

INVERNESS ROWING CLUB
THE CABERFEIDH MOTORS SAAB INVERNESS
EIGHTS AND SMALL BOATS
HEAD 2004
Saturday 14th February 2004

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 using the standard table of handicaps- handicaps will be applied at the finish.
3. Racing will be over a 4500m course (approx)
4. All crews **MUST** be in the start area 5 minutes before the start of each race. Please allow sufficient time to reach the start. **Novice crews should allow at least 45 minutes.** Please ensure that sufficient clothing is taken to the start in the unlikely event of a delay. **To ensure all crews reach the Start in plenty time NOVICE Crews must start boating at 10:30 am for the 1st Division and 1:15pm for the 2nd Division.**
5. **Time penalties** will be awarded to crews arriving at the start late. 5 seconds will be applied for every minute late to the start.
6. Crews should proceed upstream on the **NORTH** side of the canal (right hand bank looking upstream).
7. As a requirement of the Waterways Board **ALL COXES MUST** wear life jackets.
8. All crews **MUST** obey marshals at all times.
9. Attention is drawn to the new fencing which projects some two metres into the canal from the North Bank at three locations along the canal.
10. After the finish all boats **MUST** paddle clear of the finish line and stay on the water till they are called onto a landing area by a landing marshal.
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.