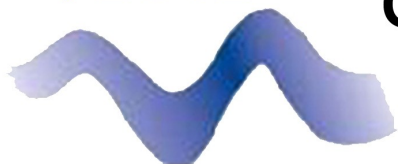


**Junior Liffey
Descent**



**Salmon Leap Canoe Club
to
Canoeing Ireland Training Centre
*11.5km 4 Weirs 1 Portage***



**Saturday, 6th September 2014
Race Start 12pm
www.canoe.ie**

**Canoeing
Ireland**

Junior Liffey Descent 2014

Saturday 6th September 2014 starting at 12 pm at Salmon Leap Canoe Club, Leixlip Lake and finishing at the Canoeing Ireland Training Centre, Strawberry Beds, Chapelizod

ALL ENTRYS MUST BE IN BY POST - NO ENTRYS WILL BE TAKEN ON THE DAY

Notes: Please ensure you read these notes prior to completing the entry form

Completing the entry form

- Use BLOCK CAPITALS when completing the entry form
- Ensure all questions are answered
- Use your own home address, telephone number and email address
- Entry forms must be signed by both a parent and a club / school official. Unsigned entry forms will not be accepted
- 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 Canoeing Ireland on 01 6251105 or office@canoe.ie

Entering your class

The following are the classes permissible in the 2014 Junior Liffey Descent: -

- Open K2 / T2 under 15 – This class is for racing K2 and Touring Kayak Doubles only. This class is open to any combination of crews; male, female or mixed. Crew members must be under 15 years of age on the 1st January 2014
- Open K2 / T2 under 18 – This class is for racing K2 and Touring Kayak Doubles only. This class is open to any combination of crews; male, female or mixed. Crew members must be over 15 years of age and under 18 years of age on the 1st January 2014
- Open K2 / T2 under 23 – This class is for racing K2 and Touring Kayak Doubles only. This class is open to any combination of crews; male, female or mixed. Crew members must be over 18 years of age and under 23 years of age on the 1st January 2014
- Male K1 under 15 – This class is for racing K1s only and for males under the age of 15 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Male K1 under 18 – This class is for racing K1s only, and for males over the age of 15 years but under the age of 18 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Male K1 under 23 - This class is for racing K1s only, and for males over the age of 18 years but under the age of 23 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Female K1 under 15 – This class is for racing K1s only and for females under the age of 15 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Female K1 under 18 – This class is for racing K1s only, and for females over the age of 15 years but under the age of 18 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Female K1 under 23 - This class is for racing K1s only, and for females over the age of 18 years but under the age of 23 years on the 1st January 2014. Wild water boats and Wavehoppers must be entered in the Open Singles class
- Male Open Singles under 15 – This class is for males under the age of 15 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Male Open Singles under 18 – This class is for males over the age of 15 years but under the age of 18 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Male Open Singles under 23 – This class is for males over the age of 18 years but under the age of 23 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Male Downriver Racer under 15 - This class is for males over the age of 15 years but under the age of 18 years on the 1st January 2014
- Male Downriver Racer under 18 - This class is for males over the age of 18 years but under the age of 23 years on the 1st January 2014
- Male Downriver Racer under 23 - This class is for males over the age of 18 years but under the age of 23 years on the 1st January 2014

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- Female Open Singles under 15 – This class is for females under the age of 15 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Female Open Singles under 18 – This class is for females over the age of 15 years but under the age of 18 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Female Open Singles under 23 – This class is for females over the age of 18 years but under the age of 23 years on the 1st January 2014, and includes Gola sprints, Deceptors, Wavehoppers, etc
- Female Downriver Racer under 15 - This class is for females over the age of 15 years but under the age of 18 years on the 1st January 2014
- Female Downriver Racer under 18 - This class is for females over the age of 18 years but under the age of 23 years on the 1st January 2014
- Female Downriver Racer under 23 - This class is for females over the age of 18 years but under the age of 23 years on the 1st January 2014
- Male General Purpose under 15 – This class is for all general purpose kayaks, and males under the age of 15 years on the 1st January 2014
- Male General Purpose under 18 – This class is for all general purpose kayaks, and males over the age of 15 years but under the age of 18 years on the 1st January 2014
- Male General Purpose under 23 – This class is for all general purpose kayaks, and males over the age of 18 years but under the age of 23 years on the 1st January 2014
- Girls General Purpose under 15 – This class is for all general purpose kayaks and for girls under the age of 15 years on the 1st January 2014
- Girls General Purpose under 18 – This class is for all general purpose kayaks and for girls over the age of 15 years but under the age of 18 years on the 1st January 2014
- Girls General Purpose under 23 – This class is for all general purpose kayaks and for girls over the age of 18 years but under the age of 23 years on the 1st January 2014
- Open Canadian under 15 - This class is for any type of Canadian Double only. This class is open to any combination of crews; boys, girls or mixed crews. Crew members must be under 15 years of age on the 1st January 2014
- Open Canadian under 18 - This class is for any type of Canadian Double only. This class is open to any combination of crews; boys, girls or mixed crews. Crew members must be over 15 years of age and under 18 years of age on the 1st January 2014
- Open Canadian under 23 - This class is for any type of Canadian Double only. This class is open to any combination of crews; boys, girls or mixed crews. Crew members must be over 18 years of age and under 23 years of age on the 1st January 2014

