



112th Annual NWIRA Championship Regatta

Wascana Lake, Regina, Saskatchewan, Canada

Friday & Saturday, August 21 & 22, 2015

**The coaches meeting begins at 6:00 p.m. CT on Thursday, August 20, 2015
at the Canada Games Room beside the Regina Rowing Club**

NWIRA Registration Process

Entries are due by **Friday, August 14, 2015**.

NWIRA association clubs and guest clubs can submit their entries at the Regatta Central website - www.regattacentral.com starting on Monday, July 6, 2015. The online registration will close at 12:00 a.m. Midnight (Central Time) on **Friday, August 14, 2015**. Entries will not be visible in Regatta Central until after close of registration.

From **Friday, August 14, 2015** until **Monday, August 17, 2015** at **5:00 p.m. Central Time**, clubs can submit name changes and/or scratches to the NWIRA Secretary, stock041@umn.edu at no cost. The Secretary will not accept any new entries after the August 14 deadline.

The NWIRA Secretary will publish the event schedule and heat draws by **Wednesday, August 19, 2015**.

You will need the following information to prepare your club 2015 NWIRA entries in Regatta Central:

- Competitor list which includes first and last name of rowers and coxswains
- Competitors' birthdates
- Crew entries, including crew names, coxswain, if needed, event #, event name, boat ID (i.e. A, B, C).

You are not required to enter alternates for each boat entry.

All US competitors should be either an individual member of USRowing or a member of an USRowing-member institution. All Canadian competitors should be a member of Rowing Canada Aviron (RCA).

Please contact the NWIRA Secretary, Charlie Stockwell, (stock041@umn.edu / 651-602-0758 Home) with questions about the NWIRA registration process.

NWIRA Fees Schedule

Exchange rate (1.00 USD = 1.24 CAD)

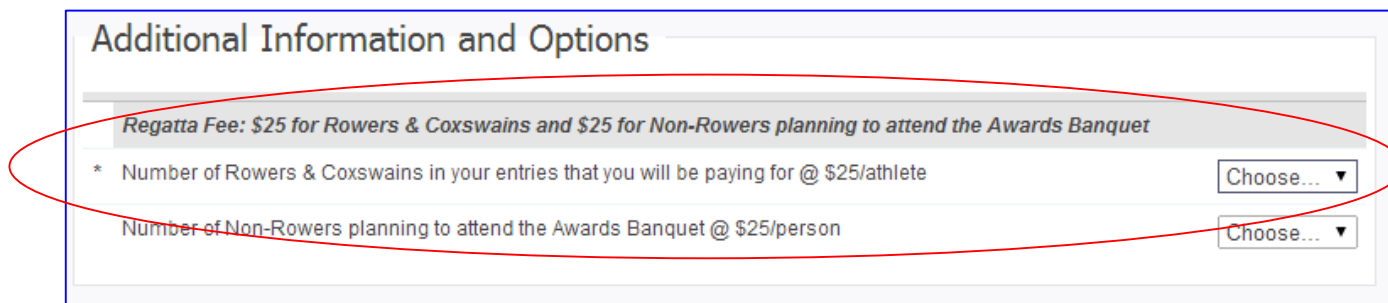
Based on 6 Month Average January 2015 thru June 2015 (Source: Bank of Canada)

	US Dollars	Canadian Dollars
Entry Fees		
Singles	\$20	\$25
Doubles / Pairs	\$40	\$50
Fours / Quads	\$60	\$75
Eights	\$80	\$100
Scratch Fees *		
Singles	\$20	\$25
Doubles / Pairs	\$40	\$50
Fours / Quads	\$60	\$75
Eights	\$80	\$100
NWIRA Club Membership Dues (Required)	\$100 per club	\$124 per club
Guest Club Fees (Required)	\$50 per club	\$62 per club
Regatta Fees (Required) ***	\$25 per person	\$31 per person

* Any scratch fees NOT paid at the regatta will be subject to an administration fee (\$50 USD \$62 CAD).

