Royal Sprint Regatta

Information sheet

Date
Saturday 6th July 2019

Location
Royal Canoe Club, Trowlock Way, Teddington, TW11 9QY

Parking
Free parking on site

Events
- 500m Time Trial
- 200m Aussie eliminator race (Devil take the hindmost)
- Mass start 2km Race
- K4 racing

Cost
All day race pass £10
Late entries £15

Entries
Email all entries on the attached form to raceentries@royalcanoeclub by 1pm on Friday 5th July to avoid late entry fee.

Payment taken on the day

Please can team leaders handle all entries and payments if possible.

Safety
Racing is on the Thames with a half river closure only. Team leaders must assess the conditions and decide if it is safe for their athletes to compete. All athletes and team leaders must attend the briefing. All boats must have sufficient buoyancy to support the boat and the athlete in the event of a capsize. All junior athletes must wear a buoyancy aid unless written permission is given from their coach/guardian on the day.

Prizes
Prizes will be awarded for the winner of the male/female classes for U10, U12, U14, U16, U18 & Senior categories for the 500m TT and the 2k mass start race. There is no separate lightning class.

Schedule

8:30   **Check-in opens**

10:30   **Briefing**
All athletes and coaches must attend the briefing

11:00   **First start 500m TT**
Individual time trial from Trowlock island bottom to the club jetty. 30 second intervals between athletes. Please check on the day for start order and time gap.

12:00   **200m Aussie eliminator race**
Male and female athletes separate mass starts
After first race field is split into fast/slow start
Last athlete/s in each race eliminated from competition (confirmed at briefing)
Continue until a final of 5/6 athletes

12:45   **LUNCH**
(Fresh coffee and food served all day)

14:00   **2km Mass start race**
Mass start for all athletes. Separate male/female results.

14:45   **K4 Racing**
Format will be confirmed at the briefing

16:30   **Prize Giving**

Entry form

Team Leader

_____

Club

_____

First name	Surname	Gender	Age on 1/1/2018	Marathon division (for start order