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Henley Regatta**

**La Régate du Royal
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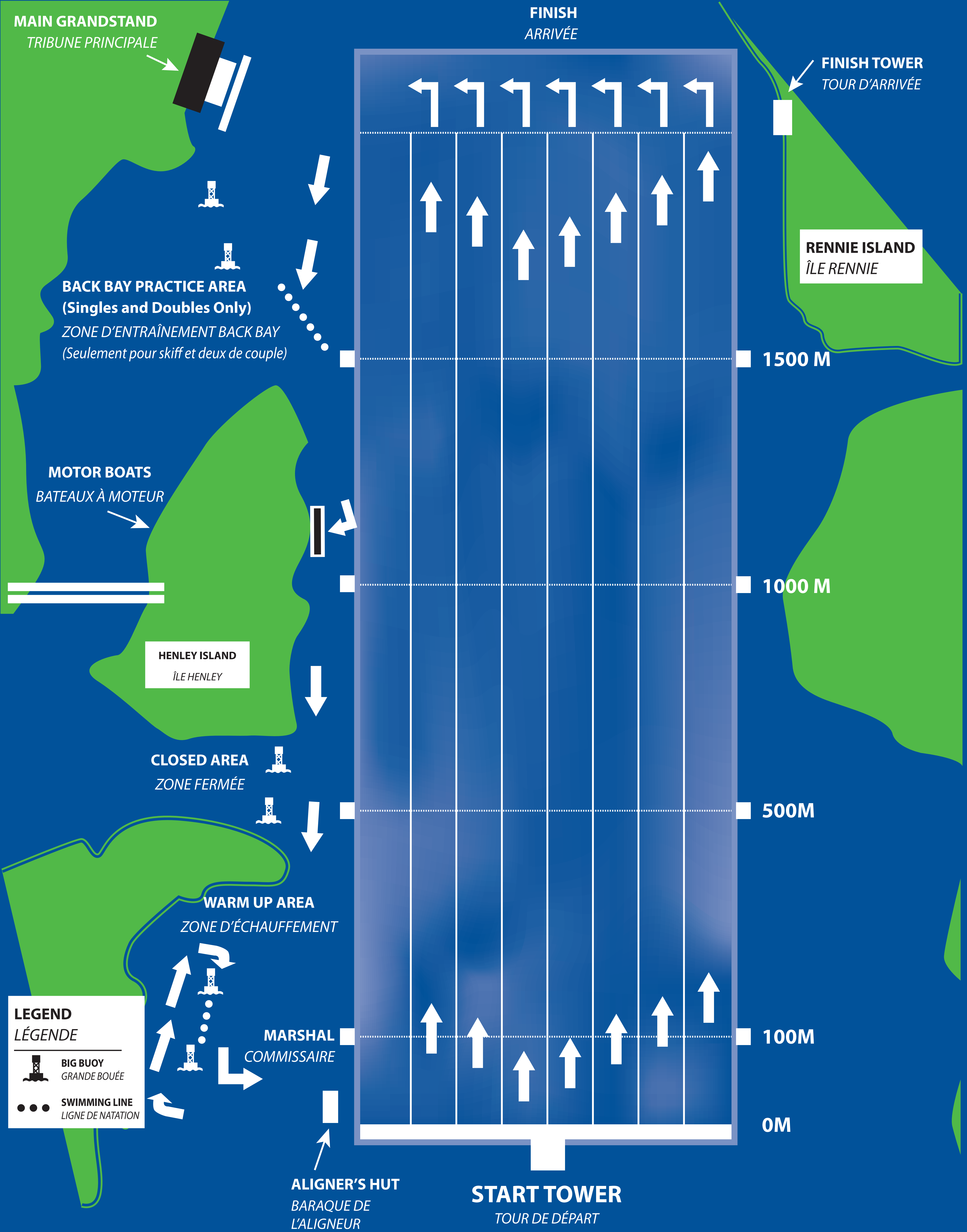
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Royal Canadian Henley Regatta

