

**2018 CORA Member Clubs**

| Rowing Clubs                   | City                       |
|--------------------------------|----------------------------|
| Argonaut Rowing Club           | Toronto Ontario            |
| Barrie Rowing Club             | Barrie Ontario             |
| Brockville Rowing Club         | Brockville Ontario         |
| Cambridge Rowing Club          | Cambridge Ontario          |
| Don Rowing Club                | Mississauga Ontario        |
| Durham Rowing Club             | Port Perry Ontario         |
| Georgian Bay Rowing Club       | Midland Ontario            |
| Guelph Rowing Club             | Guelph Ontario             |
| Hanlan Boat Club               | Toronto Ontario            |
| Island Lake Rowing Club        | Orangeville Ontario        |
| Kitchener-Waterloo Rowing Club | Kitchener Waterloo Ontario |
| Leander Boat Club              | Hamilton Ontario           |
| London Rowing Club             | London Ontario             |
| Niagara Falls Rowing Club      | Niagara Falls Ontario      |
| Notre Dame Rowing Club         | Welland Ontario            |
| Peterborough Rowing Club       | Peterborough Ontario       |
| Ridley Grad Boat Club          | St Catharines Ontario      |
| Severn River Rowing Club       | Severn Bridge Ontario      |
| South Niagara Rowing Club      | Welland Ontario            |
| St Catharines Rowing Club      | St Catharines Ontario      |
| Sudbury Rowing Club            | Sudbury Ontario            |
| Tillsonburg Rowing Club        | Tillsonburg Ontario        |
| UWO Boat Club                  | London Ontario             |
| Western Rowing Club            | London Ontario             |

**The Central Ontario Rowing Association Inc. (1953 to 2018 65<sup>th</sup> Year)**  
**Saturday July 14<sup>th</sup> 2018. St Catharines R.C. Martindale Pond**  
**List of Events**

