



## **Mirror European Championships 9<sup>th</sup> – 12<sup>th</sup> August 2016 – Competitor Information**

The Royal Cork Yacht Club and the International Mirror Association welcome you to the Mirror European Championships 2016. We intend to run a championship in a safe environment for all sailors with great racing in Cork Harbour.

We hope that you, the sailors, your families, friends and coaches have a wonderful time in Crosshaven during your stay. As visitors to the RCYC, please feel free to enjoy the club's facilities and traditional hospitality. Our Club staff and Organising committee will be available during the event to assist you in any way possible.

### **Access**

Vehicular access to the Club boat yard is via the 1<sup>st</sup> entrance on the left, after the public carpark, when you arrive in the village. Road trailers can be left in the designated area in the rear car park. Boats should be left in their designated fleet area in the boat yard for the duration of the event. This area will be clearly signed.

### **Race Office**

The Race Office will be situated in the Dinghy Centre, the building nearest the boat yard at the top of the slip way. All competitors must register at the Race Office at the times listed below. Supplementary forms such as parental consent forms and RIB registration forms will be available in hard copy at the Race Office. Competitor and safety boat/RIB driver briefings will take place just outside the race office at the advertised times and the Regatta notice board will also be situated at the Race Office.

### **Changing Rooms and Laundry Facilities**

Junior changing rooms are located at the Race Office, senior changing rooms are part of the main Club House, small lockers for valuables are situated at both changing rooms (please bring your own small padlock for the lockers). There is a €2 coin operated washing machine and tumble dryer located at the senior changing rooms.

### **Catering**

Catering will be available each day in the clubhouse. Meal deal tickets will be on sale at Registration. Hot refreshments will be served to sailors each day after sailing.

## Registration Times

- Friday 8<sup>th</sup> August 15:00 - 17:00
- Friday 8<sup>th</sup> August 19:00 - 21:00
- Saturday 9<sup>th</sup> August 09:00 - 10:30

## Spectator & Support RIBS

All support/coach RIBs may berth without charge in the marina for the duration of the event if they register. RIBs not registered will be required to pay visitors fees, via the Marina office. Should you need fuel, a member of the shoreside staff will be happy to facilitate this.

RIBs associated with the Regatta must display the flag given at registration at all times. A deposit of €20 is required for each flag and will be refunded when the flag is returned to the Race Office. RIBs must keep clear of the race areas for the duration of racing. Any infringement of this may lead to the associated sailor being disqualified.

All RIBs must be prepared to act as safety boats, under the direction of the Regatta Safety Officer, if such a need arises and we kindly request that all RIBs carry a VHF radio and keep a listening watch on the relevant channel which will be advised at safety/spectator boat briefing times. Briefing times will be posted on the Race Office notice board.

RIBs may be launched and recovered from the slipway adjacent to the Race Office under direction of the Beachmaster.

## Motorhome Parking

We are fortunate to have up to 12 spaces available for motor homes, it's advisable to book a space prior to arrival at the Club Office on 021 483 1023. There is a fee of €10 per night including electricity. On arrival please check in with the Main Club Office to obtain your permit.

## Camping

There is a free camping ground across the road from the main Club House. Again, its advisable to book a space in advance through the office.

## Wi-fi

There is free, unsecured access to wi-fi in both the Race Office and the main Club House.

## Commercial Shipping

Cork Harbour is used by a large number of commercial ships and recreational vessels. Guidance notes for leisure craft using the harbour is available on [www.portofcork.ie](http://www.portofcork.ie)

## Cruise Ship Schedule

To be advised

## Weather and Tidal Information

Tide Table - Cobh, Ireland 51.8333°N, 8.3000°W

9 <sup>th</sup>	04:19 0.9m	10:15 3.6m	16:37 1:00m	22:38 3.5m
10 <sup>th</sup>	05:00 1.1m	10:59 3.4m	17:21 1.2m	23:25 3.3m
11 <sup>th</sup>	05:47 1.3m	11:50 3.2m	18:13 1.3m	
12 <sup>th</sup>	00:20 3.1m	06:44 1.4m	12:52 3.1m	19:18 1.4m

For up to date weather and tides - visit The Irish Meteorological Service on line.

General Forecast information - [www.met.ie](http://www.met.ie)

Sea area forecast <http://www.met.ie/forecasts/sea-area.asp>

## Useful Contacts

### Pharmacies

O'Regan's Pharmacy, Ballea Road, Carrigaline 021 491 9640

Crosshaven Pharmacy, Point Road, Crosshaven 021 483 1200

### Doctors

Dr Larrie Martin, Crosshaven Surgery, Point Road, Crosshaven 021 483 1315

Dr Vivian Foley, Owenabue Medical Centre, Ballea Road, Carrigaline 021 437 4997

### Banks

AIB Bank, Carrigaline 021 437 2145 (ATM)

Bank Of Ireland, Carrigaline 021 437 2639 (ATM)

Permanent TSB, Carrigaline 021 437 1551 (ATM)

Nearest ATM - Centra, Point Road, Carrigaline

### Supermarkets

Centra, Point Road, Crosshaven 021 483 3727

Barry Collins' Supervalu, Carrigaline 021 485 2244

### Transport

Buses - Route 220 check <http://www.buseireann.ie> for schedule.

Taxi - available locally - enquire at Club Office.