La Régate du Royal Canadienne Henley

Traffic Rules Racing

Règles de Circulation de la Course



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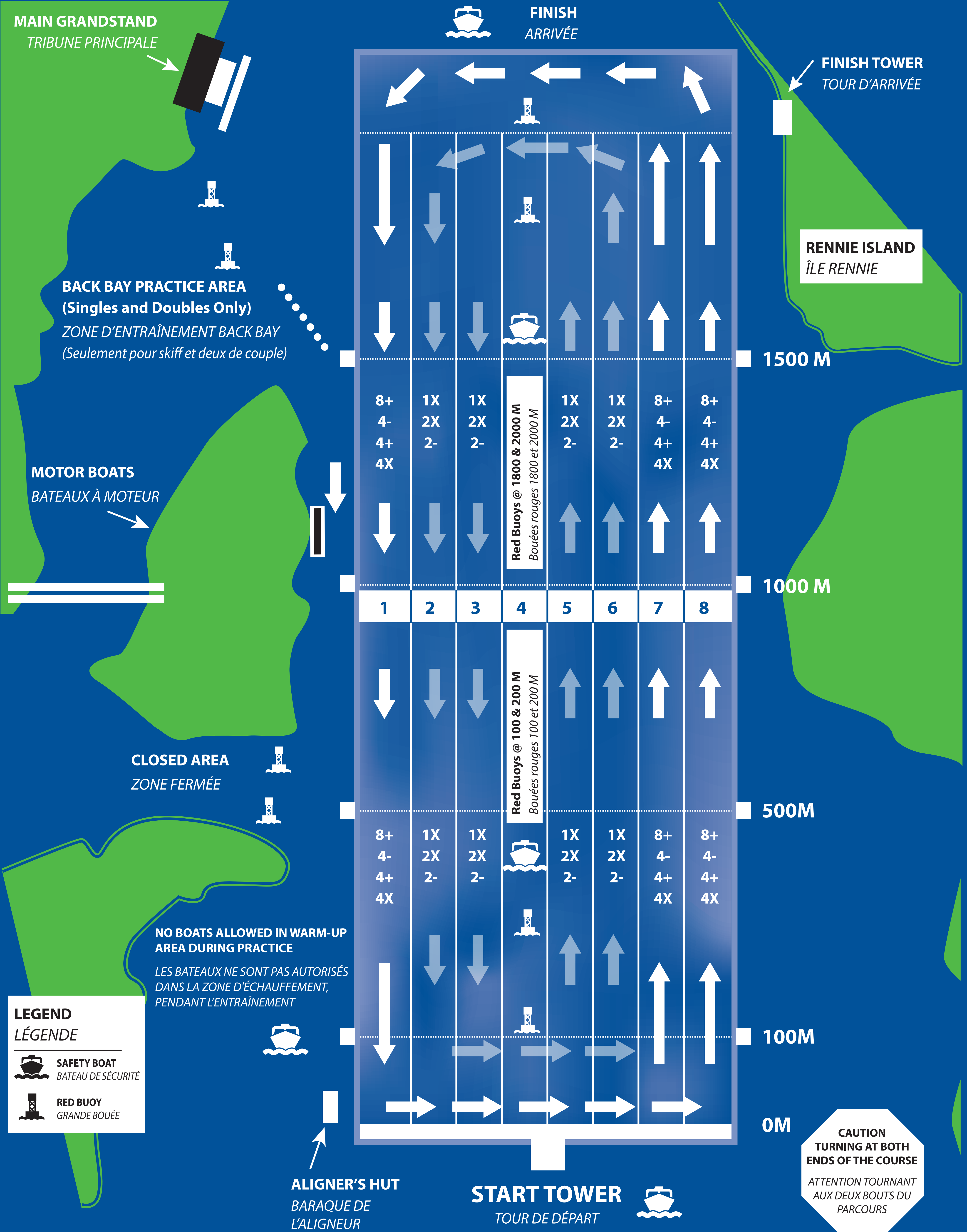
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Royal Canadian Henley Regatta

