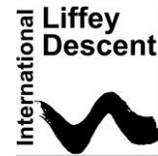


Liffey Descent welcome pack

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2. An overview of the Liffey Descent

In 1959 Canoeing Ireland started a marathon canoe race on the River Liffey that was destined to become one of the most famous and exciting canoeing events in the world. Over the years its reputation has grown and attracted paddlers from all over the world to experience both the event itself and the unique atmosphere of fun and friendship that surrounds it.

The race course is 28.2kms long and consists of 10 weirs and 1 portage. It starts at the K Club above Straffan Weir, Co. Kildare and finishes about 28.2km later at the Garda Boat Club in 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 to finish off the race in style. There will be a mixture of live bands and DJs. Many a tale being 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.

I would like to offer a big céad míle fáilte to our International racers who have travelled from as far afield as South Africa, USA, Netherlands, Scandinavia, Belgium, France, Denmark, Czech Republic and last but not least, all the paddlers from the United Kingdom.

Finally, on behalf of the Liffey Descent committee, we wish all the competitors the best of luck in the race.

Yours in Paddling,

The International Liffey Descent Committee.



3. Advice for competitors

Please ensure you read and familiarise yourself with the information below:

3.1 General rules

- The Liffey Descent is run by the Liffey Descent Committee.
- The rules under which the Liffey Descent abides by can be found in this pack.
- Race officials, acting on behalf of the Liffey Descent committee / Canoeing Ireland, can stop any crew for any reason at any time.
- All paddlers shall race in a fair and considerate manner and maintain a satisfactory standard of conduct throughout the descent. Unsporting conduct by both paddlers and/or their spectators will be penalised. The decision of the organising committee on all matters shall be final.
- Inspected boats which has been presented and passed at boat inspection must be used throughout the race. No substitution of boats allowed.
- All bibs must be worn when passing through the start area. Avoid disappointment by making sure gear and craft meet the required standards.
- Spray decks must be used on kayaks.
- Competitors must be able to swim at least 100m in canoeing kit.
- Numbers from previous races (domestic or international) must be removed or covered over entirely before the race start.
- If a paddler withdraws from the race, they must text:-Vicki 0857303865 and state their race name and number on the text or inform a race official.

3.2 Start and Bus Timetable

Start Times and waves:

- The race will start at 12pm at the K Club, Straffan.
- The wave times are as below:

Races Starts @ 12.00pm.

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	Mens Senior General Purpose
		Womens Senior General Purpose
		Masters General Purpose
		Mens Junior General Purpose
		Womens Junior General Purpose
START 5	Canadians	Touring Canadian Single
		Touring Canadian Double
		Touring Canadian Triple

Bus Timetable:

- The bus will leave the Garda Boat Club at 9:00 on Saturday morning to bring you to the start line at the K Club.
- The bus will leave the Garda Boat Club at 17:00 on Saturday to bring you back to the K Club.
- This is a ticket only service, tickets must be bought in advance. They will be available for collection at registration on Friday.

3.3 Boats and equipment

- Canoes and kayaks will be referred to in the rules as boats and must be manned by a crew of one, two or three paddlers depending on the class in which they are entered.
- Propulsion is by single or double bladed paddle only.
- Boats must contain sufficient buoyancy to support their paddlers in the event of capsizing. Sandwich construction boats are not presumed to have sufficient inherent buoyancy and must carry additional foam or other non-porous buoyant material. Closed and water tight compartments built in by the original manufacturer may be accepted at the race Director's discretion but must have adequate buoyancy at both ends.
- Substitution of boats or personnel, or transport over land or by water for the purpose of shortening the course is forbidden. If paddlers cannot paddle the course, they may walk it, carrying their boat and full kit. No short cut or transport is allowed.

3.4 Scrutineering

- All craft/equipment must be inspected before the race by an official scrutiner in the start car park.
- Do not leave the car park unless your gear and boat have been passed.
- Anyone who does not have a pass sticker will not be allowed onto the river.
- Make sure you have all your equipment before you leave the car park.

