



Cascadia Masters Championships

July 20/21, 2019

A Rowing Canada Aviron Sanctioned Event

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise mentioned in this document.

Location:

[Delta Deas Regional Park](#)

6090 Deas Island Road
Deas Island Park
Delta, B.C.

Registration:

Regatta Central
www.regattacentral.com

Early registration is encouraged as entries to this regatta may be capped. In the event of over-subscription, those entries which do not require extra races will be favoured.

If cancellation of the regatta is unavoidable due to inclement weather or for any reason beyond the control of the organization committee, no refunds will be offered.

Deadlines:

Registration opens: Saturday, June 1, 2019

Registration closes: Monday, July 8, 2019

Late registration and scratch deadline: Monday, July 15, 2019

A \$15 per entry late fee will be added to registrations received after July 15, 2019

Scratch fees after July 15 are equal to the registration fee.

Events Offered:

1x, 2x, 2-, 4x, 4+, 8+ for Men, Women and Mixed Crews.

LW 1x, 2x, 4x, 4+ for Men and Women

Para events as Subscribed

Novice: 1x, 2x 4x

Rowing Canada Aviron and Rowing BC Seat Fees

Regatta Central will be collecting a \$3.25 and \$3.50 seat fees at time of registration on behalf of both Rowing Canada and Rowing BC respectively. All athletes, including coxswains, who are participating in British Columbia regattas will be charged these fees.

These fees cover the development of event infrastructure including online registration, insurance and supports domestic programs like umpire education and training.

Rates:

	ENTRY FEE	RBC SEAT FEE	RCA SEAT FEE	TOTAL
SINGLES	\$38.50	3.50	3.25	\$45.25
DOUBLES/PAIRS	\$67.00	7.00	6.50	\$80.50
STRAIGHT FOURS/QUADS	\$124.00	14.00	13.00	\$151.00
COXED FOURS/QUADS	\$124.00	17.50	16.25	\$157.75
EIGHTS	\$168.00	31.50	29.25	\$228.75

Competitor Eligibility

All participants must be registered members of a rowing club in good standing with their national governing organization, i.e. Rowing Canada or US Rowing.

All competitors, regardless of nationality are eligible for championship medals.

A competitor may compete as a Master in the year in which he or she attains the age of 21.

Composite crews are welcome provided they are identified at the time of regatta registration. Individuals may represent only one club at the regatta.

Members of the same crew shall compete wearing uniform clothing (tops only). Each member of a composite crew shall wear his/her own club singlet.

The blade of all club oars and sculls need not be painted in club colours.

Age Categories

AA age: 21 - 26 years age:

A age: 27 - 35 years

B age: 36 - 42 years

C age: 43 - 49 years

D age: 50 - 54

E age: 55 - 59

F age: 60 - 64

G age: 65 - 69

H age: 70 - 74

I age: 75 - 79

J age: 80 - 84

K age: 85 - 89

L age: 90 and over

The age categories do not apply to coxswains. The age category of a Master's crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers in a crew boat need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category. A Master's crew or sculler may compete in a lower (younger) age category, but not in a higher category. In this case, no age adjusted time will be applied

Meaningful Competition

Cascadia Organizing Committee seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four competitors in the race. This ensures that each award represents a well-earned result where the competitors fought it out for the top three positions.

If there are not four entries in a race, where logical, the organizing committee will combine age groups in an attempt to reach four or more competitors. Age adjusted times will be assigned as necessary and one first, second and third prize will be awarded for that combined race using the handicap to determine the winners.

Where at all possible the span of age categories will not be more than three.

Garrett Masters' Age Adjusted Time System

These age adjusted times are based on the best 15% of 1000m finish times in finals at US National Masters' Championships and FISA World Masters' Championships. They represent the performance of rowers who choose to race as Masters.

The time allowances are designed to give an older boat an equal chance of winning when racing in the next younger FISA age category.

Novice

Novice Rowers are new to rowing as of January 2018.

Lightweight Events

Men - 72.5 KG/160 lbs. maximum individual weight

Women - 59 KG/130 lbs. maximum individual weight

All lightweight rowers racing in lightweight events may weigh in between 7:00 and 9:00 Saturday and Sunday mornings. Athletes need to weigh in only once and may weigh in Saturday morning for events on Sunday.

Lightweight rowers shall weigh in wearing a minimum of their racing uniform.

All crew members, including coxswains, need to be present at weigh in.

A test scale will be available during the hours the course is open for training and racing but closed during official weigh-in designated time.

ID is not required at the weigh-in station.

Coxswains

Coxswains may be of either gender. Age classification for coxswains will not apply at this regatta.

The minimum weight of a coxswain wearing a racing uniform, shall be 55 kilograms. If under the minimum weight, a coxswain shall carry deadweight to make up the difference between the weight of the coxswain and the minimum required weight.

A test scale will be available during the hours the course is open for training and racing but closed during official weigh-in designated time.

Para-events

The use of FISA Standard Adaptive boats is mandatory for all adaptive PR1-1x and PR2-2x events.

Regatta Timeline

- Practice time will be from 2:00 – 6:00 PM, Friday, July 19
- Racing will begin at approximately 8:00am Saturday morning and wrap up at approximately 6:30 PM. Racing will continue at approximately 7:00 AM Sunday morning and finish at approximately 4:00 PM.

Athletes/Coxswains Meeting

A compulsory pre-regatta meeting for all athletes/coxswains will be held at the boathouse one hour prior to the start of the first race on Saturday. This meeting will not be repeated on the Sunday.

