



KELOWNA ROWING CLUB
ERGOPOGO
FIRST ANNUAL INDOOR ROWING REGATTA
MARCH 7, 2020
REGATTA PACKAGE



This Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of Racing defined by Rowing Canada Aviron.

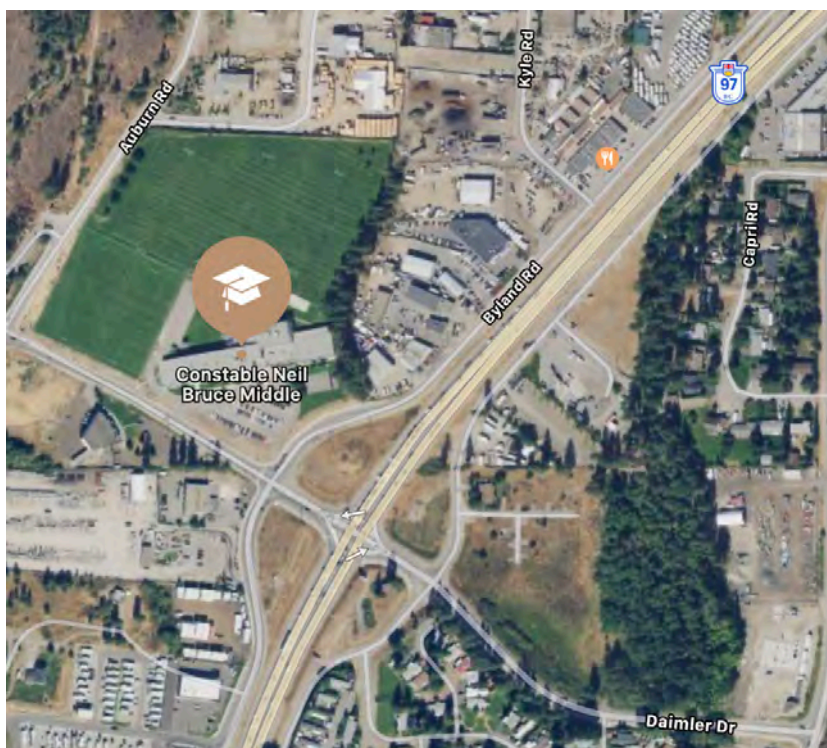
All competitors are welcome, whether members of a Rowing Club or not.

Our Club

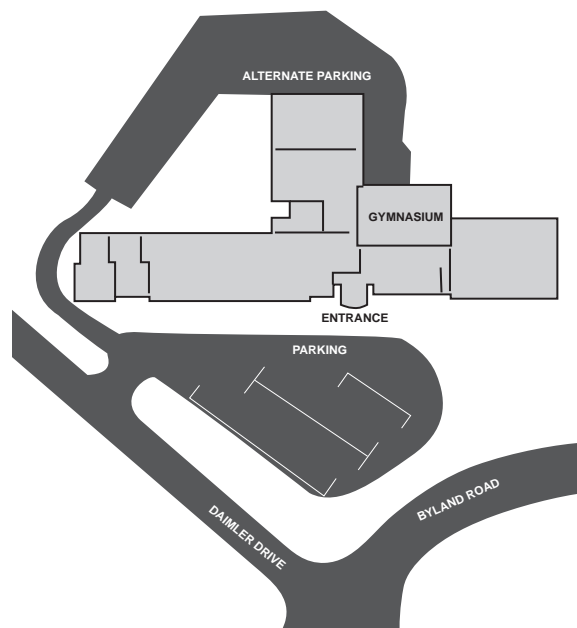
The Kelowna Rowing Club has been located on the shores of Okanagan Lake for many years. While on the water we are always on the lookout for N’ha-a-itk or Ogo-pogo.