La Régate du Royal Canadienne Henley

Training Traffic Pattern

Circulation Du Trafic D'entraînement



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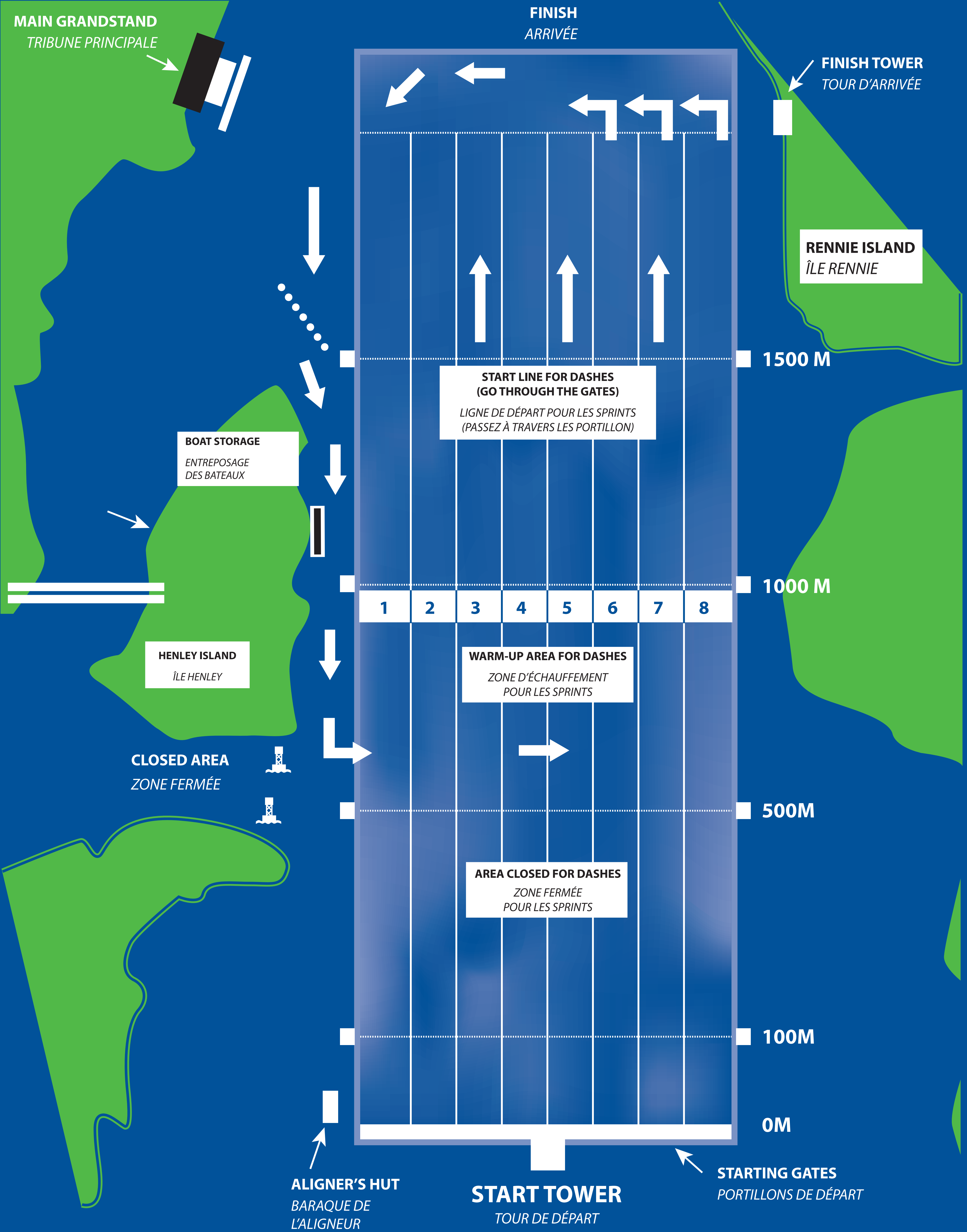
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Traffic Rules for Dashes

Règles de circulation pour le sprint



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Back Bay Training

Rowing in the Back Bay is for the benefit of training in singles, doubles or pairs.

The area is not to be used for warm-up or cool-down, rather for training and testing equipment.