** All rowers, including coxswains, competing in the championship regatta are required to pay the regatta fee (\$25 UD / \$ 31 CAD) in addition to boat entry fees and guest clubs fees or club membership dues. This regatta fee covers regatta expenses (e.g. banquet, insurance, entertainment, and equipment rental).

Non-rowers (parents, coaches, family members and friends) that wish to attend the awards banquet may do so at (\$25 USD / \$ 31 CAD) per person. Clubs may enter the number of non-rowers attending the award banquet in the Registration Form in Regatta Central (see image below). After submitting the number in Regatta Central, clubs are responsible for the number of people expected to attend. There will be no refund for those who are unable to attend the banquet.



Participating clubs are to turn in one payment at the coaches meeting on Thursday, August 20, 2015, at 6:00 p.m. (Central Time) at the regatta site for the following:

- Entry Fees. The Secretary will calculate total entry fees based on entries and changes submitted as of 5:00 p.m. (Central Time) Monday, August 17, 2015.

- Scratch Fees, if applicable.
- NWIRA Club Membership Dues, if applicable.
- Guest Club Fees, if applicable.
- Regatta Fees for individuals (rowers and non-rowers) attending the awards banquet.

If you are not paying by credit card at Regatta Central, please make your check payable to North Western International Rowing Association (NWIRA) in the currency of the country of your club. **To avoid processing fees and keep entry fees affordable, we strongly encourage clubs to make payments by check.**

Submit list of all coxswains competing in the regatta

Please submit a list (first and last name, date of birth, and club) of all coxswains that will be competing in the regatta to the NWIRA Secretary, Charlie Stockwell, at stock041@umn.edu by **Friday, August 14, 2015**. Be sure to include alternates. Officials need this information for weigh-in purposes.

Entry Rules

- Double and Pair events limit to four entries per club

Each club may submit up to four entries for each double and pair event. This includes the following events:

02. Junior Women 2-	31. Junior Men 2x	44. Light Weight Women 2x
07. Open Women 2-	32. Junior B Men 2x	45. Open Women 2x
11. Junior Men 2-	35. Master Women 2x	50. Open Men 2x
15. Master Men 2-	39. Master Men 2x	51. Light Weight Men 2x
16. Master Women 2-	40. Junior Women 2x	52. Mixed Master 2x
20. Open Men 2-	41. Junior B Women 2x	

The purpose of this rule to reduce the number of heats needed to race these events.

- An event with one or more entries from only one club after close of registration

If an event has one or more entries from only one club after close of registration, the event will stay on the schedule. At the coaches' meeting, clubs will have opportunity to submit entries to the event. Clubs submitting entries will pay normal entry fees for that event.

If the event does not receive entries from any other clubs at the coaches' meeting, NWIRA will cancel that event and refund the entry fees to the club with the entries.

- Individuals are eligible to row only for one club during the Championship regatta and that must be the Club that the rower competed for after June 15th of the current year.
- Composite crews are not allowed in this Championship Regatta.

NWIRA Association Clubs

NWIRA is an association of rowing clubs in the United States and Canada. Current association club members are:

- Winnipeg Rowing Club (WNPG), Winnipeg, Manitoba, Canada
- Minneapolis Rowing Club (MPLS), Minneapolis, Minnesota, USA
- Minnesota Boat Club (STPL), St Paul, Minnesota, USA
- Duluth Rowing Club (DULT), Duluth, Minnesota, USA
- Kenora Rowing Club (KENR), Kenora, Ontario, Canada
- Thunder Bay Rowing Club (TBAY), Thunder Bay, Ontario, Canada
- Regina Rowing Club (RGNA), Regina, Saskatchewan, Canada
- Saskatoon Rowing Club (SASK), Saskatoon, Saskatchewan, Canada
- Pinawa Rowing and Sailing Club (PINW), Pinawa, Manitoba, Canada
- Rochester Rowing Club (ROCH), Rochester, Minnesota, USA

NWIRA Volunteer Duty

Each NWIRA association club needs to provide two volunteers per day to work at the regatta. Several people can divide this duty among themselves - as long as there are two volunteers from each club at all times for the duration of the event. Guest clubs are exempt from this duty.

