

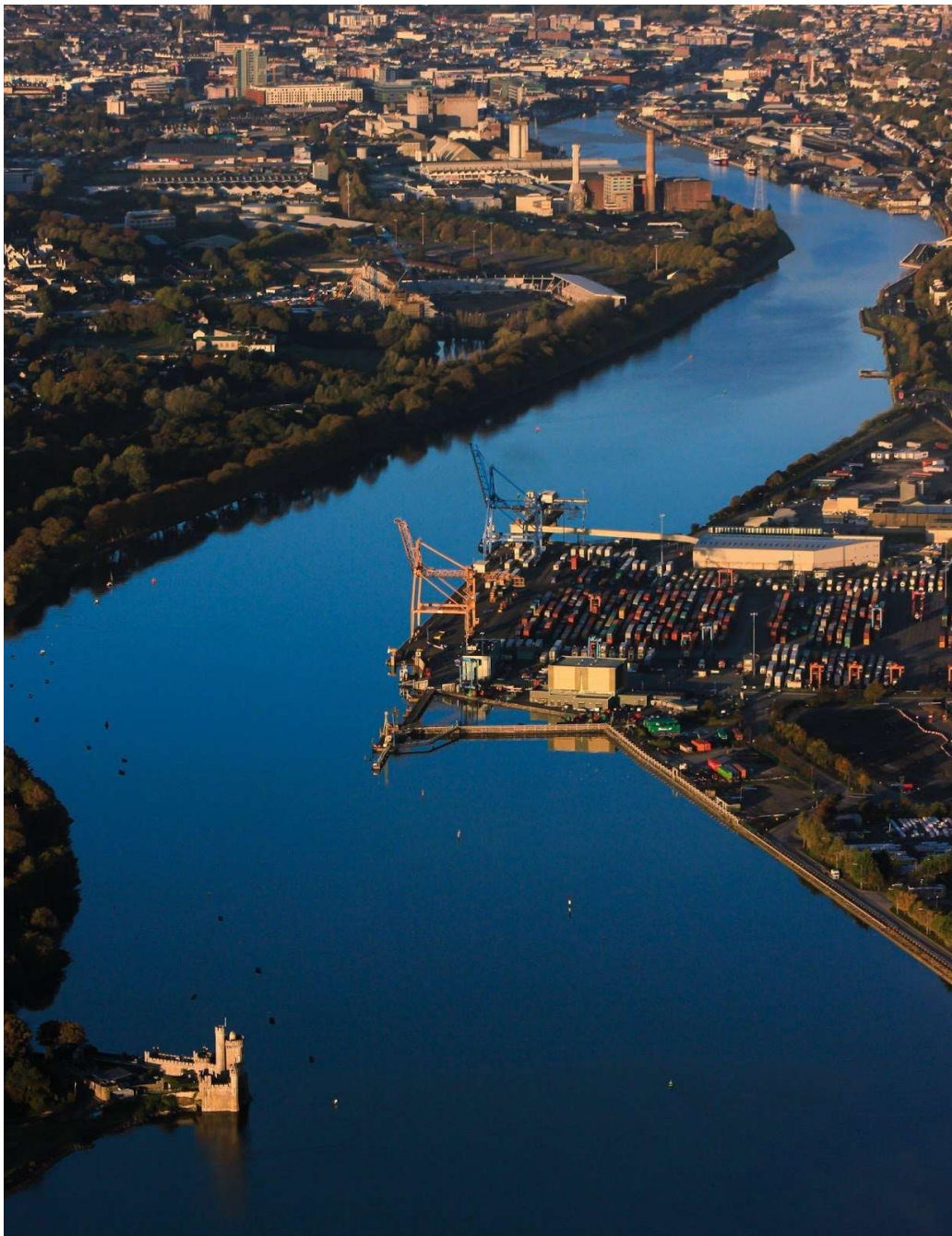
Shandon Boat Club



Head of the River

28th January 2023

Race Prospectus



Dear Captain/Secretary,

Shandon Boat Club invites your club to take part in our Head of the River event, being held on Saturday 28 January 2023 from 10:30 am to 3:00 pm on The Marina in Cork City.

