



Beach Sprint Regatta Lachine 2022

Aviron Lachine, Qc, Canada



The Lachine rowing club is proud to present its first Beach Sprint regatta on Lac St-Louis in Lachine on Sunday August 14, 2022.

This race will be sanctioned by RCA and is part of Canada Team qualification runs for the World Championship in September.

This regatta consists on a portion on land and one on water. At the start signal 2 rowers will run to their boat, get in the boat and race in a slalom around 3 buoys over a distance of 250m. the return will be a strait line back to the beach where they will get out of the boat and run through the finish line.

*****Last minute update:** Because of problem with the beach, we will use docks for our race. Rowers will run to their boats that will be on each side of this dock and the finish line will be on water between 2 buoys. ***

In the case of a high number of participants in a category there will be Time Trials to determine the finalists.

We propose several categories such as solo, double and Mixed double. This will be for two levels: Club and Elite.



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- 1) Club: for rowers two who are new to coastal rowing (U19 and Open)
- 2) Elite: for rowers who want to qualify for the Canada Team and go to the World Beach Sprint Championships.

EuroDiffusion's and RowingSportBoat will be provided for the race.



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The boat categories are as follows:

- Solo Men (CM1x)
- Solo Women (CW1x)
- Double Women (CW2x)
- Double Men (CM2x)
- Mixte Double (CMix2x)

Junior categories:

- Double Women (CW2x)
- Double Men (CM2x)

Age categories will be confirmed depending on registration.

The registration closes August 11, 2022 24:00.

Registrations are done through **RegattaCentral** . For all additional information, please contact Charles Hauss at:

514-894-3264

Or regatta@avironlachine.ca

Registration fees include the rental of the boats for the Beach Sprint races. To be fair to all rowers, equivalent boats will be provided.



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Regulations

1. The time schedule below is still preliminary. The order of races may change depending on registrations received.
2. The registration period finishes August 11st, at midnight on RegattaCentral.
3. No athlete will be permitted to race in two consecutive races.
4. All coxswains should present themselves to be weighed at the regatta site between 7 :30 and 9 :00 am. (One weigh-in per cox)
5. The Umpire and coach's meeting will commence at 7 :30 the morning of the race. All coaches and Team Captain **MUST** be present at the meeting
6. The RCA rules of racing will apply except where specified in this document.
7. Races with less than 2 participants will be cancelled or where possible, re-scheduled to the closest possible best fit.
8. There will be a \$10 charge for any race scratched after August 12 st.
9. Registration costs: skiff \$30.00, doubles \$40.00.
10. RCA and AQA fees (5,47 \$ per seat) will be automatically added by RegattaCentral

Rental :

Boat rental fees are **INCLUDED** in the registration fees.



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Race schedule (**preliminary**)

The race schedule will be confirmed following registration closure.

Time Trials will be scheduled if the number of participants is higher than 8 for a particular category.

The first race will start at 8 :30 with the Time Trials.

Horaire	Catégorie	
08:30	TT (3min interval)	
10:30	Repêchage	
10:50	QF CW-1x	
10:30	QF CM-1x	
12:00 LUNCH		
12:30	CM-1x	SF CW-1x
12:50	CW-1x	SF CM-1x
13:10	CM-1x	Final CW-1x
13:30	CM-1x	Final CM-1x
14:00	CMix-2x	QF CMix-2x
14:20	CMix-2x	SF CMix-2x
14:30	CMix-2x	Finale CMix-2x