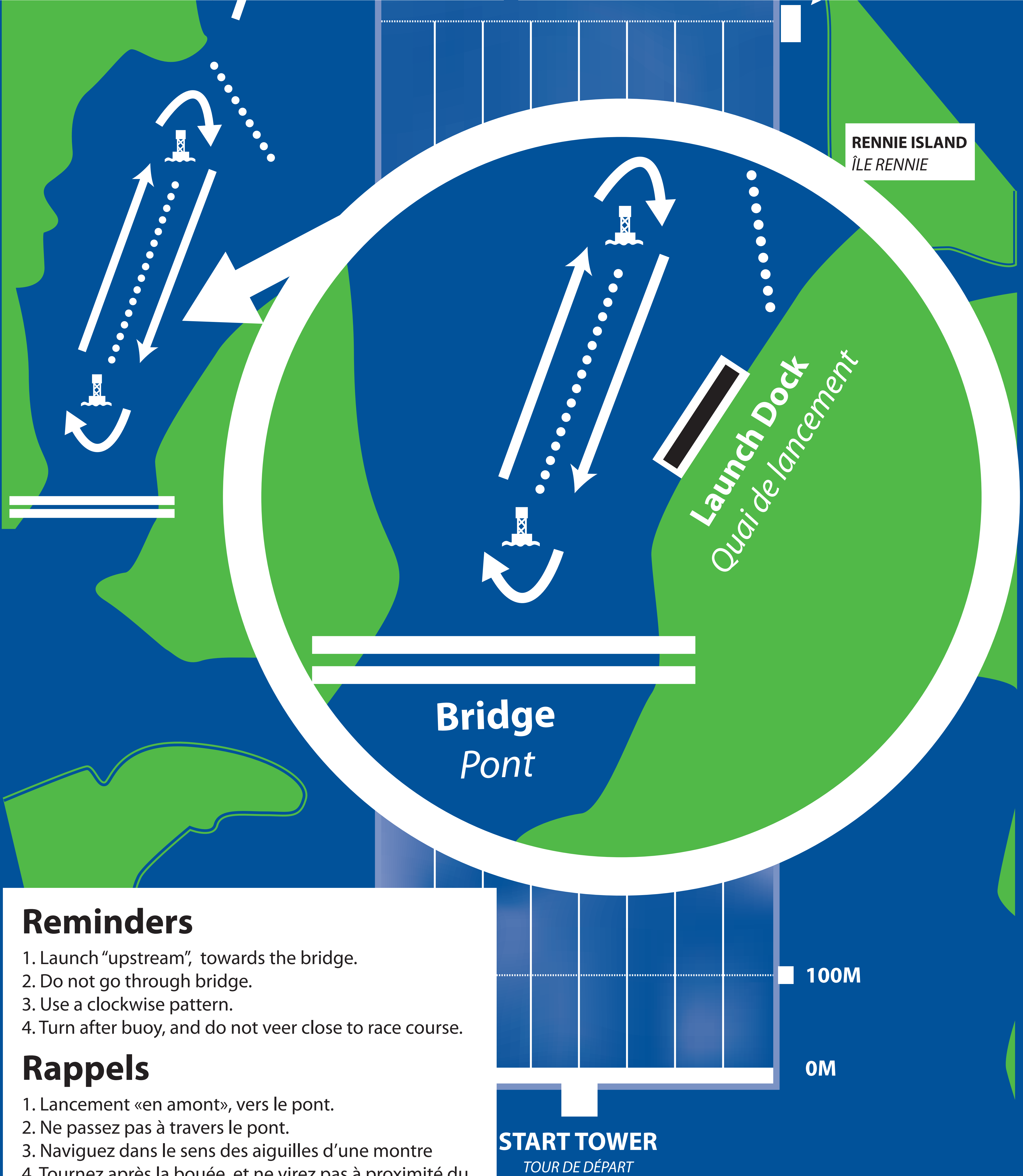
The dock master will allow up to 12 boats on the water at one time. Anyone interested in going out should check in with the dock master, either to go out or to be put on a list for the next available spot.

Entraînement à Back Bay

La zone Back Bay est réservée pour l'entraînement de skiff, double ou couple.

La zone ne doit pas être utilisée pour l'échauffement ou la récupération, elle doit être utilisée seulement pour l'entraînement et les essais d'équipement.

Le maître de port permettra jusqu'à 12 bateaux sur l'eau à n'importe quel moment. Toute personne intéressée à sortir devrait vérifier avec le maître de port, soit pour sortir ou pour être mise sur une liste pour la prochaine place disponible.



Reminders

1. Launch "upstream", towards the bridge.
2. Do not go through bridge.
3. Use a clockwise pattern.
4. Turn after buoy, and do not veer close to race course.

