

# Leander Indoor Rowing Championships 2020

## Event Bulletin #1

### 1. EVENT DATE

Saturday, January 11, 2020

### 2. CHAMPIONSHIP FACILITY INFORMATION

St. Mary CSS - Main Gym

Address: 200 Whitney Ave, Hamilton, ON

Course: 14 racing ergometers, 20 warm-up ergometers

Race Distance: 2000 meters, 1000 meters, 500 meters

Parking: 250 car parking lot

### 3. ENTRY FEES AND DEADLINES

**Entry Fee:** \$12 per single entry (plus seat fees and tax)

**Entry Deadline:** January 7, 2020

All entries will be completed using Regatta Central. An entry is only valid when all crew members are named and the entry fee is submitted.

If the online entry deadline is missed, it is possible to register in person not less than thirty minutes before the scheduled race on race day. Late entries will be accepted at the registration desk upon payment of a late fee of (\$10) plus the original entry fee. Late entry acceptance is at the discretion of the registrar and may be denied if the race is full, or no lanes available in the race or if the request is made less than thirty minutes prior to the race time.

### 4. REGISTRATION AND ELIGIBILITY

#### **Registration:**

All athletes are required to check-in with photo identification at the registration desk and pick up their registration card.

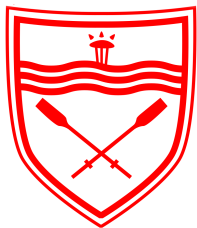
#### **Eligibility:**

**Coxswain:** Primarily a coxswain. Must have coxed a rowing race in a sanctioned regatta at least once during the previous regatta season in 2019.

**Bantam:** Must be 18 or less up to and including December 31, 2020. Born 2002 or earlier. Must not have competed at CSSRA, CORA, ROWONTARIO or Henley in the previous regatta season in 2019.

**Rec:** Must be 19 or older up to and including December 31, 2020. Born 2001 or later. Must not have competed at CORA, ROWONTARIO or Henley in the previous regatta season in 2019.

**Masters:** Must be 30 years or older up to and including December 31, 2020. Born 1990 or later. The regatta will have two age divisions, 30-49 and 50+. Results will be based on raw (un-handicapped) scores.



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Sr: Must be 23 or older up to and including December 31, 2020. Born 1997 or later.

U23: Must be 22 or less up to and including December 31, 2020. Born 1998 or earlier.

U19: Must be 18 or less up to and including December 31, 2019. Born 2001 or earlier.

U17: Must be 16 or less up to and including December 31, 2020. Born 2004 or earlier.

Lightweight: Sr/U23 men - 165 lbs, Sr/U23 women - 135 lbs

U19/U17 men - 165 lbs, U19/U17 women - 145 lbs

U19/U17 men - 150 lbs, U19/U17 women - 135 lbs

### **5. SCHEDULE OF EVENTS**

Registration desk and weigh-ins open at 7:30 am.

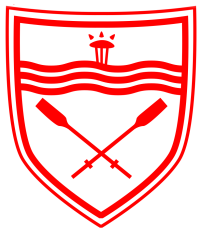
The first race will start at 9:00 am.

### **6. COMPETITION SCHEDULE**

The order of the Leander Indoor Rowing Championships shall be as follows:

1. U23 165 Men
2. Sr 165 Men
3. U23 Men
4. Sr Men
5. Masters Men (30-49) 2k
6. Masters Men (50+) 2k
7. U23 135 Women
8. Sr 135 Women
9. U23 Women
10. Sr Women
11. Masters Women (30-49) 2k
12. Masters Women (50+) 2k
13. Bantam Men 1k
14. Rec Men 1k
15. Masters Men (30-49) 1k
16. Masters Men (50+) 1k
17. Bantam Women 1k
18. Rec Women 1k
19. Masters Women (30-49) 1k
20. Masters Women (50+) 1k
21. Coxswains Crawl 1k
22. Men's 500m Dash
23. Women's 500m Dash
24. Jr HS (U17) Men
25. Jr HS (U17) Women
26. Jr HS (U17) 150 Men
27. Jr HS (U17) 165 Men
28. Jr HS (U17) 135 Women
29. Jr HS (U17) 145 Women
30. Sr HS (U19) 150 Men
31. Sr HS (U19) 165 Men
32. Sr HS (U19) 135 Women
33. Sr HS (U19) 145 Women
34. Sr HS (U19) Women
35. Sr HS (U19) Men

Events will run in 15-minute intervals. Events with more than 14 entries will be run over the course of two or more intervals. Events with less than 10 entries shall race during a similar race interval, at the discretion of the regatta chair.



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### **7. SPORT SPECIFIC RULES**

A certified RCA umpire will supervise all races and weigh-ins.

The Leander Indoor Rowing Championships will be hosted and staged according to the 2018 RCA Rules of Racing, with the following exceptions:

- 2.7 Masters athletes shall be classified as 30 and over. No subsequent divisions will be made.
- 2.8 No age adjustment shall be applied to the masters events, results will be based on raw scores.
- 2.10 Lightweight athletes shall weigh no more than 150 lbs or 165 lbs for men and 135 lbs or 145 lbs for women
- 2.11 Lightweight rowers shall begin weighing in one and a half hours before the first lightweight race of the day and can weigh in up until thirty minutes before their scheduled race time. If a rower exceeds weight, they shall race in the lightweight event but their time will be shifted up a weight class in the results. U17 and U19 athletes who exceed 150 lbs/135 lbs will have their time shifted to the 165 lbs/145 lbs results. U17 and U19 athletes who exceed 165 lbs/145 lbs will have their time shifted to the open results. U23/Sr athletes who exceed 165 lbs/135 lbs will have their time shifted to the open results.
- 7.2 The draw will be out two days prior to the event through Regatta Central.

### **8. THERAPY / MEDICAL SERVICES**

Leander First Aid Team, coordinated by Myma Okuda-Rayfuse

### **9. ACCREDITATION**

All competing athletes must have in their possession at the championship a piece of identification which bears their picture (acceptable I.D. includes current student cards, driver's license, passport).

Athletes will be required to show photo identification at the registration desk when picking up their registration card.

### **10. TICKETING**

N/A - No admission or parking fees

### **11. SPORTS INFORMATION / RESULTS**

Results will be available online at [RegattaCentral.com](http://RegattaCentral.com), and [@LeanderRowing](https://twitter.com/LeanderRowing) on Twitter.



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### **12. AWARDS PRESENTATION**

Gold medals and championship T-shirts will be awarded to the winner of all events with more than one entry. Awards will be presented throughout the day under the event banner, approximately 10 minutes following the completion of events 12, 23, 29, and 35. High school team championship trophies will be awarded during the final awards presentation.

### **13. EQUIPMENT**

Warm-up and racing ergs will be provided by Leander Boat Club and the St. Mary CSS rowing team.

Coaches and coxswains will not be permitted in the race area during racing.

### **14. VOLUNTEERS**

This event requires a large number of volunteers. For details on how you can get involved please contact Greg Hanta ([leander.captain@gmail.com](mailto:leander.captain@gmail.com)).

### **15. ADDITIONAL INFORMATION**

Please refer to Regatta Central for updates and more information:  
[https://www.regattacentral.com/regatta/?job\\_id=5528](https://www.regattacentral.com/regatta/?job_id=5528)