



Saturday 29th August 2026
Racing from 11:30am to 6:30pm

We are again delighted to have received a large entry (for the only Sprint Regatta in Scotland!) including competitors from Inverness and Berwick.

The large entry and tidal constraints mean that races will run at 3 minute intervals. Please also note that, if you are doubling-up, your races may be no more than 20 minutes apart. Experience has shown us that this interval is perfectly manageable as long as you plan in advance for your following races.

Local Regatta Rules

(Please also study the **course map** and its Notes)

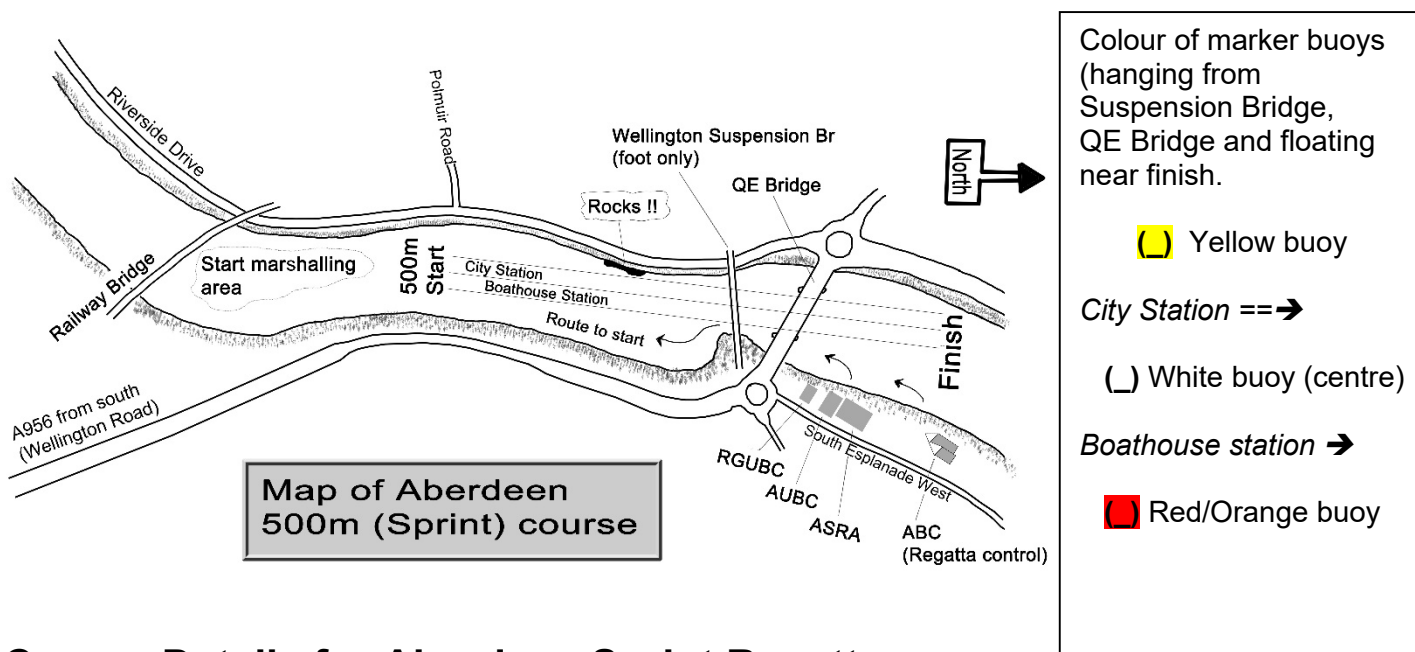
Packs of bow-slot numbers will be issued to clubs on arrival. No deposit will be charged but any missing numbers will be charged at £5 each.

Competitors must report to the start marshal **at least five minutes before their published race times. Crews must then stay in touch with the start marshal until they are called to the start line.** Due to a lot of doubling-up, the timing of the regatta is critical and late crews will be disqualified.

The first named crew will take the City Station (opposite the Boathouse), the second named crew will take the Boathouse Station.

Results will be published on our website, QR code for this →
<https://cofd.co.uk>





Course Details for Aberdeen Sprint Regatta

Crews must boat facing upstream and proceed to the bridge marshalling area. Please be careful going under the Suspension Bridge as the river is narrow here and you must watch out for crews racing downstream and give way to them if necessary.

Crews must keep to the Boathouse side of the river on the way up to the start.

WARNING: At low tide it may not be safe to pass through the Railway Bridge – if in doubt, seek local knowledge. Obey safety instructions from the marshals.

Crews must report to the start marshal below the railway bridge and keep in touch with the marshal until called down for their race.

The start is free and, in view of the downstream current, manoeuvring at the start should normally be done by backing down.

Crews should ensure that their boat and blades pass on the appropriate side of any buoys or course markers. Failure to comply with this rule could result in disqualification if the umpire considers that unfair advantage was gained or the other crew was obstructed.

There will be guidance markers hanging from the upstream side of the Suspension Bridge and the downstream side of the QE Bridge. These are colour-coded as noted above.

There is a line of buoys near the finish but these do not represent the exact finish line and crews should not stop racing until instructed by the finisher.

After finishing, all crews should turn and approach a landing area as soon as possible especially if their boat or members are required for other events.

We do not have permission to row below the Victoria Bridge (downstream of the Boathouse). Any crew violating this rule is likely to be sunk and/or disqualified.

Please also see the **Local Regatta Rules**

Results will be posted on our website <https://cofd.co.uk>

Handicapping for Veteran Events

A handicap system will operate in all veteran events. Veteran crews must declare their status to the secretary at least 30 minutes before their first race, otherwise they will be assumed to be Veteran A (no advantage).

The following table gives an **indication** of advantages for our 500m course. They are based on the standard time for an open crew in each category. The base times are as recommended by Scottish Rowing. Handicapping may be modified depending on wind/water conditions on the day.

CATEGORY	(base time)	A	B	C	D	E	F	G	H	I	J
Mens 4+	1:40	0	1	2	4	6	9	12	15	20	
Mens 2-	1:45	0	1	2	4	6	9	12	16	21	
Mens 2x	1:42	0	1	2	4	6	9	12	15	20	25
Mens 1x	1:50	0	1	2	4	7	10	13	17	22	27
Womens 4+	1:55	0	1	2	4	7	11	13	17	23	
Womens 2x	1:50	0	1	2	4	7	10	13	17	22	
Womens 1x	2:00	0	1	2	4	7	11	14	18	24	
Average age of crew		27	36	43	50	55	60	65	70	75	80

HANDICAPPING WILL TAKE PLACE AT THE *FINISH*

Crews will start level, as usual, and the time differential between the first and second crews will be measured as they cross the finish line. If this time is less than the previously intimated handicap, then the crew which was second over the line will be deemed to have won the race. We will try to group similar ages of competitors together but, where this is not possible, we will apply the full handicap applicable, even if this exceeds the previous recommendation of three categories.