3.5 Buoyancy aids

- Competitors must wear an integral foam buoyancy aid or lifejacket(PFD) offering the wearer a minimum of 50 Newton of inherent buoyancy and conforming to one of the following European standards – ISO12405-5, EN ISO 12402-4:2006, ISO12402-5 or ISO12402-6. The EN standard must be clearly displayed via a label attached by the manufacturer.
- Buoyancy aids or lifejackets are not acceptable under any circumstances if: -
 - ◆ They only display certification to BA83.
 - ◆ Require partial or total inflation by mouth, or by use of a compressed air / gas cylinder.
 - ◆ Appear to be more than five year old.
 - ◆ Have been subjected to heavy use thus degrading their flotation value.
 - ◆ Have been tampered or modified in any way.
 - ◆ Buoyancy aids made outside the EU (and therefore not carrying the relevant EN or ISO standard mark) will not be accepted unless they are: -
Individually certified by the manufacturer s meeting EU requirements;
OR
Presented by a paddler who can prove they are not resident in the EU. By definition this will exclude anyone competing for a canoe club or organisation from within the EU.

3.6 Compulsory equipment (all classes)

In addition to clothing worn by paddlers at the start, the following SERVICEABLE equipment may be carried. This ADDITIONAL kit, even if vacuum sealed, will be inspected at the start and may be checked at the finish or any point along the course.

Compulsory kit:

- One buoyancy aid or lifejacket¹.
- All U18 participants must wear helmets.
- Rule 25 states classes with compulsory helmet wearing.
- As this is a rough water race with several weirs to be navigated. It is highly recommended that all participants wear helmets.

Additional suggested kit:

- One whistle – attached where it can be used.
- One 200g chocolate or energy bar.
- One 300ml emergency drinking fluid.
- One spray deck (kayaks only) to be worn at all times.
- Emergency 1st Aid Kit.

¹ Buoyancy aid / Life jacket specifications are detailed in general rules section 3.5

3.7 Paddler Dos and Don'ts

Paddlers are not permitted to: -

- Take pace or wash hang from any vessel not in the race.
- Replace boats.
- Remove numbers from boats during the race.
- Relieve themselves in public.
- Use trolleys or portage devices unless they have carried them, at all times, from the start in their boat.

Paddlers are permitted to receive: -

- Assistance from any source in the event of capsize or other dangerous circumstance.
- Food and drink at any point along the course unless otherwise directed.
- Replace paddles, boat fittings, clothing and spray decks if used, lost or damaged.
- Help with the repair of a boat, provided it is not moved further or away from the course.
- Medical assistance in the event of illness or injury.

3.8 Anti-Doping

- Participants in the International Liffey Descent are bound by the Anti-Doping Policy of the International Canoe Federation, World Anti-Doping Agency and Sport Ireland. Any participants operating outside of this policy will be sanctioned.
- For further information relating to the Anti-Doping Policy, please follow the link: http://www.irishsportsCouncil.ie/Anti-Doping/Athlete-Zone/Anti-Doping_Rule_Violations/
- The taking of drugs as defined by the International Canoe Federation (ICF) and Canoeing Ireland (CI) rules is forbidden
- All Paddlers are liable for a drug test. Refusal to submit to such a test shall incur automatic disqualification

3.9 Safety

- The International Liffey Descent can be strenuous, demanding and in bad weather can be dangerous.
- Only experienced paddlers should attempt the International Liffey Descent.
- It is advised that paddlers should have experienced weirs and portaging with the weight of kit and with the boat intended to be used for the race.
- Liffey Descent Rule:-24 states that approved lifejackets/buoyancy aids must be worn by all paddlers.
- Liffey Descent rule:-25 states that approved helmets must be worn by all Down River/Wild Water Racers, Open Singles, Touring Kayak Doubles, and Touring Canadians. **Helmets are highly recommended to be worn in all other classes, if not worn, paddlers do so at their own risk**
- We recommend paddlers carry mobile phones (with a supporter's number and the race control number Karl Dunne 086 2854888– pre-programmed) in a waterproof container.

