



43rd Annual Rowing Championships

July 23-24, 2011

South Course of the Welland International Flatwater Center
Welland, Ontario, Canada

FIRST RACE EACH DAY WILL BE SCHEDULED TO START AT 8:00am

Minimum race interval will be 7 minutes

AGE CATEGORIES

Senior: Open to all eligible athletes who reach the age of 23 years or older in 2010. Open to any rowing club in the world.	Under 19: open to eligible athletes born in 1993 or later, Open to any rowing club in the world.
Under 23: open to eligible athletes born in 1989 or later; Open to any rowing club in the world.	Under 17: open to eligible athletes born in 1995 or later; Open to any rowing club in the world.

LIGHTWEIGHTS & COXSWAIN WEIGH IN

- Men 72.5kg maximum, Women 59kg maximum, Coxswains Women's Crew= 50kg or Men's Crew = 55kg as per rule 2.5.
- Weigh-ins for Lightweight Rowers will be scheduled in accordance with Rule 2.11.
- All coxies must weigh-in each day within the same time window as Lightweight Rowers.
- All lightweight rowers and coxswains must present photo ID at the time of weigh-in.
- Practice scales will be available on Friday July 22 from 6:00pm – 7:00pm; Saturday for 1 hour starting immediately after the last race of the day. There will be **NO** practice scales available during official weigh-in times.

COACHES MEETINGS

- One representative from each club is **required** to attend each meeting.
- Meetings will be held at the shelter area 7:00pm on Friday, July 22nd, and 45 minutes after the last race on Saturday, July 24th.
- No meeting on Saturday or Sunday morning.
- Draws for club coaches (per # listed on club registration list) will be issued at these coaches meetings. Complimentary copies of the draw for club coaches will be available **only** at the coaches meetings.

COURSE PRACTICE TIMES

- The course will be open for practice between 4:00pm and 8:00pm on Friday, July 22nd.
- The course will be open for practice between 5:30am and 6:45am Saturday and Sunday, and Saturday from 45 minutes after the last race until 8:00pm.

REGATTA OFFICE HOURS

- **Friday July 22** 3:00 pm – 7:30 pm
- **Saturday July 23** 6:00 am – 30 min. after last race of the day
- **Sunday July 24** 6:00 am – 30 min. after last race of the day

MEDALS

- Gold, Silver and Bronze will be awarded to the 1st, 2nd and 3rd place crews in events with 4 or more entries in the final
- Gold and Silver will be awarded to the 1st and 2nd place crews in events with only 3 entries in the final
- Only a Gold will be awarded to the 1st place crew in events with only 2 entries in the final

PARKING

- Check the ROWONTARIO website for regatta parking plan and parking fees after July 18, 2011. Parking and vehicular traffic flow **WILL BE RESTRICTED** to designated areas at this regatta.

RCA RULES OF RACING EXCEPTIONS

This regatta will follow the Rowing Canada Aviron Rules of Racing, with the divergences (per Rule 1.6) below:

2.1 The Definition of a Competitor

- All athletes from Ontario clubs must be registered in the Competitive Fee Category with ROWONTARIO by July 4, 2011. Unregistered athletes and coaches *may* be permitted to participate upon submission of registration data and fees by the payment deadlines indicated in the regatta package.
- **Athletes and coaches from clubs outside Ontario must be members of their national federation and must submit a signed waiver prior to the start of the regatta.**
- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair.
- **Competitors will be required to show photo and age identification at the control commission for all races and at weigh-ins.**

2.6 Weighing of Coxswains

- Coxswains shall weigh-in each day of racing within the same time window as lightweight rowers.
- Coxswains required to carry dead-weight to reach the coxswain minimum weight must carry dead-weight supplied by the regatta organizing committee. There will be a \$5.00 charge for each bag of deadweight issued to coxswains.

2.11 Weighing of Athletes in Weight Restricted Events

- Calibrated test scales will NOT be provided by the organizing committee during all training and racing times. Practice scales will be available on Friday July 22 from 6:00pm – 7:00pm; Saturday for 1 hour starting immediately after the last race of the day. There will be **NO** practice scales available during official weigh-in times.

