



# Coastal rowing regatta Lachine 2023

Aviron Lachine, Qc, Canada



The Lachine rowing club is proud to present its seventh coastal rowing regatta on Lac St-Louis in Lachine on Saturday August 19, 2023.

The regatta will be a FISA style course consisting in a 6 km course on the Lac St-Louis with 7 turning buoys. This year we will again propose a Junior course with a length of 2 km in the Lachine basin.

In the case of a high number of participants in a category there will be heats of 4 km to determine the finalists.

We propose several categories such as solo, double and quad for Men and Women and if possible, a mixed quad category.

EuroDiffusion and RSB boats will be available for rent.



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The boat categories are as follows:

- Coxed Quad Women (CW4x+)
- Coxed Quad Men (CM4x+)
- Double Women (CW2x)
- Double Men (CM2x)
- Solo Men (CM1x)
- Solo Women (CW1x)
- Coxed Quad Mixte (CMix4x+)
- Double Mixte (CMix2x)

Junior categories:

- Coxed Quad Women (CW4x+)
- Coxed Quad Men (CM4x+)
- Double Women (CW2x)
- Double Men (CM2x)

Age categories will be confirmed depending on registration.

The number of registrations and boats available will determine if heats will be required. Qualification heats will be run on a shorter 4 km course to determine the finalist.

The registration closes August 16, 2023 24:00.

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

**514-894-3264**

Or **regatta@avironlachine.ca**

For boat rentals send a note to **regatta@avironlachine.ca**.



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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 16st, 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 8 :00 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 12st.
9. Registration costs: skiff \$30.00, doubles \$40.00, four's \$60.00.
10. RCA and AQA fees (5,75 \$ per seat) will be automatically added by RegattaCentral

### **Rental :**

Boat rental fees are as follow:

- Solo C1X - 20 \$
- Double C2X - 40 \$
- Coxed Quads C4X - 60 \$
- Junior – 5\$ per seat



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### Race schedule (**preliminary**)

The race schedule will be confirmed following registration closure.

Qualification heats over 4 km will be scheduled if the number of participants is higher than the number of available boats for a particular category.

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

	4 km	1km	
08:45	C1X H		Heat
08:48		C2X H U15	
09:00		C2X H U19	
09:10	C1X H		Heat
09:15		C2X F U19	
09:40	C4X+F		Final
09:43		C2X F U15	
10:30	C2X H		Heat
10:33		C4X+H U15	
11:00		C4X+H U19	
11:10	C2X H		Heat
11:15		C4X+H U19	
11:30		C4X+H U15	
11:33	C1X F		Final
12:00 LUNCH			
13:00	C1X H		Final
13:30	C2X F		Final
14:00	C2X H		Final
14:30	C4X+Mix		Final
15:00	C4X+H		Final

The final schedule will be available on August 18 after closing of registration.



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## RACE PATTERN

### Junior Course:

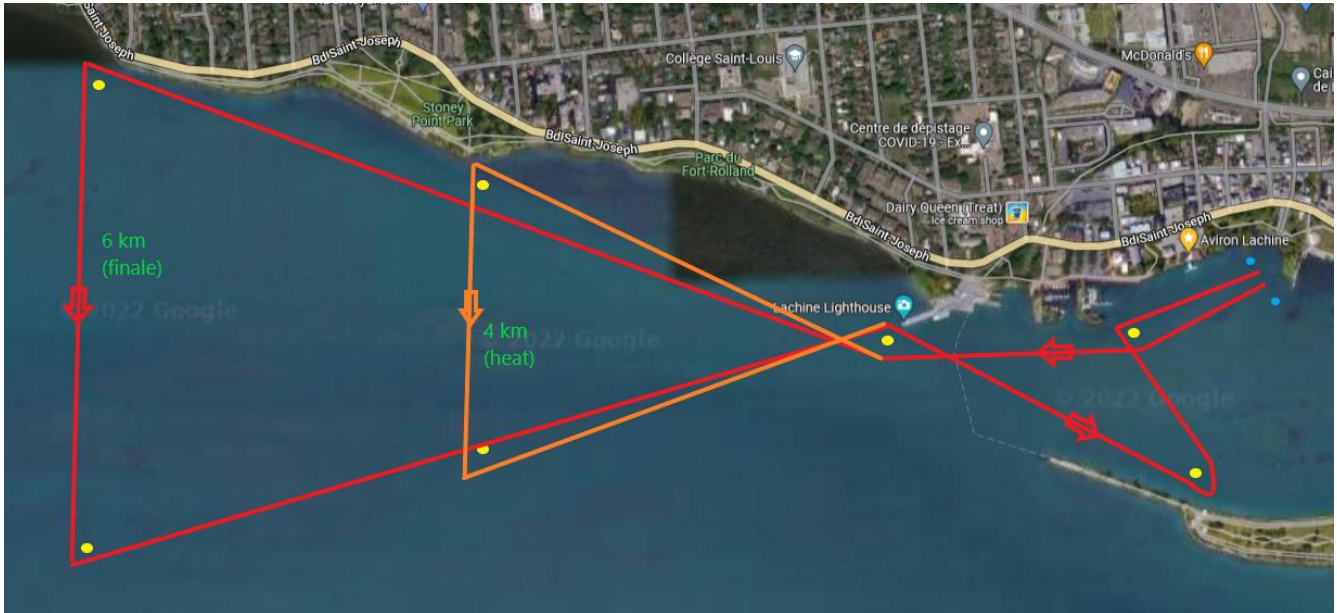




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## Long course :



Each crew will need to designate a team captain who will need to report himself at Control Commission before and after each race. The team captain will receive a race bib that needs to be worn by the bow rower.

The start will be done on the water between 2 starting buoys near the shore line. This Start line will also be the Finish line.

The start will be given by visual and audible signals as follow:

- 3 min : Hoist 3 red balls with a white cross and sound 3 clear, short horn blast.
- 2 min : Lower 1 of the 3 red balls and sound 2 clear, short horn blast.
- 1 min : Lower 1 of the 2 red balls and sound 1 clear, short horn blast.
- Start : Lower the last red balls and sound 1 long blast with the horn.

A false start will be awarded a 60 sec penalty (20 sec for Junior)

All turning buoys must be passed or the boat will be excluded.

The boat closest to the turning buoy has priority for the turn. All obstruction or contact will be penalized by adding time (30s – 60s). The time of the penalties will be added to the time of the race.



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The Lachine Bassin is used by other type of boats and the rowers should be aware of navigation rules. A security boat will be around to advise the other boats of the regatta and leave free way to the coastal boats during the race. All users of the Bassin are generally very cooperative.

For the Junior Quads, experienced coxes will be supplied to each crew.

All crew changes will be done on the Lachine Rowing Club docks. All team should be complete, ready and on time at the docks.

All crews should be on the water BEFORE the arrival of the previous race. **The 3 min signal will be given as soon as the last boat of the previous race passes the Finish line.**





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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.