

33rd Annual Doug and Sam Wells Western Ontario Secondary School Rowing Championships

SATURDAY, MAY 28, 2016

HELD AT THE DOUG WELLS ROWING CENTRE COURSE ON FANSHAWE LAKE

SCHEDULE OF EVENTS

Weigh-ins open at 6:30 a.m. - closed at 10:00 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
Heats are run at approximately 8 minute intervals
Finals are run at 10 minute intervals

GENERAL INFORMATION

1. Protests must be delivered to the Chief Umpire (with \$100 fee) within 60 minutes of the end of the race.
2. Post-entries will **NOT** be allowed if they force additional heats or finals.
3. If an event has **one** entry only, the Regatta Chair will **ATTEMPT** to accommodate them in another event.
4. 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).
5. *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.**
6. **Coaches must bring enough equipment for their crews to race on time!**
7. Drivers are not allowed to park in the designated trailer areas unless a trailer is attached to the vehicle or a shell(s) is strapped to a car.
8. When parking trailers point them toward the lake to exit the site properly (use lower road).

Entry deadline is Monday, May 23, 2016
ENTRIES SUBMITTED TO REGATTA CENTRAL

https://www.regattacentral.com/regatta/index.jsp?job_id=4684

Age Limits

Junior: a rower/coxswain is an Under 17 competitor until the 31st of December in which he or she reaches 16

Senior: a rower/coxswain who is no longer an Under 17 competitor is a senior competitor until the 31st of December in the year in which he or she reaches 19

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LIST OF EVENTS

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

FEES

Eight \$65	Double \$45
Coxed Four \$55	Single \$35
Quad \$50	

For information about accommodations, dining and more visit Tourism London at
www.londontourism.ca

On race day there will be a food booth at the Finish Tower.

Friday Practice

The course will be open for practice for out of town crews between 3:00pm and 7:00pm on Friday, May 27th. The traffic pattern will be the **normal traffic pattern on Fanshawe Lake**, not the race day pattern. A course map will be stationed near the docks to show this pattern, coaches please familiarize your athletes with the correct pattern before leaving the dock.

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

Rules of Racing

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. **Rule 2.1 Definition of a competitor** - All rowers and Coxswains must attend the same school
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. **Rule 2.5 Coxswains weights** - coxswains differ from the RCA categories and are pegged at 45 kg for women and men
4. **Rule 2.10 Lightweight**s - Weight classes differ from the RCA Categories and are stated on the Event List and Weigh-in Rules pages
5. **Rule 6.5 Blades** - Uniform colors on blades will not be enforced at this Championship
6. **Rule 7.6 & 7.7 Substitutions** - NO Substitutions for the single will be allowed for this regatta
7. **Rule 9.3 Progression** - for events with more than 6 entries, placing in heats determine the finalists
8. **Rule 10.11 Interference** - Interference causing a crew to lose time late in a heat will be reviewed by the Chief Umpire and the Board of the Jury

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 10 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. The maximum deadweight is 10kg.
11. An individuals' maximum weight 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.