

Saturday 23rd September

A **3700m head race** upstream on the tidal River Yare in **NORWICH**

(Bramerton Woods End to Whitlingham Green). Hosted by Yare Boat Club

Morning-10:30 Afternoon-13:30 Two Divisions:

Rowability and "Never Raced Before" crews included in the Morning Division

DIVISION	BOAT TYPE	CATEGORY
		Note: Categories are fixed to these Divisions because of tidal stream differences
	4x-, 4+, 2-, 1x	Elite, IM1, IM3 Masters A, C, E, G-I (Open, Women, Mixed)
MORNING DIVISION		Juniors: J18, J16, J14, J12 (J14 and J12 singles only) (Open, Women)
	4-, 2x	Sen, IM2, Nov Masters B, D, F (Open, Women, Mixed)
(Low tide is approximately		Juniors: J17, J15, J13 (J13 doubles only) (Open, Women)
10 am)	4x+	Juniors: J12, J14 (Open, Women)
	Rowability / Adaptive	Please email the Entries Secretary to tell us of the class of boat you want to race.
	"Never Raced Before"	Crews who have never raced before may race in doubles or coxed quads.
	(Non-BR event)	Please email the Entries Secretary with crew details.
	"Never Raced Before plus"	Crews who have never raced before may race in coxless quads, if steered by an
	(Non-BR event)	experienced sculler / steers. Please email the Entries Secretary with crew details,
		identifying the steersperson.
	4x-, 4+, 2-, 1x	Sen, IM2, Nov Masters B, D, F (Open, Women, Mixed)
AFTERNOON DIVISION		Juniors: J17, J15, J13 (J13 singles only) (Open, Women)
	4-, 2x	Elite, IM1, IM3 Masters A, C, E, G-I (Open, Women, Mixed)
(High water is		Juniors: J18, J16, J14, J12 (J14 and J12 doubles only) (Open, Women)
approximately 15:15)	4x+	Juniors: J13 (Open, Women)

- Prizes are awarded in each class with 2 or more entries and 2 or more starting. Competitors may be moved to a higher category, dependent upon entries. Please indicate if you are NOT willing to be moved. This competition will run under the current competition structure. Masters handicaps may be used (see Local Rules page). Prizes will be presented at the Yare Boat Club following the end of racing.
- Entry Fee: £10 per seat in advance (excluding cox) or £12 on the day.
- Entries and payment via BROE only. Entries close at 6pm Monday 18TH September. The draw will be made at Yare Boat Club at 10am on Tuesday 19th September. The start order will be based on last year's finishing times, with new entries following in alphabetical order, in each category and will be published electronically on Tuesday evening. Please ensure club contact details are up to date.
- Enquiries to the Entries Secretary, David Wynne, at race@yareboatclub.org Mobile: 07717294896
- The Yare Cup head race is organised by the Yare Boat Club of Norwich, a Community Amateur Sports Club, assisted by the Norwich Events Race Committee, in accordance with British Rowing Rules of Racing including Row Safe. Any surplus proceeds from the event are applied to further the sport of rowing.

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