



51st Liffey Descent - Saturday, September 4th 2010

Address Irish Canoe Union, Sport HQ, Joyce Way, Park West, Dublin 12, Ireland.
Telephone 01 6251105
Email office@canoe.ie
Webs www.canoe.ie & www.liffeydescent.com

Section 1

Single Class Entry

First Name _____

Surname _____

Address _____

Email _____

Mobile _____

Date of Birth _____

Club _____

Membership Number _____

Membership
You must be a member of a National Canoe Federation to take part in the 2010 Liffey Descent.

If you are not a currently registered member of a National Canoe Federation you can register as an ICU Individual Member in Section 2.

Means of Qualifying

Indicate one of the following means of qualifying to take part in the 2010 Liffey Descent.

Completion of a Liffey Descent since 2005.

Completion of 3 rough - water marathon races within the past 12 months.

Race 1 _____

Race 2 _____

Race 3 _____

Competency to take part approved by a registered ICU Level 3 Instructor or BCU Level 3 Inland Coach. Instructor / Coach to complete details below.

Name _____

Membership No. _____

Signed _____

Waiver
I hereby declare that I have read and agree to the conditions relating to indemnifying the Irish Canoe Union as detailed in Section 3 of this Entry Form. I also hereby declare that all the information entered in this Entry Form is true and accurate.

Signed _____
(must be signed by all participants regardless of age)

Parental Consent
I hereby declare that I have read, understood, and agree to the conditions relating to indemnifying the Irish Canoe Union and the conditions relating to Parental Consent as detailed in Section 3 of this Entry Form.

Signed _____
(to be signed by parent/guardian if participant is under 18)

Contact Details
I hereby give my consent that the contact details entered in this Entry Form may be used to send information to me about future canoeing events run by the Irish Canoe Union and/or its Technical Committees.

Signed _____

Double Class Entry

First Name _____

Surname _____

Address _____

Email _____

Mobile _____

Date of Birth _____

Club _____

Membership Number _____

Membership
You must be a member of a National Canoe Federation to take part in the 2010 Liffey Descent.

If you are not a currently registered member of a National Canoe Federation you can register as an ICU Individual Member in Section 2.

Means of Qualifying

Indicate one of the following means of qualifying to take part in the 2010 Liffey Descent.

Completion of a Liffey Descent since 2005.

Completion of 3 rough - water marathon races within the past 12 months.

Race 1 _____

Race 2 _____

Race 3 _____

Competency to take part approved by a registered ICU Level 3 Instructor or BCU Level 3 Inland Coach. Instructor / Coach to complete details below.

Name _____

Membership No. _____

Signed _____

Waiver
I hereby declare that I have read and agree to the conditions relating to indemnifying the Irish Canoe Union as detailed in Section 3 of this Entry Form. I also hereby declare that all the information entered in this Entry Form is true and accurate.

Signed _____
(must be signed by all participants regardless of age)

Parental Consent
I hereby declare that I have read, understood, and agree to the conditions relating to indemnifying the Irish Canoe Union and the conditions relating to Parental Consent as detailed in Section 3 of this Entry Form.

Signed _____
(to be signed by parent/guardian if participant is under 18)

Contact Details
I hereby give my consent that the contact details entered in this Entry Form may be used to send information to me about future canoeing events run by the Irish Canoe Union and/or its Technical Committees.

Signed _____

Triple Class Entry

First Name _____

Surname _____

Address _____

Email _____

Mobile _____

Date of Birth _____

Club _____

Membership Number _____

Membership
You must be a member of a National Canoe Federation to take part in the 2010 Liffey Descent.

If you are not a currently registered member of a National Canoe Federation you can register as an ICU Individual Member in Section 2.

Means of Qualifying

Indicate one of the following means of qualifying to take part in the 2010 Liffey Descent.

Completion of a Liffey Descent since 2005.

Completion of 3 rough - water marathon races within the past 12 months.

Race 1 _____

Race 2 _____

Race 3 _____

Competency to take part approved by a registered ICU Level 3 Instructor or BCU Level 3 Inland Coach. Instructor / Coach to complete details below.

Name _____

Membership No. _____

Signed _____

Waiver
I hereby declare that I have read and agree to the conditions relating to indemnifying the Irish Canoe Union as detailed in Section 3 of this Entry Form. I also hereby declare that all the information entered in this Entry Form is true and accurate.