Please provide volunteer contact information to Kelly Silcox of the Regina Rowing Club at kel1@accesscomm.ca. Contact information should include volunteer name, date and time they are available, their email address and phone number. Volunteers will be contacted a week before the regatta on their role at the regatta.

Chief Referee

The chief referee for the 2015 NWIRA Championship Regatta is Allan Horne, FISA/RCA of Winnipeg.

Weather Contingency Plan

To ensure the safety of the athletes, officials, regatta personnel and volunteers, officials and LOC may shorten, reschedule, or cancel races due to deteriorating weather conditions or other unforeseen events. When such situations occur, the Chief Referee, NWIRA Executive Committee, and LOC Regatta Chair will jointly assess the situation, outline alternations to the race schedule or competition, and inform the participating clubs of the alternations. Depending on the situation during the regatta, such alternations may include one or more of the following:

- Postpone or reschedule races to different time to allow thunderstorm, lightening or other severe weather conditions to pass through.
- Shorten or cancel finals if severe weather condition occurs in the afternoon. If canceled, all heat results for an event determines finish order.

- Rearrange races so that the big boat events (4-, 4+, and 8+) are conducted first following a passing thunderstorm. Conduct the small boat events (1x, 2x, 2-) as conditions improved.
- Cancel one day of competition all together if severe weather condition lingers throughout the day. Run the second day of competition as scheduled if condition improves.

Officials, NWIRA Executive and LOC Regatta Chair may also consider other alternations not listed. Regardless of alternations implemented, the safety of the athletes, officials, regatta personnel, and volunteers is top priority under any severe weather situation or unforeseen events.

There will be no refund of entry fees for canceled races due to deteriorating weather conditions or other unforeseen events.

Rower Classifications

Junior B	An individual who will be 16 or under on December 31, 2015.
Junior	<p>An individual who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma.</p> <p>An individual ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.</p>
Open	All individuals are eligible for Open events. Individuals rowing in Open events cannot row in Master's events.
Masters	<p>An individual who will be age 27 or older on December 31, 2015.</p> <p>Masters will be age handicapped based on Rowing Canada Aviron Garrett-Zessa Master Handicap System. Age will be based on the rower's age as of the last day of the current calendar year.</p> <p>All masters entering master's events can only row Master events, Dashes, and Open 8+ events.</p>
Lt. Weight Women	No crew member shall be over 130 lbs – 59.0 kg.
Lt. Weight Men	No crew member shall be over 159.8 lbs – 72.5 kg.

With the exception of the Junior 8+ events, all Master, Junior B, Junior, and Open rowers may row in any 8+ events.

Course Length

Dashes	400 meters
Master, Junior & Open	1000 meters

Waiver

Waiver is not required in this championship regatta.

Maximum Number of Events

Rowers may compete up to six events that he or she is eligible to row. Dashes are not included in this limit.

Coxswains

- Coxswains must not weigh less than 120 lbs – 54.4 kg for men's boats, and 110 lbs – 49.9 kg for women's boats. Coxswains must weigh in ONCE for the entire regatta.
- Coxswains who weigh less than the required minimum MUST carry weight. Coxswains are responsible for picking up weights at the weigh-in station or for securing their own weights.

Weigh-Ins

- Weigh-ins shall be open for at least one and one-half hours and will end one-half hour before the first light weight race on the first day of the regatta. Weigh-in on first day of the regatta applies for lightweight events on both days of the regatta, Friday and Saturday.
- Crews and Coxswains must be accompanied by their coaches for weigh-ins. Pair and Double teams MUST weigh-in together.
- If a male weighs in more than three pounds or a female weighs in more than two and a half pounds over the maximum weight for lightweights, that individual will be disqualified from the lightweight events for the regatta.
- ALL CREWS AND COXSWAINS MUST BE IN CLUB ATTIRE FOR WEIGH-INS, DRESSED AS TO COMPETE IN A RACE – NO EXCEPTIONS! Athletes who do not dress in racing attire will not be allowed to weigh-in. Athletes have only two attempts to make weigh on the first day of the regatta, provided they are not over the maximum allowed weight. There will be no "practice weigh-ins".
- Not making weight results a scratched entry and a scratch fee will be applied.