Pre entry – Pre entry is required

Your race number and bib

- All participants must collect their race number and bib at the Salmon Leap Canoe Club clubhouse on Saturday, 6th September from 10:45 to 11:30 AM
- No participants will be allowed to enter the event without a race bib and number
- Non return of race bibs at the finish will incur a €20 penalty

Junior Liffey Descent t-shirts – Junior Liffey Descent t-shirts will be given out at the finish on return of your bib to a race official

Amendments

- Changes to entries and late entries will be accepted up to 5pm on Wednesday, 3rd September. Late entry fee applies
- No amendments or late entries will be accepted after Wednesday, 3rd September

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ALL ENTRYS MUST BE SUBMITTED BY POST / EMAIL - NO ENTRYS WILL BE TAKEN ON THE DAY

Entry form - Section 1

This entry form consists of two sections. Entry forms will only be accepted if all sections are completed. Please ensure that you return both sections. Please use BLOCK CAPITALS

Single entry	Partner (if applicable)
<i>First name</i>	<i>First name</i>
<i>Surname</i>	<i>Surname</i>
<i>Date of birth</i>	<i>Date of birth</i>
<i>Address</i>	<i>Address</i>
<i>Club</i>	<i>Club</i>
<i>Canoeing Ireland Registration Number</i>	<i>Canoeing Ireland Registration Number</i>
<i>Telephone</i>	<i>Telephone</i>
<i>Email</i>	<i>Email</i>

All competitors under the age of 18 years must have their parent / guardian, and a club official sign the entry form

This is to certify that as a parent / guardian / club official of this participant, I do consent to his / her release of all agencies involved in the Junior Liffey Descent from any and all liabilities incidental to his / her involvement in the Junior Liffey Descent.

Photographs

I understand that photographs will be taken during or at sport related events and may be used in the promotion of the sport.

I herby also declare that all information contained in this entry form is true and complies with the rules of the Junior Liffey Descent.

<i>Signature of parent / guardian</i>	<i>Signature of parent / guardian</i>
<i>Signature of club official</i>	<i>Signature of club official</i>

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Entry form - Section 2

Ensure that you are entered in the correct class. Refer to the information section of the entry form for descriptions and specifications of classes.

Under 15 - you / your partner are under the age of 15 years on the 1st of January 2014

Under 15

Partner Under 15

Under 18 – you / your partner are 15 years of age or over and under the age of 18 years on the 1st of January 2014

Under 18

Partner Under 18

Under 23 – you / your partner are 18 years of age or over, and under the age of 23 years on the 1st of January 2014

Under 23

Partner Under 23

Boat (refer to notes for boats included in each class)	Male	Female	Mixed
Open K2 / T2			
K1			
Open Singles			
Down River Racer			
General Purpose			
Open Canadian			

Quantity

Entry fee @ €15 p/competitor (closing date - Friday, 29th August)

Amount

€

Late entry fee @ €25 p/competitor if received after Friday, 29th August and no later than Wednesday 3rd September

€

Day License fee of €7.50 (Non Canoeing Ireland members)

€

Total Amount Enclosed

€

Send cheque / postal order made payable to Canoeing Ireland, and completed entry form to: Junior Liffey Descent 2014, Canoeing Ireland, Canoeing Ireland, Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15 by Friday, 29th August. **Entries received after this date and up until Wednesday 3rd September will be subject to a late entry fee of €25.**

N.B. NO ENTRIES WILL BE TAKEN ON THE DAY

Payment by credit card - I authorize the Canoeing Ireland to debit my credit card with the

amount of €

Master

Visa

Card number

Expiry date of card

Cardholder's name and address (please complete in BLOCK CAPITALS)

Signature: _____

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Junior Liffey Descent race rules, additional notes and route:

Please ensure you read these notes prior to commencing the race

Briefing & Rules

- A race briefing will take place at 11:30AM
- Race notice and rules will be on display at the start (i.e. Salmon Leap Canoe Club) on the day of the race

Summary rules

- Canoeing Ireland rules will apply
- The Junior Liffey Descent is restricted to participants under the age of 23 and over the age of 12 on the 1st January 2014
- If participants are not members of a canoe club affiliated to Canoeing Ireland, a day license must be purchased at a cost of €7.50.
- It is the responsibility of clubs to ensure that all participants have adequate experience for the race and that their equipment is in proper condition

