



# Southampton Amateur Rowing Club Southampton Head of the River Coastal Fours

## Saturday 9<sup>th</sup> April 2016

4150m on the River Itchen from Riverside Park

### Division one- 1300

Senior men  
J/S men  
Junior men  
Novice men  
Masters men 40+  
Masters men 50+  
WJ16 4X+ coastal

### Division two- 1515

Senior ladies  
Junior ladies  
Novice ladies  
Masters ladies  
MJ16 4X+ coastal

**Pennants for fastest men's and ladies' crew**  
**Trophies for status winners**

**Individual 'pots' for status winners** (where 3 or more crews entered)

**Aggregate cup**

**Entry fee- £24 per crew (£30 for late entries)**

BACS payments to Southampton Amateur Rowing Club  
Sort code 30-99-87 account number 00567941. Using reference SHORR.  
Cheques payable to 'Southampton Amateur Rowing Club'

Entries by **Friday 1<sup>st</sup> April 2016** to;  
Justin Smith, C/O Southampton Amateur Rowing Club,  
Hazel Road, Woolston, Southampton, SO19 7GA  
Email- [j.t.smith67@outlook.com](mailto:j.t.smith67@outlook.com)

Draw will be held at SARC Sunday 3<sup>rd</sup> April at Noon.