



Information for Saturday

Thank you for entering the Junior Liffey Descent sponsored by Junior Paddlefest. It's great to see so many young kayakers entering the race this year.

The Junior Liffey Descent will be held on Saturday, 19th May 2018 starting at Salmon Leap Canoe Club (SLCC [Here](#)) racing to the Canoeing Ireland Training Centre ([Here](#)).

To get your bib number and t-shirt, check in at the registration desk at the SLCC Clubhouse. Registration and Bib collection will be open from 10am to 11.10am at Salmon Leap Canoe Club.

Scrutineering will happen from 11.10am to 11.30am. Race briefing will be at SLCC at 11:30pm. Race notice and rules will be on display at the start (i.e. SLCC) on the day of the race. The race will start at 12pm from SLCC, Leixlip Lake. The race will finish at the Canoeing Ireland Training Centre, Strawberry Beds, Chapelizod ([Here](#)).

Car parking is limited at start and finish, we advise you to car pool where possible. To view your entrant along the way use the handy [map](#) created for the International Liffey Descent. For more information, please go to <https://canoe.ie/junior-liffey-descent/>. Please make sure your [membership](#) is up to date before the race.

Keep up to date with the latest information by joining our online community where you can share your experiences, memories and Junior Liffey Descent adventures with us on all our social platforms @liffeydescent on [Facebook](#), [Twitter](#) and [Instagram](#).

Hope everyone's looking forward to Saturday, the weather is getting better!

Marathon Committee,
Canoeing Ireland,
Irish Sports HQ,
National Sport Campus,
Blanchardstown,
Dublin 15.

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Age Definitions:

Junior is defined as any person under the age of 18 on 1st January of the year of the race.

U15 – Anyone who is under 15 years of age on the 1st January 2018.

U18 – Anyone who is over 15 years of age and under 18 years of age on the 1st January 2018.

U23 – Anyone who is over 18 years of age and under 23 years of age on the 1st January 2018.

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2018 Race Classes

These are the proposed race classes for the 2018 race, any senior categories not achieving a quorum will be amalgamated with the closest category.

Class Definitions

K1 Class A:

Kayaks measuring 450 - 520 cms
Including kayaks such as but not exclusive to Wild Water & Sea Kayaks

K1 Class B:

Kayaks measuring <420 - 449 cms
Including kayaks such as but not exclusive to Gola Sprint, Deceptor, Wave Hopper, Fastwave, Sea kayak

K1 Class C:

All kayaks measuring 420 cms and below
Including kayaks such as but not exclusive to Sprite, Gola & All other GP Kayaks

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K1 Class A - Kayaks measuring 450 - 520 cms (including kayaks such as but not exclusive to Wild Water & Sea Kayaks)

- Men's Class A
- Women's Class A
- Junior Men Class A
- Junior Women Class A
- WWR Open

K1 Class B - Kayaks measuring 420 - 449 cms (Including kayaks such as but not exclusive to Gola Sprint, Deceptor, Wave Hopper, Fastwave, Sea kayak)

- Men's Class B
- Women's Class B
- Junior Men Class B
- Junior Women Class B

K1 Class C - All kayaks measuring 420 cms and below (Including kayaks such as but not exclusive to Gola, Sprite & All other GP Kayaks)

- Men's Class C
- Women's Class C
- Junior Men Class C
- Junior Women Class C

Double Kayaks

- Open K2
- K2 Womens
- K2 Mixed Open (Male & female crew)
- K2 Junior Open

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Class amalgamations:

In the event of the minimum number of entrants not being met to populate a competitive class, amalgamations will generally occur as follows:

Junior Categories –

Classes will amalgamate up a level until minimum number of entrants are met. e.g. Should K1 Class C Junior fall below the minimum entry threshold it shall be amalgamated with K1 Class B Junior.

If minimum entry threshold is still not met they shall be amalgamated with Class A. Men & Women shall always remain separate.

K1 Senior Categories –

Classes will amalgamate up a level until minimum number of entrants are met. e.g. Should K1 Class B fall below the minimum entry threshold it shall be amalgamate with K1 Class A.

Men and Women shall always remain separate

K2 Senior Categories –

Should Women's or Mixed K2 not meet the minimum entry threshold they shall be amalgamated with Open K2.

In the event of any unforeseen circumstances relating to amalgamations, alternative arrangements may be made at the discretion of the race coordinator.

Junior Liffey Descent Rules

1. The Junior Liffey Descent is run under the auspices of Canoeing Ireland.
2. Canoeing Ireland will appoint a Race Coordinator to manage, develop, and promote the Junior Liffey Descent.
3. The Junior Liffey Descent will be bound by the CI Marathon Racing Rules in relation to racing classes only.
4. The Junior 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 Junior Liffey Descent. The Race Coordinator may make a ruling at any time and on any matter not specifically covered under the Junior Liffey Descent rules prior or during the Junior Liffey Descent. Any such rulings will be contained in the Pre- Race notes, in an amendment to the racing rules or may 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 Junior 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 marathon committee.
7. All entrants must be a minimum of 12 years of age as of the 1st January 2018 (Competitors under the age of 18 years as of the 1st January 2018 are considered Juniors and must have their parental consent to compete in the event) and 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 or through the Canoeing Ireland website.
9. 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

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factor that an entrant or support crew member was unaware of the existence of a rule.

11. Entrants must enter a class based on the dimensions of their kayak/canoe as defined in the Class Definitions
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 race 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 capsizes, 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 be received by any competitor under the age of 15 yrs. at the portage above The Salmon Leap Inn.
15. A competitor 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 is required to notify a Race Official at the finish as soon as possible.
20. The Junior 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.

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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 buoyancy aids must be worn by all competitors.
25. Approved helmets are mandatory for K1 Class B, K1 Class C, T2, Canoes and under 18 paddlers 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 Salmon Leap Car Park in Leixlip. 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, CI marathon committee 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

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Protest Committee will be considered final, however, a right to appeal to the CI Board of Management may exist and this right will comply with the Appeals Procedures of Canoeing Ireland.

33. I do not have any medical condition (including pregnancy) which may be worsened, or increase chance of injury, by participating in the race.
34. I understand that this is a physically demanding activity and accept that there is a risk of injury when undertaking this course and acknowledge that I am responsible for my own safety. I clearly understand that some areas of the race course are remote and as such I undertake to take due care and responsibility for my person and will undertake not to take any unnecessary risks that my put my life or the life of another competitor at risk.
35. I have read and understood the rules and safety notices.
36. I agree to abide by all safety rules and regulations and to respond to race officers immediately. I agree to leave the river immediately, if I am directed to do so, due to my carelessness or negligence and endangering my safety or that of others.
37. I understand that anyone deemed to be under the influence of drink or drugs will be refused entry, without refund.
38. I understand that Canoeing Ireland reserves the right to use any photograph/video taken at the race, for promotional purposes of Canoeing Ireland, without the written permission of those included within the photograph/video.

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 re-entry is a steep, possibly mucky descent back to river bed. Brace yourself using paddles, etc

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

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- 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):

- 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

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