7.2 Entries

- Entry format approved by ROWONTARIO. RCA registration number not required.
- Entries may be capped at three (3) per event per club at the Regatta Chair's discretion.
- Rowers under the age of 17 may participate in a maximum of two (2) events per day.
- Entries will be accepted from any rowing club in the world who meet the criteria outlined above. **Out of province clubs may enter any event.**

7.6 Crew Substitutions

- Will be accepted between the dates/times outlined in the regatta package.
- Substitutions for single scullers before the first heat will **not** be accepted after the entry deadline unless supported by an authorized medical certificate.

9.3 Events with 7 or more entries

- Progression will be as outlined as per the progression table published in this package.

10.20 Appeals

Appeals against a decision of the Board of the Jury shall be made to the ROWONTARIO Board of Directors.

ENTRY AND PAYMENT TERMS

- **Entries with full payment must be received online by 12:00Noon Eastern Monday July 18, 2011** Online Entry will be made available no later than June 23/11. All entries and entry fees will be received through Regatta Central.
- **Club Registration:** All athletes named in the entries, and the names of all club coaches, must appear on the club's registration list. The coaches' names must be denoted as "coach". The number of draws distributed to each club will be equal to the number of coaches registered with ROWONTARIO. **All Ontario athletes and coaches must be registered with ROWONTARIO by July 4, 2011.**

- ***For Non-Ontario Club entries***, a complete club alpha list listing all athletes and coaches must be received by the ROWONTARIO office by July 4, 2011.
- **Entry fees: All entry fees must be paid online by 12Noon Eastern, Monday July 18, 2011.**
- **Single \$55; Double / Pair \$72; Four / Quad \$90; Eight \$100**
- All fees are stated in CAD funds --- USD Accepted at PAR
- **Late Entries:** Late Entries will be accepted on a first come, first paid basis, subject to lane availability, at the onsite regatta office as follows:

Late Entries for Saturday Events will be accepted at the on-site regatta office between 3:00pm and 7:30pm Friday July 22. No late entries for Saturday events will be accepted on Saturday.

Late Entries for Sunday Events will be accepted at the on-site regatta office between 10:00am and 4:00pm Saturday July 23. No late entries for Sunday events will be accepted on Sunday.

Late Entry fee = Regular entry fee + 50%. Late Entry fee must accompany late entry to be drawn. Late entry fees must be paid by cash, club cheque or bank draft/ money order. ROWONTARIO will not accept personal cheques or credit cards on site.

Late Entry Fees Single 82.50 / Double/Pair 108.00 / Four/Quad 135.00 / Eight 150.00

LATE ENTRIES WILL ONLY BE ACCEPTED AT THE REGATTA OFFICE AS DETAILED ABOVE. LATE ENTRY REQUESTS EMAILED OR TELEPHONED TO THE ROWONTARIO OFFICE WILL NOT BE ACKNOWLEDGED OR ACCEPTED.

Clubs with any outstanding fees (Club Membership, registration, entry, other) not paid by 7:30pm Friday July 22nd will not be permitted to race.

- **Crew substitutions** may be made online without limitation until 12noon, July 18th. Thereafter, RCA Rule 7.6 (the 50% substitution rule) will be applied. The substitute must be included on the club's registration list. For Non-Ontario club entries, names of substitutes must appear on club's original alpha-list. **Note: a fee of \$5 will be assessed for every name changed from the original lineup.** This fee will be waived for name changes supported by a medical certificate. (see below).

Crew Substitution Requests may be submitted at the regatta office on Friday July 22nd between 3 and 7:30pm (for Saturday events) and between 10am and 4pm on Saturday July 23rd (for Sunday events).

- **Scratches:** a \$50 fee will be assessed on all scratches after the entry deadline, including crews who miss their start. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is presented to the ROWONTARIO office by 5:00pm Monday July 26th.
- A preliminary draw will be posted by July 21, 2011 on the ROWONTARIO website. The final draw will be distributed with the club packages at the coaches meeting.

OTHER INFORMATION

- Each participating athlete will receive a free ROWONTARIO water bottle at this regatta.
- Participants will be able to fill water bottles for free Saturday and Sunday at this regatta.
- Visit www.rowontario.ca for regular updates for this year's Championships.

