

Course Instructions for Ocean to City - An Rás Mór

Ocean Course	Follow all instructions, except 9
City Course	Follow all instructions except 5 and 9
Rocky Island Course	Follow instruction 1 - 4 and 9 - 14
Monkstown Course	Follow instruction 10 - 14

Confused about port and starboard?

Remember: "There is no red port left." Port is on the left as you face the bow of the boat.

#	Course	Location	Instruction
1	OCEAN & CITY COURSES ONLY	Launch (RCYC, Crosshaven)	Make sure your crew is ready and gathered at your boat launch.
2		Row To Race Start	Leave 15 minutes to row/paddle from launch to the start line.
3		Race Start (Currabinny Pier)	Listen for race starter's instructions.
4	OCEAN & CITY COURSES ONLY	After Start	Rules of racing: Participants must go through gates. You are free to choose the most direct route to each gate. Overtaking rules: A boat which wishes to overtake a second boat must keep clear of the second boat. The second boat should remain on its course.
5	OCEAN COURSE ONLY	Gate: Ocean Gate	Pass through gate by leaving Ocean Gate Boat to port, turning around the gate boat and heading back towards Spit Bank Lighthouse, leaving oncoming participants to port.
6	OCEAN & CITY COURSES ONLY	Gate: Spit Bank Lighthouse	Pass through gate by leaving Spit Bank Lighthouse to port and the gate boat to starboard.
7		Gate: Holy Ground	Pass through gate by leaving the Holy Ground Gate Boat to port, and Cobh to starboard.
8		Gate: White Point	Pass through gate by leaving the White Point Gate Boat to port, and Cobh to starboard.
9	ROCKY ISLAND COURSE ONLY	Gate: Haulbowline North Bridge	Pass through gate by paddling under the north span of the Haulbowline bridge, leaving Rocky Island to port.
10	MONKSTOWN COURSE ONLY	Launch (Sand Quay, Monkstown)	Make sure your crew is ready and gathered at your boat. Listen for race starter's instructions. Participants are only allowed to start once safety boats are in place and the official start sign has been given. Monkstown start times are approximate and dependent on main fleet.
11	ALL COURSES	Gate: Monkstown	Pass through gate by leaving the Monkstown Gate Boat to starboard, and Monkstown shore to port.
12		Gate: Passage	Pass through gate by leaving Passage West Gate Boat to starboard, and Passage West shore to port.
13		Gate: Blackrock	Pass through gate by leaving Blackrock Gate Boat to starboard, and Blackrock Castle to port.
14		Approaching Finish line	Head for the south channel and be careful of queuing and towed boats.
15		Finish Line	Cross the finish line! Congratulations! Well done.

Shore Safety Points	Crosshaven, Haulbowline, Monkstown Sand Quay, Passage West, Blackrock Harbour and Cork City Marina	Retiral/rescue: There are 6 shore safety points (SS). Please note that if you want to retire from the race, you will need to make your way to one of these points. Participants must report to shore safety if they retire. If you are in difficulty, a safety boat will rescue you and tow you to a shore safety point; if rescued, participants will not be permitted to continue racing.
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<p>Recovery Information</p> <p>KEEP WELL CLEAR OF THE BOATS STILL RACING. ENSURE YOUR BOAT IS NOT BLOCKING THE RECOVERY LANE.</p> <p>PLEASE FOLLOW STEWARDS INSTRUCTIONS. THANKS! STAY WELL CLEAR OF THE CRANE AT ALL TIMES.</p>	
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The craning area is for designated Doyle shipping and boat recovery personnel only. To ensure this, the craning area will be closed off. Recovered boats will be secured to trailers for the purposes of transit to a designated area outside the barrier where boats, oars etc can be secured to the satisfaction of the crews. Please leave the area as soon as your boat is secured. This will allow us get more boats out quicker, ensuring that all competitors have as little waiting time as possible. Any attempt to enter the craning area or any abuse of volunteers / staff charged with working in the area will result in disqualification from the race and an immediate stop of all craning activities. Please refer to special "Craning Notice" for details.