



CASCADIA MASTERS CHAMPIONSHIP REGATTA July 21-22, 2012

Masters Committee

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

Race Type: Sprint, 1000 metres

Venue:

The Regatta will be held in Burnaby, BC at [Burnaby Lake Rowing Pavilion](#) from Saturday, July 21, to Sunday, July 22, 2012, 45' from the US Washington State border.

Timeline: Racing will begin at 10:00AM on Saturday, 9AM on Sunday.

Events Offered*:

Masters Men: 1x, 2x, 4x, 2-, 4+, 8+
Masters Women: 1x, 2x, 4x, 2-, 4+, 8+
Mixed Masters: 2x, 4x, 4+
Adaptive: 1x, 2x
Parent/Child: 2x

*Please see [Regatta Central](#) for age categories and schedule.

Entry Fees: \$20/seat; except \$30 for Parent/Child 2x and \$120 for 8+'s.
(coxswains excluded from charges in all coxed events)

Registration:

- a) Entry deadline: Monday, July 9, 2012 at 11:59PM.
- b) Payment/Scratch deadline: Friday, July 13, 2012 at 11:59PM.
- c) Late entries will be accepted provided they do not result in additional races. A late entry fee may apply.
- d) A scratch fee equal to entry fee will be levied for any scratches received after Friday, July 13, 2012.
- e) All entries registered through [Regatta Central](#)
- f) Regatta contact: Kai Imlah, cascdiamasters@gmail.com
- g) Cascadia Masters Championship regatta website:
<https://sites.google.com/site/cascdiamasterschampionship/home>

Competitor Eligibility:

- a) All rowers must be members in good standing with 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.



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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.

Lightweight:

- 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 on behalf of Rowing Canada.

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. 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 2012 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.



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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: Freshwater lake

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 behind the finish line 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.

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 with your trailer details (overall length of trailer, estimated arrival time and length of stay) by Monday, July 16. There will also be a designated area for car topping vehicles on the day of arrival and departure.
- b) Trailers may arrive between 4pm and 9pm on Friday, July 20. Trailers are to be parked as guided by the organizing committee.
- c) Overnight security will be provided on site.



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Car Parking:

- a) Parking in the lot adjacent to the boathouse is reserved for official and trailer/car top parking only.
- b) There is limited parking directly adjacent to the regatta site. Attendants will help direct people to parking areas. Carpooling is encouraged wherever possible.

Convenience Facilities:

- a) Restroom facilities are inside the pavilion at the regatta 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:

A handicap system will be activated in events with combined age groups. Categories may be separated out from larger events depending on the number of entries in each age class, resulting in no use of the handicapping system. Where a time allowance based on the average crew age is applied, the allowance will be determined from [tables](#) developed by John Garrett and Carlo Zezza using comparisons of actual crew age and race finish times for finals at 6 US National Championship and the fastest 15% times at 2 FISA World Masters Championships. Different allowances will be applied for Women, Men and Mixed crews.

Awards:

- a) Provincial Championship medals will be awarded in age categories with race finals consisting of four or more entries. Additionally, first place medals and second/third place ribbons will be awarded to all race finals.
- 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*.

Concession and amenities:

Food and beverages will be available on site.



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Accommodation:

Accent Inns - Burnaby - Group #13921
Standard guest rooms with choice of 2 queen beds or 1 king bed
\$99.00 Per Night + tax
3777 Henning Drive, Burnaby, BC, V5C6N5
Tel: 1-866-299-2910
(Shuttle can be booked for transport to race site)
<http://www.accentinns.com/burnaby>