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(must be signed by all participants regardless of age)

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Signed _____
(to be signed by parent/guardian if participant is under 18)

Contact Details
I hereby give my consent that the contact details entered in this Entry Form may be used to send information to me about future canoeing events run by the Irish Canoe Union and/or its Technical Committees.

Signed _____

Section 2

Class

- Ensure that you enter in the correct class. Refer to the Information Section of the Entry Form for class descriptions. If in any doubt contact the ICU Office.
- The classes listed below are the 18 official classes allowed enter in the 2010 Liffey Descent.
- Double and triple classes are open to any combination of gender.
- All Single Master Classes, the Wild Water Racer Classes, the Junior Racing Kayak Class, and the Touring Canadian Single Class are open to men or women.
- There must be a minimum of 5 entries in a class in order for that class to be included in the 2010 Liffey Descent.
- Classes with less than 5 entries by Friday, August 27th, 2010 will either be scratched or be amalgamated into a single class as considered appropriate by the Race Director.
- The minimum age for entry in the 2010 Liffey Descent is 16 years on January 1st, 2010. Competitors under the age of 18 years on January 1st 2010 are considered junior and must have the Parental Consent section of the Entry Form signed by a parent or guardian.

Please indicate in the box which class you are entering in

- Senior Racing Kayak Double
- Masters Racing Kayak Double (*both crew members must be 40 +*)
- Junior Racing Kayak Double
- Mens Senior Racing Kayak
- Womens Senior Racing Kayak
- Masters Racing Kayak (*40+*)
- Junior Racing Kayak
- Senior Wild Water Racer (*Kayak or Canoe*)
- Junior Wild Water Racer (*Kayak or Canoe*)
- Mens Senior General Purpose
- Womens Senior General Purpose
- Masters General Purpose (*40+*)
- Mens Junior General Purpose
- Womens Junior General Purpose
- Touring Kayak Double
- Touring Canadian Double
- Touring Canadian Triple
- Touring Canadian Single

Fees

Indicate clearly which items are being paid for and indicate the total fee being paid.

| Quantity | | Amount |
|--------------|--|--------|
| X | Entry Fee @ €40 per competitor | _____ |
| X | Race Party Ticket @ €10 | _____ |
| X | ICU Individual Membership @ €30 | _____ |
| X | Late Entry Fee @ €20 per competitor <i>Only applicable for entries received after August 27th, 2010</i> | _____ |
| TOTAL | | _____ |

Payment by Credit Card or Laser

I authorise the Irish Canoe Union to debit my card account for the amount of €

Card Type Mastercard Visa Laser

Card Number

| | | | | | | | | | | | | | | | | | | | |
|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
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|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|

Name on Card

_____ Expiry Date _____

Payment by Cheque / Postal or Money Order

Payment can only be accepted in Euro. Cheques / Postal or Money Orders must be drawn on a Euro account and be issued in the name of the Irish Canoe Union. Payment in any other currency cannot be accepted.

2010 Liffey Descent

| | |
|-------------------|--|
| Date | Saturday, 4th September 2010 |
| Start | Straffan Village, Co. Kildare |
| Finish | Trinity Rowing Clubhouse, Islandbridge, Dublin 8 |
| Distance | 18 miles |
| Start Time | 12:30 pm |
| Grade | II & III |

Completing the Entry Form

- Use Block Capitals throughout when completing the Entry Form. Write as clearly as possible.
- Ensure all relevant sections are completed particularly the class in which you are entering, your Membership Number, email address, and if paying by credit card your credit card details.
- Use your own home address if you wish to be included on the Descent Mailing List for 2011.

No confirmation is returned to an entrant when an entry form is received. If you wish to confirm that your entry has been received contact the Irish Canoe Union by telephone (00 353 1) 6251 105 or by email at office@canoe.ie

Your Race Number & Bib

All competitors must collect their Race Bib and Race Number before the Descent. These will be available for collection at the following locations:

Salmon Leap Canoe Club

New Bridge
Leixlip
Co. Kildare

www.salmonleapcanoecub.com

Friday, 3rd September from 6:00 - 9:00 pm

The Descent Car Park

Straffan Village
Co. Kildare

Saturday, 4th September from 9:00 - 10:00 am

It is strongly recommended that Bibs and Numbers are collected on Friday, September 3rd. Bibs and Numbers will not be available after 10:00 am sharp on the day of the Descent. No competitor will be allowed into the Start Area without a Race Bib and Number.