| Event No: | List of Events  | Event No: | List Of Events   |
|-----------|---|-----------|--|
| 1         | Master's Women. Single<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J) | 23a       | U19 Lwt Men Eight  |
| 2         | Master's Men Single<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J)    | 23b       | U19 Men Eight  |
| 3a        | U17 Lwt Women Single  | 24a       | U17 Lwt Men Single   |
| 3b        | U17 Women Single  | 24b       | U17 Men Single   |
| 4a        | U19 Lwt Men Pair  | 25a       | U19 Lwt Women Pair   |
| 4b        | U19 Men Pair  | 25b       | U19 Women Pair   |
| 5a        | U23 Lwt Women Quad  | 26a       | U23 Lwt Men Quad   |
| 5b        | Sr Lwt Women Quad   | 26b       | Sr Lwt Men Quad  |
| 5c        | U23 Women Quad  | 26c       | U23 Men Quad   |
| 5d        | Sr Women Quad   | 26d       | Sr Men Quad  |
| 6a        | U17 Lwt Men Cox Four  | 27a       | U17 Lwt Women Cox Four                                     |
| 6b        | U17 Men Cox Four  | 27b       | U17 Women Cox Four   |
| 7a        | U19 Lwt Women Double  | 28a       | U19 Lwt Men Double   |
| 7b        | U19 Women Double  | 28b       | U19 Men Double   |
| 8a        | U17 Lwt Women Cox Quad                                      | 29a       | U17 Lwt Men Cox Quad                                       |
| 8b        | U17 Women Coxed Quad  | 29b       | U17 Men Cox Quad   |
| 9a        | U23 Lwt Men Eight   | 30a       | U23 Lwt Women Eight  |
| 9b        | Sr Lwt Men Eight  | 30b       | Sr Lwt Women Eight   |
| 9c        | U23 Men Eight   | 30c       | U23 Women Eight  |
| 9d        | Sr Men Eight  | 30d       | Sr Women Eight   |
| 10a       | U19 Lwt Men Single  | 31a       | U19 Lwt Women Single                                       |
| 10b       | U19 Men Single  | 31b       | U19 Women Single   |
| 11a       | U23 Lwt Women Pair  | 32a       | U23 Lwt Men Pair   |
| 11b       | Sr Lwt Women Pair   | 32b       | Sr Lwt Men Pair  |
| 11e       | U23 Women Pair  | 32c       | U23Men Pair  |
| 11d       | Sr Women Pair   | 32d       | Sr Men Pair  |
| 12a       | U17 Lwt Men Quad  | 33a       | U17 Lwt Women Quad   |
| 12b       | U17 Men Quad  | 33b       | U17 Women Quad   |
| 13a       | U19 Lwt Women Cox Four                                      | 34a       | U19 Lwt Men Cox Four                                       |
| 13b       | U19 Women Cox Four  | 34b       | U19 Men Cox Four   |
| 14a       | U23 Lwt Men Double  | 35a       | U23 Lwt Women Double                                       |
| 14b       | Sr Lwt Men Double   | 35b       | Sr Lwt Women Double  |
| 14c       | U23 Men Double  | 35c       | U23 Women Double   |
| 14d       | Sr Men Double   | 35d       | Sr Women Double  |
| 15a       | U17 Lwt Women Eight   | 36a       | U17 Lwt Men Eight  |
| 15b       | U17 Women Eight   | 36b       | U17 Men Eight  |
| 16        | Master's Women Quad<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J)    | 37        | Master's Men Quad<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J)     |
| 17        | Master's Men Double<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J)    | 38        | Master's Women Double<br>(Indicate AA,A,B,C,D,E,F,G,H,I,J) |
| 18        | <b>PARA Rowing Event</b>                                    | 39a       | U23 Lwt Men Single   |
| 19a       | U23 Lwt Women Single  | 39b       | Sr Lwt Men Single  |
| 19b       | Sr Lwt Women Single   | 39c       | U23 Men Single   |
| 19c       | U23 Women Single  | 39d       | Sr Men Single  |
| 19d       | Sr Women Single   | 40a       | U19 Lwt Men Quad   |
| 20a       | U19 Lwt Women Quad  | 40b       | U19 Men Quad   |
| 20b       | U19 Women Quad  | 41a       | U23 Lwt Women Straight Four                                |
| 21a       | U23 Lwt Men Straight Four                                   | 41b       | Sr Lwt Women Straight Four                                 |
| 21b       | Sr Lwt Men Straight Four                                    | 41c       | U23 Women Straight Four                                    |
| 21c       | U23 Men Straight Four                                       | 41d       | Sr Women Straight Four                                     |
| 21d       | Sr Men Straight Four  | 42a       | U17 Lwt Men Double   |
| 22a       | U17 Lwt Women Double  | 42b       | U17 Men Double   |
| 22b       | U17 Women Double  | 43a       | U19 Lwt Women Eight  |
|           |   | 43b       | U19 Women Eight  |

**WAIVER / RELEASE**

**THE CENTRAL ONTARIO ROWING ASSOCIATION & OTHER INDIVIDUALS CONNECTED WITH THE  
RUNNING OF THIS REGATTA CAN NOT BE HELD RESPONSIBLE FOR THE PHYSICAL FITNESS OF  
COMPETING CREWS.**

**EACH CLUB & COMPETITOR IS RESPONSIBLE FOR THEIR  
OWN PHYSICAL FITNESS.**

**FOR INSURANCE COVERAGE**

**ALL COMPETITORS, COACHES, CLUB & REGATTA OFFICIALS & UMPIRES  
MUST BE REGISTERED WITH THEIR ROWING CLUBS,  
PROVINCIAL & NATIONAL ASSOCIATIONS**

