

CANADIAN SECONDARY SCHOOLS ROWING ASSOCIATION

SEVENTY SEVENTH ANNUAL REGATTA

To be held Friday, Saturday & Sunday, May 31, June 1 & 2, 2024

ON THE ROYAL CANADIAN HENLEY COURSE IN ST. CATHARINES, ONTARIO

All races are Open to any Collegiate, High School or Secondary School students in the World.

All athletes will be registered full-time students for the current School Term, have the certification of the School Principal or Rowing Club Official and be under 19 years of age before January 1, 2024.

LIST OF EVENTS

CSSRA CHAMPIONSHIPS

1.	8:00 A.M.	Junior Women 59kg Coxed Quad.....	Old Bretonians Event
2.	8:10 A.M.	Junior Men Coxed Four	Tony Carr Event
3.	8:20 A.M.	Senior Women 63kg Double	R.E. Baum Event
4.	8:30 A.M.	Novice Men Eight	
5.	8:42 A.M.	Junior Women Coxed Four	Beta Sigma PHI Event
6.	8:52 A.M.	Senior Men Quad	The Founders Event
7.	9:02 A.M.	Mixed Double	
8.	9:12 A.M.	Junior Women Single	Claude Saunders Event
9.	9:22 A.M.	Novice Women Eight	
10.	9:34 A.M.	Senior Women Quad	The Merritton Event
11.	9:44 A.M.	Junior Men Double	Doug Wells Event
12.	9:54 A.M.	Junior Men 72.5kg Coxed Four	Page Memorial Event
13.	10:04 A.M.	Senior Men Pair	Norm Adams Event
14.	10:14 A.M.	Senior Men 72.5kg Double	R.R. Russ Wood Event
15.	10:24 A.M.	Junior Women Coxed Quad	Laura Sabia (Beta Sigma PHI) Event
16.	10:34 A.M.	Senior Men Single	United Steelworkers Event
17.	10:44 A.M.	Novice Women Coxed Quad	
18.	10:54 A.M.	Senior Women Coxed Four	Phil Chapman Event
19.	11:04 A.M.	Junior Women 63kg Eight	SNRC Presidents Event
20.	11:16 A.M.	Senior Women 63kg Single	Red Flannery Memorial Event
21.	11:26 A.M.	Junior Men 66kg Coxed Quad	J.D. Bailey Event
22.	11:36 A.M.	Junior Women Double	ROWONTARIO Event
23.	11:46 A.M.	Senior Men Coxed Four	CSSRA Past Presidents Event
24.	11:56 A.M.	Senior Women Single	Lakeport S.S. Event
25.	12:06 P.M.	Novice Men Coxed Quad	
26.	12:16 P.M.	Senior Women Pair	Laddie Cassels Memorial Event
27.	12:26 P.M.	Junior Men Eight	Joe Wright Sr. Event
28.	12:38 P.M.	Senior Men Double	Cline, Saunders, Wilcox Event
29.	12:48 P.M.	Junior Men Coxed Quad	Sally Arbuthnot Event
30.	12:58 P.M.	Senior Women 63kg Coxed Four	Martin Event
31.	1:08 P.M.	Junior Women Eight	Beta Sigma PHI Event
32.	1:20 P.M.	Senior Men 72.5kg Single	Ken Thorborn Event
33.	1:30 P.M.	Senior Men 72.5kg Coxed Four	James Allen Memorial Event
34.	1:40 P.M.	Novice Women 63kg Coxed Quad	Beta Sigma Phi M. Robertson Event
35.	1:50 P.M.	Senior Women Double	Jack Nicholson Event
36.	2:00 P.M.	Junior Men 72.5kg Eight	Henley Helpers Event
37.	2:12 P.M.	Junior Men Single	Otto Swinton Event
38.	2:22 P.M.	Junior Women 63kg Coxed Four	Alex Champion Event
39.	2:32 P.M.	Novice Men 72.5kg Coxed Quad	S.I. Wells Event
40.	2:42 P.M.	Mixed Quad	
		Awards Presentation	
41.	3:00 P.M.	Senior Women Eight	Henley Island Helpers Event
42.	3:15 P.M.	Senior Men Eight	Calder Cleland Memorial Event

GOLD, SILVER AND BRONZE MEDALS WILL BE AWARDED AT THE GRANDSTAND IMMEDIATELY FOLLOWING EACH FINAL.

