

# **INVERNESS ROWING CLUB**

(Held in accordance of the Rules of the S.A.R.A.)

## **HAWCO SPRINT**

**Saturday 20<sup>th</sup> August 2005**  
on

## **THE CALEDONIAN CANAL**

**Full Range of Events Offered**

Including mixed racing

**Seniors £4.50      Juniors £3.00      per seat**

**Coxes - no charge**

Entry fees include the SARA regatta levy

A 50p levy will be charged for payment on the day.

Entries to: **[email:entries@invernessrowingclub.co.uk](mailto:entries@invernessrowingclub.co.uk)**

Or telephone 07977904429

**Entries close Friday 12<sup>th</sup> August at 1800**

<p><b>INVERNESS ROWING CLUB</b>  <b>HAWCO SPRINT 2005</b>  <b>EVENT Nos. &amp; EVENTS OFFERED</b></p>
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**Men**

**Coxed Fours**

1. Open
2. R1
3. R2
4. Novice
5. Veteran
6. Junior U18
7. Junior U16

**Coxless Pairs**

8. Open
9. R1
10. R2
11. Veteran
12. Junior U18
13. Junior U16

**Double Sculls**

14. Open
15. R1
16. R2
17. Veteran
18. Junior U18
19. Junior U16
20. Junior U14

**Single Sculls**

21. Open
22. R1
23. R2
24. Novice
25. Veteran
26. Junior U18
27. Junior U16
28. Junior U14
29. Junior U14 Aquajog

**Women**

**Coxed Fours**

30. Open
31. R1
32. R2
33. Novice
34. Veteran
35. Junior U18
36. Junior U16

**Coxless Pairs**

37. Open
38. R1
39. R2
40. Veteran
41. Junior U18
42. Junior U16

**Double Sculls**

43. Open
44. R1
45. R2
46. Veteran
47. Junior U18
48. Junior U16
49. Junior U14

**Single Sculls**

50. Open
51. R1
52. R2
53. Novice
54. Veteran
55. Junior U18
56. Junior U16
57. Junior U14
58. Junior U14 Aquajog

**Mixed**

**Double Sculls**

59. Open
60. R1
61. R2
62. Novice
63. Veteran
64. Junior U18
65. Junior U16

**Eights**

66. R1
67. R2
68. Novice
69. Veteran
70. Junior U18
71. Junior U16

**Other Junior events may be accommodated by request.**

# INVERNESS ROWING CLUB

## Hawco Sprint 2005

Saturday 20<sup>th</sup> August 2005

### LOCAL RULES

1. All racing will be run in accordance with SARA Rules of Racing. All competitors must be in possession of a current racing licence. Anyone contravening the Rules will be disqualified.
2. Veteran races will be handicapped - handicaps will be applied at the start.
3. "Mixed" Crews are assumed to be an equal mix of male and female rowers/scullers. Although exceptions may be allowed by IRC race control on the day if the composition is deemed to be fair, and if this is the only way to enable racing to take place.
4. Racing will be over a 500m course (approx)
5. All crews **MUST** be in the start area 5 minutes before the start of their race.
6. **A false start** will be awarded to crews arriving at the start late.
7. Crews should proceed upstream on the **CITY** side of the canal (left hand bank looking towards upstream) **Please note this is the opposite to the usual circulation pattern on the canal.**
8. All coxes **MUST** wear life jackets.
9. All crews **MUST** obey marshals at all times. Failure to do so may result in disqualification.
10. After the finish all boats **MUST** paddle clear of the finish line and stay on the water until they are called onto a landing area by a landing marshall.
11. **ALL** entry fees must be paid prior to boating.

Hot drinks and food will be available all day.

We hope that you enjoy the day and the excellent rowing which the Caledonian Canal offers.