

GRC Summer Regatta 2017

Inter-club Super Sprints

The event will consist of 250m head to head races of the following boats:

- M1x
- W1x
- 2x
- 2-
- 4+

Race format and rules

Each boat class will be raced one after the other, the **winner of each race will get 1 point**. The team with the **most wins (points) once all boats have raced will be the winner**.

Each team should consist of **5 women** and **5 men** of any age category. The 2x, 2- and 4+ may be mixed gender. Each team member may only race in one boat since the races will be set off close together.

The event will be raced over **250m from the Polmadie Bridge pillars to the regatta finish line** at the GRC boathouse. If there are more than 2 teams there will be two rounds; the first of which will be a knock-out round, the winners of which will progress to a final.

Race entry fee for each team is **£20** (£2 per sliding seat).

Note: This event is invitation and therefore not strictly held under Scottish Rowing rules of racing. However the principles of the Scottish Rowing rules of racing will be applied non-the less.

It is the intention to timetable the super sprint races towards the end of the regatta schedule. If there are sufficient entries for knockout rounds then these may be raced earlier.

Entries for the **Super Sprints ONLY** should be made directly by **email** to grcfourshead@gmail.com by **5pm on the 7th May**. All entries for the main regatta event should be made through the rowingentry.co.uk system.