2006 Head of the Shoalhaven River  
And  
Shoalhaven Sprints Regatta  

Saturday 4th November 2006

Entries are invited to the 2006 Head of the Shoalhaven and Shoalhaven Sprint Regattas.

Entries may be made on line, by fax, mail or by hand and will close at **5.00 pm on Monday, 30 October, 2006**  

See Rowing Manager for Event List  
Club Entries: $8 per seat  
School Entries: $6 per seat  
(excluding coxswains)  
No late entries will be accepted.

Enquiries:  
office@rowingnsw.asn.au  
competition@rowingnsw.asn.au  

Telephone:  
NSWRA Office: 9552 1263  
Events Co-ordinator 0417 089 619

**Racing Format – Head of the Shoalhaven**  
Head race is 4000m with crews departing at 30 sec intervals.  
Events 1-17 will begin at 9.00am followed by events 18-33 at 10.30am. This will allow boats to be used twice.  
Trophies will be awarded for fastest crews in each grade (Open Men, Masters Women, Schoolgirls etc) at each start time regardless of boat class.

**Racing Format – Shoalhaven Sprints**  
Racing will begin at 12 Noon  
Racing is over 400m and will be conducted in 4 lanes with heats and finals.  
Crews progressing to final will remain on water and proceed directly to start.  
Events will be clustered to allow maximum reuse of boats.