

NORWICH SMALL BOATS HEAD & NORFOLK SCULLS

River Yare, Norwich. Organised by Norwich Rowing Club.

**SATURDAY 21ST OCTOBER
2023**

DISTANCES 3000M & 5000M

**Entries close
6pm
Saturday 14th October**

Held Under British Rowing Rules of
Rowing & Racing and RowSafe.



Racing Divisions

DIVISION 1

5000m

10.00am Start

OPEN: 4x, 2x

WOMEN: 4+, 4-, 2-, 1x

MIXED: 4x

MAS: 4+, 4-, 2-, 1x

WMAS: 4x, 2x

MAS MIX: 4+, 4-, 2x

J18, J17, J16: 4+, 4-, 2-,
1x

WJ18, WJ17, WJ16: 4x, 2x

DIVISION 2

3000m

12.30pm Start

**JUNIORS, SENIORS
AND MASTERS**

**ALL BOAT CLASSES
up to 4+**

Course may be reduced to
2200m in adverse conditions.

DIVISION 3

5000m

2.45pm Start

OPEN: 4+, 4-, 2-, 1x

WOMEN: 4x, 2x

MIXED: 4+, 4-, 2x

MAS: 4x, 2x

WMAS: 4+, 4-, 2-, 1x

MAS MIX: 4x

J18, J17, J16: 4x, 2x

WJ18, WJ17, WJ16:

4+, 4-, 2-, 1x

**Prizes awarded to winners of all events
with 3 or more entries.**

The Norfolk Sculls Shield is awarded to the
fastest single sculler on the 5000m course.

Masters handicaps will be applied as per British Rowing rules.
Age categories may be combined in a single event to ensure
competitive racing.

Entries and payments by BROE, £14 per seat
Deadline for entries 6pm on Saturday 14th October

For all enquiries please contact Sarah Lister (Event Secretary)

Tel: 07881 911800 Email: listie@hotmail.co.uk

www.norwichrowingclub.com

The draw will take place at 6.30pm on 16th October at Whitlingham Boathouse.