Committee of the Dee

Aberdeen Club Championship – Sat 13th October

Incorporating the CoD Aberdeen Sprint Regatta

The Aberdeen Club Championship will run as a competition between the 4 active Aberdeen based clubs. The focus is for each club to pool its resources and promote internal bonding within each club and also to allow interaction between all 4 clubs.

The race schedule is detailed below. Rules are as follows:

- Each competitor is only allowed to compete in a single event. It is up to each club to decide how best to target each event and where to place better/more experienced members.
- RGUBC may double athletes up but should still encourage as many people to take part as possible.
- Each club must provide at least 1 non-rowing club member to assist with each of the following:
    - Start Marshal (to be above 500m start to organise crews)
    - Starter (on 500m start)
    - Finisher (at post outside ABC)
    - Timer (Outside ABC to assist with runners, throwers & ergos)

Session 1 – 12:00-1:00pm						
Mens 8+	9	AUBC v RGUBC, ASRA v ABC	Womens 2-	2	ASRA v ABC, AUBC v RGUBC
Mens 1x	1	ASRA v RGUBC, AUBC v ABC	Womens 4x+	5	RGUBC v ABC, AUBC v ASRA
Mens Ergo	1	1000m ergo	Mens Ergo	1	1000m ergo
Session 2 – 1:30-2:30pm						
Mens 4+	5	ASRA v ABC, RGUBC v AUBC	Womens 8+	9	ASRA v RGUBC, AUBC v ABC
Mens 2x	2	AUBC v ASRA, ABC v RGUBC	Womens 1x	1	ABC v ASRA, RGUBC v AUBC
Mens Run	1	1 lap of short bridges	Womens Run	1	1 lap of short bridges
Session 3 – 3:00-4:00pm						
Mens 2-	2	RGUBC v ASRA, AUBC v ABC	Womens 4+	5	AUBC v ASRA, RGUBC v ABC
Mens 4x+	5	ABC v RGUBC, ASRA v AUBC	Womens 2x	2	ABC v AUBC, ASRA v RGUBC
Mens "Tosser"	1	Welly Toss along the shore (best of 3)	Womens "Tosser"	1	Welly Toss along the shore (best of 3)
Mens Total	27		Womens Total	27	

Provided that each event has all 4 entrants races will be run in two heats of two boats. Then the winner of each will race each other and the loser of each will race each other. (I.e. RGUBC v ABC, ASRA v AUBC – ABC and AUBC win so race each other in the "final" and RGU and ASRA race off for third. Therefore, all rowers get two races.

Points will be awarded for each race in the following manor:

1st – 4 points   **2nd – 3 points**   **3rd – 2 points**   **4th – 1 point**

The club with most points at the end will be announced Aberdeen Club Champion and be awarded the **Big John Trophy.**

Tea, Coffee & Home Bakes will be available in ASRA through the day with a BBQ and Bar in ABC. There will be a Social event in ABC in the evening including prize giving.

Club Reps for each club are *(responsible for forcing people to row! & organising their teams)*:

ASRA – Colin Wallace   ABC – Jim Steel   AUBC – Catriona Bain   RGUBC- Gerry Cooper