



DUBLIN METROPOLITAN REGATTA COUNCIL

C/o Neptune Rowing Club
Chapelizod Road, Dublin D08 HE9F
metropolitanregatta@gmail.com

144th Dublin Metropolitan Regatta

Saturday 28th May 2022

Poulaphouca Reservoir, Knockieran, Blessington.

Incorporating the Rowing Ireland Grand League Regatta Series.

1. The regatta race programme as published will be adhered to and all races will start on time.
2. It is the responsibility of club captains and coaches to ensure that every participant representing their club at Dublin Metropolitan Regatta 2022 is a competent rower, has the required swimming skills and is aware of the Rowing Ireland Water Safety Code.
3. All competitors must have sufficient rowing experience and boat handling skills to allow them to compete safely at the regatta.
4. All boats must be fitted with an Empacher number slot close to the bow for lane numbers.
5. No crew or sculler will be permitted to launch their boat unless it is carrying their correct lane number.
6. **All crews / scullers must race in the heat to which they have been assigned according to the published regatta draw. It is not possible to accommodate competitors arriving late for their race, in subsequent heats of the event, even if a free lane is available - no exceptions can be made to this rule.**
7. Warm up before racing and cooling down after racing is permitted only in the areas designated in the traffic rules for the event (See course map for details).
8. **No warm-up or race pace pieces are permitted in the crew holding areas at the start.**
9. Racing lanes are numbered 1 – 6 starting from the boathouse side of the lake.
10. **Masters** events will start at the 2000m start platforms and finish at the 1000m point on the course.
11. The regatta committee request the cooperation of all club captains and coaches in ensuring that crews are present in the holding area at the start at least 10 min before the scheduled time of their race.
12. Crews and scullers should remove excess gear before getting attached to the start platform.
13. The regatta committee reserve the right to withdraw any event or to cancel the regatta in the event of bad weather.
14. The regatta committee strongly recommend that competitors **bring boots, crocks, flipflops** or other suitable footwear with them as it will be necessary to walk into the water when launching boats.

NOTICE: Dublin Metropolitan Regatta Council cannot accept any liability for loss or damage to any individual's personal property. Individuals are responsible for their own safety and personal property at all times.