

# *Grafton Rowing Club Inc.*

ESTABLISHED - 1882

**Club Colours: Black and Gold**

**ABN. 67 475 390 055**

Grafton Rowing Capital of Australia

**CLARENCE RIVER ROWATHON – Sunday 2/6/2024**

## **REGISTRATION and BRIEFING**

All crews to assemble at Grafton Rowing Club for registration followed by the **compulsory** pre-Rowathon briefing. A representative of each club will be required to sign the briefing attendance record.

## **EVENT PROGRAM**

**7.45 am** Briefing kayaks/stand-up paddleboards

**8 am Start kayaks/stand-up paddleboards**

**9.30 am** Briefing rowing/dragon boats

**9.45 am Start boats doing 20 km**

**9.50 am Start boats doing 10 km**

**Most important:** All boats to be away promptly we do not want late starters crossing the river in front of the lead boats. The river is wide and starter will send several boats away at the same time, so be sure to be on the water awaiting starters direction.

### **Generally in following order:**

First away 2-Islands (20km) no-crew change, followed by 2-Islands boats having crew change, last boats away 10 km 1-Island boats

2-Island Course includes Susan and Elizabeth Islands. Crew-change at GRC shed after travelling around south-side of Susan Island returning on north (Grafton) side.

1-Island Course includes Susan Island after travelling around south-side of Susan Island returning on north (Grafton) side

**Please note the starter will decide on the order and time the various boat types will be sent off –Participants must await the starter’s instruction**

Finish at Grafton Rowing Club, followed by lunch bacon and egg roll with tea/coffee from Rowing Club canteen

## **SAFETY RULES**

1. No alcohol to be carried in any boat.
2. Know your position on the river.
3. In the event of capsize or other emergency, remain with your boat until help arrives.
4. Bring your water bottle and any other sustenance you need

## **DRESS TIPS**

It is advisable to “cover up” irrespective of weather conditions, and to apply 30+ sunscreen to your face and other exposed areas.