

Swift Racing Irish Senior Coastal Rowing Championships 2024



*Swift
Racing*

Captains Pack



BANTRY RC

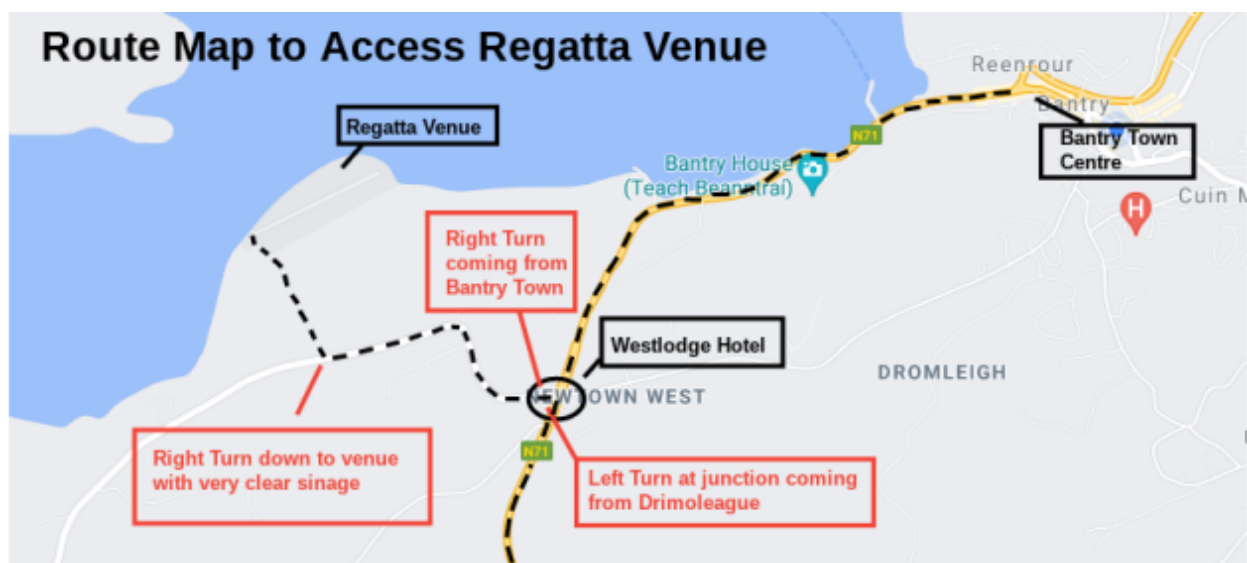
Venue and Directions

The regatta will take place at Bantry Aerodrome, a full size runway marked with two large greenfield sites either side and beach access the entire length of the runway. The launch and recovery site for boats will be at the beach area at the town end of the Runway.

To access the venue coming from Cork City via Drimoleague (N71), before coming to the Westlodge Hotel you will see a sign marked Regatta next left, after this sign take the left turn which will be clearly marked. Follow this road for approximately 1km and you will see a sign marked Regatta Next Right, after this take the right turn which will be clearly marked. This road is less than 1km and will lead straight down to the venue.

To access coming from the Bantry town side (N71), after the Westlodge Hotel you will see a sign marked Regatta next right, after this sign take the right turn which will be clearly marked. Follow this road for approximately 1km and you will see a sign marked Regatta next right, after this take the right turn which will be clearly marked. The road is less than 1km and will lead straight down to the venue.

Eircode:P75HX09 will bring you to the Wastewater treatment plant 300m from the course, just continue straight when you reach this point, alternatively put "Bantry Airstrip" into Google Maps to get accurate directions.



Venue Access for Trailers and Towing Vehicles

Clubs arriving on Friday 23rd August will be allowed access to the venue from 6pm. Earlier access may not be available however trailers can be left temporarily in the car park at the runway entrance, (trailers MUST NOT block the runway entrance).

Only trailers and towing vehicles will be allowed into the "Boat Park" and will be directed to an available section. All cars will be directed to the car parks on site. Clubs arriving on Saturday 24th August will have venue access from 7.30am. All trailers must be in place prior to the start of racing each day. Once racing begins there should be no vehicle traffic moving in the boat park without contacting a regatta volunteer. Cars carrying Single sculls will be permitted into the boat park but the car's should be removed once the boat is unloaded; unless it is to remain on site for the duration of the racing day.

