

# **INVERNESS ROWING CLUB**

## **HIGHLAND 2007 HAWCO SPRINT**

**SATURDAY 18<sup>TH</sup> AUGUST 2007**

### **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. Racing will be over a 500m course (approx).
4. All crews **MUST** be in the start area 5 minutes before the start of their race.
5. **A false start** will be awarded to crews arriving at the start late.
6. 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.**
7. All coxes **MUST** wear life jackets.
8. All crews **MUST** obey marshals at all times. Failure to do so may result in disqualification.
9. 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.
10. **All entries must be accompanied by the appropriate entry fee by the closing date - 6pm on Friday 10 August 2007.**
11. **Mixed** racing will be in a ratio of 50/50 between the sexes
12. **Generation doubles** must consist of a **Vet B or above** and a **JU14 or below** and may be all male, all female or male and female.

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.