



JUNIOR INTER-REGIONAL REGATTA

Saturday 19th April 2008

at

THE NATIONAL WATERSPORTS CENTRE, NOTTINGHAM.

- ◆ Invites to the Championships will be extended to the 12 ARA Regions
- ◆ All events will be raced over **1500-meters**, with timed heats. The fastest 6 crews across the heats will go through to the Grande finale and the next six into the Petite Finale.
- ◆ Points will be awarded as follows:
 - Grande Finale
1st - 12 points, 2nd - 11 points and so on to 6th - 7 points.
 - Petite Finale:
1st 6 points, 2nd -5 points and so on to 6th - 1 point.

Single sculling events will receive double points. Gold, Silver & Bronze medals will be awarded to each crew and its coach.
- ◆ The only case when a Petite Finale will not be held is where only 7 crews are entered in the event.
- ◆ In the unlikely event of any crew not taking its place in a GF or PF and therefore not racing for its points, the missing crew will be awarded 0 points. If a crew fails to show for a Grande Finale, all crews in the Petite Finale will receive an extra point.
- ◆ Composite crews will be allowed in all events.
- ◆ Doubling Up will be allowed. NB the racing order has been developed to allow for doubling up WITHIN AGE BANDS. Please be sure to understand the racing order listed below. We expect to adhere to this schedule.
- ◆ Equipment is shared at the crew's own risk. Doubling up outside age bands is done at the crew's risk. NEITHER will be taken into account in the racing order.
- ◆ The events available are as follows: -
 - J16: 8o, 4x, 2x, 1x, 4-, 4+ and 2-
 - WJ16: 8o, 4x, 2x, 1x, 4- and 2-
 - J15: 4x+, 2x and 1x.
 - WJ15: 4x+, 2x and 1x.
 - J14s: 4x+, 2x and 1x.
 - WJ14s: 4x+, 2x and 1x.
- ◆ The order of events will be (all heats then all finals):
 - J16 W1x; J16 1x;
 - J15 W1x; J15 1x; J14 W1x; J14 1x
 - J16 W4-; J16 4-; J15 W4x+; J15 4x+; J14 W4x+; J14 4x+; J16 W4x-; J16 4x-; J16 W4+; J16 4+
 - J16 W2-; J16 2-; J16 W2x; J16 2x; J15 W2x; J15 2x; J14 W2x; J14 2x;
 - J16 W8o; J16 8o
- ◆ NB Lane numbers for heats will not be issued to coxed crews until the Coxn's WEIGHT CERTIFICATE is produced.



- ◆ Coxes may be aged up to J18 in all coxed events

The points total will count towards: -

1. An overall Regional Champion.
2. An overall Girls Regional Champion.
3. An overall Boys Regional Champion

Entry Fee

- ◆ Regions wishing to compete must notify the organisers of their intent, along with payment of the regional affiliation fee of **£50** by **8th March 2008**
- ◆ Regions will pay a flat fee of **£700**, to race regardless of the number of events entered. Full Payment must be received by **Saturday 5th April 2008** and the balance of **£650** is to be submitted by the Regional Rowing Council by **one cheque** made out to ARA Ltd. The **£700** fee includes a Regional T-shirt for each athlete and the Regional affiliation fee of **£50** (*payable by 8th March 2008*).

NB: Team Managers must account directly to their Regional Treasurer and not the officers of the JIRR.

- ◆ Cheques must be made out to ARA Ltd
- ◆ All cheques to be sent to: -

Liz Wray:
JIRR Secretary
Merlin Court
376 Richmond Road
Twickenham
TW1 2DX

E-Mail: lizwray@aol.com

Crew Details

- ◆ A detailed list of entries from each competing region, including crew names and DOB, must be provided to the Event Secretary **by Saturday 5th April 2008**. Crew details are to be submitted on the forms provided by the event secretary. All competitors must be ARA registered.

Please make sure the name of the crew's Club or School is clearly marked on the form where it says CLUB NAME.

- ◆ Each entry must be accompanied by a list detailing the **NUMBER & SIZE of T-SHIRTS REQUIRED** by the athletes. T-Shirts are not available to coaches and team helpers. Max T-shirt order per Region is **71**.
- ◆ **Sizes available: -**

S	Small	Chest size approx 36"
M	Medium	Chest size approx 40"
L	Large	Chest size approx 44"
XL	Extra Large	Chest size approx 48"



- ◆ All crew lists, volunteer names (see REGIONAL REQUIREMENT below) and T-shirt requirements to be sent to: -

Liz Wray,
JIRR Secretary,
Merlin Court,
376 Richmond Road,
Twickenham TW1 2DX

E-Mail: lizwray@aol.com

- ◆ Entries via OARA are not available
- ◆ Faxed Entries are not allowed

PLEASE MAKE EVERY EFFORT TO ENTER A FULL REGIONAL TEAM AS FAILURE TO ENTER AN EVENT GIVES UNEARNED POINTS TO THE OPPOSING TEAMS.

OFFICIAL PHOTOGRAPHER

Negotiations are in hand to appoint an official photographer, which will include the photographer's right to contact crews photographed by e-mail. In order that detail of relevant photos can be e-mailed to crews, please include the e-mail address of a **nominated adult contact** for each crew, on the individual crew entry forms, for this purpose. If you do not require this information to be sent please mark your crew's entry form "**Official Photos Not Required**"

FINALLY: -

THE CHAMPIONSHIPS RESULTS WILL BE ASSESSED BY THE ARA AND WILL BE PASSED TO THE PERFORMANCE DEVELOPMENT COACH – J16'S

Please make sure the name of the crew's Club or School is clearly marked on the form where it says CLUB NAME. Please also make sure that the COACH's name is also clearly noted as we are asked to provide this detail as well.

REGIONAL REQUIREMENT

THE JIRR REQUIRES THAT EACH REGION PROVIDES FOUR VOLUNTEERS TO OPERATE AS HELPERS TO THE COMMITTEE FOR A HALF DAY EACH. PLEASE ENSURE THAT THESE VOLUNTEERS ARE NAMED, AND DETAILS OF ANY RELEVANT EXPERIENCE GIVEN, ON THE SUMMARY OF ENTRIES, SO DUTIES MAY BE ALLOCATED IN ADVANCE

This is a NON-QUALIFYING event therefore registration cards are not required to be shown except where substitutions are required on the day.

NB Please could all coaches make sure that all crews are well drilled in the art of attaching to stake-boats and remaining straight in less than ideal conditions. The ability for a crew to back onto a stake-boat and for "2 to take bow's blade" really is a prerequisite.