

MUCKROSS HOR 2023 - IMPORTANT INFORMATION

1. The venue for the event is the National Rowing Centre, Farran Wood, Cork. Please take caution and drive slowly on local approach roads to Farran Wood. Newcomers to the venue are advised of sharp bends.
2. **The weather forecast is for very cold conditions.** Please monitor the latest forecast for any cold weather warnings (low temperature / ice / fog) and allow additional time for safe driving at a reduced speed. Please dress appropriately. All rowers and coxswains are strongly recommended to layer up, bring a hat and thermal layers. During the rolling head, crews may be stationary for periods at the start line and when proceeding to slip. Clubs are asked to take special care of younger and inexperienced crews and ensure suitable apparel.
3. **Vehicular access to the NRC** area will be strictly limited to boat trailers, official use only by event organisers, RI staff and HP athletes/coaches. Event officials will permit access to boat trailers only between 7am and 9.30am. If your boat trailer intends to enter the NRC after 9.30am on Saturday, please contact the Event Secretary prior to Saturday 2nd December. There will be no access to the NRC after 5pm on Friday 1st December and there will be no overnight security at the NRC.
4. **Car parking** is facilitated by Coillte. Coillte operates a cashless, automated and unmanned car park barrier for entry (€5). There is no parking ticket provided to return should your vehicle exit the car park. This is beyond the control of the event organisers and Rowing Ireland.
5. Please advise any **known crew scratches** to the Event Secretary at the earliest opportunity.
6. **Registration and collection of bow number cards** will be open from **8.00am** in the office (first floor, NRC). Number cards may only be collected and returned as a full set and no individual cards will be released prior to receipt of a club's full entry fee payment and deposit.
7. The **maximum deposit** payable for bow number cards has been reduced to **€20 (or €10 for one card)** as we will be trialling a number card collection system for the first time this year, to assist clubs with number return and avoid duplicate numbers racing. We are continuing to ask for a deposit to ensure a reasonable level of care with number cards issued. Deposits will be refunded on the return of all number cards for each club. Coastal clubs will be issued with crew numbers to be worn on the back of the sculler / bow rower (no deposit).
8. There will be two separate Coxes Meetings for Flatwater and Coastal Clubs. All Club Captains, coxswains, single scullers and those steering coxless boats are required to attend the relevant meeting.
 - a. **Flatwater Coxes Meeting** will be held at **8.30am** in the NRC restaurant area.
 - b. **Coastal Coxes Meeting** will be held at **9.30am** in the NRC restaurant area.
9. Flatwater crews are asked to launch from the slips in front of the NRC in the first instance. Coastal crews are asked to launch from the beach area in the first instance. Flatwater crews may also launch from the beach area. Please ensure all crews launching have their number in place and crew members are aware of their crew number. Rowers shall keep slipways clear of oars, gear, footwear and equipment at all times.
10. **Slipping areas** will be **open** to flatwater crews from **9.30am** and coastal crews from **10.30am** (weather permitting and as conditions permit on the morning). Slips will be closed no later than **3.30pm**. Slip opening times may be adjusted to take account of prevailing conditions on the day.
11. **Timing for flatwater crews** will commence at **10.00am**. **Timing for coastal crews will commence 1 hour later** (11am). Coastal crews will not have start times registered before 11am. All timing will finish by 4pm, **subject to weather conditions**.
12. The **circulation pattern** at the start area is subject to change based on water levels and weather conditions on the day. Please observe the latest course instructions that will be communicated at the Coxes Meetings. Details of the start and finish line will be communicated at the Coxes Meetings.
13. All rowers must race the timed course in **official club colours**.
14. **Welfare facilities** including **ambulance, first aid, toilets** and **food shop** will be available at the NRC. Toilets will also be available external to the NRC and in the vicinity of the beach area. Please keep the National Rowing Centre and Farran Wood area clean. Rubbish bags will be distributed to each club at registration.
15. Club Captains are asked to pay **special attention to younger and beginner rowers** who may be inexperienced with the course and competitive events in cold conditions.
16. **Please obey the instructions of stewards/marshals** both on shore and on water at all times. Boats will be subject to inspection prior to launch including **bow balls** (flatwater boats only), **hatch covers, heel restraints, quick release** and **cox life-jacket**. Where any of these items are missing or damaged, crews will not be permitted to launch.
17. **Safety boats** will be based at the following course marks: Start area (x2), 750m, 1.5km, 2km, 2.5km, 3km.
18. Pennant flag **prizes** will be awarded to the fastest crew in each category. All categories with a minimum of 3 crews from at least 2 clubs will carry a prize. All prizes will be posted to winning clubs after the event.