

The International Liffey Descent has become established as an iconic canoe marathon race, combining a challenging course with a unique atmosphere of fun and friendship.

Starting in the heart of the countryside in the beautiful surroundings of the K Club, the competitors will experience both rural and suburban surroundings as they paddle downriver. The racecourse is 30+kms long, consists of 10 weirs and 1 portage and finishes at the Garda Boat Club in Islandbridge, Dublin.

Year after year, we have participants coming from all over Ireland and around the world to compete in this world-class event. This adds to the fun and the experience of the entire race weekend.

There is an after party organised in the Garda Boat club with live music to finish off the race in style. Many a tale will be told at the party of the wonderful experiences had during the race with well-deserved boasting about making it to the finishing line with or without a swim.

Overseas competitors will provide an international flavour to this great and well respected event. Canoeing Ireland wishes all participants a safe and successful Liffey Descent.

Yours in Paddling,

**Paul Donnelly
President
Canoeing Ireland**

2017 Liffey Descent - Race Briefing

RACE PACK

Included in your Race Pack will be the following:

- Race Bib(s)
- Timing Transponder
- Meal Card(s)
- Clothing Voucher

SAFETY

The Rescue Coordinator Paul McNally will be in contact with rescue crews and can be contacted throughout the day on 087 6975174

- All competitors must wear approved buoyancy aids and all craft must have securely fitted and adequate buoyancy.
- Where necessary, there should be foot bars or adequate padding fitted.
- It is compulsory for all competitors in General Purpose classes, Wild Water Racers, Touring Doubles, and all Canadian classes to wear approved helmets. Competitors in all other classes are highly recommended to wear helmets
- Adequate footwear should be worn, as the terrain at the start and 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 or carried.
- Competitors not reaching Leixlip portage by 15.30pm or Wren's Nest Weir by 16.30 must retire from the race.
- Water based rescue and First Aid will be withdrawn from 17.30pm.
- If you wish to withdraw from the race please inform race control by phone or text to 087 2228767 ASAP.
- Water based rescue and/or diver rescue will be provided at all major weirs. Competitors are also obliged to give assistance and must it be called for during the course of the race.

FIRST AID

The First Aid coordinator Jonathan O'Neill will be in contact with First Aid and rescue crews and can be contacted throughout the day on 087 2327092

First Aid Crews will be located at the following points:

- Straffan Weir
- Salmon Leap Canoe Club
- Leixlip Portage (Re-entry point) Sluice Weir
- Lucan Weir
- Wrens Nest Weir Palmerstown Weir
- Finish, Garda Boat Club

BIB AND TRANSPONDER COLLECTION

Bib and Transponder collection will take place in the Garda Boat Club, Islandbridge on Friday, 22nd September from 17:30 to 21:00.

Final bib and Transponder collection will take place at the K Club on Saturday, 23rd September from 08:30 to 9:30.

RACE BIBS

Your Race Bib must be worn with the "Canoeing Ireland" logo to the front. In C2, K2, T2, etc. the front crew member must wear the race bib. Bib Race Numbers must be clearly visible at all times. Do not obscure your Bib Race Number.

RACE TRANSPONDERS

Your Race Transponder must be attached to the left hand shoulder strap on your buoyancy aid. In C2, K2, T2 etc. the front crew member must wear the Race Transponder attached to the left hand shoulder strap of their buoyancy aid.

SCRUTINEERING

Scrutineering will take place from 09:00 to 10:30 in the car park. All craft/equipment must be examined before the race by an official scrutineer. Do not leave the car park unless your craft and equipment have been examined. Any competitor who does not have a scrutineer's approval sticker will not be permitted access to the river. Check that you have all your equipment before you leave the Car Park.

Scrutineers will be moving through the car park examining craft and equipment, or alternatively you can bring your craft and equipment to the designated scrutineering area, which will be located within the car park. Race Bibs should be fitted before you leave the start car park.

EQUIPMENT CHECKLIST

Scrutineers will ensure:

- You have an approved canoeing helmet if you are participating in a class that must have helmets. Ensure that your helmet is in good condition and pay particular attention to the helmet strap.
- Your personal buoyancy aid is adequate and in good condition.
- Your boat's buoyancy and footrest are adequate and fitted securely. In particular, Canadians must have sufficient buoyancy.
- Toggles, end grabs or handles are secure and usable.

If any of the above is inadequate or insecure, approval to participate in the race will be withheld by scrutineers. Your buoyancy aid and racing bib must be worn when passing through to the Start Area. Each year a small number of competitors are refused access because their equipment fails a scrutineer's examination.

Avoid disappointment – make sure your equipment meets the necessary requirements.

