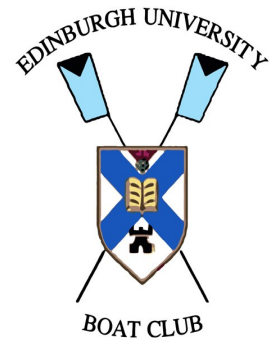




St Andrew Boat Club

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Edinburgh University Boat Club

Head of the Forth

Stirling, Saturday 11th October 2008

Further Information

Head Race:

6km, from Cambuskenneth Abbey to the Stirling Clubhouse, starting at 1.30pm.

Categories (for men and women):

Coxed Fours: Open, R2, Novice, J18, J16, Veteran
Quads: Open, J18, Novice (coxed)
Pairs: Open, Veteran
Doubles: Open, Veteran, Mixed Adaptive (TA)

Refreshments:

There will be hot and cold drinks and food available at the Stirling RC boathouse, as well as changing rooms and toilets.

Rules and regulations

Head Race

- ◆ Crews must be at the marshalling area 5 minutes before the division start time. Time penalties will be applied for late arrival at the marshalling area.
- ◆ Coxes will be required to wear life jackets. All coxes and steerspeople should acquaint themselves with the local rules of the river. All boats must comply with the buoyancy regulations set out in the SARA Water Safety Code.
- ◆ There will be a £5 deposit required for each bow-slot number.
- ◆ Crews will be given a time slot for boating to ensure that all crews have sufficient time to reach the marshalling area. The race will be started on time and crews not past the time gate will be turned back.
- ◆ The race is being run according to the Rules of Racing of the SARA.

Entries

- ◆ Prizes will be awarded in the Head Race for each event in which there are at least three entries. There will be a Victor Ludorum prize for the best club (based on points in men's and women's events) and a special prize for the fastest percentage time by any crew/sculler.
- ◆ Entries for the Mixed Adaptive (TA) 2x event must include one male and one female competitor.
- ◆ If there are less than 3 entries in any category, the organisers will move the entry to the next highest category, unless specified otherwise.
- ◆ Veteran handicaps will be applied in all veteran events.
- ◆ Entry fee is £6 per person for senior events, and £4 per person for junior events (coxes free). This includes the SARA levy. Cheques should be made out to "SABC" and sent to Jo Wherrett at the address below.
- ◆ Closing date for entries is 5pm, Sunday 5th October. Entries should be sent to Jo Wherrett
23 South Gyle Park
Edinburgh EH12 9EL
telephoned to 0131 538 2509 or emailed to entries@standrewboatclub.org
- ◆ The draw will take place at 23 South Gyle Park on Monday 6th October. The draw will be made available to all clubs entered by Tuesday 7th October.
- ◆ Boat categories will be started by reference to the order of boat speed at the Scottish Championships.
- ◆ The results will be posted on the St Andrew Boat Club and SARA websites.