ALL RACES WILL BE RUN IN ACCORDANCE WITH ROWING CANADA AVIRON RULES OF RACING.

Each High School or Rowing Club shall be responsible for the conduct and physical fitness of its competitors and the provision of its equipment.

Entries must be made on RegattaCentral (www.regattacentral.com).

OFFICIAL CANADIAN SECONDARY SCHOOLS ROWING ASSOCIATION (CSSRA) REGATTA INFORMATION PACKAGE 2024

Regatta Chair: Ken Campbell	Chief Umpire: Rob Blacquiere
Safety Advisor: Mike Purcer	Medical Advisor: Hilary Blackwood
Safe Sport Advisor: Jim Ingram	Bursary Fund: Cesare Marchese

ENTRY RULES:

All races are Open to any Collegiate, High School or Secondary School students in the World. All Contestants who have been in regular Day School attendance for the current School Term, have the certification of the School Principal or Rowing Club President and are under 19 years of age on January 1 of the year of the competition may participate in this CSSRA Regatta.

1. Two or more entries are required in each event to ensure a race.
2. A student is considered a High School student for the purpose of entry into this Regatta once they have enrolled in Grade 9 Full-Time.
3. In semester type schools, students must be enrolled and in regular attendance in 3 credit courses. In non-semester type schools, students must be enrolled and in regular attendance in a minimum of 6 credit courses.
4. Competitors must produce a photo ID at the weigh-ins and at the dock before launching for their race. Current school year photo ID or Government issued photo ID are the only acceptable photo ID allowed. Date of Birth is not required on School ID. No electronic ID will be accepted.
5. All competitors, excluding coxswains, will be allowed to enter a maximum of 2 events. Should a High School or a Rowing Club enter competitors in more than 2 events, those entries will not be accepted. Coxswains will be allowed to be entered into 3 events as a coxswain.
6. A novice competitor is an athlete who has never competed in any rowing regatta prior to September 1 of the year prior to the Regatta. The entire crew including coxswains must be novices as defined herein. However, a novice coxswain in last year's Regatta may compete as a novice rower in this year's Regatta. There is no age classification for novice events. As the authorized representative responsible for making novice entries, you must declare that you have explained the novice eligibility rule to the coaches and competitors that will be competing in novice events and have receive assurances from the competitors that they all meet the novice eligibility rules for the CSSRA Regatta.
A declaration of eligibility must be completed on the entry form when entering any novice event.
7. All entries must include the birth date of each competitor, or they will not be accepted. A Senior competitor will be under 19 years of age on January 1, the year of the CSSRA Regatta. A Junior competitor will be under 16 years of age on January 1, the year of the CSSRA Regatta.
8. Only an authorized representative of the High School or Rowing Club representing a school, but not both, can make entries in the Regatta Central Regatta Registration System for the CSSRA Regatta.
9. Entries must be made under a name representing the High School students, and Rowing Clubs making entries must not enter names under the Rowing Club name. High Schools and Rowing Clubs must make a new affiliation for each team you are registering in the display name that you wish to use on the CSSRA Regatta schedule. Contact Regatta Central to make sure you are adding a new affiliation correctly.
10. No composite crew entries are permitted in any event. All crew members must be registered at, attend the same High School and compete for that High School only. All entries made by a Rowing Club that is representing a High School team may be required to show proof that the competitors are all attending the same High School.

