

**2019 Doug and Sam Wells Western Ontario Secondary School Association Rowing
Championships**

SATURDAY, MAY 25, 2019

HELD AT THE DOUG WELLS ROWING CENTRE COURSE ON FANSHAWE LAKE

SCHEDULE OF EVENTS

Weigh-ins open at 6:30 a.m. - closed at 8:30 a.m.

Coaches Meeting 6:45 a.m.

Races are called 30 minutes prior to race time

First Heat starts at 8:00 a.m. Finals follow the last heat (~1:30PM)

Heats are run at approximately 8 minute intervals

Finals are run at 8 minute intervals

GENERAL INFORMATION

1. Post-entries will **NOT** be allowed if they force additional heats or finals.
2. Heats are run at approximately 8 minute intervals in the morning. Finals take place at 10 minute intervals and will begin immediately after the heats conclude (usually about 1pm).
3. *For safety reasons*, no rower is allowed to participate in more than two events. **Failure to abide by this rule will result in the disqualification of the school from the regatta.**
4. Coaches must bring enough equipment for their crews to race on time! Hot seating will be accommodated by the dock marshals **at their discretion**, and where scheduling and safety permit.
5. Drivers are not allowed to park in the designated trailer areas unless a trailer is attached to the vehicle or shell(s) are strapped to a car.

6. When parking trailers and tow vehicles, point them toward the lake to exit the site properly (use lower road).

Entry deadline is Monday, May 20, 2019

ENTRIES SUBMITTED TO REGATTA CENTRAL

Age Limits

Junior: Under 16 years of age January 1, year of the competition

Senior: Under 19 years of age January 1, year of the competition

36th Annual Doug and Sam Wells Western Ontario

Secondary School Association (WOSSA) Rowing Championships

SATURDAY, MAY 25, 2019

LIST OF EVENTS

- 1. Junior Men Four with Coxswain**
- 2. Senior Men Double**
- 3. Senior Women Eight**
- 4. Junior Men Quad**
- 5. Junior Women Four with Coxswain**
- 6. Junior Women Double**
- 7. Senior Women Quad**
- 8. Senior Men Four with Coxswain**
- 9. Junior Men Single**
- 10. Senior Men 72kg Double**
- 11. Senior Women 63kg Four with Coxswain**
- 12. Senior Men Single**
- 13. Junior Men Eight**
- 14. Junior Women Single**
- 15. Senior Women 63kg Double**
- 16. Senior Women Four with Coxswain**
- 17. Senior Women Single**
- 18. Senior Men Quad**
- 19. Senior Men 72kg Four with Coxswain**
- 20. Junior Women Eight**
- 21. Junior Men Double**
- 22. Junior Women Quad**

- 23. Junior Women 63kg Four with Coxswain
- 24. Senior Women Double
- 25. Junior Men 72kg Four with Coxswain
- 26. Senior Men Eight

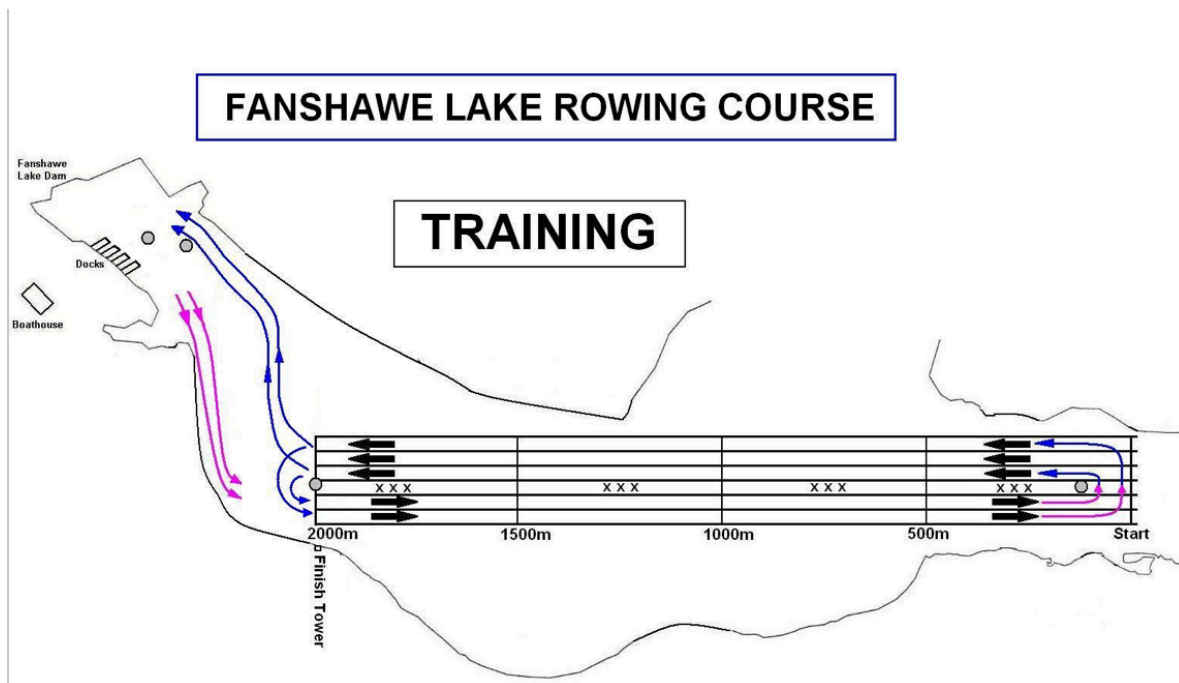
Fees (Does not include RCA/RowOntario Seat Fees and Taxes)