Amendments and Late Entries

Entries close at 6:00 pm on Friday, August 27th, 2010. Entries received post marked after Friday, August 27th will be accepted; however, such late entries will be subject to a late entry fee of €20 per competitor.

Amendments to entries will be accepted up until the close of entries on August 27th at no charge. After August 27th, a €20 administration fee will be charged for any amendments and such amendments will be accepted or rejected at the discretion of the Race Director.

Travelling from Britain

International Sporting Travel Services can arrange all your travel arrangements and entry for the Descent. Contact details:

Sporting Travel Services

43 East Hatley, Nr. Sandy
Bedfordshire SG19 3JA
England

Telephone 01 767 650312
Email international.adventure@btinternet.com
Web www.international-adventure.co.uk

Entering your Class

The following are general descriptions and dimensions for the Descent Classes. See www.canoeicf.com for ICF boat specifications.

Racing Kayak Doubles

Only craft that comply with ICF K2 specifications can enter in this class.

Racing Kayak Single

Only craft that comply with ICF K1 specifications can enter in this class.

Wild Water Racer

Only craft that comply with ICF Wild Water Racer specifications can enter in this class.

General Purpose

The general guideline specifications for this class are 40 x 59. Wavehoppers must compete in the General Purpose Class.

Touring Kayak Double

The general guideline specifications for this class are 500 x 67. Rudders are permissible on boats in this class.

Touring Canadian Double

Craft must be 18 feet or less to enter this class.

Touring Canadian Single

The general guideline specifications for this class are 430 x 70

Sit on kayaks of any kind are not permissible in the Descent.

A craft that is essentially of ICF specifications and design but has been substantially modified to comply with the specifications for the General Purpose Classes may be considered ineligible for entry in the Descent. If you are in any doubt the eligibility of your boat to enter the Descent or what class you should be entered in contact the Canoe Union Office for advice before submitting your Entry Form.

Waiver

Each participant in the 2010 Liffey Descent does so in the knowledge that there exists an inherent element of danger as a consequence of participating in the Descent. Consequently each participant in the 2010 Liffey Descent acknowledges and agrees to release all agencies involved in the 2010 Liffey Descent from any and all liabilities (except that which are the result of gross negligence and/or willful or wanton misconduct).

Parental Consent (for participants under 18 years of age)

This Parental Consent declares that the parent / guardian (s) of the minor whose name has been entered in this Entry Form hereby give permission for aforementioned minor to participate in the 2010 Liffey Descent. The Parental Consent further authorises and agrees that officials / safety personnel duly appointed by the organisers of the 2010 Liffey Descent will have authority over the aforementioned minor and the right to give lawful instructions to the aforementioned minor for the duration of the 2010 Liffey Descent.

The Parental Consent further states that it is understood that in the event of the aforementioned minor requiring medical attention the parent / guardian authorise and direct any official / safety personnel duly appointed by the organisers of the 2010 Liffey Descent to act as attorney for the purpose of giving consent to all or any forms of medical treatment where it is contrary, in a medical personnel's opinion, to the well being of the aforementioned minor for any delay to be incurred by seeking beforehand the personal consent of the parent / guardian of the aforementioned minor. The Parental Consent directs all hospital and medical institutions to recognize the authority herein granted.



The 2010 Liffey Descent is made possible through the generous support of the Irish Sports Council

