

Olderfleet Rowing Club

Coastguard Road, Larne.



Irish Masters Coastal Rowing Championships

Saturday 4th May 2024

Glenarm Marina

Age Categories, Race Categories and Timetable

Age Categories

The following age categories for rowers are being offered:

Junior 18 - open to those under the age of 19 on 31 August of the year of competition.

Junior 16 - open to those under the age of 17 on 31 August of the year of competition.

Junior 14 - open to those under the age of 15 on 31 August of the year of competition.

Masters 40 - open to crews where the average age is 40 years

Masters 50 - open to crews where the average age is 50 years

Composite Crews

Crews may contain members from a maximum of two clubs. Rowers must wear their own club colours. Composite crews must be declared at time of entry.

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Race Categories

The following race categories are being offered, the distance for each race is shown also.

Should heats be required they will be run over a 2Km course.

Race Categories	Race Distance m
Master 40/50 W C1X	4000
Master 40/50 W C2X	4000
Master 40/50 W C4X+	4000
Master 40/50 M C1X	4000
Master 40/50 M C2X	4000
Master 40/50 M C4X+	4000

Race Categories	Race Distance m
J14 W C4X+	2000
J14 M C4X+	2000
J16 W C4X+	2000
J16 M C4X+	2000
J18 W C4X+	2000
J18 M C4X+	2000

Para & Adaptive Rowers

While there are no separate races for Para & Adaptive rowers, any clubs that have registered rowers who are eligible for these categories please inform the Olderfleet secretary at mail@olderfleetrowingclub.co.uk

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Race Order and Timetable

The race order is structured to facilitate boat sharing and doubling up and is based on single/combined Masters 40 & 50 races in each boat category. The race order will not change.

Apart from weather and other conditions outside of the organisers' control, races will not be delayed. It is each club's responsibility to ensure they are at the start 5 mins before the official regatta start time.

Race Timetable			
Race	Time	Category	Distance (m)
1	08:45	J18 Mens C4X+	2000
2	09:15	Master 40/50 Mens C1X	4000
	09:20	J14 Womens C4X+	2000
3	10:00	Master 40/50 Womens C2X	4000
	10:05	J14 Mens C4X+	2000
4	10:45	J16 Womens C4X+	2000
5	11:30	Master 40/50 Mens C4X+	4000
Medal Presentation & Break			
6	13:00	Master 40/50 Womens C4X+	4000
7	13:45	J18 Womens C4X+	
	13:50	Master 40/50 Mens C2X	4000
8	14:30	J16 Mens C4X+	
	14:35	Master 40/50 Womens C1X	4000
9	15:35	Master 40/50 Mix C4X+	4000
10	16:15	Master 40/50 Mix C2X	4000

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Masters Average Crew Ages

For Masters 40 and Masters 50 crews, averaging will be used based on the age a competitor attains during the year of competition. The youngest a competitor may be is 35.

Each competitor shall be responsible for his/her own health and fitness.

The minimum combined crew ages are shown in the table below.

Minimum Combined Crew Ages		
Boat Type	Master 40	Master 50
1X / Solo	40	50
2X / Double	80	100
4X+ / Quad	160	200

Separate 40's and 50's Races

If there are less than three entries in either category, Masters 40 and Masters 50 crews will compete in the same race on a handicap basis for a single prize. If there are three or more entries in both categories, Master 40 and Master 50 crews will compete in the same race without any handicap, racing for separate category prizes.

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Combined Races

Where both 40 and 50 crews are competing in the same race a handicap system will be in place. The handicaps are shown in the table below. The 50 crews will go on the first start and the 40 crews will go on the second start at the time delay as stated below. The full race start procedure can be found in the full racing rules.

Start Procedure – The start will involve the Masters 50 crews starting once the hooter sounds and the last ball drops. After the Masters 50 crews depart one ball will be rehoisted. Once the appropriate handicap has been allowed, the single ball will drop and the hooter sounded again to indicate the start for the Masters 40 crews. Any crew crossing the start line before their ball drop will be penalised 120 seconds. The handicap to be applied for each category is listed below. As the handicaps are based on a 4000m course they will be adjusted if a shorter course is used, as in the case of heats. The Finish will be judged in the normal way. The crew finishing first will be declared the winner.

Handicap for a 4000m Race		
	Master 50	Master 40
Men 4X+	Go	+31 Seconds
Women 4X+	Go	+31 Seconds
Men 2X	Go	+32 Seconds
Women 2X	Go	+34 Seconds
Mixed 2X	Go	+32 Seconds
Men 1X	Go	+35 Seconds
Women 1X	Go	+35 Seconds