EIGHTS	\$70
DOUBLES	\$50
FOURS/QUADS	\$60
SINGLES	\$40

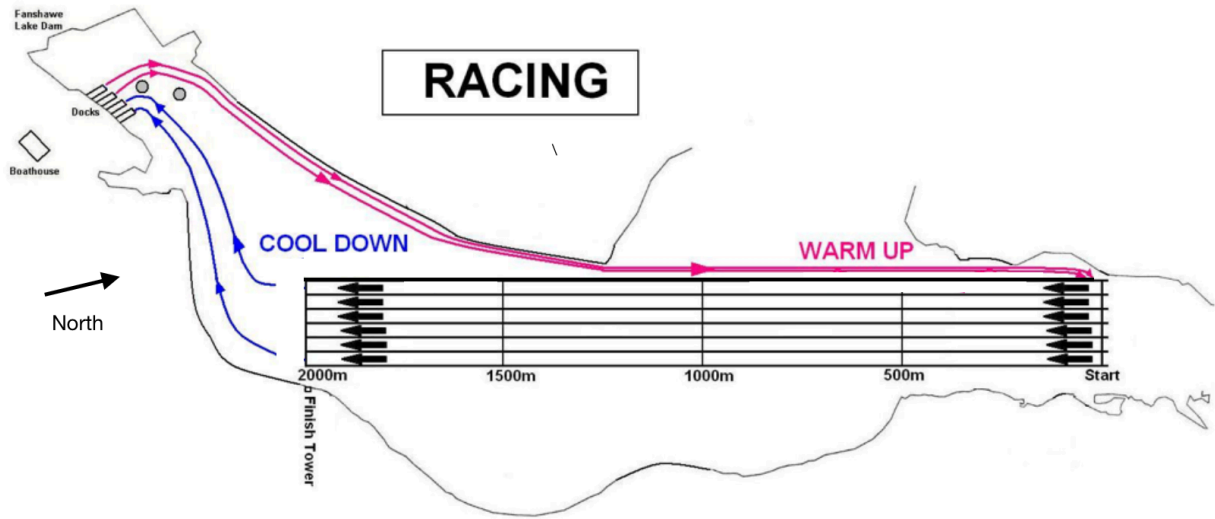
Practice Times and Traffic Patterns

The course will be open for practice between 3:00pm and dusk on Friday, May 25th. The traffic patterns for both practice and racing are shown below.