Safety

- All competitors must wear approved buoyancy aids
- All craft must have securely fitted and adequate buoyancy. Where necessary, there should be footbars or adequate padding fitted
- All competitors in General Purpose Classes open Singles, Wild Water Racers, Touring Doubles and Canadian Doubles to wear approved helmets. Competitors in other classes are strongly recommended to wear helmets
- Adequate footwear should be worn, as the terrain at the portage is very uneven.
- It is also important to consider, because of the possibility of changeable weather conditions, that adequate thermal gear / wetsuit is worn
- If any participant's equipment is considered inadequate or insecure by scrutineers, approval to participate in the Junior Liffey Descent will be withheld
- Spot checks will be carried out along the race route to ensure that participants are wearing helmets and buoyancy aids
- The Junior Liffey Descent will finish approximately three hours after the start. Competitors taking longer than this should leave the water
- All previous race numbers must be removed from all boats

Race route

Salmon Leap Canoe Club, Leixlip Lake (start): Long 53.34.876; Lat -06.51.073

- *Paddling advice:* Paddle 10mins to cross lake. In high water conditions it is possible to paddle the shorter route across the right hand side of the lake but in low water conditions it is necessary to follow the original river course around the left hand side of the lake, mud banks to the right of the island visible from the bridge indicates which route to take (left route across the lake if the mud banks are showing).
- *Notes:* Collection point for bibs and boat inspection from 11am to 12pm

Portage (start): Long 53.36.013; Lat -06.48.996

- *Road directions:* Take N4 West until junction 5. Follow signs for Leixlip via R148. Park in Salmon Leap Pub car park on LHS. Walk to road bridge or start of portage (allow 10mins)
- *Paddling advice:* End of paddle across lake. 5 min run to get in point (750m)
- *Notes:* Wear some form of foot protection. Portage is predominantly a good tarmac road, but reentry is a steep, possibly mucky descent back to river bed. Brace yourself using paddles, etc

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Portage (end) – Leixlip road bridge: *Long 53.36.262; Lat -06.48.657*

- *Paddling advice:* Paddle very hard when getting back on the river after the portage to the centre of river to avoid right hand bridge arch and risk of pinning. You must paddle aggressively to avoid the arch

Sluice weir: *Long 53.35.754; Lat -06.46.533*

- *Parking:* Access and parking for Sluice at car park at Long 53.35.55 and Lat -06.46.052
- *Paddling advice:* 10 – 15 min paddle from portage. Difficulty of shoot varies. Shoot actual sluice on far left hand side of river taking eddy line down (this is slightly right of centre) and expect to be pushed very close to left hand sluice wall (this is normal, remain calm and prepare to brace. Or shoot over weir on far right of river (right against bank), a deep plunge pool is about 3m from right hand bank
- *Safety:* Keep legs raised if you swim shooting actual sluice

Lucan weir: *Long 53.35.926; Lat -.06.44.85*

- *Vantage point:* River bank at chicken shoot or Lucan road bridge
- *Paddling advice:* 10 – 15 min paddle from Sluice weir. Difficulty of shoot varies. The first part of Lucan weir that appears on your right as you paddle down river is called the chicken shoot. It is about 30m long before you encounter the fish boxes. After this there is the high drop about 50m long – a steeper portion of the weir. Due to work in recent years the water level below the weir (especially the chicken shoot is quite low. It is best to shoot the chicken shoot from about the halfway point to the fish boxes. Racing boats (long ones) should shoot completely side ways to avoid damage to boats

Anna Liffey / Shackelton's weir: *Long 53.36.774; Lat -06.40.619*

- *Vantage point:* Not easily viewed as a spectator
- *Paddling advice:* 5 min paddle from Lucan weir. Easy to shoot. Shoot weir straight down fish shoot – approach slowly and easily found.

Wren's nest weir: *Long 53.36.187; Lat -06.40.619*

- *Vantage point:* Park in Wren's Nest Pub car park on LHS or Strawberry Hall Pub and car park at Long 53.36.092; Lat -06.38739. Easy access to river, good parking
- *Paddling advice:* 15 min paddle from Anna Liffey / Shackelton's weir. Moderate to difficult shoot depending on where weir is shot. Wren's is a V weir and is normally shot down the V.
 - i. One method is to shoot from right hand side of the tongue of water paddling hard over the tongue away from the danger of swimming in the large right hand stopper.
 - ii. Another method is to deliberately steer immediately to the left of the tongue bracing for support on the tongue of water to your right (Do not paddle too fast on this line for fear of paddling through the tongue of water and into the stopper.
 - iii. A third shoot is to aim to balance right on the tongue of water, a good strategy in low water but in high water you run the risk of dropping into the big right hand stopper.
 - iv. Short boats and tough boats can shoot straight over the left hand portion of the weir (the chicken shoot)

Canoeing Ireland training centre (finish): *Long; Lat*

- *Road directions:* **From Lucan**, go over Lucan Bridge and turn right. Proceed along this road until you pass the Strawberry Hall pub and then under the Westlink Bridge. About 500m the Centre is on your right
- *Parking:* In the Canoeing Ireland training centre car park or Strawberry Hall Pub and car park at Long 53.36.092; Lat -06.38739