

**Castleconnell Sprints Regatta**

**5 lane 500 metre straight course**

**Saturday 20th May, 2023**

**Regatta Secretary**

Eoghan Meskell

**Phone**

(083) 0629809

**Email**

eoghanmeskell@hotmail.com

Dear Secretary / Captain,

We are pleased to present the following Prospectus for the Castleconnell Sprints Regatta 2023, which is taking place at World’s End, Castleconnell, on Saturday, 20th May 2023.

The following is the provisional list of the events that we hope to run on the day.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Men and Women** | **8x+** | **8+** | **4+** | **4X+** | **4X-** | **2X** | **1X** |
| J18B |  | • | • | • |  | • | • |
| J16 | • | • | • | • |  | • | • |
| J15 | • | • |  | • |  | • | • |
| J14 | • |  |  | • |  | • | • |
| J13 |  |  |  | • |  |  | • |
| Masters |  | • | • | • | • | • | • |
| Para PR1 / PR2 |  |  |  |  |  |  | • |

# Please note:

* The course is 5 lanes buoyed and is 500m.
* Entry fees are **€9 per seat** excluding coxes. Eights are €50.
* Entries to be made using the Rowing Ireland tracker system.
* Straight finals up to J16. Heats to finals for J18, & Masters events.
* Medals will be presented to winners.

# Rules

1. All races will be run under the rules of Rowing Ireland.
2. The regatta is non-status.
3. The regatta committee reserves the right to make any alteration to the programme it deems necessary and its decision in all cases will be final.
4. The appropriate fee should be made payable to **Castleconnell Boat Club**.
5. Entries close on Wednesday 10th of May at 7:00pm.
6. A copy of the draw will be available via tracker to all participating clubs.

# Safety Statement

## **Statement**

The regatta committee is committed to running Castleconnell Sprints Regatta in a safe manner.

## **Responsibility**

Each participating club should ensure that every member of their competing crews can swim and is competent to participate in this event.

It is the responsibility of competing clubs to ensure that their members are appropriately dressed and that their equipment is suitable, especially with regard to bow balls and heel straps. Coxes must wear lifejackets.

Castleconnell will ensure that:

A designated Rescue boat will be on standby during the day.

First Aid will be on standby during the day.

Adequate marshals shall be provided in the launching area.

Adequate launches shall be provided during the event.

A rope will be put across the river to prevent crews from going near the falls.

The course will be inspected before racing begins to ensure that conditions are safe.

## **Rules of the River**

Crews should launch facing upstream at the club slip.

Crews proceeding to the start should do so keeping to the Limerick shore.

At the start, crews should row past the stake boats and wait to be called onto the start by the starter.

This is the warmup area. Crews warming up must keep to the Limerick shore going upstream and the Clare shore going downstream.

Crews must stay within the warmup area until called to the start.

Crews must be at the start at least 5 minutes before the start.

Crews capsizing or otherwise in difficulty should remain with their boat until rescued.

A separate Safety Statement and Regatta Safety plan will be in place and available for inspection.

Captains’ meeting and safety brief will be arranged and will take place before the regatta.

Yours in Rowing,

Colin Byrne Eoghan Meskell

Club Captain Regatta Secretary