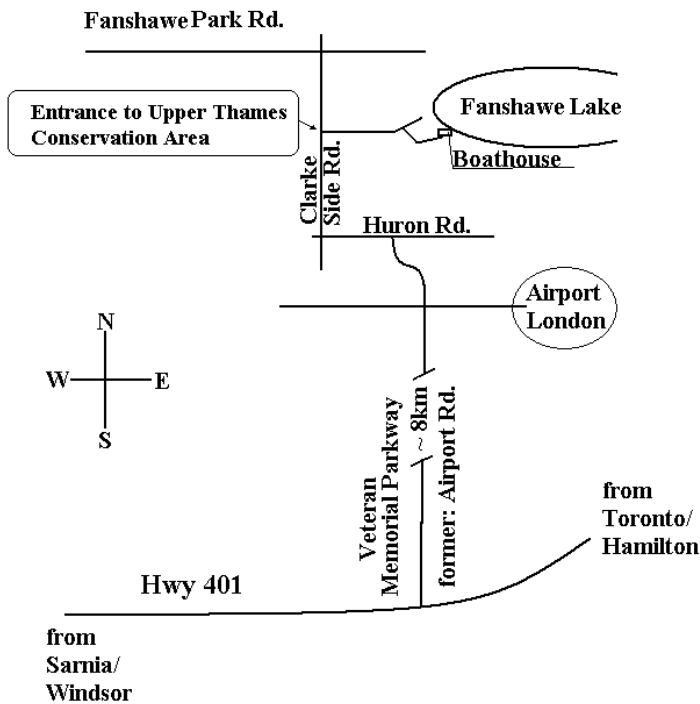
Coaches from participating Schools must volunteer to act as safety boats during the practice time, or the course will remain closed.



FANSHAWE LAKE ROWING COURSE



Directions to Boathouse



Parking

Parking is restricted to the designed areas. Please be prepared to walk from the designated areas. Only trailer tow vehicles or vehicles that are car topping boats will be allowed on the paths around the boathouse.

Bus Parking

Bus parking is restricted to the upper parking lot of the boathouse. All buses must be backed in and pointing towards the road. No buses will be allowed past this parking lot towards the trailers and docks.

Trailer Parking

Spots for trailer parking will be marked off. It will still be first come, first serve on which spot a trailer is parked. The designated spots for each trailer will be staked off. We will also be designating certain areas for vehicles with boats on them.

Hotel Information

We have partnered with RoomRoster to deliver some price discounts on local hotel options. Please use the following link to do your accommodation bookings: <https://app.roomroster.com/events/8871/hotels?nav=hidden>

Weigh in Rules

1. All coxswains and lightweight competitors must weigh in.
2. The official weigh in periods will be from 6:30 a.m. to 8:30 a.m. on regatta day.
3. Athletes must weigh in as a crew and be accompanied by a coach or school official during weigh in.
4. In the case of any dispute, the umpire will communicate with the crew's coach or school official only.
5. All competitors including coxswains, will weigh in wearing the same school rowing uniforms. No one will be weighed in wearing more or less clothing.
6. Re-weighs will be permitted.
7. All weights for coxswains requiring extra weight will be supplied at the scales and will be the only weights recognized by umpires. A \$5 fee will be assessed for each coxswain's weights and will be payable to the umpire prior to leaving the weigh in room.

8. During the official weigh in periods testing of scales or checking weights will not be permitted.
9. Crew changes will not be accepted at the weigh-in room. Changes must be approved by the registrar beforehand at the administration tent. If making changes, please bring your copies of the entry forms
10. The minimum weight for coxswains is 45kg.
11. An individuals' maximum weight (72kg for men and 63kg for women) determines eligibility. There is no averaging of the athletes' 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 at the administration tent before you proceed to the scales. The regatta registrar will provide you with a new line-up form.
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 the weigh in room.
4. Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing.

Rules of Racing

The Rowing Canada Aviron RCA Rules of Racing will apply at this regatta. Exceptions to the RCA rules as allowed under RCA rule 1.6 are summarized as follows:

- 1 1. **Rule 2.1 Definition of a competitor** - All rowers and Coxswains must attend the same rowing club. Composite crews from multiple high schools will be accepted at this event.
- 2 2. **Rule 2.3 Age Categories of Rowers** - differ from the RCA Rules and are stated in the Entry Rules section on the web site and race program
- 3 3. **Rule 2.10 Lightweights** - Weight classes differ from the RCA Categories and are stated on the Event List and Weigh-in Rules pages
- 4 4. **Rule 2.11 Weighting of Athletes in Weight Restricted events.** Procedures differ from RCA rules and are outlined in the regatta package.
- 5 5. **Rule 7.6 & 7.7 Substitutions** - NO Substitutions for the single will be allowed for this regatta

6 **6. Rule 9.3 Progression** - for events with more than **6** entries, placing in heats determine the finalists. The top 3 finishers from 2 heats will move on; the top 2 finishers from 3 heats; etc.