



Notice for Crews participating in the Head of the Shannon 2019

Please note the following points of information regarding the Head of the Shannon 2019 which is to take place on Sat 7th December in Carrick on Shannon. Please refer to the race instructions document on the Rowing Ireland website for further details.

1. Entry Fees must be paid before any club will receive their bow numbers. Entry Fees for each club must be paid prior to bow number collection. This will be strictly adhered to.
2. No deposit is required for bow numbers; however, we trust that all bow numbers will be returned. We will have assigned marshals to remove bow numbers from boats on their return to the slip areas. (Please return any remaining numbers to the slip marshalls)
3. Please refer to the event safety statement on the Rowing Ireland website.
4. The coxes meeting will take place at 09.15 in the Boat House. It is required that all coxes, scullers and individuals with responsibility for steering coxless boats attend. Please take note of any navigation markers, obstacles and buoys that are on the course that day.
5. Please adhere to all marshals on and off the water, failure to do so will lead to time penalties or disqualification
6. Slipping times for both races must be adhered to, as slips will be closed at the noted times and crews will not be permitted to slip thereafter. This will be enforced without exception. (Please see slipping schedule on page 2)
7. Masters crews must inform their grade to the Event Secretary no later than official registration date, failure to do so will result in an 'A' grade time being awarded.
8. Pennants will be awarded to the fastest crew racing in the official event category. **Again this year it has been decided to post out pennants to winning clubs and crews rather than to award by presentation.**

Please be advised that it is forecast is for a mainly dry cold day, with a cool breeze throughout Saturday so we recommend that all competitors be appropriately dressed for weather conditions. We also advise all competitors and coaches to wear wellington boots, sliders or flip flops as slipping times will require efficiency from all crews.

We look forward to meeting you all on the day and wish you every success.

Yours sincerely,

Mark Butler
Head of the Shannon Secretary



Slipping Times for the Head of the Shannon Race 1 (Crews must be slipped by times below)

| Crew Number | Slipping time |
|--------------------|----------------------|
| 194 - 150 | 09.55 |
| 149 - 135 | 10.10 |
| 134 - 120 | 10.20 |
| 119 - 101 | 10.30 |

Slipping Times for the Head of the Shannon Race 2 (Crews must be slipped by times below)

| Crew Number | Slipping time |
|--------------------|----------------------|
| 282 - 250 | 12.55 |
| 249 - 235 | 1.10 |
| 234 - 220 | 1.20 |
| 219 - 201 | 1.30 |