

Committee of the Dee present the

Aberdeen Sprint Regatta



Saturday 25th August 2018

River Dee, Aberdeen 500m downstream course

Racing from about 10am – 4:00pm (depending on entry)

Entry fees :

£6.00 per head for Seniors

£5.00 per head for *non-composite* University or College crews

£4.00 per head for *non-composite* Junior crews

(coxes do not need to pay)

Entries Close at

**10pm on
Friday 17th August**

**Fancy trying something
different ... ?**

See the information page about
our unique **Duathlon event**
(1.4 km run followed by a 1km
single-scull)

Entries must be made online at

<http://www.rowingentry.com>

Please make sure that you have registered your club at RowingEntry to obtain log-on details to make your entries.

Enquiries to :

Ron Wallace

27 Westbank Park

Oldmeldrum, Inverurie, AB51 0DG

Tel 01651 872861

Email entries@cofd.co.uk

Aberdeen Sprint Regatta

Saturday 25th August 2018

Open Events

Coxed Fours

1. R1
2. R2
3. Novice
4. Masters
5. Open Junior U-16

Coxless Pairs

6. Open
7. R2
8. Masters

Coxed Quads

9. Open Junior U-15
10. Open Junior U-14
11. Open Junior U-12

Double Sculls

12. R1
13. R2
14. Novice
15. Masters
16. Open Junior U-16
17. Open Junior U-14
18. Open Junior U-12

Single Sculls

19. Open
20. R2
21. Novice
22. Masters
23. Open Junior U-16
24. Open Junior U-14
25. Open Junior U-12

Womens Events

Coxed Fours

26. R1
27. R2
28. Novice
29. Masters
30. Junior U-16

Coxless Pairs

31. Open
32. R2
33. Masters

Coxed Quads

34. Junior U-15
35. Junior U-14

Double Sculls

36. R1
37. R2
38. Novice
39. Masters
40. Junior U-16
41. Junior U-14

Single Sculls

42. Open
43. R2
44. Novice
45. Masters
46. Junior U-16
47. Junior U-14

Mixed Events

Double Sculls

48. R1
49. Masters

Generation Double Sculls

One Junior and 25 year age gap – see Notes page

50. Generation 2X

ABC Invitation Restricted Novice Coxed

Fours *(this is an invitation event with restricted entry qualifications - see Notes page)*

51. Mens ABC RN 4+

52. Womens ABC RN 4+

Duathlon (run / single scull)

Anyone can enter this but see separate page of notes about this special event

53. Duathlon run/sculling event

Aberdeen Sprint Regatta - Notes

- All races will be rowed in accordance with *Scottish Rowing* rules and entry fees include the *Scottish Rowing* levy
- Mixed events must have an equal number of male and female rowers
- If only one entry is received for an event then the crew will, when possible, automatically be placed in the next higher status event unless otherwise stated at time of entry.
- Doubling-up is encouraged and trebling-up is permitted but no guarantees can be given regarding race or rest times with multiple entries. Please mark all doubling-up including sharing of boats, coxes and oars. **Competitors entering more than three events do so at their own risk** and the committee cannot guarantee to avoid clashes of race times. Entry fees will not be refunded if competitors have to withdraw from such clashing events.
- Masters events will be handicapped according to standard tables. If possible, we will use these to span no more than two Masters categories.
- Entrants in the Generation Double Sculls event must include one Junior sculler and the other sculler must be at least 25 years older. Scullers can be of either sex and do not have to be related.

Entries must be made online using the RowingEntry system at

<http://www.rowingentry.com>

Entries close at **10pm on Friday 17th August**

Cheques for entry fees (made out to "*Committee of the Dee*") can be posted to Ron Wallace, 27 Westbank Park, Oldmeldrum, Inverurie, AB51 0DG

Or payment can be made by BACS using the details below

(please confirm with an email to entries@cofd.co.uk if you do this);

Account name:	Committee of the Dee
Sort Code	82-67-06
Account Number	60025793

- We aim to print names of competitors in the regatta programme so please provide these at the time of entry.
- Refreshments, snacks and bar facilities will be available at the ABC Boathouse during the event.
- Maps and course details are on our website <http://cofd.co.uk> and results will be published there after the event.
- **Invitation event:**
The ABC Invitation Restricted Novice Coxed Fours event will be held in restricted boats and is open to ABC members who have only started rowing in 2018.
- **Duathlon event** - see separate information sheet about this unique fun event.

Aberdeen Sprint Regatta - 25th August 2018

Duathlon (run / single scull) event information

GENERAL

This unique race is open to anyone. It consists of a 1.4km road run, followed by a 1km single sculling race. The transition time is counted as part of the event and competitors must enter their sculling boat without any outside assistance. Prizes will be awarded to the fastest male and female competitor regardless of age, sex or rowing category. We plan to run the event in batches of about 12 boats. In the event of over-subscription, each club will be guaranteed two places and further places will be allocated on a fair basis determined by the organising committee.

RUN (distance = 1.4 km)

The race will start from the Transition Zone (in front of ABC) with an anticlockwise run round the 'short bridges' (downstream from ABC along South Esplanade West, across Victoria Bridge, then upstream direction along North Esplanade West, then cross Queen Elisabeth Bridge before entering transition area between ABC and ASRA boathouses. The run is on pavement. There are no road crossings on this route but pedestrian traffic can be variable and competitors should be courteous to them.

TRANSITION

Competitors **must launch their boat and blades themselves** but they are allowed the **assistance of a maximum of one person with this**.

Single sculls will have been parked in a chevron pattern on the grass between ABC and ASRA. Competitors must launch their boats facing upstream.

SCULLING (total distance 1km with a 180 degree turn at half-way point)

Competitors must scull their way upstream, **keeping to the boathouse side of the river** (take especial care as you go upstream under the Queen Elizabeth and Suspension Bridges as the course is narrow at this point and current can push you towards the City Bank.

Scullers race upstream for 500m before performing a clockwise turn (pulling harder with Rt hand) round a moored launch. This launch will sit at the same place as races start in the 500m sprint. After turning, scullers will continue to race downstream for the last 500m of the event before finishing at the standard finish line at upstream end of ABC. Scullers **must keep to the City Bank** whilst racing downstream.

