



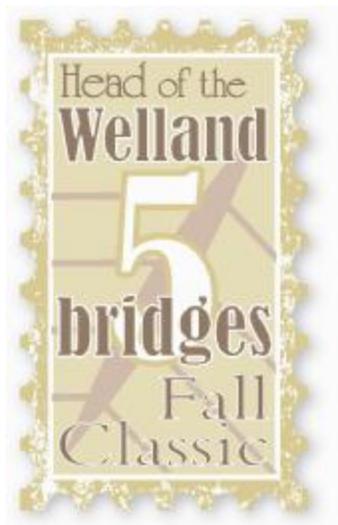
2011 Head of the Welland Five Bridges Fall Classic  
Saturday, September 24, 2011



2011 Head of the Welland

Five Bridges Classic

Regatta Package



Saturday, September 24<sup>th</sup>, 2011



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**REGISTER & PAY ON LINE AT:**  
**[www.regattacentral.com](http://www.regattacentral.com)**

**REGISTRATION CLOSES AT:**  
**Midnight, September 19, 2011**

**THERE WILL BE NO LATE REGISTRATION**

**CONTACTS**

**REGISTRATION & PAYMENT**

**Brandon Campbell**      **[info@southniagararowingclub.ca](mailto:info@southniagararowingclub.ca)**

**REGATTA CHAIR**

**Mike Ionson**      **[mionson@gmail.com](mailto:mionson@gmail.com)**



# 2011 Head of the Welland Five Bridges Fall Classic

Saturday, September 24, 2011



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## REGATTA RULES

### 1. ENTRIES

To be complete, entries must include payment in full to the South Niagara Rowing Club, a completed entry form for each event and any necessary waivers signed by each competitor, parent or guardian. Registration and electronic waivers for US Rowers are online at [www.regattacentral.com](http://www.regattacentral.com).

**Entry Fees: Singles: \$35.00, Doubles/Pairs: \$45.00, Quads/Fours: \$65.00, Eights; \$80.00.**

### 2. ELIGIBILITY

All rowing clubs and scullers are eligible to enter, with the exception of Elite class athletes.

### 3. CLASSES

#### *Novice*

A rower who has not competed until after the Canadian Henley in the year of the race.

#### *Lightweight*

In any Mens Lightweight event no rower shall weigh more than 165 lbs.

In any Womens Lightweight event, no rower shall weigh more than 135 lbs.

#### *Adaptive*

As per RCA Classifications

#### *Master*

A competitor who has attained or will attain the age of 21 or more during the current calendar year and does not wish to row in the Open category, when possible.

#### *Open (University/Collegiate)*

University and collegiate athletes, and all others not registered as a High School rower. To adhere to NCAA Bylaw 13.11.1.2 Competition against Prospective Student Athletes no junior aged (high school) athletes are allowed to compete in the Open category.

#### *Junior*

A junior is a competitor who in the current calendar year does not attain the age of 19 or who is currently and has been continuously enrolled in secondary school as a full time student seeking a diploma.

### 4. HANDICAPPING

Master's events will be handicapped. A handicap is awarded per RCA age category based on average age of the crew, not including coxies.

### 5. EVENTS

Please see the Events List and Schedule, attached, or online. Every effort will be made to keep to the published events schedule; but race times are subject to change. Two (2) entries are required to run an event. For Master's events with one entry; entry will compete with next available age classification and be handicapped accordingly.

### 6. EVENT TIMES

All entries MUST row only when the event they are entered in is scheduled and raced. Systematic timing and results posting requires entries to be in the proper order and event. No boats will be permitted to race at any other time in the schedule (e.g., a Womens Junior 4x will not be permitted to race when the Womens Masters 2x's are racing or at any other time except during the Womens Junior 4x's event).



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### 7. BOAT AND TRAILER STORAGE

Security-patrolled, overnight shell storage will be available on the grounds of the North Course of the Welland International Flatwater Centre. See Appendix A: Regatta Site Layout on Page 12 for trailer and vehicle parking. Parking can begin any time on Friday, September 23, 2011. All shells will be placed in slings on the grass near the waterway and launch docks. No trailers will be permitted on the grass. All trailers are to park on the Flatwater Centre Service Road (east shoulder – closest to the waterway). Security will patrol the area.

Coaches and scullers travelling in large groups can contact the Regatta Chair, Mike Ionson, to arrange a specific shell area along the banks of the waterway that will hold a club of your size.

Contact Mike Ionson at [mionson@gmail.com](mailto:mionson@gmail.com) with your shell count.