Rappels

1. Lancement «en amont», vers le pont.
2. Ne passez pas à travers le pont.
3. Naviguez dans le sens des aiguilles d'une montre
4. Tournez après la bouée, et ne virez pas à proximité du parcours de la course



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Practise Rules and Times

Safety during practise time is most important. **All Athletes have the right to practise as long as they accept the responsibility.** All boats must follow the Training Map pattern. Only safety boats will be on the water during practise.

Please consider the following:

Use caution as you leave the dock moving into the appropriate lane and as you leave your lane to come back into the dock.

Use caution when turning at both ends of the course.

Use caution if you need to stop on the course.

Slower crews, please allow faster crews to *row through*. Faster crews must use caution in their workout.

Do not train in the warm-up area or in the starting gates.

Training Times

A.M. practise is from 6:00 a.m. (**determined by the Dock Marshal**) until 1 hour before the first race begins. **The course is then closed.**

P.M. practise begins after the last race comes off the water. Crews will sign up at the Clerk of the Course booth and be called on the water. All crews must be off the water by **8:00 p.m.** **The course is then closed.**



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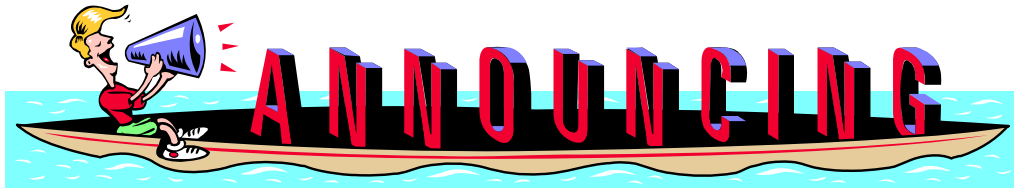
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The Daily Coaches Meeting

When: Tuesday to Saturday
1 hour before the first race of the day

Where: At the Clerk's Booth
(near the dock)

Who: Coaches & Coxies should attend

Why:

1. Daily updated information for coaches and coxies to share with athletes
2. Distribution of daily draw schedules for coaches



Royal Canadian
Henley Regatta

La Régate du Royal
Canadienne Henley

Royal Canadian Henley Regatta Weigh In Procedures

1. Any changes to crew lists must be made at the Regatta Office before you proceed to the scales. The regatta registrar will give you a copy of the name change form for weigh-ins.
2. When you arrive to weigh in you are to report to one of the marshals at the bottom of the weigh in room downstairs. (If a marshal is not present at the bottom of the stairs proceed up to the weigh-in area.)
 1. **Report only when all of your crew mates and coach are in attendance.** If you are called and your entire crew is not present, you will not be allowed to proceed to the scales.
 2. **Be sure to have your identification with you.**
 3. **A coach must accompany each crew.**
3. When you reach the scales, please line your crew up bow to stern.
4. The first ninety minutes of each day's weigh in schedule is based upon the scheduled times of the races. The weigh in windows with their respective race times will be posted at the regatta. During the weigh in window, crews will be allowed to weigh in only for one race and will have priority for fifteen minutes. If your crew misses its weigh in window, they will have to wait until a suitable break occurs.
5. At all other times, weigh-ins occur on a first come first served basis. This is based upon when you have reported with your crew to the marshal at the bottom of the weigh in room stairs.
6. Any verbal abuse of weigh in officials will not be tolerated and will result in disciplinary action as outlined in the Rowing Canada Aviron Rules of Racing.

Royal Canadian Henley Regatta

Weigh In Rules

1. All lightweight classes and all coxswains must be weighed each day they race. No re-weighing is allowed. Coxswain weights will be provided for a \$5.00 fee.
2. The official weigh-in period is as follows:
Tuesday - Saturday 6:00 a.m. - 10:00 a.m.
Sunday - 9:00 a.m. - 12:00 noon
Practice scales will be available each day from 2:00 - 4:00 p.m.

3. Athletes must weigh-in as a crew and be accompanied by a coach during the weigh-in.

4. Lightweight

	MALE LWT.	MALE 64 KG	FEMALE LWT.	FEMALE 52 KG
MAXIMUM	72.5 kg.	64 kg.	59 kg.	52 kg.

There will be no averaging of weights. Crews and scullers will not be allowed to re-weigh.