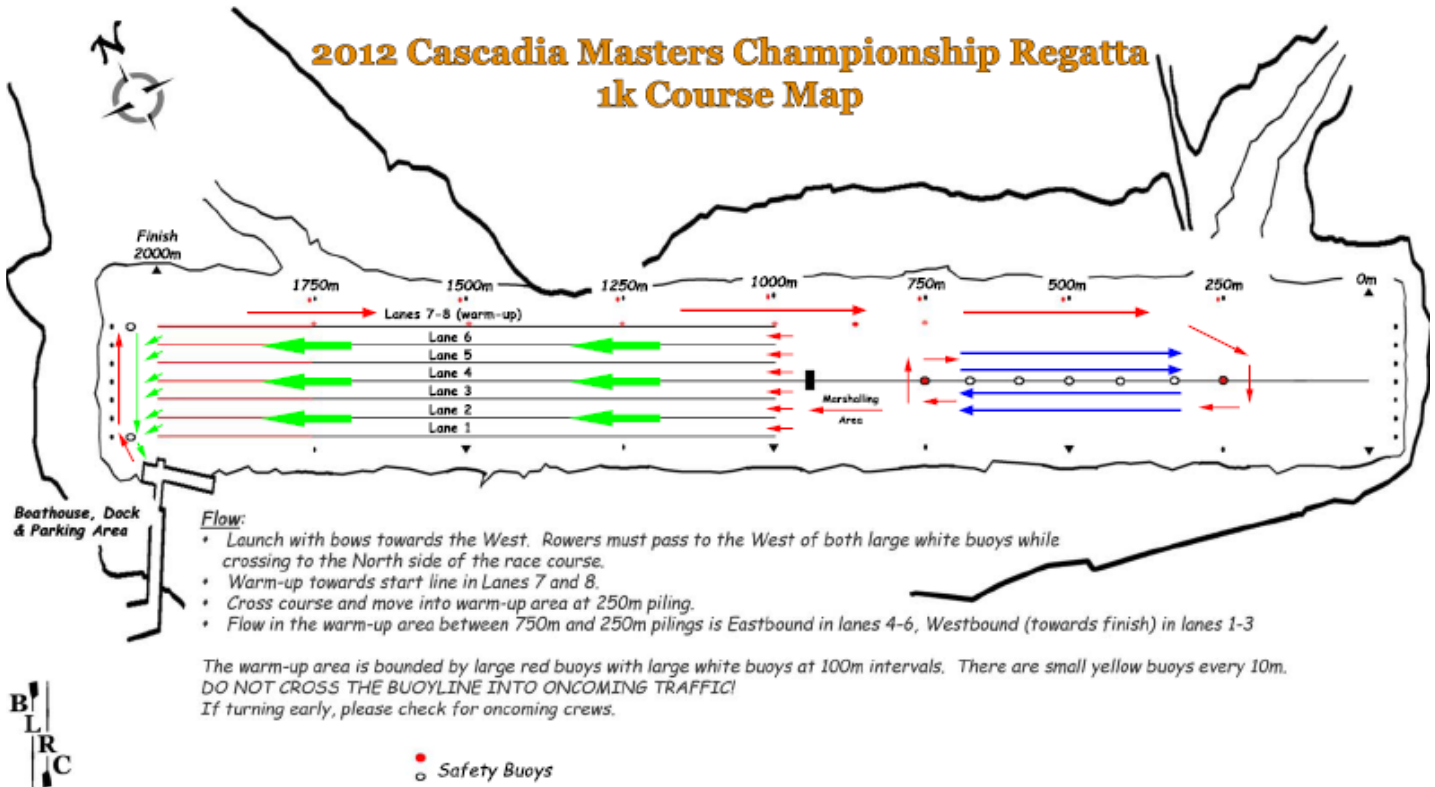
Executive Hotel & Conference Centre Burnaby - Group # 14390 (until July 6/12)
Standard suite with queen bed, sofa bed & kitchenette
\$99.00 Per Night + tax (Tourism Burnaby rate)
4201 Lougheed Highway, Burnaby, BC, V5C 3Y6
Toll Free: 1-800-590-3932
Other Enquiries: (604)298-2010 Fax: (604) 298-1123
http://www.executivehotels.net/burnabyhotel/s_bby_home.cgi

Delta Burnaby Hotel & Conference Centre
Standard Deluxe 2 bedded queen
\$125.00 Per Night + tax (Tourism Burnaby rate)
4331 Dominion Street, Burnaby, BC, V5G 1C7
Toll Free: 1-888-890-3222
<http://www.deltahotels.com/en/hotels/hotels.php?hotelId=218>



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Course Map:

- Enter Marshalling area on South side of course (Lanes 1-3)
- Enter the race course by rowing past the start dock on the South side.