



BRITISH ROWING
AFFILIATED CLUB



NW and Yorks Explore Series 2018

- *Splash and Dash events (and perhaps some "Summer Skills Heads")*
- *Roughly 300m*
- *Maximum of 5 races per day*
- *Teams of eight in coxed quads*
- *Equipment provided by host club!*
- *Participants must be silver BR members or novice BR Gold members.*

Cost: £12 per crew per day for
Open or Women's 4x+ to be made up of no more than 8 people

March 18th: Lakeland RC
April 15th : Runcorn RC
May 20th: Warrington RC
June 24th : Leeds RC
August 19th : Grosvenor RC
September 16th : Hollingworth RC
October 21st : Windermere RC

For details contact :

North West and Yorkshire Explore Series

- Cost £12 per boat per day
- Categories: Open or Women.
- Participants must be 18+ Silver or Novice (both sculling and sweep) Gold British Rowing members.
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- Races over approximately 200-300m for Splash and dash and c. 1km for the summer skills
- Races will take place in Stable coxed quads provided by the host club.
- A league system of one on one races.
 - One point will be won for each win .
 - Equal races for all crews on the day.
 - Maximum of 5 races per event.
 - Points will be topped up at for a series prize at the final event.
- Teams of up to 8 in stable coxed quads (Not inc Cox)
 - Changes allowed between races on day.
 - Teams names and crew members will need to provided to ensure consistency .
 - New teams may join at any point through the series.
- Team entries to be sent to the host club coordinator