3.10 Check in

- Bib collection will take place in the Garda Boat Club, Islandbridge on Friday, 23rd September from 17:30 to 21:00. Final bib collection will take place at the K Club on Saturday, 24th September from 08:30 to 9:30 but **you must email the office – info@canoe.ie in advance for collection on Saturday morning.**
- Kit check will take place at the K Club on Saturday, 24th September from 09:00 to 10:30.
- Should a boat pass the finishing line in such a manner that its number cannot be read by the time keeper, it will be the responsibility of the paddler to inform the time keeper of the number.

3.11 Potential race hazards, risks and other issues

- Paddlers should be aware of the risks presented by all other boat traffic on the river.
- Stakes in the water or other submerged obstacles can easily damage boats.
- Drinking river water is not recommended.
- Aggressive swans. Nesting birds are dangerous and should be avoided.
- Extreme weather, this can cause anything from sunburn and heatstroke to exposure and hypothermia. Be aware of the risks of wearing inadequate or inappropriate clothing. Always dress for the conditions. Remember long sleeved and long legged thermals help retain heat when wet. Spare clothing is advised.
- Weirs – there are 10 weirs on the course. Please follow the directions of race officials at weirs. Keep well clear of bridge stanchions (supports) particularly during the times of flood.
Damage to equipment is likely. Thoroughly check all equipment before you start, All items can be replaced during the descent, apart from boats, which may only be repaired
- In the event of an emergency, call Rescue Control on 0871213152.

3.12 Retirement

- If paddlers are compelled to retire from the race early, paddlers or spectators must WITHOUT FAIL, immediately text Race Control with your name and race number (0857303865).
- All paddlers must have completed the Liffey Descent by 17:00 on the day of the race.

3.13 Disciplinary matters

- Inappropriate behaviour by paddlers or spectators will be penalised.
- Any failure to observe the rules or obey the instructions of any race official at any time may render the paddler(s) liable for disqualification or other penalty which may include the individual or crew being barred from entering future races.
- Breaches of rules must be communicated to Race Co-ordinator on 086 2854888.

3.14 Complaints and procedures

- On the day of the International Liffey 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 International Liffey Descent except that there will be no right to protest against a refusal of entry.
- Nothing in this rule 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.
- Protests should be lodged in writing as soon as possible after the occurrence and no later than 15:30 on the day of the Descent directly to the Race Co-ordinator. Each protest incurs a €50 fee which is refundable if protest is upheld.
- All protests will be heard and adjudicated on by a Protest Committee consisting of the Race Director and two other race officials.
- 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.
- 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 International Liffey Descent Committee may exist and this right will comply with the Appeals Procedures of Canoeing Ireland.

3.15 Assaults and / or Abusive behaviour

- Abuse and/or threatening behavior of any kind, including verbal or physical assault, will not be tolerated.
- Any paddler found to have carried out a verbal or physical assault, or whose spectators do so, will be disqualified and may also be banned from taking part in future events.
- Anyone impeding any race official in the conduct of their duties will be severely will be disqualified and may also be banned from taking part in future events.
- The Liffey Descent Committee/Canoeing Ireland will not hesitate to report incidents of verbal or physical assault to An Garda Síochána. They also reserve the right to notify such incidents to any organisation with which the paddler or individual concerned is involved.

3.16 Results

- A full list of provisional results will be posted at the Garda Boat Club and on the Canoeing Ireland website on the 24th September, and a finalised set of results will be posted to ww.canoe.ie shortly after that.
- Presentation of prizes will take place at 17:00 at the Garda Boat Club.

3.17 Lost property

All lost property should be handed into Race Control at the K Club before start of race or at the Race Control at the Garda Boat Club. All enquiries regarding such property should be made at race control at the Garda Boat Club.

4. General Information for the race

4.1 Access to the 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 11:00 sharp. No competitor will be allowed through the gates after this time.
- Quickly, get onto the water and paddle upriver to the pre-start area.
- If you need to get off the river, for any reason, please do so on the river right bank. Do not get off the river on the hotel side.
- Please read and be familiar with the race start procedures.