We ask all clubs to comply with regatta volunteers at all times in regards to vehicle movement as a matter of safety.

Car Parking

Parking is available onsite for the weekend. Volunteers will be taking donations at the gate for parking. ALL money collected for parking will be donated to the Bantry Hospice Project..

There will be dedicated car parks adjacent to the runway. Traffic will be directed into these car parks by regatta volunteers. Under no circumstances should a car be parked anywhere other than an area directed by regatta volunteers. Cars carrying equipment will not be allowed to drive into the Boat Park and will be directed back to the car park, they can however drive as far as the entrance of the boat park and drop equipment off. Cars must not park on the side of the road leading down to the venue as this will cause a serious obstruction to Emergency services and towing vehicles. Gardai will be notified of any cars parked on the road.

Again, we ask clubs to fully comply with volunteers in regards to parking.

Emergency Services

The Red Cross Ambulances will be onsite for the duration of Regatta. (See venue Map).

Bantry Inshore Rescue will be onsite/standby on the water for the duration of the event.

Bantry Hospital is 2km away from the course for any athletes when not at the regatta venue (P75DX93).

Bantry South Doc is also available for out of hours emergencies (P75 T611).

Food & Refreshments

There will be a number of food vendors at the venue. They will be located near to regatta control. There will be hot food and drinks available including tea and coffee etc. Card and cash will be accepted. A seating area will be provided.

Plastic Free Event

The Regatta Committee would like to keep the event plastic free. Clubs should bring reusable water bottles where possible and not single use plastics. Litter at the event Clubs should keep their section clean and bring all rubbish away with them after the event. Clubs will have a plastic bag attached to their trailer.

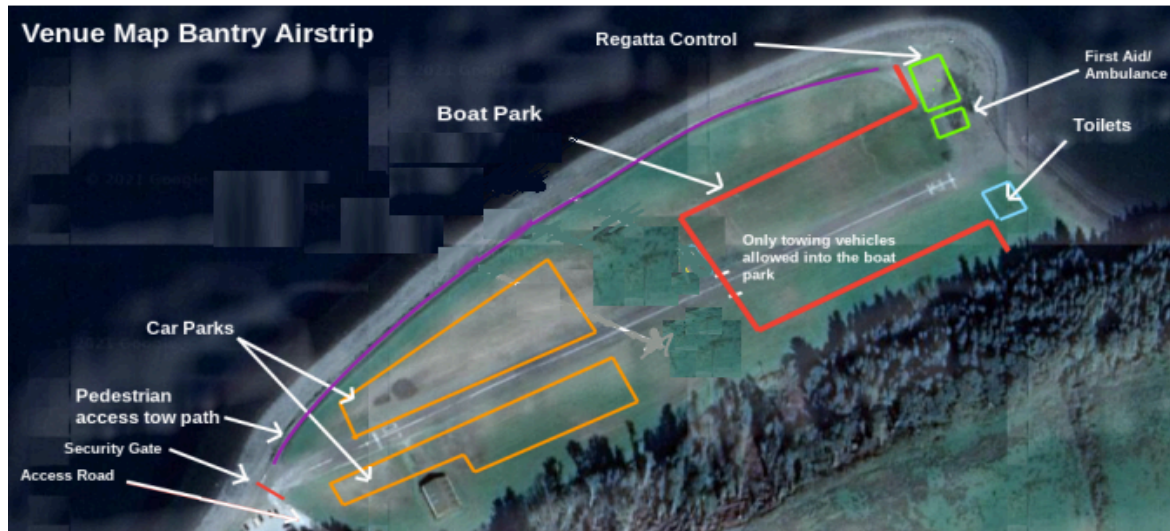
Clear Up after the event

Once a club is finished racing they are asked to assist regatta volunteers in clearing their club section. This may involve stacking cones or assisting in moving barriers.

Regatta Control

Officials in charge of time keeping and umpire coordination will be located at Regatta Control near the Start/Finish line. Club captains/representatives with queries can do so at Regatta Control.

Venue Map



Sign in/ Sign out & Beach Masters

All crews **MUST** be signed out ahead of racing. Any club member can do so. If you do not sign out your crew will be deemed **disqualified from the event**. The Sign Out/In table will be clearly marked at the top of the beach/ launching area. Once the race is finished and the crew is off the water the crew must be signed out.