11. All athletes must be registered on the Regatta Central Regatta Registration System, who is the CSSRA Regatta Registration Provider, to be eligible to compete.
12. When making entries we recommend that an athlete is not entered in events with less than at least 10 events between them due to the possibility of reduced times in the rowing schedule.
13. All coaches must be registered on the Regatta Central Regatta Registration System, and only those coaches will receive a coach's wristband.
14. All entries must be completed online by means of the Regatta Central Regatta Registration System, the CSSRA Regatta Registration provider, no later than May 16, 2024, by 11:59pm EST.
15. Name changes to entries online must be made no later than May 22, 2024, by 5:00pm EST.
16. Entry fees must be paid online no later than May 16, 2024, by 5:00pm EST.
17. Entries will not be accepted until a certified school attendance list, also referred to as an alpha list, with the date of birth of all participants on High School letterhead or the Rowing Club letterhead signed by the High School Principal or the Rowing Club President, have been filed with CSSRA no later than May 24, 2024, by 1:00pm EST.
18. The High School alpha list must be emailed in PDF format to the CSSRA Registration Committee in care of regattachair@cssra.org.
19. Following the closing of entries, the draw for the schedule of events will be made public on May 26, 2024.
20. All members of competing crews including coxswains all must wear a uniform that represents the High School they attend.
21. Each High School or Rowing Club shall be responsible for the provision of its equipment as well as the conduct and physical fitness of all of its competitors.
22. Crew substitutes will only be accepted from the High School's Alpha List. Students already entered in two events are not eligible to be used as a substitute. The maximum number of substitutes that can be used from the alpha list is 4 for an eight, 2 for a four or a quad and 1 for a pair or a double. No substitutes are allowed in a single.
23. Any crew changes must be approved with the Regatta Registrar in the Regatta Office by no later than 4pm EST the day prior to the first race of the event. A fee of \$10.00 will be assessed for each name change. This fee must be paid when the crew change is made. There will be no fee for any medical name changes upon receipt of a medical document duly executed by a recognized medical professional.
24. Any crew entered in an event will be assessed a \$75.00 fee for a scratch or for failure to show for their race. Failure to pay will result in the suspension of the entire High School for future CSSRA Regattas. There is no fee for a medical scratch upon receipt of a medical document duly executed by a recognized medical professional.
25. Mixed events must be composed of 50% female and 50% male rowers.
26. Each event will have a maximum number of entries available. Only one entry per school per event will be accepted. If there is room in any event, a second entry can be made until the cap for that event is met.

ENTRY FEES:

CSSRA Regatta entry fees for the 2024 Regatta for all events are calculated based on the initial fee of \$45.00 per boat plus \$9.00 per seat and a Regatta service fee of 3% of the entire entry account.

CSSRA entry Fees for the 2024 Regatta are as follows:

Single \$56	Quads \$85
Double \$66	Coxed Fours/Coxed Quads \$94
Pairs \$66	Eights \$132

In addition, both Rowing Canada Aviron and Row Ontario will add a seat fee to all entries which must be paid. All fees are payable in Canadian Dollars.

ADMISSION FEES:

Admission fees for the 2024 CSSRA Regatta are as follows;

3 day pass – Adults - \$30, Seniors and Students - \$25

1 day pass – Adults - \$12, Seniors and Students - \$10

Spectators will be provided a wristband to access the Grandstand located at 63 Main Street, St. Catharines and Henley Island CSSRA Regatta spectator areas located at Henley Island Drive, St. Catharines.

Only registered working service animals will be admitted in the rowing compound area on Henley Island or in the Grandstand area. Please leave your pets at home. They will be much happier!

HOSPITALITY TENTING SPACE RESERVATIONS:

As in past years, we encourage High Schools and Rowing Clubs, and their supporters to enhance their CSSRA Regatta experience on Henley Island by the use of hospitality tents.

Each High School or Rowing Club must supply their own hospitality tent.

Canadian Henley Rowing Corporation will provide a great location on the banks of the rowing course.

To guarantee a spot, please remit your reservation request and the appropriate fee as soon as possible. Tent space is reserved on a first come basis. We suggest that you reserve your tent space immediately.

A hospitality tent is any non-permanent structure that measures 10 feet by 10 feet or larger.

A High School or a Rowing Club who erects a hospitality tent in your trailer area will be assessed the appropriate fee.

Hospitality tent spaces can be reserved on the CSSRA web site at <http://cssra.ca/hospitality-tenting-reservations/>. For additional information, please email Ms. Sue Erskine at serskine1940@gmail.com.

