



Dear athlete / coach,

Please find below a timetable and information relating to the SARA Long Distance Trial, being held in Inverness on Saturday 17th February.

Timetable

Registration/ Weigh-In Opens	7.00
Registration/ Weigh-In Closes	8.00
Coaches/ Stewards Meeting	8.05 - 8.15
Group A (Approx 1-20) Boat	8.30 - 8.40
Group B (Approx 21-40) Boat	8.40 - 8.50
Group C (Approx 41-60) Boat	8.50 - 9.00
All boats to be past the Kennels (see map)	9.10
Trial Starts	9.45
Compulsory Athletes Meeting	13.00
2k Ergometer Tests	14.00 – 17.00

Registration

Registration will open between the hours of 7am and 8am. Upon registration athletes MUST provide photographic identification, a valid SARA racing licence and registration fee of £10. A proportion of this will go to Inverness RC for hosting the event. Bow slot numbers will be issued subject to a £5 refundable deposit.

Lightweights

Lightweights will be required to weigh-in. Please note that lightweights will be required to meet the weights outlined in the Selection Policy – maximum 60kg for women and 73kg for men. There are no averages for pairs. Those that do not make weight will be allowed to race but will be listed in the heavyweight category.

Safety

In the interests of safety, it would be appreciated if all coaches would act as marshals. Coaches should NOT attempt to follow their crews down the course. Marshals will only assist athletes with their steering, should a collision be inevitable. Could all coaches who have megaphones and throw lines, please bring them along.

Insurance

It is the responsibility of the athletes and coaches to ensure that they and their equipment are adequately insured; including provision for Third Party Cover.

Boating and Facilities

We are able to use the facilities of Inverness Rowing Club. Please respect the facilities of the club. Limited food and refreshments can be purchased on site. Boating will be available on the towpath to the North of



Tomnahurich Swing Bridge (turn right after going over the bridge), beside the Jacobite Cruises Office, and at Inverness Rowing Club. If in doubt where to boat at, boat where your club is boating for the IRC 8s Head.

Athletes will be asked to boat in three separate groups, A, B or C (detailed in the start list). Athletes attempting to boat out with their specified time may be held back to allow others to boat. Any boat that has not passed the Kennels (see map) by 9.10 may be stopped and will not be permitted to trial.

All boats must be lined up in number order at least 5 minutes before the start or risk being disqualified. Starting marshals will be in place to assist with this and must be obeyed at all times.

Racing

The trial will be run with reference to the SARA rules of racing.

Athletes Meeting

There will be a compulsory athletes meeting held in the Loch Ness House Hotel, Glenurquhart Road, at 1pm. Tea and coffee will be available.

Observed Ergometer Test

Any athlete who has not competed in either the Scottish Indoor Rowing Championships or the British Indoor Rowing Championships will be required to complete an ergometer test witnessed by a member of the Scotland Management Team on Saturday afternoon. These will take place at the Loch Ness House Hotel, Glenurquhart Road. To cover additional costs any athlete taking part will be required to pay an additional registration fee of £5. Those athletes concerned will receive individual emails outlining their start time.

Sunday Coaching Advice Session

Alistair Warnock and Lindsay Dick will be running an informal coaching advice session on the Sunday morning starting at 9am and finishing by 12pm at the latest. The session will take place on the water. Can all athletes planning to attend this please register their interest by emailing the Team Manager.

Saturday Night Meal

The Scotland Team management would like to invite all athletes, coxes and coaches to join them for an evening meal on the Saturday night. Friends and family are also welcome. Details will be provided closer to the event, but it is likely to be an Italian restaurant. To assist with table bookings, could all those who plan to attend email the Team Manager by Wednesday the 14th of February.

If any athlete or coach has any questions, please do not hesitate to get in touch with me, via email or phone.

I look forward to meeting with you all up in Inverness.

Yours in Rowing,

Lee

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