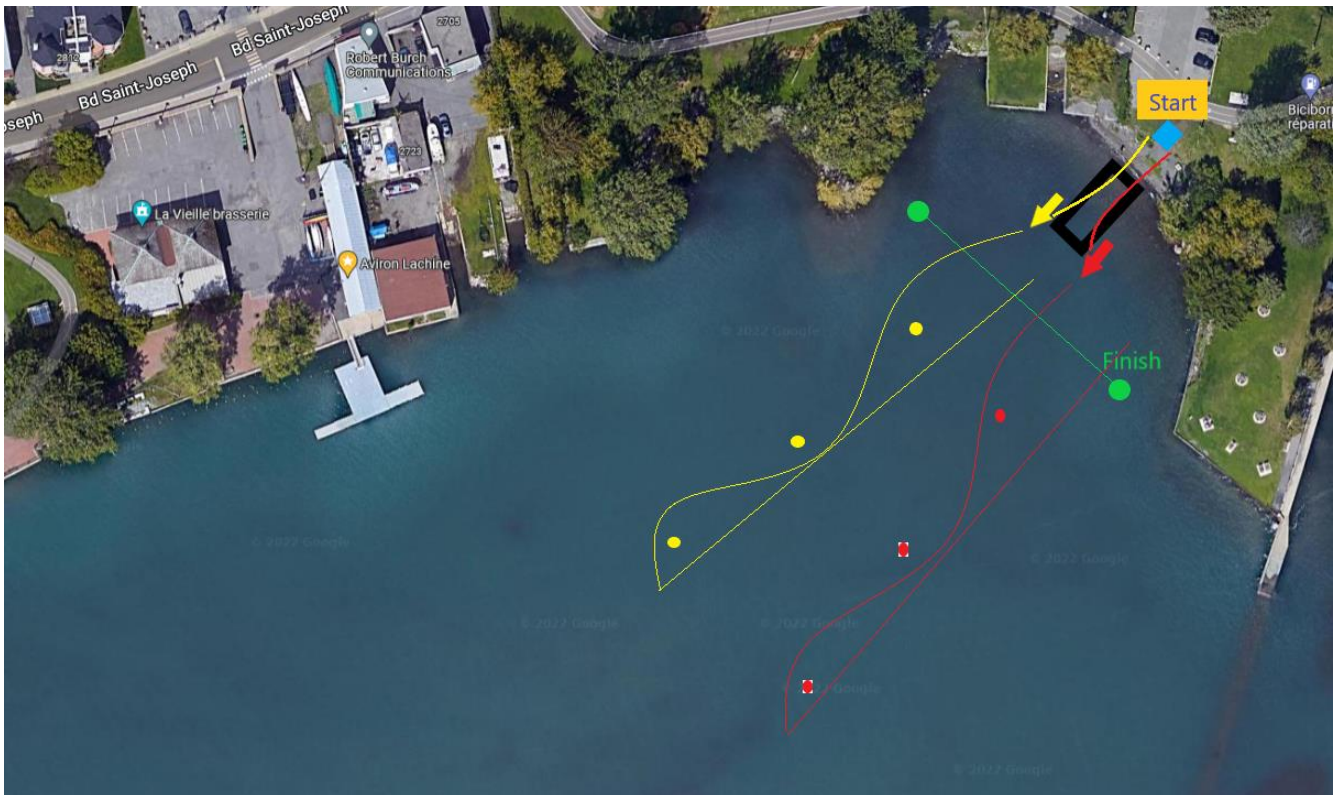
Le programme de course final sera disponible au plus tard le vendredi 12 août après la fermeture des inscriptions.



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RACE PATTERN :



More information to follow soon but a dock will be installed at the beach and the boats will be alongside of the dock. At the start signal the rower will run from the beach on the dock and enter his boat. 1 or 2 assistants will hold the boat and help the rower to get in. The assistants are allowed to push the boat.

Two line of three buoys will be installed over a 250m stretch, distant of about 80m each.

The rowers will turn around the buoys going out and in a strait line coming back.

The finish will be exceptionally on water between 2 buoys as we cannot use the beach safely for a landing.



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Depending on the number of registrations a progression system will be used by the Organising Comity.

A Time Trial (TT) will be held for any category that has 8 or more rowers registered. The starts will be given at a 3 min interval for the TT by alternating between the two lanes.

En fonction du nombre d'inscription, un système de progression sera déterminé par le Comité organisateur.

The races will be started at a 5 min interval. With 4 boats in each category, each crew will have enough time to prepare its boat during the previous race.



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EMERGENCY ACTION PLAN

Weather:

In case of weather emergency, the weather responsible will direct rowers to immediately bring their shells to the closest dock or in the event the closest dock is not available move immediately to the shore.

Collision / capsizing:

The safety boat will determine if the rowers are physically capable of reseating their boats and if this is possible then redirect traffic till the crew is autonomous.

If a rower is incapacitated then when possible the following steps will be taken:

Emergency staff or 911 will be called

The crew will be assisted into the motor boat in order of medical priority

Rowers with no medical emergencies will be transported to the club or racing site depending on venue.

Crews with medical issues will be transported immediately to the designated rendez-vous as instructed by medical staff.

Extraneous equipment will be moved aside if possible or recovered when convenient.