

Racing Week 2016

Forth & Clyde 10km, 5km & 2km

Thursday 11th August

Start at Auchinstarry Marina

**Entries on line by 7pm on the evening PRIOR to the event
on this link:**

<http://goo.gl/forms/S82BvQQ62ldonjy52>

Late entries will be accepted on the day

Check-in from 6:30pm

Briefing 7:00pm

Starts from 7:30pm

10K – Paddlers ranked in Marathon Divisions 1,2,3,4,5 & 6

5K - Paddlers ranked in Marathon Divisions 7,8 & 9

2K – U12 & U10 Lightning paddlers

Entry Fees : Seniors £5 per event or £23 for week

Juniors £4 per event or £18 for week

Lightning £3 per event or £13 for week

Safety :

*Buoyancy aids are compulsory for all lightning and mini course paddlers, Divs 7, 8 & 9. They are discretionary for other paddlers although **all** paddlers are advised to wear them. In adverse weather conditions the race organiser may require all paddlers to wear them.*

All boats must be fitted with sufficient buoyancy to support the boat and crew in the event of a capsiz. Inherent buoyancy in composite boats is not sufficient to meet this requirement. Additional foam buoyancy or air bags must be fitted.

The canal is open to traffic. Paddlers must take care particularly when negotiating bends and bridges. Paddlers must not obstruct the passage of other boats along the canal and should abide by the waterways code.

SCA membership : Paddlers must be members of the SCA/BCU or take out SCA day membership (£5) on the day.