

## Castleconnell Adaptive Regatta

3 lane 500 metre straight course

Saturday 19<sup>th</sup> June, 2010

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Mr Joe Cunningham,  
Regatta Secretary,  
35 Ciamaltha Meadows  
Nenagh,  
Co. Tipperary.

3<sup>rd</sup> June 2010.

Dear Secretary / Captain,

Here is the Prospectus for the Castleconnell Adaptive Regatta 2010:

### *LTA events*

Adaptive 4+ (mixed)

Adaptive/Able 4+ (mixed)

Adaptive/Able 4x+ (mixed)

Adaptive/Able 2x (men)

Adaptive/Able 4x+ (women)

Adaptive 1x (men)

Adaptive 1x (women)

### *TA events*

Adaptive 2x (mixed)

Adaptive/Able 2x (men)

Adaptive/Able 2x (women)

Adaptive 1x (men)

Adaptive 1x (women)

### *AS events*

Adaptive 1x (men)

Adaptive 1x (female)

Adaptive/Able 2x (mixed)

Yours in Rowing

Joe Cunningham

## **Please note:**

- The regatta is part of the Waterways Ireland League.
- The course is 4 lanes buoyed and is 500m.
- Entry fees are **€7 per seat** excluding coxes.
- Entries to be made using the Rowing Ireland tracker system.
- The regatta is a Grow the Sport regatta.

## **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 9th of June at 7:00pm.
6. A copy of the draw will be sent to all participating clubs.

# **Safety Statement**

Safety Officer

Cathal Corbett

## Statement

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

## Responsibility

In accordance with current guidelines, it is the responsibility of each participating club to ensure the safety of their members while participating. 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.

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

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.

Limerick Search and Rescue will be on stand by during the day.

Order of Malta will be on stand by during the day.