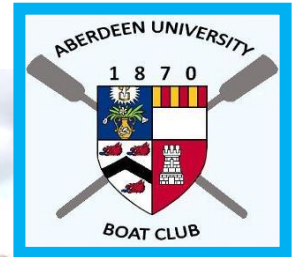


Aberdeen Club Championships 2012

Incorporating the CoD Sprint Regatta



Saturday 13th October 2012

500m Racing between 12-4pm, Prize giving at 5pm

To promote healthy competition between the 4 active Aberdeen clubs the Club Championship will run instead of the Sprint Regatta this year. It should encourage internal bonding within your club and with the other clubs on the river.

Open to Novices, Inter-Company Rowers, Freshers, Cadets, Juniors, R2 & Open Rowers, Veterans, Coaches, Coxes & Social Rowers

Each club has to field a team to fill each of the following events:

	Sweep Events			Sculling Events			Random Events		
Mens	8+	4+	2-	4x+	2x	1x	Short Bridge Run	1000m Ergo	Welly Toss
Womens	8+	4+	2-	4x+	2x	1x	Short Bridge Run	1000m Ergo	Welly Toss

- Participants are only allowed to compete in ONE EVENT. (RGUBC may be exempt from this rule)
- It is up to your club rep to organise crews and decide who should row where.
- Each race will be run 2 boats side-by-side on the 500m course. The winner of each initial race will then race each other in the "final" whilst the losers will race for third place. Therefore, all rowers will get two races. In the "Random" events all four will compete together at the same time.
- Points towards the Big John Trophy will be awarded as follows: 1st – 4pts, 2nd – 3pts, 3rd – 2pts & 4th – 1pt

~~~Bar, BBQ, Tea Stall, Bouncy Castle, Games & Music throughout the day~~~  
 \*\*\*Evening party in ABC after racing\*\*\*