

# Cascadia Masters Championship

*Burnaby Lake, Burnaby, Canada  
July 16 & 17, 2016*

A Rowing Canada Aviron Sanctioned Event

*Venue:* Burnaby Lake is a dredged lake offering consistent depth, natural wake control and little or no current. The course is fully buoyed with stake boats in place.

*Directions:*

**6871 Roberts Street, Burnaby, BC**

[From Vancouver Airport](#)

[From the U.S. weekdays in rush hour 3:00 - 7:00 pm](#)

[From the U.S. - not during rush hour](#)

[From Tsawwassen Ferry Terminal](#)

*Race Type:* 1000m sprints

*Registration:*

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.

*Events Offered:*

1x, 2x, 2-, 4x, 4+, 8+ for men, women and mixed crews.

LW 1x, 2x, 4x, 4+ for men and women

Adaptive events as subscribed.

Parent/Child 2x

Novice: 1x, 2x 4x

*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. Each member of a composite crew should wear his/her own club singlet.

*Age Categories:*

AA	age 21 - 26
A	age 27 - 35
B	age 36 - 42
C	age 43 - 49
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 and over

The age categories do not apply to coxswains. The average age category of a Masters crew shall be determined by the average age of the rowers rounded down to the nearest whole number.

A Masters crew or sculler may compete in a lower (younger) age category but not in a higher one.

*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. Handicaps 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.

### *Handicapping:*

If insufficient entries are received for any one event the operating committee may combine age categories and apply a handicapping system to the actual finish times of the older sculler or crews using the grid below.

The handicap will be applied to a single sculler or to the average age of a crew boat.

Seconds / year

<b>MEN</b>	<b>1x, 2-</b>	<b>2x, 4<sup>+</sup></b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.168	0.152	0.144	0.136
handicap 50 - 64	1.365	1.235	1.170	1.105
handicap 65+	2.940	2.660	2.520	2,380

<b>WOMEN</b>	<b>1x, 2-</b>	<b>2x, 4+</b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.282	0.264	0.252	0.234
handicap 50 - 64	2.256	2.112	2.016	1.872
handicap 65+	2.256	2.112	2.016	1.872

<b>Mixed</b>	<b>1x, 2-</b>	<b>2x, 4+</b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.225	0.205	0.195	0.185
handicap 50 - 64	1.800	1.640	1.560	1.480
handicap 65+	2.700	2.460	2.340	2.220

**The expanded handicapping tables can be found at page 144**

[Rowing Canada Rules of Racing, page 144](#)

### *Novice:*

Novice Rowers are new to rowing as of January 2015.

### *Lightweight:*

- Men - 72.5 KG/160 lbs. maximum individual weigh
- Women - 59 KG/130 lbs. maximum individual weight
- All lightweight rowers racing in lightweight events on the day's program shall weigh in at a time designated by the regatta. This time will not be less than one hour and not more than two and one half hours before the time of the first scheduled men or women's lightweight event on that date.

- Lightweight rowers shall weigh in wearing their racing uniform.
- A test scale will be available at the practice session Friday evening.

#### *Coxswains:*

Coxswains may be of either gender. Age classification for coxswains will not apply at this regatta. There were be no weigh-in requirements for lightweight crew coxswains.

#### *Para-rowers:*

The use of FISA Standard Adaptive boats is mandatory for all adaptive AS1x and TAM 1x and 2x events.

#### *Timeline:*

- Practice time will be from 2:00 pm - 6:00 pm Friday, July 15
- Racing will begin at approximately 7:00am Saturday morning until 6:00pm and continue Sunday morning at 7:00am until 5:00pm

#### *Coxswains/Bowpersons' Meeting:*

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

#### *Safety and Fitness:*

- All boats equipped with foot stretchers or shoes must allow the rower to get clear of the boat without using hands and with the least possible delay in the event of a capsize.
- C2 Flex Feet are banned by Rowing Canada
- 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. [cascadiamasters@gmail.com](mailto:cascadiamasters@gmail.com)
- Attendants will be on hand to guide you to your appropriate parking stall.
- Overnight security will be provided on Friday and Saturday nights.

*Car Parking:*

- All cars should be parked in the lower over-flow parking lot. The walk to the Pavilion from this parking lot is a short 10 minutes. Drop-off is available at the entrance to the trailer parking area but vehicles must not be left unattended.

