



## Shoreham Rowing Club Fun regatta

### Notes:

- All entries must be returned to:  
[chairman@shorehamrowingclub.co.uk](mailto:chairman@shorehamrowingclub.co.uk)  
or handed directly to an official at the club
- Entries are given on a first-come-first-served basis
- Only entrants with very little or no rowing experience will be accepted.

### Format and timetable: 17<sup>th</sup> September 2016

9am - Crew registration

9.15am - Safety briefing

9.30am - 11.30am/12.00 – 2pm - Training

Crews will be split into groups for instruction and training. Swapping between boat knowledge, the rowing stroke on a machine and then some time in a boat on the water

11.30-12.00pm- BBQ and lunch – a BBQ and some sandwiches will be on sale

2.00pm - Racing!

Crews will race against one another in heats and semi-finals and a final (4 boats per heat)

3.30pm - Prize giving prizes for 1<sup>st</sup> and second place crews will be given out.

Bar will remain open until 5pm

### The Small Print:

Fun regatta is an Open event anyone above the age of 16 may enter. However we do not have facilities within the club to allow entrants with disabilities or special needs therefore all entrants must be capable of taking instruction and able bodied.

We reserve the right to refuse entry to or to remove from the event anyone we (the club committee) deem incompetent, unable to row for any reason or anyone who is a disruptive influence on the event. All monies passed to the club by entrants are non-refundable whether they compete or not.

In the event of bad weather we may be required to cancel the regatta at short notice in this unlikely event we will re-schedule for the next available date – given tide and port restrictions. If the event is cancelled and is not able to be re-scheduled refunds on entry fees will be given upon request from a named entrant.

**You may register a team by e-mail and bring the signed form on the day if necessary**

### Requirements for entry:

1. Must be over 16
2. Must be able bodied
3. Must be in good health and have notified the club of any medical conditions.
4. Must have signed the disclaimer

## Entry form and details:

### Cost £15.00 PER CREW MEMBER

### Crew Name:

Choose a name for your crew

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### Participant Names:

Enter the full names of all crew members below:

1.....

2.....

3.....

4.....

### Notes on your crew:

Who are you? A few short words describing your crew

**Do any of the crewmembers have any medical conditions we need to be aware of? (circle as appropriate):**

**YES**

**NO**

If yes please specify (note small print)...

**Do any of the crew members have any disabilities we need to be aware of? (circle as appropriate):**

**YES**

**NO**

If yes please specify (note small print)...

### Contact details:

The Fun regatta event will be weather dependent. A weather call will be made 24hours prior to the start of the event – please provide the best contact number for your crew:

**Contact no.**.....

### Disclaimer:

Competitors participate in the regatta entirely at their own risk. Shoreham Rowing Club, Shoreham port, sponsors, and all other affiliated organizations and individuals, will not accept any liability for material damage or personal injury or death sustained in conjunction with, prior to, during, or after the regatta.

### Signed:

1.....

2.....

3.....

4.....