4.2 River Entry Area

- Get on the river as quickly as possible. **Do not hang about.**
- An area of the riverbank will be cordoned off to show you where you can enter the river.
- **Anyone not at the river entry area by 11:00 will not be allowed on the river.**
- As soon as you get on the river, paddle up to the designated Pre Start Line area.
- **All competitors must be in the pre start assembly area before 11:15.**

4.3 Location of Pre Start line

- As you paddle upriver, you will pass the START LINE which will be indicated by a banner on your right hand side.
- The Pre-Start Line will be approximately 200 metres upriver from the start line and will be similarly identified by a banner on your right hand side.
- The Prestart Assembly Area will start approximately 300 metres upriver from the Pre-Start Line.
- Do not congregate around the Start and Pre Start Lines.

4.4 Start Line

- Remain in your Pre-Start Assembly Area until your start group is called forward. Your start group will be given sufficient time to assemble.
- Each start group will be lead from Pre-Start to the Start Line by the marshals. Any paddler attempting to break away from its start group will be penalised or disqualified.
- Video recording will be present at the start of the race.
- Any competitor who disobeys starting officials will incur a five minute time penalty 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.
- There will be approximately 5 min intervals between the different start groups.

The wave times for the Start Line

Group No.1.	All k2 classes Including Mixed Kayak Double Veteran Kayak Double
Group No. 2	All K1 classes All Wildwater Racer classes ICF Candian Singles
Group No.3	Touring Kayak Doubles
Group No. 4	All General Purpose classes Canadian Singles
Group No. 5	Touring Canadians Doubles Touring Canadians Triples

4.5 Accommodation

Camping:

The Liffey Descent Committee provides a limited amount of camping at the Garda Boat Club for the race on Friday and Saturday of the race for Race Participants.

- All camping must be booked in advance through the Canoeing Ireland booking form.
- Each group/individual will be assigned a camping area.
- Each group/individual will be emailed beforehand with their camping area location.
- Parking area is to the front/ roadside of the camping field. We ask that no cars are brought into the camping area.
- All campers/ group organisers are asked to contact James on 086-1902229 on arrival at the campsite to book in.
- There will be on site toilet facilities and bins provided.
- There are strictly no camp fires allowed on site.

Hotels:

The Liffey Descent team has negotiated preferential rates for the following hotels in the area of the race.

Springfield Hotel, Leixlip, Kildare

- Three night B&B @ €149 per person sharing
- Two night B&B @ €99 per person sharing
- One night B&B @ €55 per person sharing
- Single supplement of €49 per night applies

T: 01 4581100

W: www.springfieldhotel.ie

Lucan Spa Hotel, Lucan, Dublin

- Single @ €55 per room
- Double or twin @ €79 per room
- Triple or family @ €99 per room

Rates include full Irish and continental breakfast, complimentary Wi Fi and free car parking

T: 01 6280494

W: www.lucanspahotel.ie

Other hotels are available nearby. Please visit www.visitdublin.ie for more information on accommodation.

5. Course information

Directions to the Race: Google maps: <https://goo.gl/maps/lbGx1>

5.1 Instructions for the weirs

K Club, Straffan (START): Long 53.30447; Lat -6.61566

Road directions	M4 West bound Exit Junction 3 to Straffan Village on the R406
Parking	K club
Vantage point	
Paddling advice	Pre Assembly area
Safety	
Notes	

Straffan Weir:

Road directions	M4 west bound Exit junction 3 to Straffan Village on the R406
Parking	K club
Vantage point	Straffan road bridge River left or right at the weir
Paddling advice	<p>The normal shoot is down a strong tongue of water about 10 metres from the left hand bank just to the right of the fish boxes particularly for long boats. Such boats often have a tendency to get washed into the wall on the left hand river bank to avoid this either rudder hard right, try stay to the right hand side of the boat shooting the weir just ahead of you.</p> <p>Another possible shoot is tight to the very right hand side of the weir ideal for K1s and down river racers. There is no shoot in the middle of the Weir, please look out for marker buoys for route on the top of the weir. Great care must be taken to avoid shoots leading onto boats already stuck in the stopper below the weir.</p> <p>From Straffan to next weir is through winding and fast moving water known locally as "The Jungle".</p>
Safety	No shooting the middle of the weir. Divers and Boat rescue below weir.