Rules for tenting areas are as follows:

1. No alcohol is permitted on Henley Island except in Liquor Control Board of Ontario licensed areas. High Schools or Rowing Clubs may be excluded from competing in the CSSRA Regatta if alcohol is found on site and local Law Enforcement will be called.
2. No vehicles will be allowed in any hospitality tent area.
3. Equipment, tents, tables, and chairs are to remain within the hospitality tent area reserved.
4. Food and cooking equipment are not to be left unattended.
5. No smoking is allowed in the rowing compound area including the hospitality tent areas.
6. All tents must meet local fire standards and have a functioning fire extinguisher in each tent.
7. All fees will be paid to the Canadian Henley Rowing Corporation by cash, cheque or e-transfer.
8. All occupants must purchase a CSSRA Regatta admission wrist band.

CSSRA BURSARY:

The CSSRA Bursary Fund is set up to provide financial assistance to Canadian athletes attending the Regatta from outside a 800 kilometre radius of St. Catharines. The bursary is a token amount given to assist with travel costs such as transportation and accommodation. Since 1983 CSSRA have assisted 4199 competitors by providing over \$268,758.60 in travel assistance. Please visit the CSSRA website for more information and how to apply for bursary assistance.

CSSRA RULES OF RACING:

The Rowing Canada Aviron (RCA) Rules of Racing will apply at the CSSRA Regatta. Exceptions to the RCA Rules of Racing, as allowed under RCA Rules of Racing rule 1.6, are summarized as follows. A full description of these rules is posted on the CSSRA web site.

Exceptions to the RCA Rules of Racing as allowed under RCA rule 1.6 include:	
2.1 The Definition of a Competitor	4.1 Course Markings
2.3 Categories of Rowers and Proof of Age and Identify	7.4 Objections to an Entry
2.5 Coxswains Weights	7.6 Substitutions
2.6 Weighing of Coxswains	9.2 Progression
2.10 Weight Restricted Events	10.10.4 Interference

Coaches Meeting: There will be a coaches and coxswains meeting 1 hour before the first race each day of the CSSRA Regatta.

All High Schools and Rowing Clubs are required to have at least 1 representative at this meeting to receive instructions from the Regatta Chair and Chief Umpire - RCA Rules of Racing rule 8.6.

The Chief Umpire may penalize a High School or a Rowing Club for failure to attend the coaches meeting, including not permitting the High School or the Rowing Club to race -RCA Rules of Racing rule 8.6.

The High School or Rowing Club representative in attendance is responsible for conveying all information from the coaches meeting to all coaches.

All competitors are expected to be familiar with the information received at the coaches meeting.

Daily Racing Draws - Hardcopies of the daily racing draws will not be distributed. Daily racing draws and progression results will be available online on the CSSRA web site. Race results will be posted on Regatta Master.

Race Times – Race times will be posted on the racing schedule. Crews will be permitted to launch through the Control Commission onto the dock one-half hour before their race.

Racing Shell Safety Equipment - No shell will be allowed on the water unless shoes are equipped with a safety release (one hand quick release), or the shoe heels are tied down – RCA of Rules of Racing rule 3.5.1, 3.5.2, a bow ball is in place – RCA Rules of Racing rule 3.3 and a bow number clip is attached.

Time Trials – All events with time trials will be raced as 1500meter head style races. Top crews in the time trials will advance to the semi-finals or final, depending on the number of entries in the event. Crews in time trials will start in intervals of 30 seconds between boats or 1 minute between boats in the same lane. Crews with even number bow markers will row in lane 4. Crews with odd bow markers will row in lane 5. Any crew crossing the course during their time trial race will be excluded. All crews must have their assigned number securely fastened to the bow of the shell.

The Start of the Time Trials

Upon arriving at the starting area, the marshals will direct crews or scullers either into the chute for the time trial or to the warmup area.

It is the responsibility of the crew to be in numerical order, staying behind crews with lower numbers and ahead of the higher numbers.

Every effort will be made by the marshals to send crews down the chute in ascending numerical order, but this can only happen with cooperation from all crews.

When directed into the chutes crews and scullers must proceed quickly and safely.

As crews and scullers approach the chute, a marshal will be stationed in the middle of the course, between lanes 4 and 5.

Odd number boats will keep the marshal to their port side and even number boats will keep the marshal to their starboard side.

Crews and scullers shall be responsible for maintaining their proper order at the start, for maintaining the proper interval between the other crews and scullers in the chutes, and for staying within the chutes as they approach the starting line.