General Liffey Descent Rules

1. The Liffey Descent is run under the auspices of the Irish Canoe Union Ltd and the ICU Board of Management.
2. The ICU Board of Management will appoint a Race Director to manage, develop, and promote the Descent.
3. The Liffey Descent will **not be bound** by ICF or ICU Marathon Racing Rules.
4. The Descent will be run under the General Liffey Descent Rules and such rules as the Race Director decides to implement to ensure the safe and successful organisation of the Descent. The Race Director may make a ruling at any time and on any matter not specifically covered under the General Liffey Descent Rules prior or during the Descent. Any such rulings will be contained in the Pre-Race Notes or will be announced at the Start.
5. The Race Director reserves the right to accept or reject any entry if in the opinion of the Race Director the entrant is ineligible or incompetent to participate in the Descent.
6. The Race Director's decisions relating to classes, dimensions, type of craft, non-acceptance of an entry, etc. will be considered final subject to the right of appeal to the ICU Board of Management.
7. All entrants must be currently registered as members of the Irish Canoe Union or currently registered members of a recognised National Canoeing Federation. Proof of membership of a National Federation will be required when collecting a Race Bib.
8. No entry will be accepted unless submitted on an Official Entry Form.
9. The total number of entrants allowed to participate in the Descent will be 1,000. The Race Director will be empowered, if deemed necessary in the interests of safety, or otherwise, to limit the number of entrants in specific classes and if this right is implemented, to accept entries in order of receipt of entry form.
10. By submission of an Official Entry Form it is considered that entrants and support crews are acquainted with the General Liffey Descent Rules and rules that may be included in the Pre Race Notes. In consideration of an application of a penalty it will not be considered a defence, excuse, or mitigating factor that an entrant or support crew member was unaware of the existence of a rule.
11. Entrants must compete in a craft comparable to the class indicated on a submitted entry form and start the race within the selected class. For example, an entrant indicating Mens Wild Water Racer on an entry form must compete in a Wild Water Racer and start in the Mens Wild Water Racer Start.
12. All competitors must comply with the spirit and intent of the Liffey Descent. The following, though not exclusively, by competitors or support crews may result in a penalty up to and including disqualification :
 - (1) Non compliance with the General Liffey Descent Rules or such rules as may be decided by the Race Director from time to time
 - (2) Failure to obey reasonable requests from a Descent Official
 - (3) Interfering with other competitors' craft
 - (4) Illegal assistance
 - (5) Failure of equipment to comply with scrutineering
 - (6) Interference with the operation of the Rescue Teams
 - (7) Failure to render assistance in an emergency situation
 - (8) Acting in a manner detrimental to other competitors.
13. In the event of a capsized competitors may be assisted from the water and receive assistance in emptying their craft in preparing for re-entering the race but may not be progressed in any other way.
14. Assistance may not be received by any competitor at any portage.
15. A competitor with a lower body handicap may by prior agreement with the Race Director receive assistance from designated helpers at any portage.
16. Any competitor may receive assistance from supporters in the matter of First Aid, sustenance, change of clothing, help with repairs, replacement of faulty or damaged equipment including paddles, but not the replacement of the craft itself.
17. Washing hanging or receiving assistance from any craft not in the race is not permitted.
18. To ensure adequate safety cover, competitors arriving later than the designated times as detailed in the Pre Race Notes at Leixlip Portage or Wren's Nest Weir will be considered to have retired from the race as Rescue Support will have been withdrawn at the times specified in the Pre Race Notes.
19. Any competitor withdrawing from the race for any reason should notify a Race Official at the Finish as soon as possible.
20. The Descent will be deemed finished at 5:30 pm. All Rescue Support and Time Keeping will cease at this time. Any competitor arriving at the Finish after 5:30pm will not be timed and will not appear in the final results.
21. Any competitor seeing another competitor in real danger is compelled to render all assistance possible. Failure to do so may result in disqualification for life.
22. Interference by any competitor or support crew member with the Rescue Teams or the safe operation of the Descent is liable to immediate expulsion from the race and possible disqualification for life.
23. All competitors must ensure that their allocated Race Numbers and the Descent Logo are clearly visible both on their Race Bibs and on the front of their craft.
24. Approved lifejackets/buoyancy aids must be worn by all competitors.
25. Approved helmets must be worn by all Down River/Wild Water Racers, Open Singles, Touring Kayak Doubles, All Canadians. Helmets are highly recommended to be worn in all other classes.
26. Scrutineering will take place between 10:00 am and 11:30 am in the Descent Car Park in Straffan. Competitors failing to present their craft and equipment for scrutineering will not be allowed into the Start Area.
27. On the day of the Descent, the right to protest lies solely with a competitor who may consider themselves aggrieved or affected by any decision or action by an official, competitor or other person connected with the Descent except that there will be no right to protest against a refusal of entry.
28. Nothing in Rule 27 will affect or prejudice the right and duty of any official, acting in an official capacity, to take such action as may be deemed proper in any circumstances regardless of whether a protest has been lodged.
29. Protests should be lodged in writing as soon as possible after the occurrence but in any case not later than 6pm on the day of the Descent directly to the Race Director.
30. All protests will be heard and adjudicated on by a Protest Committee appointed by the Race Director.
31. The hearing of a protest will take place as soon as practicable after the lodging of a protest. All parties will be given adequate notice of the time and place of the hearing of the protest.
32. It is expected that all parties affected by a decision of the Protest Committee will agree to be bound by the decision of the Protest Committee. The decision of the Protest Committee will be considered final, however, a right to appeal to the ICU Board of Management may exist and this right will comply with the Appeals Procedures of the Irish Canoe Union.