Beach masters will be present throughout the regatta at the launch area. Boats will be required to pass through a dedicated section of the beach for Beach Masters to check off boats and crew. At this point crews must inform a beach master of the event you're racing with your club and crew member names. The beach master will mark you off their list and check you boat for:

- Buoyancy Aid/Life Jacket for every crew member is in the boat (Worn by the Cox)
- Tow line clearly visible and accessible
- Heel restraints if applicable
- Bow number (this should match the number at the time of entry)

Crews who do not comply with the above safety standards will not be allowed to launch.












With the above procedures in mind; to avoid any unnecessary upset we ask clubs to work with the event volunteers in the sign out and beach master area. Beach masters will have strings to quickly help with heel restraints & will try and clear boats quickly etc. We want your club to have a successful day and will work with crews, athletes & coaches. Please reciprocate this throughout the event to ensure safety standards are maintained.

Race Start Procedure

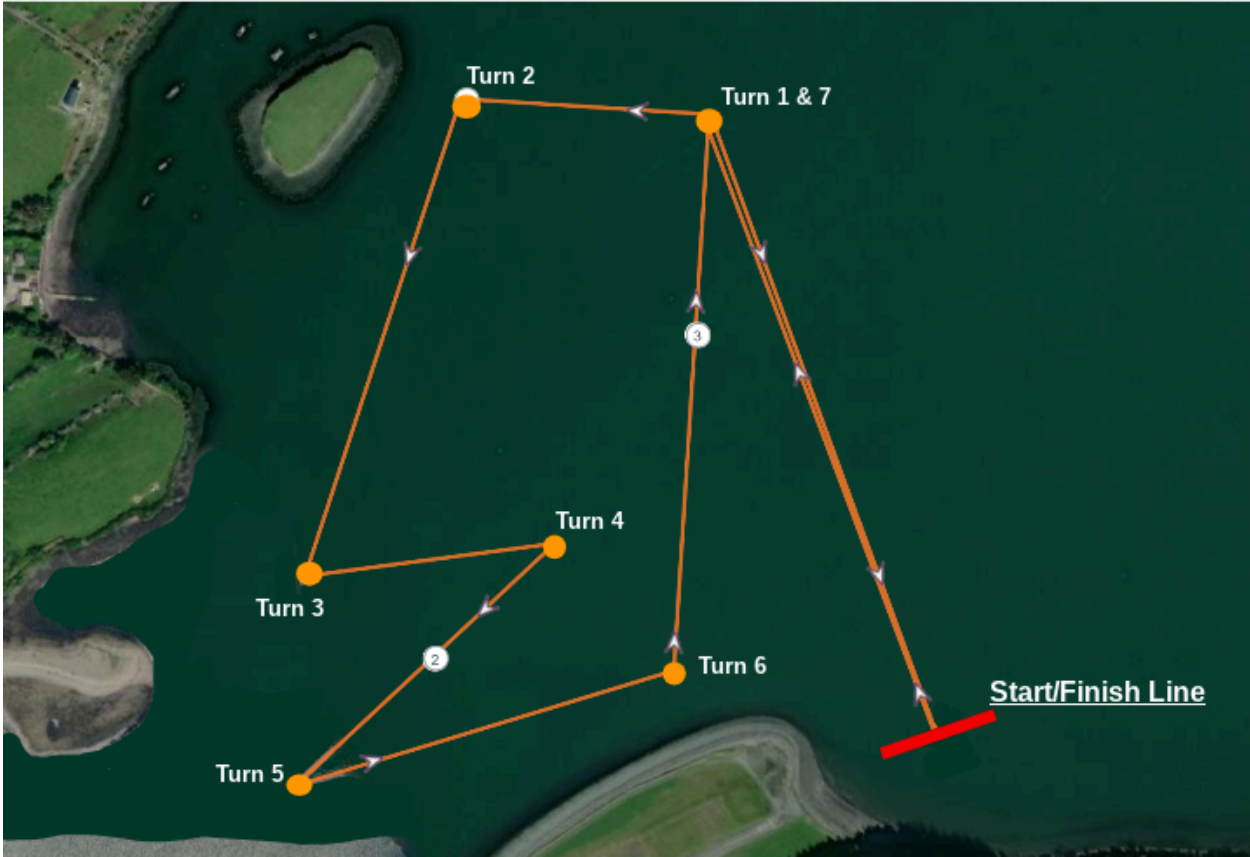
All races will start with both a visual and audible sequence.