Crews and scullers not maintaining their proper position may be delayed, moved to the end of the starting order, penalized, or excluded.

The starter will tell the crew or sculler when they are approaching the start line.

Crews and scullers must stay in their lane for the entire race, except for broken equipment or to yield and move to an outside lane when being overtaking by a faster boat.

Crews and scullers with broken equipment must move to lanes 3 or 6.

Passing

A crew or sculler is deemed to be overtaking another crew when it has moved to within 1 length of open water of the crew or sculler ahead.

A crew or sculler being overtaken shall move to lane 3 or lane 6 to allow the overtaking crew or sculler to pass.

Any crew or sculler failing to yield to an overtaking crew or sculler will be excluded.

Course marshals will give instructions as set forth in the RCA Rules of Racing. Should it be necessary to exclude a crew or sculler during a race, the marshal will raise a white flag and order the crew or sculler to stop. A crew or sculler so ordered shall quickly move out of its lane as not to interfere with any other crew or sculler.

Interference – Interference causing a crew or sculler to lose time in a race will be reviewed by the Chief Umpire and the Jury.

Un-Safe Sport Conduct – Un-safe sport conduct, which includes, but is not limited to foul, abusive or profane language, violence, harassment, racism, or discrimination, will not be permitted at the rowing course or the Grandstand before, during or after any racing, by competitors, coaches, team officials, regatta officials and volunteers, and that such conduct must be reported to the CSSRA Regatta Safe Sport Representative.

Medal Presentations - Medals will be presented at the Grandstand immediately following each race final. The Regatta Organizing Committee may revise the form and location for medal presentation as it may deem necessary in its sole discretion.

Objections and Appeals - Appeals of the decisions of the Jury are made to the CSSRA Board of Directors in writing along with a \$500 appeal fee. The CSSRA Board decision is final. The appeal fee can be returned if the decision is overturned.

Any objection to an entry must be made to the Chief Umpire before the first race in the event. The objection must be submitted with proof that the crew or competitor is not eligible for that race or race category.

Lightweight Events – Men competing in the lightweight events will weigh either 66kg or 72.5 kg as designated for each specific event. Women competing in the lightweight events will weigh either 59kg or 63 kg as designated for each specific event. There is no averaging of the competitors in the weight classes. The stated weight is the maximum an individual may weigh. There will be no re-weighing of athletes. This is a 1 step on the scale per event.

Coxswain Weights – Minimum weight for coxswains in men's and women's races is 45kg. If a coxswain is under the minimum weight, that coxswain shall carry a maximum of 10kg of weight to make up the difference.

Weigh-ins and Times – Official weigh-in times will be posted at the regatta site. All lightweight crews, scullers and all coxswains must weigh in each day that they race. The entire crew or the sculler shall wear their racing uniform at weigh-in. Rowers in crew events shall present themselves at the weigh-in as a complete crew.

Practice times – The rowing course will be open for practice on Thursday, May 30 from 12:00noon to 7:00pm EST. Course practice times during the CSSRA Regatta will depend on the race schedule and will be posted and announced at the CSSRA Regatta.

Regatta Office Hours – CSSRA Regatta Office hours are Thursday, May 30 from 2:00pm to 6:00pm EST, Friday, May 31 and Saturday, June 1 from 2 hours before the first race of each day until the last race of each day, and Sunday, June 2 from the time that the weigh-ins open until 12:00noon EST. CSSRA Regatta Office hours are posted on the CSSRA Regatta web site.

Medical: The Chief Medical Officer or their staff have the authority to refuse any competitor the usage of the course if, in their opinion and their sole discretion, the competitor is unfit to row.

EFFICIENCY TROPHY:

There will be no Efficiency Trophy awarded at the 2024 CSSRA Regatta.

PROGRESSION FORMAT:

The Progression system being used during the CSSRA Regatta will be based on crew or sculler finish time as follows:

1. For all events with 7 or less entries, a straight final will be held, and crews or scullers will be placed in their racing lanes for the final by a random draw.
2. For all events with 8 entries but less than 22 entries, heats will be held, and the 6 fastest times will advance to the finals. Crews and scullers will be progressed by their times, with the fastest time in lane 5 then 4, 6, 3, 7 and 2.