The Jungle:

<i>Vantage point</i>	Not easily accessed for spectators
<i>Paddling advice</i>	It is advisable to travel in single file and not attempt overtaking in very narrow sections. Boats should hold back and allow leading boats plenty of space to manoeuvre through narrow and tight turns. Locating a place to re-enter a capsized boat is difficult and swimming should be avoided at all costs. This can be helped by having a cautious approach through this section.
<i>Safety</i>	Limited rescue is available during this section of the race. Competitors are obliged to help paddlers in difficulty. Failure to comply will result in harsh penalties

Templemills Weir: Long 53.32778; Lat -6.54971

<i>Vantage point</i>	Through private property to the river bank, Viewers are warned not to trespass.
<i>Paddling advice</i>	20 min paddle from Straffan weir The normal shoot is down a narrow fish shoot (about one metre wide), roughly 10 metres from the left hand bank. Missing the shoot by going too far left is better than missing it by shooting it to the right as it is very rocky immediately to the right of the fish shoot. To the very far right of the weir there is a less severe drop which can be shot in long boats by dropping over about 45 degrees sideways to the weir (boat pointing from the right hand bank towards the centre with the boat tail as near to the right hand end of the weir).
<i>Safety</i>	Avoid the centre of the weir with its rocky bottom (known as "The Graveyard"). Rescue at the bottom of the weir.

Vanessa Weir: Long 53.33369; Lat -6.54367

<i>Vantage point</i>	Across a field. The Vantage point is on the old footbridge, (private property, do not trespass.)
<i>Paddling advice</i>	5 min paddle from Templemills weir To shoot the weir paddle past the fish boxes (below the weir) and as soon as you have passed both fish boxes turn the canoe and head straight over the weir. This an easy shoot with very little chance of damage to the boat and with a very small stopper so you are unlikely to be held.
<i>Safety</i>	Rescue below Weir

Castletown Rapids, Celbridge: Long 53.34597; Lat -6.51875

<i>Road directions</i>	Access through Castletown House, Celbridge. Access via Barnhall Rugby Club access road (roundabout Long 53.34866; Lat -6.51283)
<i>Parking</i>	Castletown House, Celbridge
<i>Vantage point</i>	Castletown House. Walk across fields to the river bank
<i>Paddling advice</i>	20 min paddle from Vanessa weir Normal route down through rapids is about three metres out from the left hand bank (just to the right of a big rock outcrop), but it is possible to shoot anywhere down the rapid without damage.
<i>Safety:</i>	Rescue at the bottom of the Weir

Ghost Weir: Long; Lat (may or may not be in operation depending on water levels)

<i>Parking</i>	None
<i>Vantage point</i>	None
<i>Paddling advice</i>	Shoot the weir far river left. Keep the boat pointing down river and paddle fast and hard
<i>Safety</i>	Strong back tow.

Salmon Leap Canoe Club, Leixlip Lake Long 53.34.876; Lat -06.51.073

<i>Parking</i>	Salmon Leap Canoe Club
<i>Vantage point</i>	Road bridge over the lake before Salmon Leap Kayak Club, River bank at Salmon Leap Canoe Club
<i>Paddling advice</i>	5 min paddle from Castletown Rapids 10 mins paddle across the 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 to cross lake. Which should take you 10 mins to paddle i.e. (Left route across the lake if the mud banks are showing).
<i>Safety:</i>	No rescue on lake

Portage (start), Leixlip Dam: Long 53.36.013; Lat -06.48.996

<i>Road directions</i>	Take N4 west until junction 5. Follow signs for Leixlip via R148 Walk to road bridge or start of portage (allow 10 mins)
<i>Parking</i>	Park in Salmon Leap Pub Car park on LHS
<i>Vantage point</i>	Road bridge or start of portage (allow 10 mins)
<i>Paddling advice</i>	5 min run to re-entry point (750m)
<i>Safety Start of portage</i>	Paddlers are advised to wear some form of foot protection as the portage is predominantly a good tarmac road, note steep (possibly mucky) descent back to river bed. Brace yourself using paddles etc.
<i>Safety:End of portage</i>	Paddle very hard when getting back on the river after the portage (to centre of river) to avoid right hand bridge arch (risk of pinning). Rescue below bridge.

