

# Olderfleet Rowing Club

Coastguard Road, Larne.



## Swift Irish Masters Coastal Scull Rowing Championships

Saturday 10<sup>th</sup> May 2025

Glenarm Marina

### Age Categories, Race Categories and Timetable

#### Age Categories

The following age categories for rowers are being offered:

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.

#### 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	3000
Master 40/50 W C2X	3000
Master 40/50 W C4X+	3000
Master 40/50 M C1X	3000
Master 40/50 M C2X	3000
Master 40/50 M C4X+	3000
Master 40/50 Mix C2X	3000
Master 40/50 Mix C4X+	3000

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## 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@olderfleetworkingclub.co.uk](mailto:mail@olderfleetworkingclub.co.uk)

## 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	09:30	Master 40/50 Mix C2x	3000
2	10:15	Master 40/50 Womens C1x	3000
3	11:00	Master 40/50 Mens C2x	3000
4	11:45	Master 40/50 Womens C4x+	3000
5	12:30	Master 40/50 Mens C1x	3000
<b>Break</b>			
6	13:30	Master 40/50 Womens C2x	3000
7	14:15	Master 40/50 Mens C4x+	3000
8	15:15	Master 40/50 Mix C4X+	3000

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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 fewer 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, Masters 40 and Masters 50 crews will compete in the same race without any handicap, racing for separate category prizes.

## Combined Races

Where both Masters 40 and Masters 50 crews are competing in the same race, all crews will start at the same time under the normal starting procedure. Any applicable handicap will be applied to the crews' finishing times after the race is completed. The full race start procedure can be found in the racing rules.

Handicap for a 3000m Race	
	Master 40
Men C4X+	+23 Seconds
Women C4X+	+23 Seconds
Mixed C4x+	+23 Seconds
Men C2X	+24 Seconds
Women C2X	+26 Seconds
Mixed C2X	+24 Seconds
Men C1X	+26 Seconds
Women C1X	+26 Seconds