



Gloucester Head

4000m & 2500m courses on still water
Gloucester and Sharpness Canal
Sunday 14th March 2010

Two Divisions will be held at 11 am and 2pm with a long and short course start in both divisions. Crews must race in the correct division for their event as detailed below. All events are offered for Open & Women's crews

Individual medals will be awarded to winners of all contested events.

Racing will be held under the British Rowing Rules of Racing, "Rowsafe" Guidelines and the management of Gloucester Rowing Club.

Division 1 (11.00 start)

4000m course

8o (Sen; IM2; Nov; Vet A,B,E,F; J16)
4x- (Eli; IM1; IM3; Vet C,D; J18)
4x+ (J15)
4+ (Eli; IM1; IM3; Vet C,D; J18)
4- (Sen; IM2; Vet A,B,E,F; J16)
2x (Sen; IM2; Nov; Vet A,B,E,F; J16)
2- (Sen; IM2; Nov; Vet A,B,E,F; J16)
1x (Eli; IM1; IM3; Vet C,D; J18; J15)

Division 1 (11.00 start)

2500m course

4x+ (J14; J12)
2x (J13)
1x (J14; J12)

Division 2 (14.00 start)

4000m course

8o (Eli; IM1; IM3; Vet C,D; J18)
4x- (Sen; IM2; Nov; Vet A,B,E,F; J16)
4+ (Sen; IM2; Nov; Vet A,B,E,F; J16)
4- (Eli; IM1; Vet C,D; J18)
2x (Eli; IM1; IM3; Vet C,D; J18; J15)
2- (Eli; IM1; IM3; Vet C,D; J18)
1x (Sen; IM2; Nov; Vet A,B,E,F; J16)

Division 2 (14.00 start)

2500m course

4x+ (J13)
2x (J14; J12)
1x (J13)

Entries must be made via British Rowing online entry with payment either online or by cheque made payable to 'Gloucester Rowing Club' at the address below.

Entries close at midday on Sunday 7th March 2010 & the draw will be held at Gloucester Rowing Club at 2pm on Sunday 7th March 2010

Entry fees are £8 per seat excluding coxswains.

Crews in uncontested events will be moved up in status to the nearest contested event unless a comment is made with the entry that the crew does not wish to change status.

Coaches & Captains should be aware that the crews will need to paddle 6km in addition to the 4km race and 4km in addition to the 2.5km race. All crews should be competent to cover these distances easily & navigate through bends & bridges in safety & without holding up the race

Further details are available on www.gloucester-rowing.org
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