Portage (end), Leixlip Road Bridge: Long 53.36.262; Lat -06.48.657

<i>Road directions</i>	Take N4 west until junction 5. Follow signs for Leixlip via R148 Walk to road bridge or start of portage (allow 10 mins)
<i>Parking</i>	Park in Salmon Leap Pub Car park on LHS
<i>Vantage point</i>	Road bridge
<i>Paddling advice</i>	Wear some form of foot protection portage is predominantly a good tarmac road, note steep possibly mucky descent back to river bed, brace yourself using paddles etc
<i>Safety</i>	Paddle very hard when getting back on the river after the portage to 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

<i>Parking</i>	Access and parking for Sluice at car park located at 53.3555; -6.46052
<i>Vantage point</i>	
<i>Paddling advice</i>	<p>15 min paddle from end of portage.</p> <p>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 (remain calm and prepare to brace).</p> <p>Alternatively shoot over weir on far right of river (right against bank). A deep plunge pool is about 3 metres from right hand bank. Be aware of the Island in the middle of the flow below the shoot.</p>
<i>Safety</i>	Keep legs raised if you swim while shooting actual sluice. Rescue available throughout the sluice feature.
<i>Notes</i>	Please note following works undertaking by Canoeing Ireland means the sluice shoot will be slightly altered from previous years.

Lucan weir: Long 53.35.926; Lat -.06.44.85

<i>Vantage point</i>	<p>Lucan road bridge</p> <p>River bank</p>
<i>Paddling advice</i>	<p>10 min paddle from Sluice weir.</p> <p>The first part of Lucan weir that appears on your right as you paddle down river is called "the chicken shoot". It is about 30 metres long, following this you will encounter the fish boxes.</p> <p>After the fish boxes, there is the high drop (about 50 metres long). A steeper portion of the weir.</p> <p>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</p>
<i>Safety</i>	Rescue at bottom of weir.

Anna Liffey weir: Long 53.36.774; Lat -06.40.619

<i>Vantage point</i>	Not easily viewed as a spectator.
<i>Paddling advice</i>	5 min paddle from Lucan weir Shoot weir straight down fish shoot. Approach slowly. Shoot is easily found
<i>Safety</i>	Rescue at bottom of weir.

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

<i>Parking</i>	Park in Wrens Nest Pub car park on LHS. Easy access to river, good parking
<i>Vantage</i>	Follow short dirt track to river.
<i>Paddling advice</i>	15 min paddle from Anna Liffey weir Wren's Nest is a V weir and is normally shot straight down the V. 2 meters left of V. 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. 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. 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. Short boats and plastic boats can shoot straight over the left hand portion of the weir (the chicken shoot)
<i>Safety</i>	Rescue available at the bottom of the weir with Divers.

Palmerstown Weir: Long; Lat

<i>Parking</i>	Anglers Rest pub
<i>Vantage point</i>	River bank at Wild Water Kayak Club
<i>Paddling advice</i>	10 min paddle from Wren's Nest Palmerstown is a V weir and is shot straight down the V, important to get on the tongue of water (about 3 foot wide) and stay on it. Large waves at bottom are the most difficult part of the shoot. Note: 2 nd Wave is the danger wave. A less popular shoot is to shoot over the left hand side of the weir (about half way), harder on the boat but a possible shoot.
<i>Safety</i>	Rescue available at the bottom of the weir.

Glenaulin Weir: Long; Lat

<i>Parking</i>	In Glenaulin estate.
<i>Vantage point</i>	Not easily viewed as a spectator.
<i>Paddling advice</i>	Follow the wave train from left to right bank.
<i>Safety:</i>	No Rescue