### 8. PARKING

The North Course is located at Colborne Street and Humberstone Road, L0S 1K0. The closest intersection is Townline Tunnel Road and Canalbank Street in Welland, ON. ALL vehicles are to park in the North Course Parking Lot. Entry to the lot is from the Flatwater Centre Service Rd which will be patrolled by local youth group volunteers. Parking is \$5 for **ALL** vehicles, with the exception of Tow Vehicles, Volunteers and Officials. Single vehicles with roof rack (shell) may proceed north down the Flatwater Centre Service Road. Proceeds from parking go towards Youth Flatwater Programs. Please respect all parking and traffic rules and regulations for the SAFETY OF ALL.

### 9. SPECTATOR VIEWING

Viewing of the Finish is possible on both sides of the waterway. Spectators can also watch the race from one of the Five Bridges or follow the race on bike or on foot along the paved trail that encompasses the waterway. There are many outstanding views of the race.

Clubs should set up their tents on the grass near their shells, keeping the trail open for movement of athletes, coaches, spectators and officials. PLEASE DO NOT BLOCK THE TRAIL.

The area midway along the 1,000m closing stretch will host First Aid, Registration, Protests, Umpires and the Regatta Office. Merchandise and Concessions will be in or around the same area. See Appendix A: Regatta Site Layout on Page 12 for details.

### 10. CHECK-IN

All coaches or other parties responsible for each school or club must check in to confirm registration, make any outstanding payments and receive race packages. Check-in for all crews and racers is Saturday AM, on race day, starting at 6:30 AM and running until 10:00 AM.

### 11. COACHES' & COXSWAINS' MEETING

A meeting for coaches and coxswains will be held at the Launch Dock area at 7:00 am. on Saturday, September 24, 2011. There are exciting challenges of the course and attendance at these meetings by all coxswains and even scullers is strongly recommended. Course maps will be available at the Registration Tent and will be in your Race Package.

### 12. WEIGH INS

All lightweight crews are expected to comply with current Rowing Canada/Aviron weight limits, but there will be **no actual weigh-in**. We will be using the honour system.

**Coxswains will not be weighed.**



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### 13. COURSE

The race course for the Head of the Welland presents an exciting challenge to experienced and novice competitors alike, with excellent opportunities for passing and coxswaining to be in a position to win. With its gentle bends and string of five bridges, the 3-mile (5.2 km) course, navigated through buoys, boats and bridges is a fantastic trip. At the Head of the Welland, every stroke is critical and one wide pass or buoy violation could cost a crew a medal and a club valuable points.

#### *Race Course Description*

The Race Course begins just north of the old Thorold Road Boat Launch (end of Thorold Rd) and starts with a naturally scenic 1.5 km open water stretch running beside Merritt Island over the Historic aqueduct to the Civic Square. It then proceeds through 5 (five) bridges through the heart of the City of Welland to the Finish Line 3.3 km south, finishing at the Finish Line on the North Course of the Welland International Flatwater Centre.

The first bridge is the Historic Main St. Bridge, with its towering steel frame, with the Division Street Bridge just 150 m away as you pass through the City's Downtown Core. Opening up after the Division St. Bridge, the Recreational Waterway then affords you a 750-metre stretch of uninterrupted water before coming to the Lincoln Bridge. A quick pass under the main columns of the bridge takes you into the community recreation portion of the waterway with another 750-meter stretch of open water before having to navigate the historic Railway Swing Bridge and the Broadway Bridge. The waterway then immediately enters the North Course of the Welland International Flatwater Centre and competitors have approximately 1.2 km remaining to make their move!

The Race Course can be downloaded as a (PDF format). You will need Adobe Acrobat Reader (available free of charge at Adobe) .

There is but one way to pass under the Main Street and Railway Swing Bridges. The Division Street, Broadway and Lincoln Bridges provide for alternate passage under each bridge within the buoyed course and either passage may be used when one passage appears congested. Please follow the traffic signs posted on each bridge.

The only exception is the Division St. Bridge's East Shore which is out of bounds (as navigation is too tight). Passing under any bridge improperly will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so. The Race Course is bounded by a continuous line of orange buoys to the right (west side, middle of waterway) of the coxswain and an intermittent line of yellow buoys on the coxswain's left, marking diversions away from the shoreline. Where there are no buoys, the shoreline of the waterway is the left side boundary of the course.

All coxswains in the club events and coxswains who have never before raced in the regatta are strongly advised to attend the Coxswains' and Coaches' meeting at 7:00 am in the Launch Dock area.