**ONLY ENTRIES FROM MEMBER CLUBS OF CORA OR INVITED  
ASSOCIATIONS WILL BE ACCEPTED AT THIS REGATTA**

**CORA ENTRY FEES:**

**Singles: 15.00, Doubles/Pairs: 25.00, Quads/Fours: 50.00, Cox Fours: 60.00, Eights: 80.00**

**YEARLY ASSOCIATION FEES FOR MEMBER CLUBS: \$100.00**

**RCA & ROWONTARIO FEES TO BE ADDED TO CORA ENTRY FEES**

**Singles: 5.50, Doubles/Pairs: 11.00, Quads/Fours: 22.00, Cox Fours: 27.50, Eights: 47.50.**

**QUESTIONS: JOE LYTTLE**

**10 MARBLEHEAD CRES BRAMPTON ONTARIO CANADA L6S-2T9**

**TEL: 905-791-1820 EMAIL: jlyttle@rogers.com**

**SUBMIT ENTRIES TO REGATTA CENTRAL**

### **WEIGH-IN RULES**

1. All lightweight competitors must weigh in.
2. The official weigh in periods will be from 7.30 am to 9.30 am on regatta days.
3. Athletes must weigh in as a crew and be accompanied by a coach or club official.
4. In the case of any disputes, the umpire will communicate with the crew's coach or club official.
5. All lightweights will weigh in wearing the same club rowing uniforms. No one will weighed in wearing more or less uniform.
6. Re-weighs will not be permitted. Lightweights not making weight will be allowed to race as heavyweights.
7. During the official weigh in periods testing of scales or checking weights will not be permitted.
8. Crew changes will not be accepted in weigh-in room. Changes must be approved by the register prior.
9. Coxswains will not be weighed, nor required to carry weight (if underweight).
10. An individual's maximum weight (74kg for men and 61.5kg for women) determines eligibility. There is no averaging of the athlete's weights in the weight class events. The stated weight is the maximum an individual may weigh.

### **WEIGH IN PROCEDURES**

1. Any changes to crew lists must be made before you proceed to the scales.
2. When you reach the scales, please line your crew up from bow to stern and have photo iD ready.
3. Weigh ins will occur on a first come first served basis, based upon when you report with your crew to weigh in room.
4. Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing.

### **Exemptions to RCA Rules of Racing**

1. R.2.5, 2.6- Coxswains will not be weighed, nor required to carry dead weight (if underweight).
2. R.2.10- Lightweight competitors U17, U19, U23 & Seniors Maximum weights: (Men: 74kg. Women: 61.5) (CORA has always allowed a five pound allowance for lightweight oarspersons for this regatta a 2.5kg allowance has been added to RCA weight categories).
3. R.2.11- Athletes will be weighted on a calibrated scale. Scales will be located on the second floor weigh-in room. Weigh-in times 7.30 am to 9.30 am. Crews not making weight will be allowed to race as heavyweight. If a crew is late for weigh-ins it is the discretion of the Chief Umpire and that athletes in this situation should be escorted by the Chief Umpire to the weigh in. No practice scales (Clubs should provide their own Practice Scales).
4. R.2.12- Para Competitors Race #18 has been designated as a PARA rowing event. As we do not know what the entries for this event will be, this race maybe with PR1, PR2 and PR3 and different class of boats 1x, 2x, 4x, etc. Medals will be awarded to each boat.
5. R.3.5 - The 2013 Rules will apply (as per RCA Direction) being able to exit the boat with the least possible delay.
6. R.4, 4.1, 4.2- Overhead markers @ 500m, 1000m, 1500m, buoys on outside of lanes 1 & 8 and between lanes 4 & 5. The depth of course is not the same throughout.
7. R.5.3 - Finish Judges will time races using Seiko Timers. Race Umpires will do back up timing.
8. R.9.1, 9.3 - No progressions of crews from heats to finals as all races will be finals with gold, silver & bronze medals awarded for all races.
9. R.10, 10.3, 10.5, 10.6- Master's will be a floating quick start from the 1000m with approximate alignment.
10. R.11.2 - There will be no photo finish.
11. R.11.16 - A minimum of one umpire will follow each race.

### **Other**

1. Drinking water available in compound
2. Gold Silver & Bronze medals will be presented at clerk's booth
3. Races may have a mixture of lightweight & heavyweight crews medals will be awarded to each race
4. Master's events will have handicap times added or subtracted from actual times.

## **CORA FIRST AID & SAFETY PLAN**

All safety boat drivers, coaches and race umpires and officials shall familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event where the First Aid & Safety Plan is reviewed and are responsible for the safety of their athletes. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

Boat drivers are responsible for carrying a valid Pleasure Craft operator's permit and have a basic understanding of how to operate the boat they are driving. Make sure you have enough gas and that the boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers must wear their PFD at all times on the water.

Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the PA system and on the radios.

**RADIOS:** Where possible each safety boat will carry a radio. Radios are to be used for official communication only.

**911 EMERGENCY:** Call 911, and specify your location – on the water, or near the grandstand or near the athlete's area.

**FIRST AID KIT LOCATIONS:** 1. Control Commission. First Aid Facilities

**FIRST AID:** With qualified medical services will be equipped with fully stocked Trauma Kits, Oxygen and. Resuscitation Equipment. They will have ice packs and bandages.

**LIGHTNING:** All boats will leave the water immediately if lightning is seen. Refer to Emergency Action Plan.

**HIGH WINDS AND POOR CONDITIONS:** At the Chief umpire's decision, the course may be shortened or the regatta may be delayed or called off due to high winds or poor conditions. This decision is final.

Coaches should take into consideration the ability of their athletes to cope with the prevailing weather and wind conditions. DO NOT send an athlete on the water if there is any doubt about their ability to line up, start, and row and finish their race. They will thank you for your wisdom one day.

**ON WATER RESCUE PROCEDURE:** Safety boats are positioned on either side of the course on the lookout for boats that have tipped or need assistance. The biggest hazard for someone in the water is other boats. BE CAREFUL.

When a safety boat is heading to a rescue raise your hand to indicate that you are "on the way" When you get to the "victim" approach from downwind to avoid drifting over them. Put the engine in neutral and then turn off when you reach the victim. Is OK and that all the crew is present. Bring victim into your boat and then proceed to secure their boat and equipment. Head to shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

**IMPORTANT NOTICE:** Once the victim and his boat are on shore it is YOUR RESPONSIBILITY to make sur they connect with their coach or other responsible adult. Do not leave the victim alone until you have handed them over to their coach or another responsible adult who is known to the athlete. If this is not possible decide appropriate action.

**ADVICE TO ROWERS:** All RCA Rules of Racing apply. If you tip do not leave your boat or swim to shore. Allow recue drivers to help you and keep you safe. If you tip, flip your boat over and cling to it until help arrives.

If you need help hold oar in the air blade up as a signal of distress. If you can. It is not permitted to row down the centre of the course. Please row on return lane to avoid interfering with races.

OBEY the instructions of your coach and the regatta umpires and have fun.

## **The Central Ontario Rowing Association**

### **1.1.0 Weather Action Plan For CORA Regattas:**

This weather plan provides an outline of the steps to be taken in the event that weather conditions become a safety concern.

The Chief Umpire or Regatta Chair will monitor weather forecast through web sites (radar, local weather stations and local weather forecasts), as well as by phone with One on One Environment Canada Weather.

Call the Storm line toll free at 1-800-463-9463

#### **1.0.1 The Chief Umpire or Regatta Chair will consult some of the following Websites as required:**

- a) Environment Canada Western Lake Ontario: [www.weatheroffice.gc.ca/marine/forecast](http://www.weatheroffice.gc.ca/marine/forecast)
- b) Exeter Radar (North): [www.ontarioweather.com/current/radar/ontario/exeter](http://www.ontarioweather.com/current/radar/ontario/exeter)
- c) King Radar (West): [www.ontarioweather.com/current/radar/ontario/king](http://www.ontarioweather.com/current/radar/ontario/king)
- d) Buffalo Radar (South): <http://radar.weather.gov/radar>
- e) Wind finder (Port Weller): [www.windfinder.com/forecast/port\\_weller](http://www.windfinder.com/forecast/port_weller)
- f) Sail flow: [www.sailflow.com/windandwhere.iws](http://www.sailflow.com/windandwhere.iws)
- g) The Weather Network (hourly forecast, and radar forecast): [www.theweathernetwork.com](http://www.theweathernetwork.com)  
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/guelph>  
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/london>  
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/welland>
- h) Airport Forecast: [www.theweathernetwork.com/ca/forecasts/ airport-forecast/...](http://www.theweathernetwork.com/ca/forecasts/airport-forecast/)

### **1.1 Initiating the weather Action Plan procedures:**

The Chief Umpire and Regatta Chair meet to review the weather status – before the regatta, during the regatta, as required, when notified conditions are changing for the worse. The Weather Action Plan is set into action when:

- 1.1.1 The Chief Umpire and Regatta Chair determine that action is required to ensure safety.  
The required actions may include the following:
  - a) Holding additional boats from launch and finishing the races on course, or:
  - b) Immediately calling all crews off the water, or:
  - c) Continuing to monitor weather and review additional data.
- 1.1.2 If action is required the following are the responsibilities of the Regatta Chair and Chief Umpire.
  - a) Chief Umpire informs the jury (control commission, start line, umpires, and finish) of the action plan and instructs the Regatta Control Commission to monitor and account for all boats on the water by club or crew. The Chief Umpire will also communicate the action plan to the Safety Boat director for safety boats on the water.
  - b) The regatta Chair informs the Organizing Committee and the Committee Directors of the action plan. The Regatta Chair ensures that a public announcement is made regarding the action plan.

## **1.2 Procedure for Evacuation from Water:**

### **1.2.1 Control Commission:**

The Control Commission will account for all crews on and off the water. The Control Commission will monitor and record all crew names and follow up with crew coaches to ensure all crews are off the water.

### **1.2.2 At The Starting Line:**

a) Umpire boats at the start will notify/announce to all persons in the starting area that they are to return to the launching area or take shelter in the starter's tent on land.

b) The Starter will observe all crews at the start including warm-up area to ensure they have been informed of the plan and start heading back to the launching area. Starter will designate an umpire boat to follow the last crew back to the launching area.

### **1.2.3 Umpire and Safety Boats:**

Umpire and safety boats will follow crews back to the launching area and will follow the last crew back to the launching area to be the last off the water.

### **1.2.4 At The Finish Line:**

Chief Finish Judge will monitor all crews at the finish and in the 1st 50m area and communicate to Control Commission to ensure all crews are accounted for.

### **1.2.5 At The Launch Docks Or Area:**

Dock Marshals will ensure crews quickly exit launch area. During course closure, the Dock Marshall will allow boats to dock from either direction ensuring that docking shells do not crossover docking patterns.

### **1.2.6 Coordination of All Officials:**

Chief Umpire, Regatta Chair and Chief of the Control Commission will confirm everybody (crews, umpire boats, safety boats start personnel and others) are safely off the water.

## **1.3 Following Evacuation from Water:**

The Regatta Chair and Chief Umpire will review options related to the weather and make announcement as soon as possible regarding any delays.

## **1.4 Delay Contingency Plan:**

The CORA Regatta Organizing Committee can reschedule races earlier or later in the day for safety reasons in the event of bad weather. Any changes in the schedule will be announced by the Control Commission. (This will also include shortening the length of races) It is the responsibility of the crew and club coaches to monitor and stay current with the schedule.

Any changes required by a weather delay will supersede the published related requirements of the RCA Rules of Racing. During the condensed schedule, the umpire has the discretion to determine either a crew is maintaining a competitive position in the race. If the umpire determines this is not the case, the umpire can make the call to exclude that crew from the race and direct them to remove themselves from the course. No allowance will be made for athlete conflicts due to reducing time between races and substitutions will not be allowed.



### **1.5 Schedule Changes Options Due To Weather Delay:**

Races may be run with reduced time between races until sunset to complete the schedule. Racing will not take place after sunset.

The Regatta Chair and Chief Umpire will decide on the requirements of the schedule change. The Regatta Chair will communicate with the Regatta Committee, committee Directors and ensure announcements are made and communicated to all areas of the regatta (Control, public, starter and finish).

|  |   |   |
|--|---|---|
| Niagara Regional Police Dept<br>50 Church Street<br>St Catharines Ontario L2R-7C2<br>Front Desk & Gen Enquiry<br>905-686-4111 Ext 4252 | Niagara Regional Fire Services<br>36 Wright Street<br>St Catharines Ontario L2P-3J4<br>905-684-5557 | Niagara Emergency Medical<br>Services<br>Paramedics Dispatch<br>905-984-5050 or 911 |
|--|---|---|

***The Central Ontario Rowing Association would like to thank the Canadian Secondary Rowing Association for allowing CORA to edit their weather action plan to suit their needs.***