sort Code: 98-01-55, Account Nr: 29040041 Payment Reference: "ClubInitials_LSH25"

For more information contact GORDON REID E-mail lscullers@hotmail.com Mobile +44 78 0303 4433

SAFETY STATEMENT & NOTES FOR COMPETITORS- 2025

LSC will make the safety of competitors and guests the top priority at this event.

1. VISITING CREWS should access the river via one of the allocated rowing clubs. **Please do not intrude on their other facilities.**

2. SAFETY BRIEFING. A Safety Briefing document including course details is available prior to the race and should be read and understood by all steerers.

3. NUMBERS must be clearly displayed during racing. Numbers lost or damaged will be charged at £10 stg. Numbers must be returned immediately after each race for re-use.

4. COURSE DETAILS. A map of the course and relevant features will be available. Competitors should study these before launching. This includes details of a Plan B course.

5. SAFETY AND RESCUE. It shall be the responsibility of each crew to decide whether or not to start or continue racing. Competitors must find out about local practice and conditions, and check that their boat and equipment is safe. Competitors are responsible for their own safety, and must follow the Rowing Ireland Safety Code.

This includes the need for bowball, heel restraints, quick release shoes, watertight hull, and cox's lifejacket. Safety launches may be present, but competitors are encouraged to achieve self-rescue. They must accept help if directed by the crew of a safety launch.

6. THE COMMITTEE reserve the right to alter the programme, postpone or abandon the event. Competitors are accepted on the condition that the Club Committee is not held responsible for injury, loss or damage to personal property, however caused. The club has public liability insurance in place for the event.

7. LAUNCHING. Crews should launch in good time to reach the start area (3km away) **at least 5 mins** before start time.

Launch times:

Division 3: 60-45 minutes before start

Division 2: 45-30 minutes before start

Division 1: 30-20 minutes before start

8. RULES BEFORE START TIME. Normal Lagan rules will apply ie. Downstream on Co Down side **ONLY**, upstream on Co Antrim. A launch will be based at Kings Bridge (2250m from start). Crews still upstream of that point at 15 mins to start time shall not race, but return to the boathouses keeping clear of racing. Crews arriving late or delaying the start may be penalised. After START time racing rules will apply until the last boat finishes that race.

9. THE START. Crews should marshall near the Albert Bridge. Do not go downstream of the bridge unless directed. See map for details, including Plan B.

Division 1 should face bows upstream, in order on the Co Antrim side, above the bridge.

Divisions 2 & 3 on Co Down side, bows into the conditions, with the lowest number close to the bridge. Div 3 will be upstream of the start line if necessary. Div 2 & 3 crews should stay in order and move down towards the Albert bridge, cross and up on the Co Antrim side, to start in sequence.

10. THE COURSE. The river should be clear but keep a lookout. Do not overtake near an obstruction/bridge. Let overtaking boats pass on their best course. See map of course.

11. THE FINISH. Crews should stay **to Co Down side of buoys** approaching the finish, until it is safe to stop. They should return to slipways as soon as the river is clear, keeping close to the Co Antrim bank, inside the buoyed zone. Crews boating from LSC, MCB & QUB to take care to stay off the course, and wait upstream of the finish if instructed.

12. RESULTS will be posted as soon as possible after each race, at LSC, and on RI website.

13. PRIZES for classes with 2 or more entries will be presented at approximately 16:00 hrs at LSC.

14. REFRESHMENTS will be available at LSC during the event.

15. QUERIES on any matter should be referred to Gordon Reid +44 78 0303 4433