



## CASCADIA MASTERS REGATTA July 23-24, 2011

### Masters Committee

*Rowing British Columbia welcomes all Masters athletes from the USA and Canada to compete in the Second Annual Cascadia Masters Regatta*

**Race Type:** Sprint, 1000 metres

### Venue:

The Regatta will be held at [Deas Island Regional Park](#) from Saturday, July 23, 2011 to Sunday, July 24, 2011.

### Directions:

- a) From Peace Arch at US/Canada border: Follow Highway 99 North for 20 minutes. Take Exit #28 and turn right on to River Road N. Proceed north 1.5 kilometres and turn left at Deas Island Road (Deas Island Regional Park).
- b) From the Tsawwassen Ferry terminal: Follow Highway 17b north for 20 minutes. Turn left at Deas Island Road (Deas Island Regional Park).

**Timeline:** Racing will begin at 8:00AM each day.

### Events Offered:

- 1x, 2x, 4x, 2-, 4+, 8+ for M/W
- 1x, 2x, 2- for M/W Lightweight
- 1x, 2x, 4x+, 4+ for Novice
- 1x, 2x, 4+ for Adaptive
- 2x Parent/Child (both athletes must be registered/insured with national rowing body)

**Entry Fees:** \$20/seat; \$120 for 8+ (coxswains excluded from charges)

### Registration:

- a) Entry deadline: Friday, July 8, 2011 (payment is due on entry deadline)
- b) Scratch deadline: Friday, July 15, 2011
- c) Late entries will be accepted provided they do not result in additional races. A late entry fee will apply.
- d) A scratch fee equal to entry fee will be levied for any scratches received after Friday, July 15, 2011.
- e) All entries registered through [Regatta Central](#)
- f) Regatta contact: Leslie Uhlenbruck, [cascdiamasters@gmail.com](mailto:cascdiamasters@gmail.com)
- g) Cascadia Masters website: <https://sites.google.com/site/cascadiarowingregatta/>



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#### Competitor Eligibility:

- a) All rowers must be members in good standing with a club who in turn is in good standing with either Rowing Canada Aviron (RCA), United States Rowing Association (US Rowing) or another national rowing federation.
- b) Rowers who enter as an independent must be members in good standing with their national governing body.

#### Classification:

A rower may compete as a Master beginning the year during which he/she attains the age of 21.

#### Age Classifications:

AA	Minimum age = 21 years or more
A	Average age = 27 years or more
B	Average age = 36 years or more
C	Average age = 43 years or more
D	Average age = 50 years or more
E	Average age = 55 years or more
F	Average age = 60 years or more
G	Average age = 65 years or more
H	Average age = 70 years or more
I	Average age = 75 years or more

\*Age categories do not apply to coxswains.

**Novice:** A rower who started rowing no earlier than January 1, 2010.

#### Light Weight:

- a) Men: Maximum individual weight – 72.5kg
- b) Women: Maximum individual weight – 59kg
- c) Weigh-Ins: will not be required as we will use the honour system again this year.  
Coxswains are not required to weigh-in.

**Sanctioning:** Regatta sanctioning provided by Rowing BC.



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#### Race Rules:

- a) RCA Rules of Racing will be followed with the following variances:
  1. Composite crews may be entered provided they are identified at the time of regatta registration. Individuals may only represent one club during the regatta. Medals will be awarded to a winning composite crew, however points towards the aggregate trophy will not be awarded.
  2. A Novice includes those rowers who started rowing no earlier than January 1, 2010.
  3. The Master AA classification will include those rowers who have reached the minimum age of 21 in the 2011 calendar year.
- b) A minimum of three entries will constitute a race. Events with fewer than three entries may be combined.
- c) If necessary, further modifications or adaptations will be made by the Head Umpire and/or Jury.

#### Coaches/Coxswains Meeting:

A compulsory pre-regatta meeting for coaches and coxswains will take place at the boathouse (Regatta Control) one hour prior to the first posted race. A representative from each club must be in attendance.