CAMPING:

The Liffey Descent provides a limited amount of camping at the Garda Boat Club for the race on Friday and Saturday of the race for Race Participants. Camping spaces can be obtained by email request directly to the office or by completing them online through forms posted on canoe.ie and social media outlets.

ACCESS TO RIVER AND START

- Announcements will be made in the Car Park at regular intervals advising competitors when to proceed to the gates which access the river. Do not leave the Car Park with your boat and equipment until instructed to do so over the PA.
- River Access will close at 11:45 sharp. No competitor will be allowed through the gates after this time.
- Quickly get on the water and paddle upriver. If for any reason you need to exit the river do so on the river right bank. Do not get off the river onto the hotel grounds.
- Please read and be familiar with the Race Start Procedure.

RIVER ENTRY AREA

- When you get to the River Entry Area get on the river as quickly as possible, please do not hang about. An area of the riverbank will be cordoned off where you can enter the river. Anyone not at the River Entry Area by 10:30 will not be allowed on.
- As soon as you get on the water you should paddle upriver to the PRE START ASSEMBLY AREA. All competitors must be in PRE START ASSEMBLY AREA before 11:30.

LOCATION OF START & PRE START LINES

- As you paddle upriver you will pass the START LINE, which will be indicated by a sign on river left. The PRE START LINE will be approximately 200 metres upriver from the START LINE and will be similarly identified by a sign on river left.
- The ASSEMBLY AREA will start approximately 300 metres upriver from the PRE START LINE. The start of the ASSEMBLY AREA will be indicated by a sign on river left. You must paddle upriver to the ASSEMBLY AREA. Do not congregate around the START and PRE START LINES.

START GROUPS

- It is necessary, because of the number of classes in the Descent, to group several classes together into START GROUPS. The sequence of the START GROUPS as listed below will also be the order in which each group will be brought forward to the PRE START and START LINES from the ASSEMBLY AREA.
- In the ASSEMBLY AREA you should position yourself along the river in sequence with the order of the START GROUPS as listed below.
- Remain in your ASSEMBLY AREA until your START GROUP is called forward. Your START GROUP will be given sufficient time to assemble and will be moved forward by the PRE STARTER from the ASSEMBLY AREA to the PRE START LINE. When a START GROUP reaches the PRE START LINE the PRE STARTER will hand over the group to the RACE STARTER.

START LINE

- Each START GROUP will be led from the PRE START to the START LINE by the STARTER. Any paddler failing to comply with starters instructions can be penalised or disqualified, video recording will be present at the start.
- Furthermore, any competitor not obeying pre-start and start officials will incur five-minute penalties or face disqualification if an infringement of the Starter's instructions continues.
- When a START GROUP has assembled before the START LINE, a blast from a hooter will signal the start of the race for that START GROUP. After you leave the START LINE paddle quickly towards Straffan Weir – remember another START GROUP will be following quickly behind you.
- The first start will be AT 12:00 with approximately 5- minute intervals between the different start groups. The timing of each start will depend on the situation below the weir. Be patient - you will be kept fully informed through the PA.
- After you shoot Straffan Weir do not congregate below the weir. If you are paddling in a group wait just beyond the bridge on the river right bank.
- Classes run at 5 minute intervals approx.

START 1

- ALL K2's and Mixed Kayaks
- Senior Racing Kayak Double
- Masters Racing Kayak Double
- Veterans Racing Kayak Double
- Junior Racing Kayak Double
- Mixed Kayak Double

START 2

- ALL K1's, WWR, and ICF C1
- Mens Senior Racing Kayak
- Womens Senior Racing Kayak
- Senior Wildwater Racer
- Junior Wildwater Racer
- ICF Canadian Single
- Junior Racing Kayak
- Masters Racing Kayak

START 3

- Touring Kayak Doubles
- Touring Kayak Doubles

START 4

- ALL General Purpose
- Men's Senior General Purpose
- Women's Senior General Purpose
- Masters General Purpose
- Men's Junior General Purpose
- Women's Junior General Purpose

START 5

- Canadians
- Touring Canadian Single
- Touring Canadian Double
- Touring Canadian Triple

Race Rules 2017

Entering your Class

The following are general descriptions and dimensions for the Descent Classes:

Racing Kayak Doubles

This is an open class craft that comply with ICF Racing Kayak Doubles specifications of 650cm can enter this class.

Racing Kayak

This is an open class craft that comply with ICF Racing Kayak specifications of 520cm can enter this class.

Wild Water Racer

This is a closed class. Only craft that comply with ICF Wild Water Racer specification of 450cm can enter this class.

General Purpose

This is an open class. The guideline specifications for this class are 420cm. Wavehoppers must compete in this general purpose class. Sit-on kayaks/canoes of any kind are permissible in conjunction with the Liffey Descent committee in the International Liffey Descent 2017.

