



## Things to do List

- The Regatta will be run under the Rules of Rowing Ireland and is a Grand League Regatta
- Once you have declared for an event it is compulsory to race
- Please ensure your entry fees are paid before the regatta (no entry fees no race numbers). All payments should be made via EFT to the Lough Rynn Regatta Account, details on the tracker regatta page.
- Allow 30min to get to start - collect your bow number 40 minutes before your race and familiarise yourself with Point 11 in the Regatta Letter.
- You must be at the start 10min before race start time. Wear warm clothing on the way to start if the day is cold / wear a hat, sunscreen and hydrate if it's a warm day.
- It is each crews responsibility to check and make sure they have the correct bow number and to know their race number.
- **No cars other than those towing trailers will be left down to regatta enclosure**
- Parking will be available in an adjacent field to the course and at Lough Rynn Hotel Golf Course Site, parking will be free of charge.
- Please ensure you know the time of your race heat or final and the race number before you take to the water
- If you are changing crew personal you must fill in a change of crew form at least one hour before your race, which will be forwarded to the domestic events committee. This should be done online through Tracker via the Rowing Ireland website.
- If for medical or other serious reasons you are scratching from an event a form must be filled declaring your intentions, which will be forwarded to domestic events committee after the regatta.