Bridge Traffic Diagrams are available online at the Head of the Welland website, [headofthewelland.ca](http://headofthewelland.ca), as well as course mapping and coxswain notes. Look under [The Course](#).



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### 14. BOW AND BACK NUMBERS

Bow and back numbers will be distributed at registration in the race packet. Bow numbers must be returned at the conclusion of racing to the dockmaster. A charge will be assessed if the bow numbers are not returned. All shells must have bow lips to race. Back numbers must be worn on the back of the bow rower; stern coxswains must wear numbers on their backs (provided in the race packet) and a bow-coxed shell must place its stern bib number on the front of the stroke seat rower.

### 15. START

Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers at 7:00 am in the Launch Dock area. Bridges will be clearly marked and Bridge Diagrams and Course Maps clearly layout the up lane versus racing lane.

The Start Line itself is marked by a two buoys (one orange and one white). There is a 100m start queue. Please enter the start queue on time, following the directions of the Marshall at the Start, and in numerical bow order.

Approach the start line from within the queue and power up so you will be at full speed when you are signalled with a "GO" from the Starter.

### 16. SAFETY BOATS

Safety boats will be stationed throughout the course and in particular will be stationed at all bridges. If for any reason, a boat needs to stop, **move immediately to the closest shore.**

### 17. LAUNCHING

The North Course of the WIFC will be outfitted with docks intermittently along the first 1000m of up lane. Due to the large number of crews anticipated, quick launching is essential. Boats should arrive at the Launch Area **45 minutes before the start time** of their event giving them plenty of time to warm up and make their way to the start. Please be quick on the docks. There will be designated singles docks along the course to ease dock traffic.

You may **wet launch at your own site**, at your own discretion. There are many great spots to wet launch. Please be aware that water levels do change slowly throughout the day; wet launch at your own risk.

### 18. HOT SEATING

Races will not be delayed to permit hot seating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. The Dockmaster and Regatta Chair retain the final authority regarding the launch and retrieval order of shells.

Under extenuating circumstances the launch site at Thorold Road will be open to hot seating, provided arrangements are made with the Regatta Chair. The Thorold Rd Launch Site is RESERVED for Adaptive Rowers and is located within 100 m of the start. It is NOT open for regular launches. The Thorold Road launch site is for Adaptive Rowers and only prearranged hot-seat launching will be allowed. Launching requires gate access. Hot-seat launching from Thorold Road Launch Site is limited to ONE launch per club.



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### 19. CREW CONDUCT

- A) Boats will row to the start line, north along the waterway's west bank (to the coxswain's left, scullers right). Boats rowing to the start will at all times stay in the up lane. The up lane is the western most lane, clearly divided on the waterway by large orange buoys (the port side of the course looking North and the west bank). Passing another boat in the up lane to the start line is permitted except when under bridges.
- B) The race course is set on the eastern side of the waterway between the east bank and the orange buoys. Passing is allowed on the race course. Boats passing other racing boats shall pass on the more open side as they approach; the overtaken boat will yield to the side not chosen by the overtaking boat. Passing is permitted along the entire race course EXCEPT FOR THE AREA BETWEEN THE MAIN AND DIVISION ST BRIDGES. Passing another boat should only be done if necessary. If a crew passes another boat in the no-pass zone, their action may result in exclusion. Please refer to the Course Map.
- C) Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a penalty for crossing the buoys into the race course.
- D) Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a one-minute time penalty or be excluded, at the discretion of the officials.
- E) After crossing the finish line, a shell must be prepared to move into the return lane immediately. The shell may then proceed to enter the return/up lane and enter the cool down area. The Marshall at the Finish will insist that crews quickly make their way into the return lane. Coxies and shells are to pay full attention to the Marshall at the Finish to avoid interfering with crews coming to the Finish. Shells shall return to the launch and recovery docks, single file, up the return/up lane (west side bank) (on the coxes left, scullers right).

### 20. PROTESTS & SCRATCHES

Protests regarding the outcome of a race must be made to the Registration Tent / Regatta Office within 60 minutes of the time the results of the race in question are posted. Protests made outside of that time period will not be allowed. Protests must be accompanied by a fee of \$100.00 at the time the protest is submitted to the Regatta Office. The fee will be refunded if a decision is in favour of the protest.

**Scratch Fee:** \$35.00 for any non-medical, non-verifiable reason.



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### 21. CLUB TROPHIES, INDIVIDUAL MEDALS and SPECIAL AWARDS

#### *Overall Awards*

Overall Points Trophy will be awarded to the winning club for both, Masters and Youth Program, and the total points winner. Points will be awarded in each event to the school or club with whom the winning boat is affiliated.