LANE	2	3	4	5	6	7
	6th FSTs	4rd FSTs	2nd FSTs	1st FSTs	3th FSTs	5th FSTs

3. For all events with 22 to 35 entries time trials will be held, and the 14 fastest times will advance to the semi-finals. Crews and scullers will be progressed by their times and crews and scullers will be placed in the final by their times in the semi-final.

LANE	2	3	4	5	6	7
	12th FSTs	8th FSTs	4rd FSTs	1st FSTs	5th FSTs	9th FSTs
	11th FSTs	7th FSTs	3th FSTs	2nd FSTs	6th FSTs	10th FSTs

4. For all events with 36 to 60 entries time trials will be held, and 3 semi-finals with up to 21 fastest times advancing to the semi-finals. Crews and scullers will be progressed by their times and crews and scullers will be placed in the final by their times in the semi-final.

LANE	2	3	4	5	6	7
	18th FSTs	12th FSTs	6th FSTs	1st FSTs	7th FSTs	13th FSTs
	17th FSTs	11th FSTs	5th FSTs	2nd FSTs	8th FSTs	14th FSTs
	16th FSTs	10th FSTs	4rd FSTs	3th FSTs	9th FSTs	15th FSTs

DELAY CONTINGENCY PLAN:

The CSSRA Regatta Organizing Committee has the right to reschedule races earlier or later in the day for safety reasons or in the event of bad weather. Any change in the schedule will be announced on Henley Island and posted on the CSSRA media outlets and the CSSRA web site. It is the responsibility of the High Schools and the Rowing Clubs, their coaches, their representatives and their competitors to monitor the CSSRA media outlets and stay current with the schedule.

Any changes required by a delay are deemed to supersede the published related requirements of the RCA Rules of Racing.

During any amended or condensed schedule, crews that are not competitive in the race and have dropped well behind the field may be excluded from the race and directed to remove themselves from the rowing course.

No allowance will be made for competitor conflicts due to the reducing of time between races and substitutions of crew members will not be allowed.

Schedule Change Options:

The Regatta Chair and the Chief Umpire will determine any schedule changes by utilizing the following formatting:

Friday Delay:

1. Friday races may be run at the end of the day with reduced time between races to complete the schedule until 45 minutes prior to sunset.
2. Friday races may be run starting early Saturday morning with reduced time between races. This may impact the Saturday schedule which will be changed to allow the Friday races until 45 minutes prior to sunset.

Saturday Delay:

1. Races may be run with reduced time between races to complete the schedule until 45 minutes prior to sunset.
2. Saturday heats may be run starting early Sunday morning with reduced time between races.
3. If all semi-final races for an event cannot be completed prior to the start of the finals, they will be cancelled and the crews with the six fastest times from the heats will go directly to the finals.

Sunday Delay

1. Races may be run with reduced time between races to allow for completion of the amended schedule.
2. All medals and trophies may be presented at Henley Island to ensure maximum use of shells.
3. If any final race is unable to be completed the final placement of crews and medals will be determined by the times from the semi-final races. If the semi-final races were unable to be completed the final placement of crews and medals will be determined by the times from the heats or the time trials.
4. Racing will not take place after 45 minutes prior to sunset on the last scheduled day of the Regatta.

The Chief Umpire will communicate schedule changes with the Jury. The Regatta Chair will communicate schedule changes with the Regatta Committee and the CSSRA Directors and will ensure announcements are made and communicated to all areas of the CSSRA Regatta site, including but not limited to the general CSSRA Regatta Office, Henley Island public announcement, Grandstand announcements, finish tower, CSSRA web site and other social media sites.

