

# THE NORFOLK SCULLS

River Yare, Norwich. Organised by Norwich Rowing Club

## SATURDAY 29<sup>th</sup> October 2016

### 2 DIVISIONS

#### Long Course – 4200 upstream

Bramerton Green – Whitlingham Green

#### Short Course- 2100 Upstream

Postwick Straight-Whitlingham Green

Under British Rowing rules and Water Safety Code

Norfolk Sculls Shield awarded to fastest SINGLE sculler in the Long Course Division 1  
\*Team Prize awarded to fastest 4 single scullers from 1 club in Long Course Division 1.  
Short Course is for JUNIOR J15 and NOVICES.

#### Division 1

##### Short Course: 10.45am

**MEN:** 1x, 4x, 4x+

**WOMEN:** 2x, 4+

**MIXED:** 2x, 4+, 4x+

All above as Novice, Veteran Novice or J18 and below (state age category)

##### Long Course: 11.00 am

**MEN AND WOMEN:**

1x: ELI, IM2, IM1, Nov, J18, J17, J16

Masters: B,C,D,G

4x and 2x: Nov, IM2, SEN

Masters A, E, F

4+/4-/2-: Nov, IM2, SEN, Mas A,C,E,G

**MIXED:** 2x and 4x: IM3, SEN

#### Division 2

##### Short Course: 2.15pm

**MEN:** 2x, 4+

**WOMEN:** 1x, 4x, 4x+

**MIXED:** 4x,

All above as Novice, Veteran Novice or J18 and below (state age category)

##### Long Course: 2.30pm

**MEN AND WOMEN:**

1x: IM3, SEN, Masters: A,E,F

4x and 2x: IM3, IM1, ELI, J18,

Masters B,C,D,G

4+/4-/2-: IM3, IM1, ELI, J18, Mas B,D,F,H

**MIXED:** 2x and 4x: IM2, IM1, ELI, J16-J18

**Short Course:** The Short Course is run over part of the Long Course. The finish is the same for both courses. It is run in conjunction with the Long Course. Therefore there can be **NO BOAT SHARING BETWEEN THE LONG AND SHORT COURSES FOR EACH DIVISION.**

A prize will only be given to a winning crew for a category with at least 3 competing entries.

The committee reserves the right to move competitors up a category if entries in one are insufficient.

For competitors racing outside their correct division, a *time only* will be given.

**Entry fee £11.00 per seat- £13 on the day**

**BROE entries and payment preferred**

• Sarah Lister, 33 Bell Road, Norwich, NR3 4RA

• 07881 911800 nrcentries@gmail.com www.norwichrowingclub.co.uk

Cheques payable to "Norwich Rowing Club"

**Entries close 6.00pm Saturday 22<sup>nd</sup> October 2016**