



RAVENS BOAT CLUB & ST BENEDICT'S COLLEGE ROWING

NOTICE OF THE 2016

5th HEAD OF THE VAAL TT REGATTA

VENUE: Loch Vaal Club, Vaal River.

DATE: Sunday **24 JULY 2016**

TIME: Racing will start at 7h54 and the last boat is asked to launch before 9h59

FORMAT: SOCIAL TROPHY *TIME TRIAL*/HEADS RACE

1. The clock will start at 07h54ish and stop at 10h44ish.
2. You just pitch up, register your crew, collect a bow number from the time keeper on the bank in line with the start/finish line, check course on map;
3. Advise timekeeper of your boat class, Heads Trophies, Medals awarded only to following: Mix4x/4-, M4x/4-, W4x/4-, Mix2x, M2x, M2-, W2x/2-; M1x; W1x, but you can race any boat.
4. PLEASE tell the timekeeper how many times you will do the course, you need a different bow number each time.
5. Jump in a boat...any class of rowing or sculling shell;
6. Wait for the starter to align you and give you the green flag;
7. The times will be taken from a standing (actually seated) start (floating starts also allowed).
8. Row flat out around the course, rowing buoys must be on your **stroke side** or you will give boats coming in opposite direction a stroke;
9. Cross the start/finish line: the red flag at the Club house;
10. Do it all again if you wish, you can start at any time before 9h59;
11. Hand back your bow number;
12. Collect your time, trophy/medal afterwards, 30 min after return of last boat.

PARTICIPATION: The event is open to all Masters and Senior Rowers and Scullers. School rowers may only enter if accompanied by an indemnity/parent.

COURSE: River water of approximately 7.0324km, (depending on how straight you row) un-buoyed, unlaned, hardly a current, without rope held starts.

ROUTE: *Head* out of Loch Vaal towards the Barrage along western bank, on joining the Vaal River *Head* across to the Free State side and head upstream (east) staying south of Otter Island (an island between the 2km and 3km yellow lollypop markers). At the eastern end of the Island cross to the north (Gauteng) bank of the Vaal River and head west until you are able to enter the Loch. Proceed to Loch Vaal Club along eastern bank. (Keep the buoys, if any, on your **stroke side**). **COURSE MAP:** will be mailed.

MEDALS & TROPHYS: Medals will be awarded to all podium finishers at 11h28. Entries and organisers discretion will determine categories on the day. Medals may also be awarded for acts of bravery and self-sacrifice, at 11h29. Trophies will be awarded to the “Heads” of the Vaal, plus a Special overall Trophy will be awarded to the fastest of the “Heads”.

ENTRIES: Entries close at 7h69 on the 31 July 2016, entries received after 8h59 may not be accepted. Neither a draft nor a final draw will take place but you may bring your own. Boats are seeded as per last year’s results.

Clubs may not enter more members than they have or more boats than they own (unless they borrow...see rule 11.2.3). Early Entries may be submitted to paulc@law.co.za, or not.

COST: There is no entry fee, but Loch Vaal Club charge *about* R50 per car, payable on the day at the gate. Please tell the guard you are attending “**St Benedict’s Rowing Regatta**” or you will be charged about R50 per *person*.

ORDER OF EVENTS: None, you may launch when you are ready, but not before.

CATERING: No, so please “bring your own”, (fried bread rolls unfortunately reappeared in 2014). Ravens will provide some skottles (but not enough, so please bring your own), cake, Angry Birds and good company. The Club does have braai facilities next to the river and are selling charcoal, wood and firelighters at the tuck shop.

TRAILERS: Trailers will not be allowed on the course without buoyancy.

AND THEN?: Chill, enjoy the sun and the good company of Masters Rowing.