VOLUNTEER:

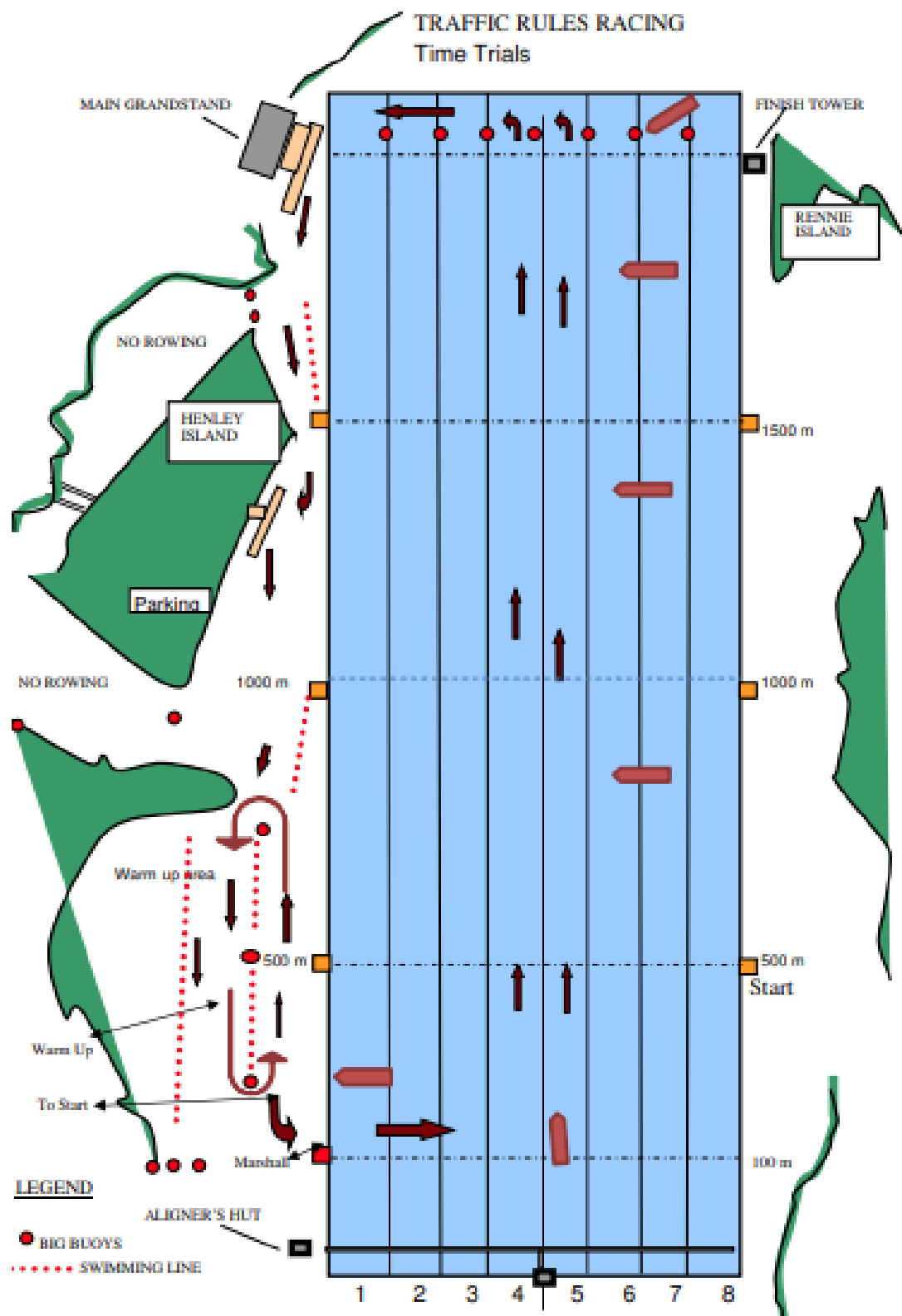
The CSSRA Regatta is operated by over 300 volunteers. We encourage individuals to utilize the Volunteer Form on the CSSRA web site and to become a volunteer. Sign up and a CSSRA representative will contact you to determine your interest, your level of expertise and to discuss your participation in the CSSRA Regatta. Volunteers will receive an amazing gift and be invited to attend the volunteer appreciation BBQ at the end of racing on Sunday.

PARKING ON HENLEY ISLAND:

Designated parking areas on the Henley Island during the CSSRA Regatta will be available but may be restricted on a first come basis. Volunteers and/or signage will direct you to designate specific parking areas.