5. Coxswain Weights

Male Crew Coxswain: 55 kg.
Junior Crew Coxswain: 50 kg.

6. In the case of a dispute, the clerk of the scales and registrar will communicate only with the crew's coach.
7. All competitors including coxswains, will weigh-in wearing the same club rowing uniforms. No one will be weighed wearing more or less clothing.
8. All weights for coxies requiring them will be supplied at the scales and **will be the only weights recognized by the officials**. A \$5.00 fee will be assessed for each coxswain's weights and will be payable to the clerk of the scales prior to leaving the weigh-in room.
9. During the official weigh-in periods, testing of scales or checking weights will not be permitted.
10. Crew changes will not be permitted in the weigh-in room. Any changes must be completed the Regatta Office. Bring your copy of the approved form with you.



Regatta Office Hours

Monday: 10:00 a.m. - 5:00 p.m.

Tuesday to Saturday:
7:00 a.m. - 5:00 p.m.

Sunday: 9:30 a.m. - 4:00 p.m.

Please Note:

Name Changes and Scratches must be made in the Regatta Office before **4:00 p.m. the day prior to the race.**



Welcome to the 129th Royal Canadian Henley Regatta! We hope that you find these six days of racing to be an enjoyable and gratifying experience.

In your package you will find:

1. A printed copy of the 2011 Royal Canadian Henley Regatta Rules. Along with exemptions to RCA Rules of Racing.
2. Course Maps. Traffic Rules for racing, Traffic Rules for Dashes, Traffic Patterns for Practice on the Back Bay for small boats.

Please review the appropriate maps with your athletes. They are responsible for using the course safely at all times.

3. Weigh-In Rules and Times.
4. Club Colours Reference Sheet - Please complete and hand in to the Registrar if your colours have changes or are new to the Regatta.
5. Wavier – To be signed and handed in at the Regatta Office.
6. Name Change Form, Scratch Form and Late Entry Form.
(Additional Forms available in Regatta Office)
7. Invitation to the Opening Ceremonies for the 129th Royal Canadian Henley Regatta.
8. Suggestion Form – Please complete and hand in at the Regatta Office if you have suggestions for the improvement to the Regatta.
9. Plus a number of informational items are in your package.

Each morning, one hour before race time, there will be a coach's meeting where you will receive a copy of the race schedule for that day. We will provide one copy per coach. Schedules will not be held beyond 10.30 am. Please ask questions at the coaches meeting. Each club needs a representative present at the meeting.

If you would like to help out at the Regatta, we are still in need of people in the safety boats during the morning and afternoon practices. If you are interested please sign up in the Clerk of the Course's Booth.

Should you have any questions, the Regatta Office is located upstairs over the boathouse. Enjoy the Regatta.

Sincerely

Joe Lyttle
Regatta Chair

129th Royal Canadian Henley Regatta

Regatta Summary

Competitors by Gender

		Men	Women	All
Rowers	Count	1116	1110	2228
	Avg. Events	2.4	2.5	2.5
Coxswains	Count	47	124	169
	Avg. Events	2.1	2.0	2.0
All	Count	1163	1234	2397

Event Summary by Gender

Boat Type	Men/Open	Women	Mixed	Total
Single	11	10		21
Pair -	6	6		12
Double	6	6	1	13
Quad -	5	7		12
Four -	4	2		6
Four +	3	3	1	7
Eight	8	9	1	18
	43	43	3	89

Entries By Boat Type and Crew Gender

Boat Type	Men/Open	Women	Mixed	Total
Single	360	323		683
Pair -	152	106		258
Double	220	226	0	446
Quad -	86	123		209
Four -	68	34		102
Four +	66	73	2	141
Eight	88	109	2	199
	1040	994	4	2038