Club Colors

All competitors must wear their club colors on the water.

Bow Balls and Bowmarkers

All crews are required to have a bow ball on their shell. NWIRA will have standard size bow markers available for shells. Each boat must have a proper lane marker clip on the bow.

Heel Ties

All stretcher shoes must have proper length heel-restraining ties in place. Dock master will inspect shells before they can be launched.

Athlete Substitution

Please use the Athlete Substitution / Change form at the end of this packet if you need to make substitutions for an event during the regatta.

Scratches

Please use the Scratch form at the end of this packet if you need to make scratches during the regatta.

Protest

Once an objection is lodged, a crew wishing to be heard before the Jury may fill out a protest form describing the facts that underlie the protest and the relief that the crew seeks to the Chief Umpire or another race official within one hour after it reaches land. The form is available at the Control Commission. Crew submitting a completed protest form shall pay a protest fee (\$100 USD / 110 CAD) by cash or check.

If the protest is upheld or it is found by the Jury to be substantially justified, the Jury will return the protest fee to the crew. Otherwise, the NWIRA will keep the protest fee.

On-site Food Service

Regina Rowing Club will be providing on-site food service at the boat house. Event T-shirt will also be available for purchases. The host will publish and send a list of food items for sale to the participating clubs prior to the regatta.

Awards

- Awards will be given for first place finishes in all events.
- Award ribbons will be given to second and third place finishes in all Junior events.

Aggregate Trophies

Aggregate trophies are awarded to the club scoring the most points for:

- Junior's Division Championship
- Master's Division Championship
- Women's Division Championship (Henning Peterson Trophy)
- Men's Division Championship (Con' Riley Trophy)
- US / Canada Cup – US Clubs vs. Canadian Clubs
- Efficiency Championship (CAN-AM Shield)
- Grand Aggregate NWIRA Championship (Sir Thomas Lipton Cup)

All clubs, including guest clubs are eligible to earn points for the aggregate trophies.

NWIRA Scoring System

Event Types	# of Entries in an event	2000 & 1000 Meter Events						
		Places						
		1st	2nd	3rd	4th	5th	6th	7th
1x	2	10	4					
	3	10	6	0				
	4	10	6	4	0			
	5	10	6	4	2	0		
	6	10	6	4	2	1	0	
	7 or more	10	6	4	2	1	0.5	0

2X/2-/2+	2	15	6					
	3	15	9	0				
	4	15	9	6	0			
	5	15	9	6	3	0		
	6	15	9	6	3	1.5	0	
	7 or more	15	9	6	3	1.5	0.75	0

4X/4-/4+	2	20	8					
	3	20	12	0				
	4	20	12	8	0			
	5	20	12	8	4	0		
	6	20	12	8	4	2	0	
	7 or more	20	12	8	4	2	1	0

8+	2	30	12					
	3	30	18	0				
	4	30	18	12	0			
	5	30	18	12	6	0		
	6	30	18	12	6	3	0	
	7 or more	30	18	12	6	3	1.5	0

# of Entries in an event	Dashes						
	Places						
	1st	2nd	3rd	4th	5th	6th	7th
2	6	2.4					
3	6	3.6	0				
4	6	3.6	2.4	0			
5	6	3.6	2.4	1.2	0		
6	6	3.6	2.4	1.2	0.6	0	
7 or more	6	3.6	2.4	1.2	0.6	0.3	0

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2	20	8					
3	20	12	0				
4	20	12	8	0			
5	20	12	8	4	0		
6	20	12	8	4	2	0	
7 or more	20	12	8	4	2	1	0

2015 NWIRA Championship Regatta - Schedule of Events

Dashes (400 Meters) Junior, Open & Master (1000 Meters)

Lunch Break are scheduled at around noon on each day

Friday – August 21, 2015	Saturday – August 22, 2015
<ol style="list-style-type: none"> 1. Master Men 4x 2. Junior Women 2- 3. Master Women 1x under 50 4. Master Women 1x 50 and over 5. Junior Men 4x 6. Junior B Men 4x 7. Open Women 2- 8. Light Weight Men 1x 9. Open Men 1x 10. Mixed Master 4x 11. Junior Men 2- 12. Junior Women 8+ 13. Open Women 1x 14. Open Men 4x 15. Master Men 2- <p>Break</p> <ol style="list-style-type: none"> 16. Master Women 2- 17. Open Women 4x 18. Junior Women 1x 19. Junior Men 4+ 20. Open Men 2- 21. Master Women 4x 22. Master Men 1x under 50 23. Master Men 1x 50 and over <p>Break</p> <ol style="list-style-type: none"> 24. Junior Women 4x 25. Junior B Women 4x <p>(10 min to switch lines)</p> <ol style="list-style-type: none"> 26. Dash Women 1x 27. Dash Light Weight Women 1x 28. Dash Men 8+ 	<ol style="list-style-type: none"> 29. Women 8+ 30. Master Men 4- 31. Junior Men 2x 32. Junior B Men 2x <p>Break</p> <ol style="list-style-type: none"> 33. Light Weight Women 1x 34. Open Men 4- 35. Master Women 2x 36. Junior Women 4+ 37. Junior Men 8+ 38. Open Women 4- 39. Master Men 2x <p>Break</p> <ol style="list-style-type: none"> 40. Junior Women 2x 41. Junior B Women 2x 42. Men 8+ 43. Master Women 4- <p>Break</p> <ol style="list-style-type: none"> 44. Light Weight Women 2x 45. Open Women 2x 46. Junior Men 1x <p>(10 min to switch lines)</p> <ol style="list-style-type: none"> 47. Dash Men 1x 48. Dash Light Weight Men 1x 49. Dash Women 8+ <p>Break</p> <ol style="list-style-type: none"> 50. Open Men 2x 51. Light Weight Men 2x 52. Mixed Master 2x * <p>* Local Organizing Committee Special Event</p>

NWIRA Banquet and Award Ceremony

The Pump Roadhouse
641 East Victoria Avenue
Regina, Saskatoon

Banquet begins at 6:30 PM with the award presentation afterward.
(Please note, banquet may start later if there delays in completing the last event of the day).

Hotel Accommodations in Regina

The Regina Hotel Association and four hotels in Regina are sponsoring the championship regatta. The Regina Hotel Association is providing a grant based on the number of room booked. Thus, the he Regina Rowing Club would greatly appreciate if all athletes participating in this year's regatta would stay in one of four hotels listed.

There are a limited number of rooms on hold for a limited time. All of the hotels have provided discount pricing for the regatta if you reserve your rooms before the booking deadlines. Please follow the reservation directions and use the booking codes provided.

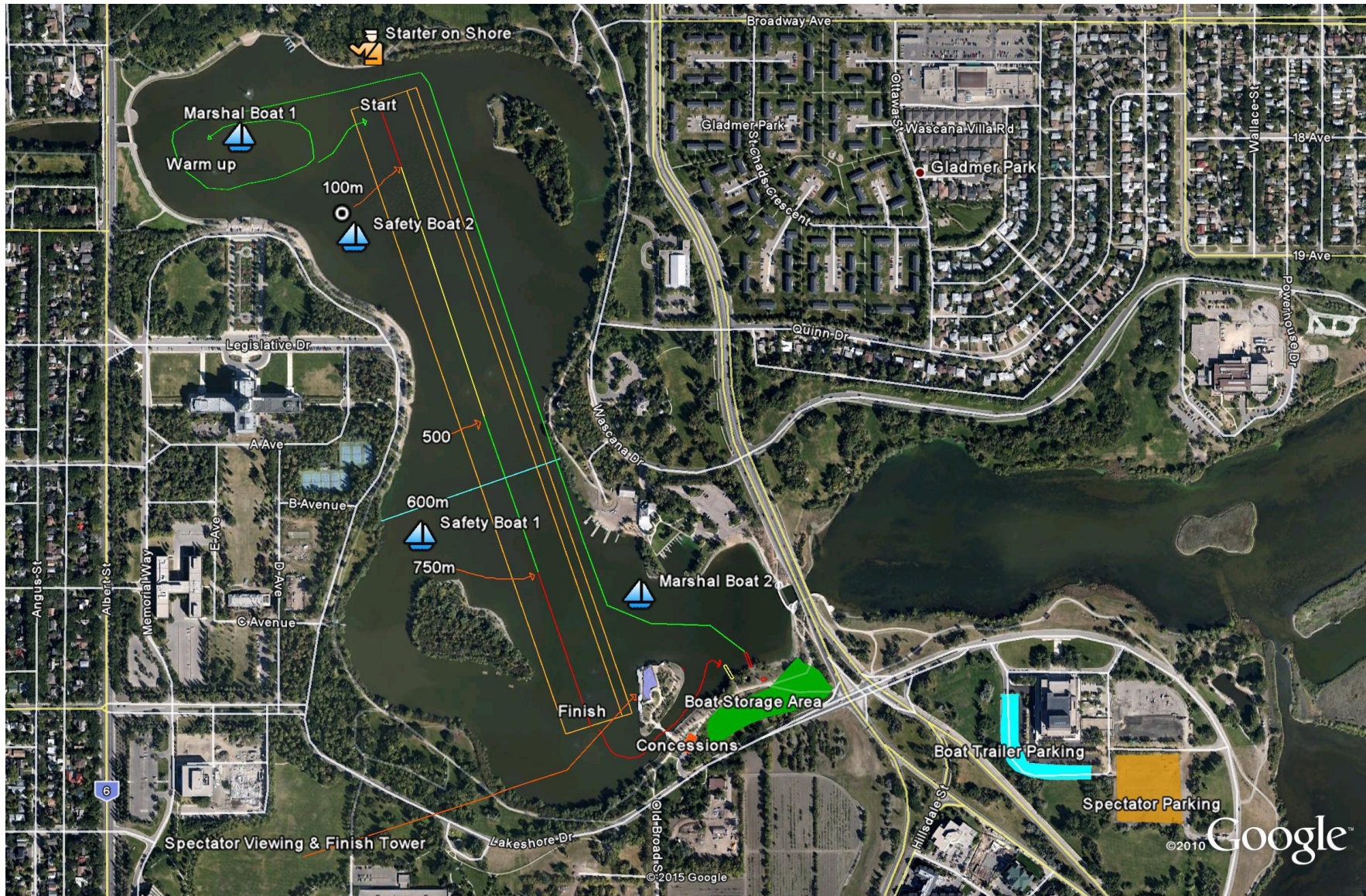
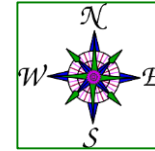
If you have any questions about accommodations please feel free to contact our NWIRA Accommodations Coordinator Nick Day at 1-306-526-8708 or email at nickday70@gmail.com.

Home Inn and Suites 4801 Harbour Landing Drive, Regina, SK S4W 0B7 Phone: 1-844-266-5334 or (306) 546-4663 Email: reservations@d3h.ca Booking Code: "North West International Regatta" (Contract does not specify cut-off date)	
Located near airport - about 7 km from regatta site Room specs: Classic two queen beds: \$126 Extended Stay Queen Suite (full kitchen): \$152 Dream Suite: \$143	Amenities: Hot Tub, Indoor pool and Waterslide Mini-fridge, Microwave and Coffee Maker in-room Free Parking Business Centre Complimentary Hot Continental Breakfast Free wireless and wired high-speed Internet 24 hour Coffee Bar
Wingate by Wyndham Regina 1700 Broad Street Regina, SK, S4P 1X4 Phone: (306) 584-7400 Booking Code: "Northwest Regatta" (Booking Deadline: July 23rd, 2015)	
Located near Casino/Cornwall Shopping Mall - about 2.5 km from regatta site Room Specs: King bed double occupancy: \$139 Additional adults after two: \$10 each/night	Amenities: Complimentary Hot Continental Breakfast Parking \$10.50 per night Free Wi-Fi 24 Hour Business Centre

Sandman Hotel Suites and Spa Regina 1800 Victoria Avenue East, Regina SK S4N 7K3 Reservation contact: Christina Lasko, Sales Manager Phone: 306-757-2444 x3 or 1-800-726-3626 Email: Sales_regina@sandman.ca Booking Code: "North West International Regatta" (Deadline: July 10th 2015)	
Located just off the #1 Highway in East Regina - about 5.4 km from regatta site Room Specs: Standard 2 double beds: \$109 Junior Corporate: \$119 Corporate Suite: \$129	Amenities: Free Local Calls High Speed Wireless and Wired Internet Free coffee and tea/coffee maker in the room Indoor pool and whirlpool Denny's 24 hour: but no complimentary breakfast 24 Hour Business Centre
Executive Royal Hotel Regina 4025 Albert Street, Regina SK S4S 3R6 Reservation contact: Jacqui McAfee Phone: 306-586-6755 ext 7126 Email: regionalsales.sk@royalhotelgroup.ca Booking Code: North West International Regatta (No specific deadline)	
Located in South Regina - about 4 km from regatta site Room Specs: Two Queens: \$130	Amenities: Keurig Coffee Makers in-room Business Centre Complimentary Bus Parking Free Wi-Fi On-site restaurant, but no complimentary breakfast

Visit www.tourismregina.com for more information about the City of Regina

Regina Rowing Club Wascana Lake Race Course



Map / Layout of the Regatta Site

- The regatta will operate from the South shore of Wascana Lake just West of Pine Island.
- Vehicles with boat trailers arriving at the regatta site are to check in at regatta control and then unload their boats at their designated site. Sites will be clearly marked.
- Empty boat trailers will have to be moved and stored in the Connexus Arts Centre parking lot.
- See aerial photo above for the boat launch area, boat storage area, start and finish, flow pattern and parking area for the boat trailers etc.
- You are welcome to bring tents to set up to keep athletes, coaches, and parents in the shade to reduce the risk of sun overexposure.

For more information about the regatta, please feel free to contact one of the Co-Regatta Chairs:

Dave Millar @ david.millar@sasktel.net or 306 540-5764

Kelly Silcox @ kel1@accesscomm.ca or 306 537-7497

Donna Ell @ ell@sasktel.net or 306-539-6136



2015 CHAMPIONSHIP REGATTA

ATHLETE SUBSTITUTION / CHANGE FORM

Club: _____

Event # : _____ Event: _____

Current Athlete Name (s) in Boat: _____ New Athlete (s) in Boat: _____

ALL NEW ATHLETES MUST BE LISTED ON CLUB ROSTERS

Change(s) made by: _____ Date / Time: _____

Signature: _____

Reason for Change: _____



2015 CHAMPIONSHIP REGATTA

SCRATCH FORM

Scratch fees are equal to the entry fee and they are due when submitting this form. Fees requiring collection after the regatta will be subject to a \$50 USD / \$75 CAD administration fee per item. Fees are payable in the currency of the regatta site.

Club: _____

Event # : _____ Event: _____

Athlete Name (s) in Boat: _____

Scratch made by: _____ Date / Time: _____

Signature: _____

Reason for Scratch: _____

Scratch Fee:	Singles	\$20 USD / \$25 CAD
	Doubles / Pairs	\$40 USD / \$50 CAD
	Fours / Quads	\$60 USD / \$75 CAD
	Eights	\$80 USD / \$100 CAD