The Location

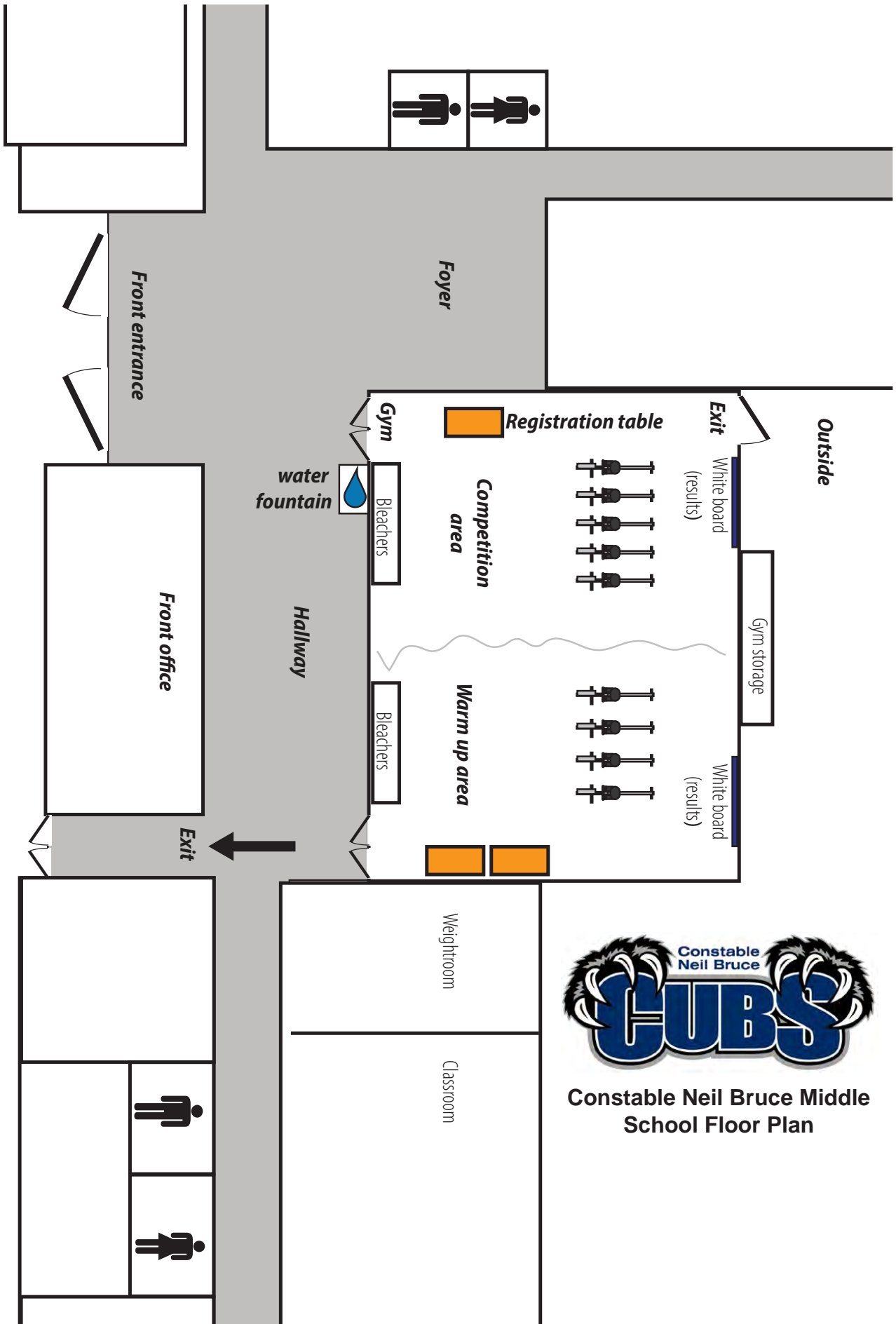
The Regatta will be held in the gymnasium at Constable Neil Bruce Middle School, 2010 Daimler Drive, West Kelowna BC. Please park out front of the main doors and proceed to the gymnasium. (see below)



Entrance and Parking



There will be a registration desk inside the gym where you can sign up.
(Please see floorplan on next page)



The Races

There will be a variety of races offered from 500 to 2000metres. Races may be combined if insufficient entries for any one race are not received.

The final race will be a fun challenge between 2 person teams. Each competitor will row 250 metres.

Lanes

When you sign up for your event you will be assigned a numbered machine.

ALL COMPETITORS (SINGLE AND TEAMS) NEED TO BE AT THEIR MACHINE 5 MINUTES BEFORE THEIR START TIME.

Please let the volunteer know if there are any mechanical problems with your erg. You will be moved to a different machine or put in the next race if it cannot be fixed immediately.

The Start

When all competitors are in position, the Marshall will call "All rowers ready?" 30 seconds later the Marshal will call "Ready, Set, Row".

Before the start of each event, the Marshal, will verify the presence of scheduled competitors. Any competitor that does not appear within 5 minutes of the start time specified in the schedule may be excluded by the Marshal.

After you Finish

Please take a moment to go to the warm-up area for a cool down and to get some water.

RESULTS WILL BE POSTED FOLLOWING THE RACES ON THE WHITE BOARD. ANYONE COMPETING IN THE 1000 METRE EVENT WILL HAVE THEIR RESULTS UPLOADED TO THE WORLD ROWING VIRTUAL INDOOR SPRINTS LOG.

Awards will be presented after all races are finished.

Risk

Competitors and crews participate in the races entirely at their own risk. The decision to race is that of the competing crew alone. The organizers will not accept any liability for material damage, personal injury or death sustained in conjunction with, or prior to, or during or after the event.

Be guided by the rules of good sportsmanship.

Your safety and the safety of other participants are paramount.

Emergency Action Plan

IN THE EVENT OF AN EMERGENCY, CONTACT THE SAFETY OFFICER:

MS. EMILY VERSTRAETE @ 778-214-6284

If for any reason the Safety Officer cannot be reached, and the emergency requires immediate attention call 911 and have emergency crews meet at the front entrance to the school at 2010 Daimler Drive, West Kelowna BC.

PROPOSED REGATTA SCHEDULE

9:30	Doors open Come in, sign up for your race and warm-up
10:00	Welcome and registration
10:00 – 10:20	Race and machine assignment
10:30	Race #1
10:45	Race #2
11:00	Race #3
11:15	Race #4
11:30	Race #5
11:45	Final Race - 2 x 250 pairs challenge
12:00 -	Announcement of winners and awarding of prizes

The Kelowna Rowing Club wishes to thank the Province of British Columbia, the City of West Kelowna and Valley First Credit Union for their support.

