

INVERNESS ROWING CLUB
ABERDEEN ASSET MANAGEMENT
IVs Head 2004

Saturday 20TH November 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. Please note that all entries including "times only" will be subject to all normal SARA rules of racing
 - 2 Veteran races will be handicapped - 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 11.00 am for the 1st Division and 1:30 pm 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 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.
 - 10 **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.