



8th July 2023

RE: Cox weigh ins

Dear Clubs,

It has come to the attention of the committee that several clubs have entered the same cox into events which are close to each other in the time schedule.

Clubs are reminded of rule 3.11 of the Championship Rules, which states:

Coxswains shall be weighed wearing their racing uniforms (one-piece or equivalent) **not less than one hour and not more than two hours before their first race in each event** each day.

Please ensure that coxes have sufficient time to weigh in for their first event of the day and weigh in the first race of any subsequent events they may be racing in.

Any queries about the above can be directed to:

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Irish Rowing Championships Regatta Committee Secretary

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