Safety and Fitness

Please Note: As of January 1st, 2019, Rowing Canada has implemented the enforcement of changes made to Rule 3.5 in the RCA Rules of Racing.

The rule relates to the implementation of a single-handed release strap for foot-stretchers. Information on this rule can be found [here](#).

C2 Flex Feet are banned by Rowing Canada

All laces, Velcro or similar material used for foot release, must be able to be released by one single and easily accessible strap.

Heel ties must be limited to 7 cm or 2.8 inches.

All boats must have a securely fastened bow ball.

Each rower or coxswain participating in the regatta is responsible to ensure that the crew and boat are in fit condition to race.

Trailer Parking

Please advise the organizing committee of your trailer size (overall length) and approximate time of arrival at the regatta site. cascdiamasters@gmail.com

Attendants will be on hand to guide you to your appropriate parking stall.

Overnight security will be provided on the Friday and Saturday nights.

Vehicle Parking

Parking on site is limited. Off-site parking will be provided. Please consider car-pooling.

Washrooms

Portable toilets are available in the trailer parking area.

Emergency Facilities

First Aid is provided by Canruss Medical Services.

Tent/Shelter Area

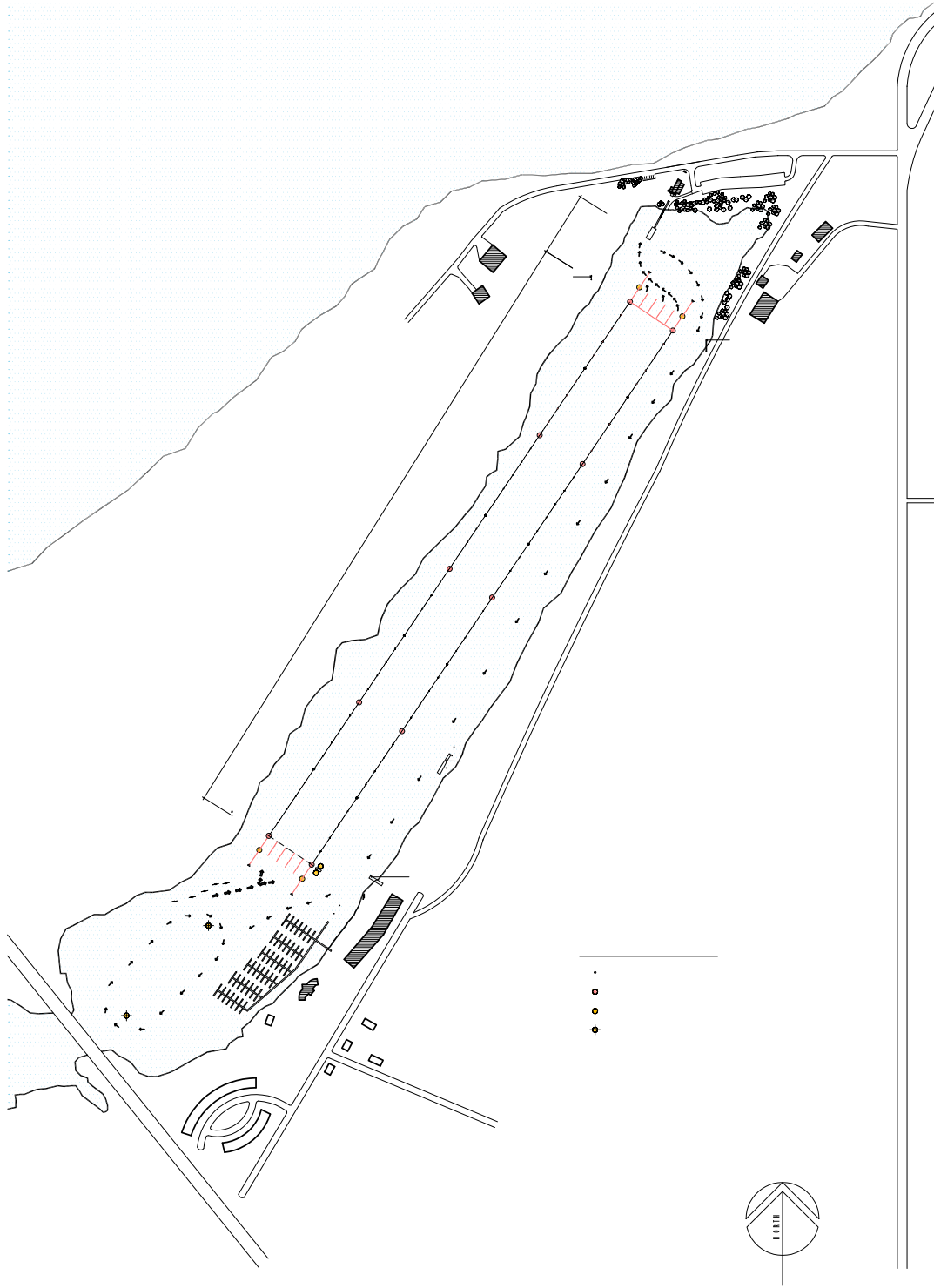
Team 10 x 10 tents may be erected on the grassy area south of the boathouse.

Concession

The members of Delta Deas Rowing Club will be providing a delicious food concession both Saturday and Sunday.

Beer Garden

Join for a toast in the Beer Garden after racing on Saturday.



C A S C A D I A R E G A T T A C O U R S E

VENUE SITE PLAN