2011 ROW ONTARIO CHAMPIONSHIPS PROGRESSION FORMAT

# of Entries in Event	Heats
1-6	0
7-12	2 Ht Winners + 4 Next Fastest Times to FINAL
13-18	3 Ht Winners + 3 Next Fastest Times to FINAL
19-24	4 Ht Winners + 2 Next Fastest Times to FINAL
25-30	5 Ht Winners + Next Fastest Time to FINAL
31-36	6 Ht Winners to FINAL

If more than 36 entries are received for an event, preference will be given to Ontario club crews.

2011 ROWONTARIO Championships Schedule of Events

	Saturday		Sunday
Event #	Event Name	Event #	Event Name
1	U17 M4x+	33	U17W4x+
2	Sr M 2-	34	Sr W 2-
3	U19 M 2x	35	U19 W 2x
4	U17 W 1x	36	U17 M 1x
5	Sr W 2x	37	Sr M 2x
6	U23 M 4x	38	U23 W 4x
7	Sr Lwt W 4-	39	Sr Lwt M 4-
8	Sr Lwt M 1x	40	Sr Lwt W 1x
9	U23 Lwt M 2-	41	U23 Lwt W 2-
10	U23 Lwt W 2x	42	U23 Lwt M 2x
11	Sr W 8+	43	Sr M 8+
12	U17 M 2x	44	U17 W 2x
13	U19 W 4x	45	U19 M 4x
14	U19 W 2-	46	U19 M 2-
15	U17 W 4+	47	U17 M 4+
16	U23 W 2x	48	U23 M 2x
17	Sr M 4x	49	Sr W 4x
18	Sr Lwt M 2x	50	Sr Lwt W 2x
19	U23 Lwt M 4-	51	U23 Lwt W 4-
20	U19 M 4+	52	U19 W 4+
21	Sr M 4-	53	Sr W 4-
22	U23 W 4-	54	U23 M 4-
23	U19 W 1x	55	U19 M 1x
24	Sr Lwt W 2-	56	Sr Lwt M 2-
25	U17 M 8+	57	U17 W 8+
26	U17 W 4x	58	U17 M 4x
27	U23 M 1x	59	U23 W 1x
28	Sr W 1x	60	Sr M 1x
29	Sr Lwt M 4x	61	Sr Lwt W 4x
30	U23 Lwt W 1x	62	U23 Lwt M 1x
31	U23 W 2-	63	U23 M 2-
32	U19 M 8+	64	U19 W 8+



**RELEASE, WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT
(for out-of-province Participants Only)**

In consideration of my being given the opportunity to participate in the 2011 ROWONTARIO Championships, and as a Guest of ROWONTARIO (Ontario Rowing Association) and the Welland Recreational Canal Corporation, I AGREE THAT:

- I understand the rigorous nature of rowing activities, both on water and on land, and I believe that I am in good health, and in proper physical condition to participate in the 2011 ROWONTARIO Championships, as aforesaid;
- I fully understand that participating in the 2011 ROWONTARIO Championships may involve risks and dangers either not known to me or not readily foreseeable at this time, and I fully accept and assume all such risks and responsibilities for losses, costs, and damage or injury incurred as a result of my participation in the aforesaid event;
- I hereby release, discharge, covenant not to sue, and agree to indemnify, and save and hold harmless ROWONTARIO (Ontario Rowing Association) and the Welland Recreational Canal Corporation, and their Principals, Directors and Officers, Members, Employees, Agents, and Volunteers, from all liability, claims, demands, losses or damages, and I further indemnify, save and hold harmless ROWONTARIO (Ontario Rowing Association), Welland Recreational Canal Corporation, and their Principals, Directors and Officers and others as aforesaid from any litigation expenses, attorney fees, loss, liability or damage that may occur as a result of any such claims.

I HAVE READ THIS AGREEMENT, I FULLY UNDERSTAND ITS TERMS, AND UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING SAME, AND HAVE SIGNED IT FREELY AND VOLUNTARILY, WITHOUT INDUCEMENT OR ASSURANCE OF ANY NATURE, AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY THE LAW, AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

DATE: _____

PARTICIPANT NAME: _____
(please print)

PARTICIPANT SIGNATURE: _____
(parent/guardian if participant is under 18)

WITNESS SIGNATURE:

Please Copy as Required