#### Safety and Fitness:

- a) Each rower or coxswain participating in the regatta is responsible to ensure that his/her boat is in fit condition to race and that his/her crew is also fit to race.
- b) All boats must have a securely fastened bow ball and heel thongs with a maximum distance of 7cm (2.8") above the keel from the bottom of the heel.

**Venue Conditions:** Tidal

#### Water Safety Rules and Race Procedure:

- a) Traffic rules for warm up and racing will be posted.
- b) After launching, all boats MUST safely cross the course adjacent to the launching/landing dock and make their way to the start line by remaining outside the course at all times.
- c) Crews MUST be in the warm-up area 10 minutes prior to the posted race time and be in position in their lane ready to race two minutes prior to race time.

#### Coxswains:

- a) Coxswains may be of either gender.
- b) Age classification for coxswains will not apply at this regatta.



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#### Communication Devices:

No electronic communication device capable of receiving communication from anyone outside the shell is permitted to be carried in a racing shell.

#### Trailer Parking:

- a) If you are bringing a trailer, please email the organizers at [cascdiamasters@gmail.com](mailto:cascdiamasters@gmail.com) with your trailer details (overall length of trailer, estimated arrival time and length of stay) by July 18. There will be limited room for car topping vehicles.
- b) Trailers may arrive between 5pm and 9pm on Friday, July 22. Trailers are to be parked as guided by attendants.
- c) Overnight security will be provided on site.

#### Car Parking:

- a) There is limited parking directly adjacent to the regatta site. Attendants will help direct people to parking areas. Carpooling is encouraged wherever possible.
- b) There is no parking in the gravel lot adjacent to the boathouse. This area is reserved for official and trailer parking only.

#### Convenience Facilities:

- a) There are two restroom facilities near the regatta site in the Deas Island Regional Park.
- b) Additional portable restrooms will be provided on site.

#### Emergency Facilities:

- a) Trained medical personnel will be on site.
- b) Hospitals will be advised of the event.
- c) RCMP will be advised of the event.

#### Handicaps:

As per the Canadian Rules of Racing, a handicap system will be activated if there are not sufficient competitors to hold a race in any one age group.

- a) **Singles:** A handicap of one second per year of age difference will be added to the finish time of the youngest competitor in the race relative to the older competitor(s) in the race.
- b) **Crews:** The handicap will be based on the average age of the crew, and a handicap of one second per year of age difference will be added to the finish times of the younger crews in a given classification.

#### Awards:

- a) First place medals and second/third place ribbons together with a grand aggregate trophy will be presented immediately following the last race.



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- b) The aggregate trophy will be presented to the winning club at the conclusion of the race day but will reside permanently at Vancouver Rowing Club, as it is an artefact of the *North Pacific Association of Amateur Oarsmen of 1886 – 1957*.

### Tent / Shelter Area:

There is waterfront space at the venue for tents and temporary shelters.

### Concession and amenities:

Food and beverages will be available on site. Yoga stretching session during Saturday lunch break - bring your yoga mats.

### Accommodation:

Sponsor hotel:

**Sandman Hotel** Vancouver Airport – Phone 604 276 1187

**Group Reference booking: #507818**

**(Room block for \$79/night held until June 29)**

[http://www.sandman.ca/en/hotel/bc/vancouver\\_airport](http://www.sandman.ca/en/hotel/bc/vancouver_airport)

Also:

**Accent Inn** – Phone 604-273-3311

(Room block for \$89/night held until July 5. Quote “Cascadia Masters” when booking.)

<http://www.accentinns.com/vancouver-airport>

**Camping** at Deas Regional Park (regatta site):

10 tent sites @ \$35/tent (flush toilet, potable water, fire pit, parking for 4-5 cars at site). To book a tent site please send an email to [cascdiamasters@gmail.com](mailto:cascdiamasters@gmail.com) to make your arrangements. Don't be disappointed – contact us soon to reserve your campsite!



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Course Map:

