

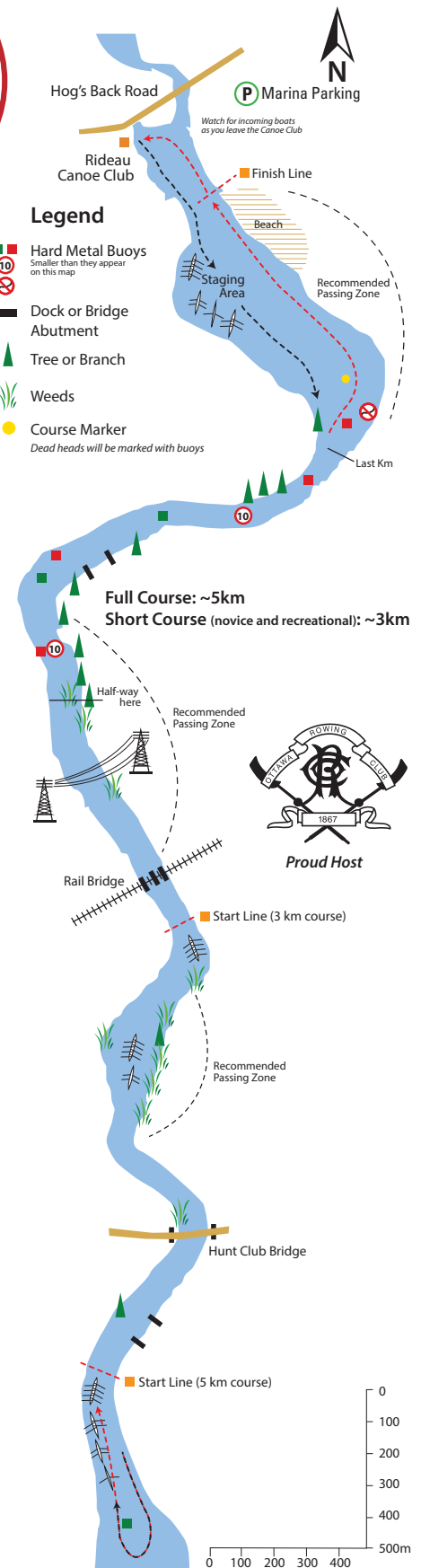
HEAD OF THE RIDEAU REGATTA

AT THE RIDEAU CANOE CLUB, 804 HOGS BACK ROAD
SUNDAY, SEPTEMBER 29, 2019

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HEAD OF THE RIDEAU

Course Map



REGULATIONS

1. To participate in this Rowing Canada Aviron (RCA) sanctioned regatta, all competitors must be in good standing with their national and provincial (or territorial) rowing associations in 2019.
2. Entries must be made in Regatta Central (www.regattacentral.ca)
The entry fees are:
Singles: \$40 (HST included) Doubles: \$55 (HST included)
Fours: \$80 (HST included) Eights: \$95 (HST included)
** The RCA/RO per seat fees are in addition to the above entry fees. The per seat fees will be added to your invoice in Regatta Central.*
3. Entries from all universities are subject to a single administrative fee of \$565.00 (HST included), which covers one entry in each OUA university event. Additional entries may be purchased at the rates referenced above. The single administrative fee does NOT include the RCA/RO per seat fees.
4. Any boat, university or individual that scratches an event after entries are closed on September 20th 11:59am (noon) will be charged a flat scratch fee of \$60 per entry (in addition to the entry fee). Late entries may be accepted after the entry deadline closes if the program allows. A late fee of \$60 per entry applies (in addition to the entry fee) to all entries submitted after September 20th, 11:59am (noon).
5. Crew name changes will be accepted until 11:59am (noon) on Friday, September 27.
6. The Coaches' meeting will begin at 7:00 am on the day of racing.
7. Weigh-ins:
 - a. Lightweight competitors must weigh-in for weight restricted events that they are competing in, but they do not have to weigh-in as a crew.
 - b. An allowance to the maximum for lightweight competitors will be 2.5kg. Men: No individual rower shall weigh more than 75.0 kg. Women: No individual rower shall weigh more than 61.5 kg
 - c. The weigh-in station for lightweight competitors will be open from 7:00AM to 10:00AM.
 - d. Lightweight rowers or crews that exceed the required weight by the end of the allotted time, may still race but with the status of exhibition (they will get a time, but no ranking or points).
 - e. Lightweight competitors must present their id at the weigh-in station.
 - f. There will be no practice scale.
 - g. Coxswains will not be weighed at the regatta
8. In mixed events, the crew (excluding the coxswain) shall have at least one woman and one man.
9. Composite crews with rowers from different clubs are allowed in non-varsity events.
10. Coaches must inform dock marshal of any boats or rowers, which will be participating in back-to-back races. It is the responsibility of the crews to make it up to the start prior to course closing.
11. Faster crews have the right-of-way in safe passing zones of the course, therefore all slower crews MUST yield to faster crews; failure to do so may result in a penalty at the discretion of the umpires. All coaches and athletes must familiarize themselves with the course to identify safe passing zones.
12. There will be a clearly marked buoy in the south end of Mooney's Bay to separate the holding area (on the west side) and the racing lane (on the east side). Boats that fail to pass between the buoy and the eastern shore of Mooney's Bay will be assessed a 30 second penalty.
13. All racers must finish the race with their boat passing between the finish-line buoy markers. Boats that do not finish the race between the finish-line buoy markers will be assessed a 30 second penalty.
14. The traffic pattern for the route to the start line and during practice times is always starboard oar to shore. The 5km start zone flow pattern is clockwise.
15. While every attempt will be made to minimize interactions, the Rideau Waterway remains publicly open. All coaches and athlete must familiarize themselves with the regatta Emergency Action and First Aid plan.
16. Awards will be presented to the winners of each event provided there is a minimum of two boats in that category and to the university men's and women's team accumulating the highest number of points.

All age categories are based on competitor's age as of December 31, 2019. While identification will not be verified when launching boats, upon request, government identification must be produced.

- Juniors: Under 19 years of age
- Masters: average boat age (calculated in Regatta Central), no age-adjusted time system:
 - 21 to 49 years of age (AA-C)
 - 50 to 59 years of age (D-E)
 - 60 years of age + (F-L)
- Varsity: Ontario University Athletics (OUA) requirements and categories will be used
- Novice (university): rowers must be in their first year of competition.

2019 EVENT LIST			
RACE 1	Event	Category	
Launch: 7:35	1.01	RM1x	(3km) Rec Men's Single
Course Open: 7:35	1.02	RW1x	(3km) Rec Women's Single
Launch Closed: 8:10	1.03	M1x	Men's Single
3km Race Start: 8:35	1.04	VM1x	Varsity Men's Single
5km Race Start: 8:45	1.05	LM1x	Lightweight Men's Single
Finish: 9:45	1.06	LVM1x	Varsity Lightweight Men's Single
	1.07	U19M1x	U19 Men's Single
	1.08	MM1x	Master's Men's Single (21 to 49)
	1.09	MM1x	Master's Men's Single (50 to 59)
	1.10	MM1x	Master's Men's Single (60+)
	1.11	W1x	Women's Single
	1.12	VW1x	Varsity Women's Single
	1.13	LW1x	Lightweight Women's Single
	1.14	LVW1x	Varsity Lightweight Women's Single
	1.15	U19W1x	U19 Women's Single
	1.16	MW1x	Master's Women's Single (21 to 49)
	1.17	MW1x	Master's Women's Single (50 to 59)
	1.18	MW1x	Master's Women's Single (60+)
RACE 2			
Launch: 8:55	2.01	U19W4x+	(3km) U19 Women's (coxed) Quad
Course Open: 9:45	2.02	RX4+	(3km) Rec Mixed (coxed) Four
Launch Closed: 9:45	2.03	VM8+	Varsity Men's Eight
3km Race Start: 10:05	2.04	LVM8+	Varsity Lightweight Men's Eight
5km Race Start: 10:15	2.05	U19M8+	U19 Men's Eight
Finish: 11:15	2.06	W8+	Women's Eight
	2.07	MW8+	Masters Women's Eight
	2.08	JVM2x	Junior Varsity Men's Double
	2.09	JVW2x	Junior Varsity Women's Double
	2.10	VW4+	Varsity Women's (coxed) Four
	2.11	LVW4+	Varsity Lightweight Women's (coxed) Four

RACE 3			
Launch: 10:40	3.01	NM8+	(3km) (University) Novice Men's Eight
Course Open: 11:15	3.02	M8+	Men's Eight
Launch Closed: 11:30	3.03	VM2x	Varsity Men's Double
3km Race Start: 11:50	3.04	LVM2x	Varsity Lightweight Men's Double
5km Race Start: 12:00	3.05	VW2x	Varsity Women's Double
Finish: 13:00	3.06	LVW2x	Varsity Lightweight Women's Double
	3.07	MM2x	Masters Men's Double
	3.08	U19W8+	U19 Women's Eight
	3.09	MW4+	Master's Women's (coxed) Four
	3.10	JVW4+	Junior Varsity Women's (coxed) Four
RACE 4			
Launch: 12:25	4.01	RX8+	(3km) Recreational Mixed Eight
Course Open: 13:00	4.02	U19M4x+	(3km) U19 Men's (coxed) Quad
Launch Closed: 13:15	4.03	VW8+	Varsity Women's Eight
3km Race Start: 13:35	4.04	LVW8+	Varsity Lightweight Women's Eight
5km Race Start: 13:45	4.05	VM4+	Varsity Men's (coxed) Four
Finish: 14:45	4.06	LVM4+	Varsity Lightweight Men's (coxed) Four
	4.07	M4+	Men's (coxed) Four
	4.08	JVM4+	Junior Varsity Men's (coxed) Four
	4.09	M2x	Men's Double
	4.10	W2x	Women's Double
	4.11	U19W2x	U19 Women's Double
RACE 5			
Launch: 14:10	5.01	NW8+	(3km) (University) Novice Women's Eight
Course Open: 14:45	5.02	RM2x	(3km) Recreational Men's Double
Launch Closed: 15:00	5.03	RW2x	(3km) Recreational Women's Double
3km Race Start: 15:20	5.04	MM8+	Masters Men's Eight
5km Race Start: 15:30	5.05	W4+	Women (coxed) Four
Finish: 16:30	5.06	U19M4+	U19 Men's (coxed) Four
	5.07	MM4+	Masters Men's (coxed) Four
	5.08	U19W4+	U19 Women's (coxed) Four
	5.09	MW2x	Masters Women's Double
	5.10	U19M2x	U19 Men's Double
	5.11	X2x	Mixed Double

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