



All Club Captains and Secretaries.

St. Michael's Rowing Club would like to invite your club & crews to take part in our **2018 Head of the River** which will take place on **Saturday, February 24th 2018** at **O'Callaghans Strand, Limerick City.**

Due to forecasted flooding in O'Briensbridge we are moving our long standing **HOR** and are instead offering a single long distance **5.5k traditional fixed Head of The River Race** on the tidal River Shannon racing upriver and finishing at **SMRC** in Limerick City.

Timetable: Crews will launch in a timely manner from 10.30am to 11.15am, race start for crews in the Draw will be at **12 noon SHARP.**

Fees : Eights - €50, Fours/Quads - €30, Doubles - €15.

Prizes : The winner of each Grade will be presented with a pennant subject to rule 3 below.

Men	Senior	Inter	Club 1	Novice	Junior 18	Junior 16	Junior 15	Masters	Recreational/Coastal
8+	x	x	x	x	X	x	x	x	
4-	x	x						x	
4+	x	x	x		X			x	
4x	x	x	x		X			x	
4x+				x		x	x		x
2x	x	x	x		X			x	
8x+							x		

Women	Senior	Inter	Club 1	Novice	Junior 18	Junior 16	Junior 15	Masters	Recreational/Coastal
8+	x	x	x	x	X	x	x	x	
4-	x	x						x	
4+	x	x	x		X			x	
4x	x	x	x		X			x	
4x+				x		x	x	x	x
2x	x	x	x		X			x	
8x							x		

The course:

The course extends from the Cement Factory Bend to SMRC Boathouse at Limerick City, distance of approximately 5.5Km. The fastest eights should take under 20 minutes to complete the course, while the slower boats may take up to 30 minutes.

Safety.

All Club Coaches entering crews must ensure that crews entered are capable of rowing such a distance. In addition, as this event is happening in February all crews must be adequately clothed, equipped and trained for an event of this nature. A map of the course will be provided for all participating clubs, coxes and steerers showing the points on the course where caution is required.

Rules:

1. This event is run under Rowing Ireland rules.
2. All entries must be through the Rowing Ireland Tracker system.
3. At least three crews must compete at each grade for the pennant to be awarded.
4. Closing date for entries is Wednesday 14th February 2018 at 12 midnight.
5. Cheques payable to St Michael's Rowing Club should be forwarded to: St Michael's Rowing Club, O'Callaghan Strand, Limerick.
6. Fees must be paid in full before racing. Crews will not be permitted to race without the full payment of fees owed by the respective club beforehand.
7. A deposit of €50 will be required depending on the number of entries each club has. This deposit will be returned upon return of all numbers to the Head of the River administration on the day.

Cancellation:

In the event of bad weather a decision will be made by 10am on Wednesday 21st February 2018 and posted on the Rowing Ireland website.

May the Weather be with us all!!