- The visual will be in the form of a metal structure holding up 3 large red balls which will drop in line with the start sequence.
- The audible will be in the form of a loud clear hooter being used with short and longer blasts.
- The start sequence lasts 3 minutes.
- The start sequence starts at the race start time on the timetable, e.g. MJ164X+ 9:00am refers to the 3 minute start sequence beginning at this time.

All crews should be behind the start line before this time. It is the responsibility of all crews to fully understand the start sequence. The illustration below will assist in this. Crossing the start line prior to the official race start will result in a 2 minute penalty being added to a crew's final time.

Time	Visual signals		Audio signals	
-3 minutes		3 balls (red with white cross)		3 short blasts of hooter
-2 minutes		2 balls (red with white cross)		2 short blasts of hooter
-1 minutes		1 balls (red with white cross)		1 short blasts of hooter
START	  drops	Dropping the single ball (red with white cross)	 LONG	Long blast of hooter
Mass false start	 Waving	Starter waving red flag	 <i>repeated</i>	Repeated short blasts of hooter

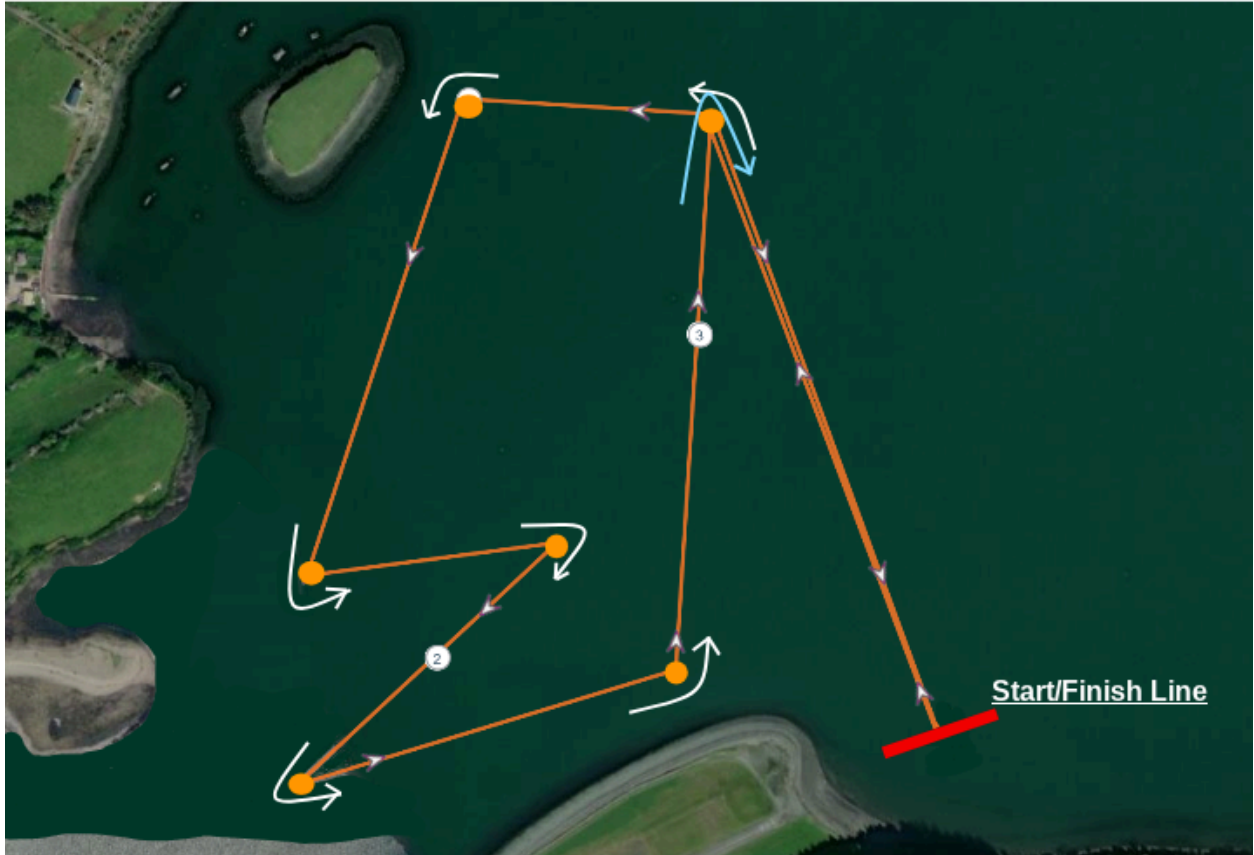
Course Map & Information



For a helpful visual understanding of the course use the link here or the QR Code.

<https://www.plotaroute.com/route/2664540?units=km>





Competence

Crews are expected to have a high level of competence and should be capable of rowing the 4km in a reasonable time. While it remains the responsibility of club and crew captains to ensure they are competent, if the safety officer, race umpire or inshore rescue deems a crew to be incapable of completing the course safely they may request the crew return to the launching area. Similarly if a crew is likely to take significantly more than 30 minutes to complete the 4km course the umpire may direct them off the course in order to avoid a collision with any races following them.

Penalties during Races

All umpires and start line decisions at the regatta will be taken in line with RI Rules. Umpires will apply penalties as per rules as necessary. Protests and appeals procedures will be applied as per rule 7E.25 Protests.

Coxswain Weigh In

Coxswains in the Championships must be of a minimum weight as follows:-

Men's Championships 55 kg.

Women's Championships 55 kg.

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. If requested, coxswains must provide photo identification at weigh-in. Any shortfall in this weight shall be made up by a maximum of 15 kg ballast which shall be carried close to the coxswain. Coxswains who do not attain the minimum weight with the maximum ballast will be ineligible to compete. The coxswain shall produce the ballast on request by an official at any time up to and including disembarking from the boat at the conclusion of the race. Failure to produce the required ballast on request will result in automatic disqualification. 7C.5

