



**Kings Lynn Regatta
Saturday 11th May 2019
Entry Form – Short Course sprints**

| | |
|--|----------------|
| Name of Rowing or Sailing Club | |
| Name of Boat | |
| Class of Boat (e.g. Harker's Yard Gig, St Ayles skiff) | |
| Colour(s) of Boat | |
| Contact Numbers (in case of emergency) | (1) (2) |
| Contact e-mail address | |

Race Notes

- A parental consent form will be required for any participants **under the age of 16**. All participant **MUST** wear a life jacket or buoyancy aid.
- Races will be held in accordance with the Rules of Racing. A copy of which will be available and Coxes should ensure that they are familiar with, and abide by the rules.
- Competitors participate in the event at their own risk and are responsible for their own safety and that of the boat at all times. We recommend that all boats have suitable current Public Liability Insurance (including racing cover)
- Whilst safety boat cover will be provided all boats should carry a waterproofed means of communication. At a minimum this should be a fully charged mobile phone with contact numbers for race officials and preferably a working handheld VHF radio chM(37); nb; Kings Lynn Port operates on ch14 and will be on watch.
- We ask all boats to display their allocated number at the start and finish of each race and a Racing Flag if at all possible, for the benefit of shore side spectators.

Racing will be 3 short course races. There will be separate starts for Women's, Men's, and Mixed Crews to allow boats to swap crews so that the maximum number of people can take part. Trophies will be awarded for first, second and third places for each race. Handicaps will be available on request

First Start intended 10:00 (High Water 11:41)
Cox's MANDATORY briefing at 9:30am in the registration tent.

What Crews will be racing in your boat? – Please circle as applicable and also complete the crew age calculator (next page)

NB:

Women – all rowers must be women
Mixed – at least half of rowers must be women

Age: crew ages will be averaged for the team (BR rules) and appropriate handicap applied (see next page for crew age calculator)
Under 18 – all rowers must be under 18

| | Crew Entering? | | RACE NUMBER (will be allocated at registration) |
|----------------------|-----------------------|-----------|--|
| Race 1: Women | YES | NO | |
| Race 2: Men | YES | NO | |
| Race 3: Mixed | YES | NO | |

| | |
|--|--------------------|
| Total Number of People Per Crew | |
| Total Number of Crews Entered | |
| Entry Fees: £10 per boat per race | Total Paid: |

I confirm that the boat and crews entered into the above races is entirely at its own/their own risk and that KLCRC and WNBC will take no responsibility whatsoever in respect of injury, loss or damage howsoever caused resulting from participation in the King's Lynn Regatta.

NAME:

SIGNATURE:

DATE:

Crew Age Calculator (for handicapping) – this section can be completed on the day

Race Number (as allocated on day)

[]

Please put an X in 1 cell for each oar's age (Cox to be ignored) e.g. if a crewmember is 41, put a 'x' in column B as they are aged between 36 to 42 years old.

Women's

| Factor | A | B | C | D | E | F | G | H | I | J | K |
|--------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Oar | <36 | 36-42 | 43-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | >84 |
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |

Men's

| Factor | A | B | C | D | E | F | G | H | I | J | K |
|--------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Oar | <36 | 36-42 | 43-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | >84 |
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |

Mixed

| Factor | A | B | C | D | E | F | G | H | I | J | K |
|--------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Oar | <36 | 36-42 | 43-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | >84 |
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
| 6 | | | | | | | | | | | |

Notes (% time handicaps/advantage applied)

| Factor | A | B | C | D | E | F | G | H | I | J | K |
|--------|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|------|
| Oar | <36 | 36-42 | 43-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80-84 | >84 |
| % | 0 | 1 | 2.6 | 4.6 | 6.5 | 8.7 | 11.1 | 13.9 | 16.9 | 19.9 | 22.9 |