

11th July 2023

RE: Training

Dear Clubs,

Please take note of the updated training times below, which are slightly different to the times indicated in the 'Information for Clubs' document.

Wednesday	No training permitted
Thursday	12:00-20:00
Friday	18:00-19:00
Saturday	18:00-19:00

Please note, as a result of course preparation activities, training outside of these times is strictly prohibited.

Clubs are also asked to take note of the circulation pattern for training and racing:

Training:



Racing:



Any queries about the above can be directed to:

David Breen

Irish Rowing Championships Regatta Committee Secretary

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