129th Royal Canadian Henley Regatta

Club Entry Summary

Club Name	City	State/Province	Men	Women	Total Athletes	# of Entries
Albany Rowing Center	Albany		4	14	18	15
All-American Rowing Camp, Llc	Oak Ridge		1	4	5	11
Argentina	Buenos Aires		9	0	9	1
Argonaut Rowing Club	Toronto		7	15	22	17
Atlanta Rowing Club	Atlanta		12	4	16	19
Aviron Lachine Rowing	Montreal		1	2	3	6
Bachelors Barge Club	Malvern		0	4	4	4
Baltimore Rowing Club	Baltimore		0	2	2	1
Bayside Rowing Club	Toronto		1	1	2	2
Blood Street Sculls	Old Lyme		12	16	28	13
Boston Rowing Club	Concord		0	17	17	37
Brock University	St. Catharines		1	0	1	2
Brockville Rowing Club	Brockville		10	7	17	9
Bromfield Rowing	Cambridge		3	7	10	7
Buenos Aires Rowing Club	City		1	6	7	10
Burnaby Lake Rowing Club	North Vancouver		1	1	2	4
Burnt Hills Rowing Association	Burnt Hills		7	6	13	20
Calgary Rowing Club (ab)	Calgary		14	18	32	52
Cambridge Rowing Club	Cambridge		2	1	3	3
Capital Rowing Club	Washington		2	3	5	1
Cascadilla Boat Club, Ltd.	Ithaca		18	10	28	23
Central Catholic Crew (pittsburgh)	Pittsburgh		2	0	2	2
Club Athletico Paulistano	Sao Paulo		1	0	1	1
Club Aviron De Sherbrooke	Sherbrooke		2	0	2	3
Club d'aviron de Boucherville	Boucherville		15	12	27	21
Club de Remo Teutonia	Gral. Pacheco		2	0	2	5
Club España	Mexico City		1	1	2	4
College Boat Club	Philadelphia		9	0	9	23
Community Rowing, Inc.	Cambridge		36	68	104	87
Craftsbury Sculling Center	Craftsbury Comm		2	6	8	14
Crescent Boat Club	Philadelphia		17	15	32	23
Delta Deas Rowing Club	Delta		1	0	1	1
Detroit Boat Club Crew	Lathrup Village		4	0	4	6
Detroit Womens Rowing Association, In	Grosse Pointe		2	3	5	7
Dewolf Rowing Club	Boston		0	1	1	1
Don Rowing Club	Mississauga		36	42	78	60
Durham Rowing Club	Port Perry		7	4	11	5
East End Rowing Club	Westhampton Be		2	0	2	1

Club Entry Summary

Club Name	City	State/Province	Men	Women	Total Athletes	# of Entries
Edmonton Rowing Club	Edmonton		7	1	8	13
Essex Rowing Club	Methuen		3	6	9	14
Fairmount Rowing Association	Philadelphia		14	13	27	14
Fedemex	DF		7	7	14	11
Federacion Nacional De Remo De Guate	Guatemala		5	2	7	5
Genesee Rowing Club	Rochester		0	3	3	2
Gms Rowing Center	New Milford		2	5	7	9
Gorge Rowing Club	Victoria		9	14	23	26
Greater Dayton Rowing Association	Cincinnati		2	11	13	14
Greenwich Crew	Cos Cob		40	28	68	68
Guelph Rowing Club	Guelph		11	5	16	15
Hanlan Boat Club	Toronto		7	18	25	18
Hatchets Training Centre	Minett		0	1	1	1
Hudson River Rowing Association, Inc.	Poughkeepsie		1	8	9	17
Island Lake Rowing Club	Orangeville		2	9	11	12
Jacksonville Youth Rowing	Jacksonville		10	1	11	12
Kingston Rowing Club	Kingston		10	13	23	28
Lake Ridge Community Rowing Club	Woodbridge		4	4	8	13
Lake Singletary Rowing Club	Millbury		2	0	2	1
Leander Boat Club	Hamilton		33	34	67	32
London Rowing Club	London		5	5	10	10
Long Beach Rowing Association	Long Beach		2	7	9	17
MacQuarie University Rowing	Sydney		0	2	2	1
Malta Boat Club	Phoenix		7	0	7	9
Maritime Rowing Club	Norwalk		24	8	32	18
Mendota Rowing Club	Madison		25	4	29	41
Mic Mac Aquatic Club	Dartmouth		0	1	1	2
Mobjack Rowing Association	Ware Neck		7	6	13	14
Mohawk Homeschool	Alplaus		7	5	12	10
Montreal Rowing Club	Montreal		8	13	21	19
Mortlake Anglian And Alpha Boat Club	London		3	2	5	7
Nereid Boat Club	Rutherford		2	0	2	4
Nereid Boat Club, Inc.	Rutherford		2	0	2	4
New York Athletic Club	Bronx		23	11	34	18
New York Rowing Association	New York		7	12	19	19
Newburgh Rowing Club	Newburgh		1	0	1	1
Niskayuna High School	Alplaus		5	6	11	9
Northeastern University Rowing Associa	Boston		10	1	11	10
Norwalk River Rowing Association	Norwalk		9	4	13	19
Notre Dame Rowing Club (welland)	Welland		6	12	18	16