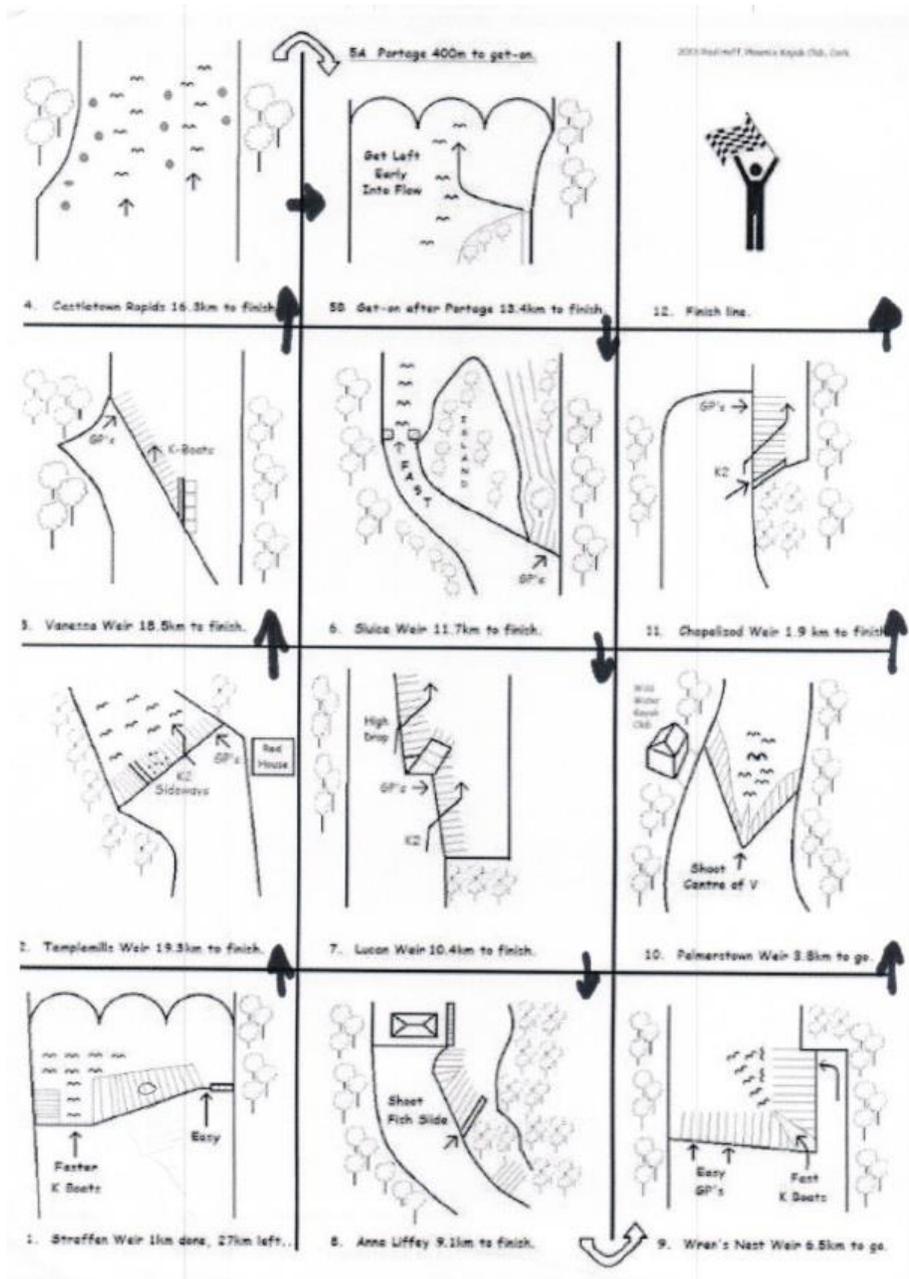
Chapelizod Weir: Long; Lat

<i>Vantage point</i>	Partially accessible to view from bottom of weir by getting to river bank through Glenaulin Estate
<i>Paddling advice</i>	Main shoot is almost straight over the weir about 3 meters further down along the weir from the fish pass or a 45 degree angle.

Garda Boat Club (finish): Long 53.346139; Lat -6.321254

<i>Road directions</i>	Accessed by Chapelizod Road beside the Phoenix Park
<i>Parking</i>	Garda Boat Club
<i>Vantage point</i>	Jetty at Garda Boat Club
<i>Paddling advice</i>	10 min paddle from Chapelizod road bridge. Now is the time to exert the last of your energy to paddle as fast as you can to get across the finish line.

5.2 Liffey Descent Weir Lines



6. Emergency Response Plan

The Liffey Descent emergency response plan is an integral part of the rules and all paddlers are deemed to have read it and understood its implications.

