



DELTA, BC

CASCADIA ROWING CANADA AVIRON

MASTERS CHAMPIONSHIPS

July 15-17, 2022

LAND ACKNOWLEDGEMENT

Cascadia Regatta Association and Rowing Canada Aviron recognizes that our regatta this weekend is located on the shared, traditional, ancestral, and unneeded territories of the Tsawwassen, Musquem, and other Coast Salish Peoples.

We extend our appreciation to these First Nations for the opportunity to hold our event here this weekend.



WELCOME

- Joint partnership between Cascadia Regatta Association and Rowing Canada Aviron in hosting together the reboot of the Canadian Masters Championships
- 26 Clubs | 300 Athletes | 350 Entries



WHO'S WHO?

CASCADIA CREW

- Bill Myra - Regatta Chair
- Shelley Fletcher - Volunteer Coordinator
- Stephanie Payne - Finish Line & Results
- Jane McCall - Site Coordinator & Safety Officer
- Veronika Peacock - Safety & Chase boat Coordinator, Concession & Beer Garden Maestro
- Cinda Ewton - Social Media Coordinator
- LV Richards - Website and Image Coordinator

ROWING CANADA AVIRON CREW

- Matt Draper - National Events Manager
- Chief Umpire - Malcolm Fletcher
- Deputy Chief Umpire - Mike Bagshawe



VOLUNTEERS

- Kitted out in support of the brave people of Ukraine in Yellow and Blue T-Shirts.
- Please sign up for outstanding shifts, stipend back to clubs
- We have information for donations to World Rowing for support Ukrainian Rowers and families at the registration tent
- See Shelley & Veronika to check-in and please be aware of your shift times (put it in your phone)
- The start of your shift is the time you are in position, check-in 20 minutes before
- Thank you!



ONSITE SERVICES

- Toilets - do not use the Park facilities!!! AT ALL!!!!
- Vendors through the weekend
 - Rowing Canada Aviron
 - Rowing British Columbia
 - Croker West
 - Lite Boat
 - Wintech



PARKING

- PARKING IS LIMITED IN THE PARK, PLEASE CAR POOL
- If parking lot is full, additional parking is available along 60th avenue in front of Delta Pacific Seafoods.

6001 60th Ave, Delta, BC

- Walk along Millennium Trail to the clubhouse approx 20mins.

ENVIRONMENT

- Anti single use water bottles!
- Water refill station located by the tent village and there are two water taps sticking out of the ground by the garbage cans and one in the trailer parking
- Recycling, Recycling, Recycling!!!!



EATS

- Concession, smoothies, bagels, sandwiches, etc.
- Skyy Thai Food Truck for more substantial eats



SAFETY CONTACT INFO

Onsite First Aid

Located behind concession in the wooden compound

Safety Officer

Jane McCall

Location

Deas Island Regional Park, 6090 6090 Deas Island Rd, Delta,
BC V4K 5A8



REGISTRATION

ALL ATHLETES ARE REQUIRED TO CHECK-IN AT
REGISTRATION WITH GOVERNMENT ISSUED
IDENTIFICATION FOR AGE VERIFICATION

CONTROL COMMISSION

- Located close to trailer lot
- BE READY! Heel Tie issues? Do not pass go!
- Bow First
- DDRC boats must enter the queue in the trailer lot along with the other athletes
- Be aware of check-in timing as the queue can get long



DOCK EFFICIENCY

- Dock space is limited! Listen to the dock volunteers, keep chatter to a minimum, listen to instruction (no back-talk)
- Any issues could result in a Yellow-Card
- Boat first, followed by a volunteer with blades (find a friend)
- No dockside coaching
- Friend will take your shoes to the top of the ramp and/or keep them
- Clubs, be aware of your racing crews, be ready to help get them off the water, limit number of people to fetch blades
- Para boats, launch to the right side of dock
- Hot seating? Arrange with dock marshal



TIME TRIALS

- Warm up, use warm-up loop or designated course lane (odds Lane 3, evens Lane 5).
- Course closes 5 mins prior to start.
- Crews being overtaken must give way and move to Lane 2 or Lane 6
- Running start, 900m
- Quickly exit finish area, no cool down on water



WEIGHT RESTRICTED EVENTS

Men - 72.5KG (160lbs)
Women - 61.5KG (135 lbs)

Weigh-in Times

FRIDAY IS THE BEST 10:00am - 12:00pm

Saturday and Sunday 5:30am - 7:30am

Rowing uniform at minimum for weigh-in

All crew members need to be present, including coxswains

Government Issued Identification Required

Weigh-in only once for the weekend!



AGE ADJUSTMENTS

- Draw/Heat Sheet will display standard age adjustment.
- Competitors racing in a multi-age event; a time adjustment will be applied adjusted to equal the oldest possible age in that event category.



PROGRESSION

- Time Trials - seeded finals based on time
- Heats - First place from each heat progress to the final, next fastest times from the number of heats to fill 5 lanes.



AWARDS

- Championship Medals awarded to Fastest, Second Fastest and Third Fastest (Age Category / Event)
- There must be at least four competitors to award top three positions
- Medals & Awards to be awarded after official race results posted
- Trophies awarded after composite quad event on Sunday



HEAD UMPIRE

<Insert Malcolm Fletcher>



FLOW PATTERN

- Row up south side to warm up area
- Do not cross finish line while race in progress
- Warm-up area in clockwise direction, do not go past bridge.
- Enter course on lane 1 side



RELAY EVENT

- We have four clubs competing for \$750 prize
- Race will start with the Eights
- Once a clubs Eight crosses the finish, their club quad will start and pattern will repeat down to the doubles and singles.



COMPOSITE QUAD EVENT

- Mixed composite 4x, min 2 clubs
- Registration open till 1pm on Sunday

PARA EVENT

- Crews will take part in time trial
- Staggered starts based on time trial
- Race to the finish!



CREW CHANGE / SCRATCH

- Complete form at Registration Tent!



OUTSTANDING INVOICES

- BRING YOUR COINS TO REGISTRATION
- NO DOSH, NO RACE



MANY THANKS