Club Entry Summary

Club Name	City	State/Province	Men	Women	Total Athletes	# of Entries
Oakland Strokes, Inc.	Oakland		0	28	28	30
Okc Riversport	Oklahoma City		1	0	1	2
Orillia Rowing Club	Orillia		1	0	1	1
Pelham Community Rowing Association	Pelham		12	13	25	6
Penn A.C. Rowing Association	Schwenksville		93	48	141	78
Peterborough Rowing Club	Peterborough		23	32	55	48
Philadelphia Sculling Club	Philadelphia		15	0	15	16
Phillips Academy	Andover		2	0	2	1
Pittsford Crew	Pittsford		1	2	3	3
Pocock Rowing Center	Seattle		0	2	2	1
Potomac Boat Club	Chantilly		3	1	4	7
Quinte Rowing Club	belleville		0	2	2	1
Rca Adaptive	Victoria		2	4	6	2
Ridley Graduate Boat Club	St. Catharines		20	16	36	36
Riverside Boat Club	Cambridge		50	43	93	92
Rochester Junior Rowing	Fairport		14	9	23	8
Rowing Canada Aviron			0	9	9	1
Rv Teutonia	Tigre		1	0	1	1
Sag Harbor Community Rowing	Sag Harbor		2	0	2	3
Sagamore Rowing Association	Glenwood Landin		21	25	46	35
Sarasota Crew	Sarasota		4	4	8	15
Saratoga Springs High School/Saratoga	Saratoga Springs		13	23	36	37
Saugatuck Rowing Club	Westport		2	0	2	2
Seattle Rowing Center	Seattle		1	0	1	2
Severn River Rowing Club	RR#1, Severn Brid		0	3	3	6
Shaker Rowing Association	Loudonville		0	3	3	5
Shenendehowa High School	Clifton Park		5	16	21	25
Sono Rowing	Norwalk		0	2	2	2
South Niagara Rowing Club	Welland		25	42	67	48
St. Catharines Rowing Club	St. Catharines		97	103	200	99
Stanford Rowing Center	Redwood City		0	4	4	1
Sudbury Rowing Club	Sudbury		6	3	9	11
Teaneck High School/Teaneck Rowing Cl	Teaneck		1	2	3	2
Thompson Boat Center	Washington		24	31	55	32
Unaffiliated (usa)			0	2	2	1
Undine Barge Club	Philadelphia		1	3	4	8
Union Boat Club	Boston		2	0	2	4
University Barge Club	Philadelphia		1	0	1	3
University Of British Columbia	Vancouver		6	5	11	12
University Of Illinois Rowing	Urbana		1	1	2	2

Club Entry Summary

Club Name	City	State/Province	Men	Women	Total Athletes	# of Entries
University Of Michigan Mens Crew	Ann Arbor		9	0	9	5
University Of Victoria Rowing Club	victoria		17	21	38	41
University Of Western Ontario	London		10	7	17	17
University Of Western Ontario Boat Clu	London		1	0	1	1
Usr Development Camp - Michigan Wo	Ann Arbor		0	7	7	12
Usrowing Training Center - Oklahoma	Oklahoma City		0	1	1	1
Vancouver Rowing Club	Vancouver		2	3	5	7
Vesper Boat Club	Philadelphia		19	37	56	44
Victoria City Rowing Club	Victoria		8	14	22	19
Viking Rowing Foundation	Northfield		2	0	2	1
West Side Rowing Club	Buffalo		51	72	123	43
Western Rowing Club	London		1	8	9	11
Wide Load Boat Club	Boston		9	0	9	6
Winnipeg Rowing Club	Winnipeg		3	4	7	17
Wyandotte Boat Club	Wyandotte		14	6	20	29
Y Quad Cities Rowing	Moline		0	1	1	1
			1,163	1,234	2,397	2,038

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