



## **Notice of Rowing Races – Thursday 26 January 2012**

### **Sandy Bay – Short Beach Course – 8 am to 10:30 am**

The regatta will be conducted from the Short Beach Course. The event is a knock out championship for doubles and quads only arranged in 3 age groups men and women U15, U19 and masters.

All boats will be supplied by the organisers and entry fee will be \$5.00 per seat for each entry in the heats. No charges will apply for semis and finals. Entry forms and money must be received up to 2 days before the event. Late entries, if lanes available will be taken at \$10.00 per seat. Entry forms will be available on the TRC website.

The format of the program will depend on entry numbers in each age group but a heat and final are the minimum with semi finals and a repechage if needed.

Competitors will be required to use the first available boat for their race, rowing heights will be set but foot stretcher adjustments can be made. We are aiming to have only 4 boats per race.

Races will be run at 5 minute intervals.

Upon completion of each race crews must return the boats as quickly as possible to the beach ready for the next event.

Crews can supply their own cox for the quads but a cox can be made available if requested.

Following the heats, crews for finals will be put up on a white board with the expected time of the race. Crews must be ready to row 5 minutes before the allotted time.

The starter reserves the right to apply a handicap in the finals.

Races will start from the Sandy Bay Road end of the beach and finish at the SBRA Pavilion end, a distance of approximately 390 metres.

At 10.30am a medal presentation will be made to all winners in each age group.

Following the presentations all rowers will be encouraged to enter teams in The Tug of War. Entry is free with cash prizes for winners.

Draw for heats will be issued prior to the day.

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**Entries close Tuesday 24 January 2012 Entry fee is \$5.00 per rower per event**

Entries and any enquiries should be sent to:

**Phil Causon, at either**

• [causon@iprimus.com.au](mailto:causon@iprimus.com.au),

• 131 Summerleas Rd, Fern Tree 7054 or Fax 62292957

**For enquiries phone Phil Causon on 0418 146 450**

The draw for the heats will be issued to available e-mails Tuesday, 24 January 2012 and placed on the SBRA website and issued by other means as requested.

