

St Andrew Boat Club

Head of the Forth

Stirling, Saturday 26 November 2011

Head Race

6km, from Cambuskenneth Abbey to the Stirling Clubhouse, starting at 2.30pm.

Categories (for men and women):

Quad sculls:	J18, Open, Vet
Quad sculls (coxed):	J16, Nov, R2
Coxless fours:	J18, Open
Coxed fours:	J16, J18, Nov, R2, Open, Vet
Double sculls:	J16, J18, Nov, R2, Open, Vet
Coxless pairs:	J18, Open, Vet

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 steerers should acquaint themselves with the local rules of the river. All boats must comply with the buoyancy regulations set out in the Scottish Rowing 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 Scottish Rowing.

Entries

- ◆ If there are fewer 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 across no more than three age groups.
- ◆ Closing date for entries is 6pm, Monday 21 November 2011. Entries should be submitted via the MyEventz online entry system (<http://www.myeventz.com>)
- ◆ Entry fee is £7 per person for senior events, and £5 per person for junior events (coxes free). This includes the Scottish Rowing levy. Entries are payable online. Cheques (if applicable) should be payable to "SABC" and mailed to I Wilson at 9 Craiglockhart Drive North, Edinburgh EH14 1HT.
- ◆ The draw will take place at 9 Craiglockhart Drive North, Edinburgh on Tuesday 22 November 2011. The draw will be made available to all clubs entered by Wednesday 23 November 2011.
- ◆ 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 Scottish Rowing websites.