



Pengwern Boat Club Fun Regatta Entry Rules

1. All competitors must be able to swim 50 metres in light clothing and take part entirely at their own risk. This event is run in accordance with British Rowing Rules of Racing and under Row Safe guidelines.
2. No competitor may have ever competed in an Open Rowing Event, currently be an active rowing member of a rowing club, or be experienced in rowing to the extent that their participation is detrimental to the spirit of the event.
3. No crew may have ever won a previous Fun Regatta, however crews may consist with a maximum of 2 previous winning crew members.
4. All competitors must be over the age of 16.
5. No competitor may be included in more than one crew, unless under special circumstances such as illness on the regatta day, in which case only a competitor who has already been eliminated may be allowed to substitute at the discretion of the organising committee.
6. Categories offered are for Men's Fours, Women's Fours and Mixed Fours (any combination of men and women), though these may be refined at the discretion of the organisers according to entries received. Each crew will be guaranteed at least two races on race day; excepting late withdrawals.
7. The overall winning crews will be presented with tankards.
8. All coxes will be provided by Pengwern Boat Club.
9. The competition will take place over a course of approximately 500 metres.
10. All decisions made by the organising committee shall be final.
11. Once you have entered you will be assigned a coach who will contact you to arrange your first training session (based on the slots available). Subsequent sessions can be arranged between you and your coach after your first session. No crew will be allowed more than one training session in the final week before the regatta; except in exceptional circumstances.