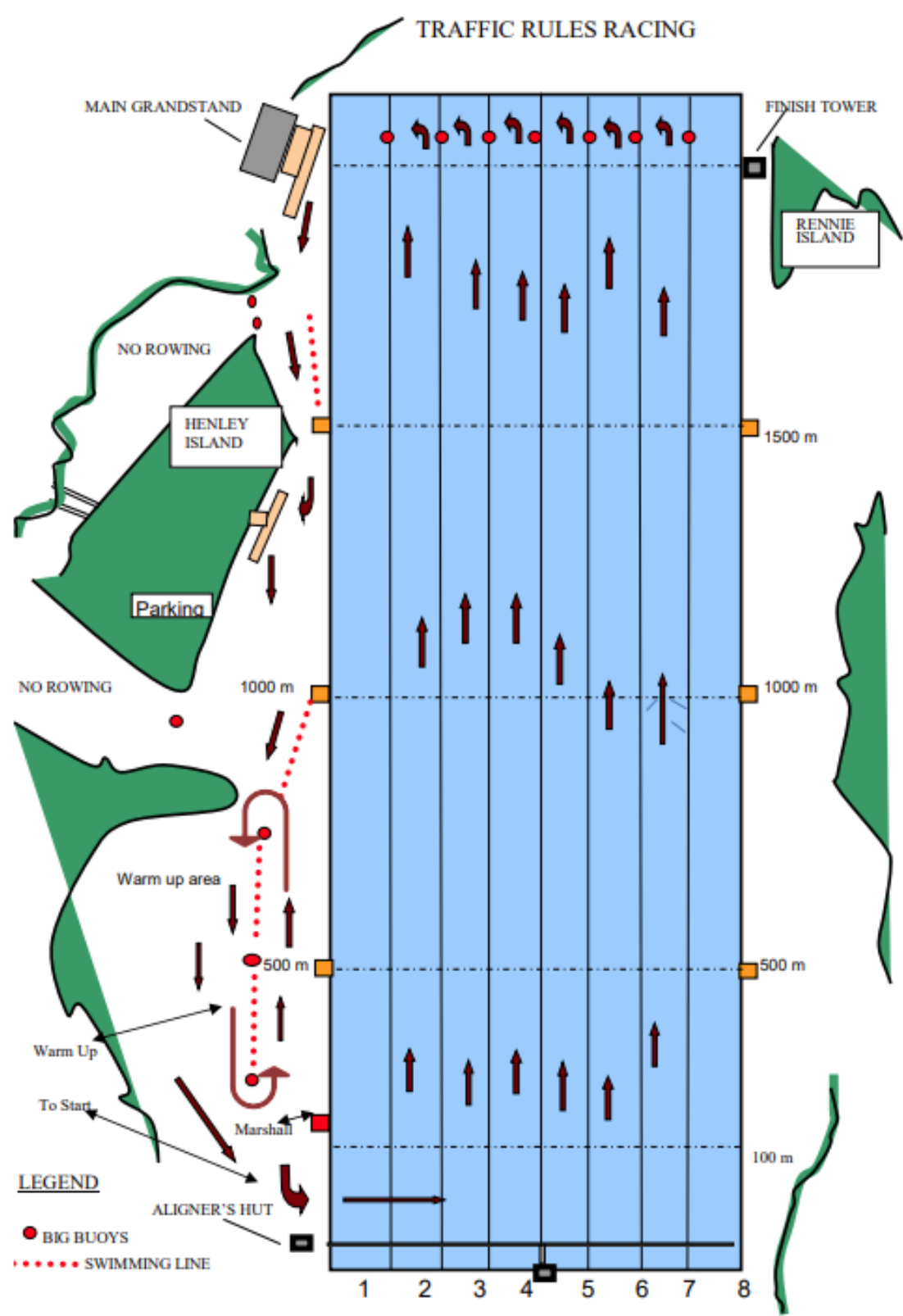
COURSE MAP – Time Trials

C.S.S.R.A. ROWING CHAMPIONSHIPS
St. Catharines, Ontario, Canada



COURSE MAP – Racing

C.S.S.R.A. ROWING CHAMPIONSHIPS
St. Catharines, Ontario, Canada



COURSE MAP – Practice

C.S.S.R.A. ROWING CHAMPIONSHIPS St. Catharines, Ontario, Canada