Start Finish Line

If an individual or group is blocking the start finish line area on land they will be asked to move immediately in case they block the view of the start/finish tower. Supporters and athletes should at no point throughout the weekend approach the starters. If they block or distract starters at any point it could have an effect on the smooth running of regatta.

Results

Results can be found by using the QR Code on the RI Events page, social media outlets and the QR code printed at various points around the regatta. Results will be published on a results board at regatta control. The event will be run using Raceclocker.

Crews Scratching (As per Rowing Ireland Rules)

Scratching Crews entered in the regatta will be assumed to be competing unless a representative of the club has officially scratched the crew. A club failing to scratch a crew at least one hour before its race may be liable to a fine of €50. In the event of a competitor scratching from a final for which he/she has qualified, they will not be permitted to participate in any other event on that day unless the scratching arises from the compressing of the published timetable. In the event of a scratching the fastest non-qualifying crew in the heat from which the scratched crew qualified will be offered the opportunity to participate in the final. 7R.6

Heats

The final race timetable will be published after the close of entries on Wednesday 14th August 7pm. If there is a requirement for heats it will be in the updated timetable. Clubs should anticipate an earlier start time if a significant number of heats are needed. Should entries not require any heats the organising committee at their discretion can run all finals on the Saturday instead of the Sunday. The timetable is subject to change based on weather forecast. The organising committee will keep all clubs informed of decisions through the course of the weekend of racing.

Conduct during the regatta

The regatta has been organised entirely by volunteers. All those working on the day are volunteers. Clubs should treat all regatta volunteers and officials with respect. Clubs with issues or complaints should do so at regatta control via club captains only. Clubs or individuals causing disturbances or not complying with regatta volunteers in line with safety rules will be referred to the Rowing Ireland Coastal Committee.

Presentation of Prizes

Medals will be presented to the first, second and third placed crews. A pennant will be awarded to the club of the winning crews. The committee reserves the right to withhold medals if a crew fails to attend the medal ceremony. 7C.11

Final note from the host club

Bantry Rowing Club is into its 8th year hosting a large-scale Coastal Regatta, this will be our 2nd National Senior Championship. We look forward to welcoming clubs and athletes from around the country and beyond. We will make every effort to ensure your athletes have a safe and enjoyable weekend.