

# NORWICH HEAD OF THE RIVER

River Yare, Norwich. Organised by Norwich Rowing Club.

[www.norwichrowingclub.com](http://www.norwichrowingclub.com)

**SATURDAY 24TH FEBRUARY  
2024**

**DISTANCES 1900M & 5000M**

**Entries close  
6pm  
Saturday 17th February**

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



# Racing Divisions

## **DIVISION 1 5000m**

**10.15am Start**

**OPEN: 8+, 4x, 2x  
WOMEN: 4+, 4-, 2-, 1x  
MIXED: 8+, 4x  
MAS: 4+, 4-, 2-, 1x  
WMAS: 8+, 4x, 2x  
MAS MIX: 4+, 4-, 2x  
JUNIOR: 4+, 4-, 2-, 1x  
WJUNIOR: 8+, 4x, 2x**

## **DIVISION 2 1900m**

**12.45pm Start**

**JUNIORS, SENIORS  
AND MASTERS**

**ALL BOAT CLASSES  
EXCEPT 8+**

## **DIVISION 3 5000m**

**2.45pm Start**

**OPEN: 4+, 4-, 2-, 1x  
WOMEN: 8+, 4x, 2x  
MIXED: 4+, 4-, 2x  
MAS: 8+, 4x, 2x  
WMAS: 4+, 4-, 2-, 1x  
MAS MIX: 8+, 4x  
JUNIOR: 8+, 4x, 2x  
WJUNIOR: 4+, 4-, 2-, 1x**

**Entries and payments by BROE, £14 per seat  
British Rowing Day Tickets available for this event**

**We welcome Adaptive and Para entries - please email for further  
details regarding these events**

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

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

**For all enquiries please contact Sarah Lister (Event Secretary)  
Tel: 07881 911800 Email: [listie@hotmail.co.uk](mailto:listie@hotmail.co.uk)  
[www.norwichrowingclub.com](http://www.norwichrowingclub.com)**

**The draw will take place at 6.30pm on 18th February at Whitlingham Boathouse.**