Race start is 12.00pm in 2016. Competitors not reaching Leixlip Portage by 3.30pm or Wrens Nest by 3.30pm should be advised to retire from the race as Rescue and First Aid will have been withdrawn by these times.

Any competitor withdrawing from the race should text Race Control know (Vicki Guy -085 730 3865), make sure to include their race number and name.

Information for Spectators and Participants

Times below indicate the time rescue should be on the water. It is roughly 30 minutes before the first competitors are expected to arrive.

Please try to park sensibly at the rescue locations and be mindful of any private or public property crossed when accessing the river, we rely on good relations with land owners along the Liffey.

Weir/Area	Time
Straffan	12:00-13:30
Templemills	12:00-14:30
Vanessa	12:00-15:00
Castletown	12:30-15:30
Ghost Weir	12:30-15:30
Leixlip Bridge	13:00-15:30
Below Leixlip Bridge	13:00-15:30
Sluice	13:00-16:00
Lucan	13:00-16:30
Shackletons	13:00-17:00
Wrens Nest	13:00-17:00
Palmerstown	13:30-17:30
Glenaulin	13:30-17:30
Chapelizod	13:30-17:30
Sweepers to Leixlip	13:30-15:30
Sweepers to Isl. Bridge	15:30-17:30

What is an emergency?

For the purpose of this event, an emergency is defined as any incident: -

- Resulting in serious injury or loss of life of a descent participant, spectator or official
- Requiring the rescue of a descent participant or spectator from a hazard on land or water
- Involving a search for a paddler missing and believed to be in danger; OR
- An occasion which the descent director decides warrants the calling out of the emergency services

Who to contact: - In the event of any emergency, contact the below:

- Race Coordination: Karl Dunne 086 285 4888
- Rescue Emergency: Benny Cullen 087 121 3152
- First Aid Emergency: Jonathan O'Neill 087 232 7092

Information to give: - In the event of an emergency, be prepared to provide the following information: -

- State IMMEDIATELY that the message is an emergency.
- Your name and status.
- Race number of boat.
- Confirmation of paddler(s) name.
- Nature / Time / Location of the incident.
- Are spectators or the crew present at the scene?
- Which emergency services have already been informed?

Serious injury

In the event of an emergency resulting in serious injury or loss of life, contact the Emergency Service immediately. The Emergency Service telephone number is 999 or 112.

If you are in any doubt as to the severity of an incident, call 999 or 112 immediately.

7. A massive Liffey Descent thanks to all our volunteers

Over 200 volunteers have given up their time to make Liffey Descent 2016 happen. Without them, there would be no International Liffey Descent.

As such, the International Liffey Descent Committee would like to thank: -

- The K Club
- The volunteers and spectators that set everyone off in high spirits from the K Club.
- Starters and finishers.
- Volunteers at bib collection.
- Rescuers & Divers.
- The hidden volunteers that staff race control/ Timing.
- Countless others who help throughout the year.
- Canoeing Ireland office staff.
- Sponsors: Sport Ireland, The Logo Shop, ODON and Great Outdoors.
- And finally, a thank you to all the people who have their peace and quiet disturbed by canoeists and spectators on the day, we appreciate your patience and support!

Race Rules 2016

Entering your Class

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

Racing Kayak Doubles

This is a closed class only craft that comply with ICF Racing Kayak Doubles specifications of 650cm can enter this class.

Racing Kayak

This is a closed class only 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 2016.

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 a closed class. Craft must be 548cm or less to enter this class.

Racing Canadian Doubles

This is a closed class. Craft must be over 548cm 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.

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 Entry 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 Pre- Race notes 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 Liffey Descent committee.
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 on an official entry form.
9. The total number of entrants allowed to participate in the International Liffey Descent will be 1,000. 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. Assistance may not be received by any competitor at any portage.
15. A competitor with a lower handicap may by prior agreement with the Race Coordinator 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. 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 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 International Liffey Descent will be deemed finished at 16:00. All Rescue Support and time keeping 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 Numbers and the International Liffey 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 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 10:00 am and 11:00 am in the International Liffey 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. Each protest incurs a €50 fee, refundable if protest is upheld only.
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 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 consisting of the Race Coordinator, Race Coordinator and 1 other person.
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 Canoeing Ireland.