Touring Kayak Doubles

This is an open class. The guideline specifications for this class are 500cm. Rudders are permissible on boats in this class.

Touring Canadian Doubles

This is an open class. Craft must be less than 548cm to enter this class.

Racing Canadian Doubles

This is an open class. Craft must be over 548 cm to enter this class. Wild Water Racing Doubles must compete in this class.

Canadian Singles

This is an open class. The guideline specifications for this class are 430cm.

Entry If you are in any doubt as to what class you should be entered in contact the Canoeing Ireland office for advice before submitting your form

General Liffey Descent Rules

- 1 The International Liffey Descent is run under the auspices of Canoeing Ireland.
- 2 Canoeing Ireland will appoint a Race Coordinator to manage, develop, and promote the International Liffey Descent.
- 3 The International Liffey Descent will be bound by ICF or CI Marathon Racing Rules in relation to racing classes only.
- 4 The International Liffey Descent will be run under the general Liffey Descent rules and any such rules as the Race Coordinator decides to implement to ensure the safe and successful organisation of the International Liffey Descent. The Race Coordinator may make a ruling at any time and on any matter not specifically covered under the general Liffey Descent rules prior or during the International Liffey Descent. Any such rulings will be contained in the race-briefing document or will be announced at the Start line.
- 5 The Race Coordinator reserves the right to accept or reject any entry if in the opinion of the Race Coordinator, the entrant is ineligible or incompetent to participate in the International Liffey Descent.
- 6 The Race Coordinator'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 Canoeing Ireland.
- 7 All entrants must be currently registered as members of Canoeing Ireland or currently registered members of a recognised National Canoeing Federation.
- 8 No entry will be accepted unless submitted online or through the website canoe.ie or entered manually member of staff of Canoeing Ireland.
- 9 The total number of entrants allowed to participate in the International Liffey Descent will be 1000. The Race Coordinator 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 Liffey Descent entry form, it is considered that entrants and support crews are acquainted with all race rules. In consideration of an application of a penalty, it will not be considered a defence, an 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 Men's Wild Water Racer on an entry form must compete in a Wild Water Racer and start in the Men's 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 Coordinator 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 capsize, 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 No competitor may receive at the portage unless explicitly agreed in writing in advance with the race coordinator.
- 15 A competitor may by prior agreement with the Race Coordinator receive assistance from designated helpers at the 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 Wash 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 race briefing document 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 race briefing document.

- 19 Any competitor withdrawing from the race for any reason must notify a Race Official as soon as possible.
- 20 The International Liffey Descent will be deemed finished at 16:00. All Rescue Support and timekeeping will cease at this time. Any competitor arriving at the Finish after 4:30pm 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 International Liffey Descent is liable to immediate expulsion from the race and possible disqualification for life.
- 23 All competitors must ensure that their allocated Race Bib is clearly visible.
- 24 Approved buoyancy aids must be worn by all competitors.
- 25 Approved helmets must be worn by all Under 18 paddlers, Down River/Wild Water Racers, Open Singles, Touring Kayak Doubles, Touring and Racing Canadians, All Junior racers in all classes. Helmets are highly recommended to be worn in all other classes.
- 26 Scrutineering will take place between 09:00 am and 10:30 am in the Smurfit Car Par at the K Club in Straffan. Competitors failing to present their craft and equipment for scrutineering will not be allowed into the Start Area. All craft passing scrutineering will have a sticker applied by the scrutineer to their craft.
- 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. Each protest incurs a €50 fee, refundable if protest is upheld only.

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.
- 28
- 29 Protests must be lodged in writing and with the €50 protest fee as soon as possible after the occurrence but in any case not later than 5:30 pm on the day of the Descent directly to the Race Coordinator.
- 30 All protests will be heard and adjudicated on by a Protest Committee appointed by the Race Coordinator; this will include a protest chairperson and 2 other people.
- 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 Canoeing Ireland board may exist and this right will comply with the Appeals Procedures of Canoeing Ireland.
- 33 Race timing transponders must be mounted on the left hand shoulder of each competitor's buoyancy aid. Boats with more than 1 competitor must mount the transponder on the left hand shoulder of the front crewmember. Competitors failing to return transponders after the race will be charged €25.00 for the replacement of the unit. Marshals will be onsite on the finish line for the collection of transponders.
- 34 Race bibs are in use for the Liffey Descent competitors failing to return race bibs will be charged €45 per bib for the replacement of the same. Marshals will be onsite on the finish line for the collection of race bibs.
- 35 Competitors failing to cross the start line will be recorded as DNF on the official results.