Event Details:

1. The event will be run under Rowing Ireland rules.
2. Entries are made through RI Tracker and close on Wednesday January 18th 2023 at 7:00pm.
3. Event Course:
 - a) For J16 and older, 4,500m from below Blackrock Castle along the north bank of The Marina to the Customs House docks in Cork City.
 - b) For J14 and J15 (in Rolling Head 2), 3,000m from the east end of Tivoli Docks (opposite Cork Boat Club) along the north bank of The Marina to the Customs House docks in Cork City.
 - c) The course will have some markers but will not be buoyed. Time penalties will be applied for not adhering to the course at certain points. This will be explained on the course map which will be issued to all clubs participating.
 - d) Racing will be on an outgoing tide on the River Lee.
 - e) The start shall be a running start across the designated start line.
4. At least three crews must compete at each grade for the pennant to be awarded.
5. Medals will be awarded as follows;
 - a) Head 1 - Fastest Men's Eight and fastest Women's Four or Quad
 - b) Head 2 - Fastest Mens and Womens Octs and Quads
 - c) Head 3 - Fastest Women's Eight and fastest Men's Four or Quad
6. Fees must be paid in full before racing. Crews will not be permitted to race without the full payment of fees owed by the respective club beforehand.
7. Umpires will be in safety launches on the course.

Safety:

1. A safety statement will be issued.
2. All clubs must ensure that crews entered are capable of competing over the race distance and are appropriately clothed, equipped and trained for an event of this nature.

Weather:

Should we have any issues with the weather a decision will be made to cancel or postpone. This decision will be made by Thursday, January 26th at 12pm.

Alternatively, if the weather makes the original course unsuitable we may decide to race in the opposite direction, ie from Port of Cork to Blackrock Castle. Should this occur an updated course map and safety instructions will be issued.

Categories:

Men's Events								
	J14	J15	J16	J18	Novice	Inter	Senior	Masters
Eights (8+)			x	x	x	x	x	x
Octs (8x+)	x	x						
Coxed 4 (4+)			x	x		x		x
Coxless 4 (4-)							x	
Coxed Quad (4x+)	x	x	x		x	x		x
Coxless Quad (4x-)				x			x	
Women's Events								
	J14	J15	J16	J18	Novice	Inter	Senior	Masters
Eights (8+)			x	x	x	x	x	x
Octs (8x+)	x	x						
Coxed 4 (4+)			x			x		x
Coxless 4 (4-)				x			x	
Coxed Quad (4x+)	x	x	x		x	x		x
Coxless Quad (4x-)				x			x	

Head	Boats	Categories	Start Time
1. Fixed (4500m)	Men's Eights Women's Fours Women's Quads	J16 & J18 Novice Inter Senior Masters	10:30 - 11:30
2. Rolling (3000m)	Men's & Women's Octs & Quads	J14 & J15	11:30 - 13:30
3. Fixed (4500m)	Women's Eights Men's Fours Men's Quads	J16 & J18 Novice Inter Senior Masters	13:45 - 14:30

These times may vary depending on the number of entries received per race.

Crews in the fixed heads will be assigned a start time based on their category, e.g. Senior Eights will start ahead of Inter Eights. These times must be adhered to.

Please enter your crews and in line with the above schedule and any necessary boat sharing.

Entry Fees:

Eights and Octs	€80.00
Fours and Quads	€40.00

Entry fees will be collected using our Shandon Clubflow system on the following link:
<https://clubflow.io/8/shop/public/Shandon-Boat-Club>

Enquiries:

All queries can be sent to eventsecretary@shandonboatclub.com.

We look forward to welcoming you all to our Head of the River.

Yours in Rowing,

Pat Arrigan
Regatta Secretary