Points will be awarded as follows:

- 1st place - 6 points;
- 2nd place - 4 points;
- 3rd place - 2 points;
- 4th place - 1 point.

A Regatta Trophy will be awarded to both classifications (Masters and Youth) of the school or club winning the most points overall in the Masters and Youth classifications, respectively.

The Head of the Welland Points Champion Trophy will be awarded to the overall winner; most points accumulated from all classes. Regatta Trophies will be awarded at days end.

#### *Individual Medals*

Gold, silver and bronze medals will be awarded.

#### *Handicapping*

The Head of the Welland will use the Garrett 2011 handicap system released this year by Rowing Canada Aviron and used at the RowOntario Championships. Unlike other handicapping systems, which calculate handicap values by boat type, the Garrett system handicaps are based both on boat type and crew gender (Men/Open, Women, and Mixed).

Individual medals will be awarded when race results are confirmed and made official. Medals can be picked up at the Registration office.

### 22. GENERAL RULES

RCA Rules of Racing apply to all situations not covered above.

The Head of the Welland ~ Five Bridges Fall Classic is hosted on the North Course of the Welland International Flatwater Centre by the South Niagara Rowing Club in partnership with the Welland Recreational Canal Corporation and the City of Welland.

Find maps, driving directions, local information at <http://www.southniagararowingclub.ca>



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## EVENTS

### MORNING

Event #	Event Description	Time
1a	Mens Open 1x	9:00 am
1b	Mens Junior 1x	9:00 am
1c	Womens Open 1x	9:00 am
1d	Womens Junior 1x	9:00 am
2a	Mens Open 4+	9:30 am
2b	Mens Junior 4+	9:30 am
2c	Womens Open 4+	9:30 am
2d	Womens Junior 4+	9:30 am
3a	Mens Masters 1x	10:00 am
3b	Womens Masters 1x	10:00 am
4a	Mens Open Lightweight 8+	10:30 am
4b	Mens Junior Lightweight 8+	10:30 am
4c	Mens Masters 8+	10:30 am
4e	Womens Open Lightweight 8+	10:30 am
4f	Womens Masters 8+	10:30 am
4g	Womens Novice 8+	10:30 am
5a	Mens Open 2x	11:00 am
5b	Mens Junior 2x	11:00 am
5c	Womens Open 2x	11:00 am
5d	Womens Junior 2x	11:00 am
6a	Mens Lightweight 1x	11:30 am
6b	Womens Lightweight 1x	11:30 am
6c	Mens Novice 1x	11:30 am
6d	Womens Novice 1x	11:30 am
7a	Mens Junior 8+	12:00 noon
7b	Womens Junior 8+	12:00 noon
7c	Mens Novice 8+	12:00 noon
7d	Mixed Masters 8+	12:00 noon



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## EVENTS

### LUNCH

There will be a one-hour break for lunch, from 12:00 noon to 1:00 pm.

### AFTERNOON

<b>Event #</b>	<b>Event Description</b>	<b>Time</b>
8a	Mens Adaptive 1x	1:00 pm
8b	Mens Adaptive 2x	1:00 pm
8c	Mens Adaptive 2-	1:00 pm
8d	Womens Adaptive 1x	1:00 pm
8e	Womens Adaptive 2x	1:00 pm
8f	Womens Adaptive 2-	1:00 pm
8g	Mixed Adaptive 2x	1:00 pm
8h	Mixed Adaptive 2-	1:00 pm
9a	Mens Open Lightweight 4+	1:30 pm
9b	Mens Masters 4+	1:00 pm
9c	Womens Open Lightweight 4+	1:00 pm
9d	Womens Junior Lightweight 4+	1:00 pm
9e	Womens Masters 4+	1:00 pm
9f	Womens Novice 4+	1:00 pm
9g	Mens Novice 4+	1:00 pm
10 a	Mens Lightweight 2x	2:00 pm
10 b	Womens Lightweight 2x	2:00 pm
10 c	Mens Masters 2x	2:00 pm
10 d	Womens Masters 2x	2:00 pm
10 e	Mixed Masters 2x	2:00 pm
11 a	Mens Open 4x	2:30 pm
11 b	Mens Junior 4x	2:30 pm
11 c	Womens Open 4x	2:30 pm
11 d	Womens Junior 4x	2:30 pm
11 e	Mixed Masters 4x	2:30 pm
12 a	Mens Open 8+	3:00 pm
12 b	Womens Open 8+	3:00 pm

# APPENDIX 1: Head of the Welland Five Bridges Classic Regatta Site Layout



## Regatta Site Layout