*Washrooms:*

- Indoor flushing toilets are available inside the pavilion. Portable toilets are available in the trailer parking area.

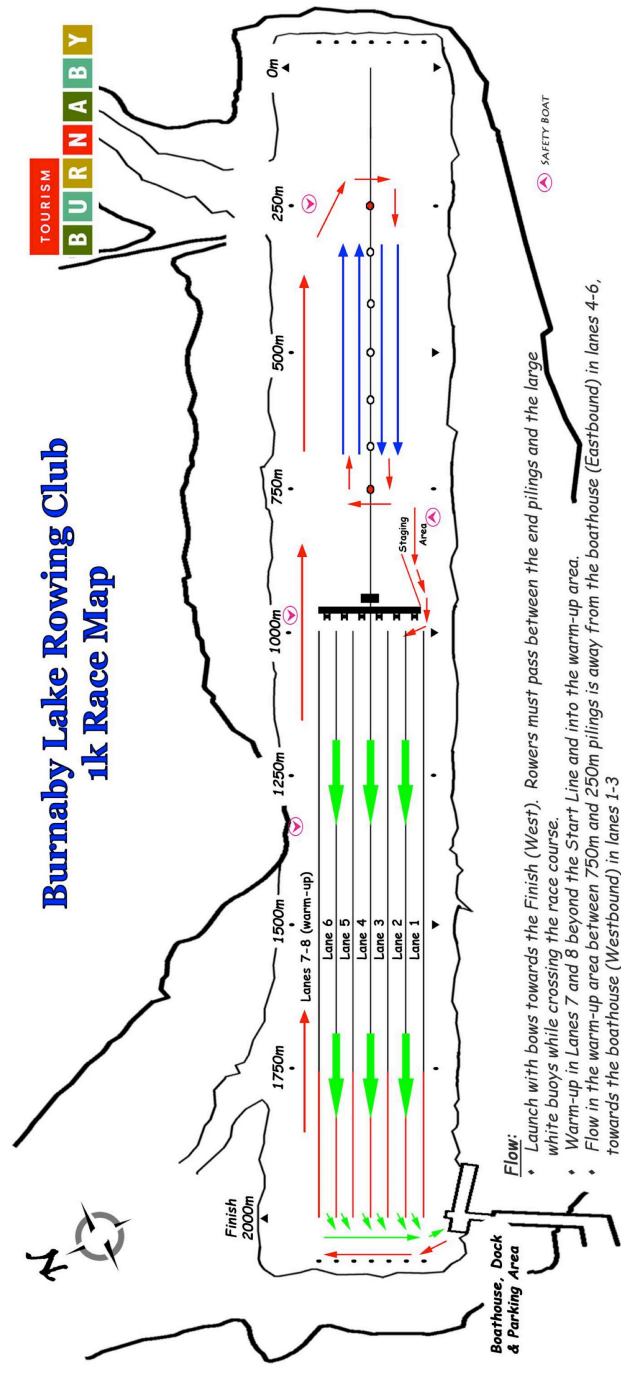
*Emergency Facilities:*

- First Aid is provided by St John Ambulance located at the ramp leading to the Pavilion concourse.

*Tent/Shelter Area:*

There is limited space available for 10 x 10 tents along the front of the grandstands next to the water. Please be willing to share.

# Burnaby Lake Rowing Club 1k Race Map



- Flow:**
- Launch with bows towards the Finish (West). Rowers must pass between the end pilings and the large white buoys while crossing the race course.
  - Warm-up in Lanes 7 and 8 beyond the Start Line and into the warm-up area.
  - Flow in the warm-up area between 750m and 250m pilings is away from the boathouse (Eastbound) in lanes 1-3 towards the boathouse (Westbound) in lanes 4-6.

The warm-up area is bounded by large red buoys with large white buoys at approximately 100m intervals. There are small yellow buoys every 10m. **DO NOT CROSS THE BUOYLINE INTO ONCOMING TRAFFIC!** If turning early, please check for oncoming crews. Note that Lanes 1-6 are fully buoyed. The line between Lane 3 and Lane 4 is the dividing line. Be sure that you are in the correct lanes during warm up.

**Concession and Amenities:**

Food vendors are available both Saturday and Sunday