



CANADIAN MASTERS CHAMPIONSHIPS CHAMPIONNATS CANADIENS DES MAÎTRES

JULY 23-24, 2016 • REGINA, SASKATCHEWAN

A Rowing Canada Aviron Sanctioned Event

Venue:

Wascana Lake is a dredged lake offering consistent depth, natural wake control, no current and no weeds. The course is fully buoyed with starter platforms and the FinishLynx timing system will be used for all races.

Directions:

Regatta Location: 3000 Wascana Drive, Regina, SK S4P 4W7 Phone: 306-757-0928

- [From Regina Airport](#) - a distance of 5.9 kms from regatta site
- [From Delta Regina Hotel](#) - a distance of 2.6 kms from regatta site
- [From Wingate by Wyndham Hotel](#) - a distance of 2.5 kms from regatta site

Race Type: 1000m sprints

Registration:

- Registration is through [Regatta Central](#).
- Early registration is encouraged as entries to this regatta may be capped.
- If cancellation of the regatta is unavoidable due to inclement weather or for any reason beyond the control of the organization committee, no refunds will be offered.

Events Offered:

- 1x, 2x, 2-, 4x, 4+, 8+ for men, women and mixed crews.
- LW 1x, 2x, 4x, 4+ for men and women
- Adaptive events as subscribed.
- Novice: 1x, 2x



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Race Schedule:

- Will be published on the website on March 15, 2016.
- Schedule is subject to change. All updates will be posted to Regatta Central and the website found at www.rcamasters.ca

Entry Fees:

- 1x = \$38.50 CAN
- 2x, 2- = \$77.00 CAN (\$38.50/seat)
- 4x, 4+ = \$132.00 CAN (\$33.00/seat)
- 8+ = \$200.00 CAN (\$25.00/seat)

Deadlines:

- Entry and payment deadline is July 7, 2016.
- Late entries accepted until July 10 - a surcharge of \$10 per seat will be added to the standard entry fee.
- Scratches will be accepted through Regatta Central with no penalty until 11:59 pm CST July 10. The scratch fee made after the July 10 deadline is equal to the entry fee.
- Please email the regatta organizers at rcamastersregina@gmail.ca as soon as possible with any scratches or changes to entries.

Competitor Eligibility:

- Rowers registered and in good standing with any FISA member federation are eligible to enter and compete for the Canadian Masters Championships championship medals.
- A competitor may compete as a Master in the year in which he or she attains the age of 21.
- Composite crews are welcome provided they are identified at the time of regatta registration. Individuals may represent only one club at the regatta and are to compete in their club colours.
- Each member of a composite crew shall wear his/her own club singlet.



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Age Categories:

Category	Age	Category	Age
AA	Age 21 - 26	F	Age 60 - 64
A	Age 27 - 35	G	Age 65 - 69
B	Age 36 - 42	H	Age 70 - 74
C	Age 43 - 49	I	Age 75 - 79
D	Age 50 - 54	J	Age 80 and over
E	Age 55 - 59		

The age categories do not apply to coxswains. The average age category of a Masters crew shall be determined by the average age of the rowers rounded down to the nearest whole number.

A Masters crew or sculler may compete in a lower (younger) age category but not in a higher one.

Meaningful Competition:

Regina Rowing Club seeks to create a rewarding and high-level competitive experience at the 2016 Canadian Masters Championships. It is expected by all rowers that a National Championship will have a higher standard of competition.

Under *Meaningful Competition*, in order to win a gold, silver or bronze medal, there must be at least four competitors in the race. This ensures that each medal represents a well-earned result where the competitors fought it out for the top three positions.

If there are not four entries in a race, where logical, the organizing committee will combine age groups in an attempt to reach four or more competitors. Handicaps will be assigned as necessary and one gold, silver and bronze medal will be awarded for that combined race using the handicap to determine the winners.

Where at all possible the span of age categories will not be more than three.

Handicapping:

If insufficient entries are received for any one event the operating committee may combine age categories and apply a handicapping system to the actual finish times of the older sculler or crews using the grid below.



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
 JULY 23-24, 2016 • REGINA, SASKATCHEWAN

The handicap will be applied to a single sculler or to the average age of a crew boat.

The Garrett-Zezza system of handicapping will be used for this regatta. Expanded tables for this system can be found on page 144 at [Rowing Canada Rules of Racing](#).

Seconds / year

MEN	1x, 2-	2x, 4+	4-	4x, 8+
handicap 27 - 49	0.168	0.152	0.144	0.136
handicap 50 - 64	1.365	1.235	1.170	1.105
handicap 65+	2.940	2.660	2.520	2,380

WOMEN	1x, 2-	2x, 4+	4-	4x, 8+
handicap 27 - 49	0.282	0. 264	0.252	0.234
handicap 50 - 64	2.256	2.112	2.016	1.872
handicap 65+	2.256	2.112	2.016	1.872

Mixed	1x, 2-	2x, 4+	4-	4x, 8+
handicap 27 - 49	0.225	0.205	0.195	0.185
handicap 50 - 64	1.800	1.640	1.560	1.480
handicap 65+	2.700	2.460	2.340	2.220

Novice:

Novice Rowers are new to rowing as of January 2016.

Lightweight:

- Men - 72.5 KG/160 lbs. maximum individual weigh
- Women - 59 KG/130 lbs maximum individual weight
- All lightweight rowers racing in lightweight events on the day's program shall weigh in not less than one hour and not more than two and one half hours before the time of the first scheduled men or women's lightweight event on that day.
- A test scale will be available at the practice session.



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Coxswains:

Coxswains may be of either gender. Age classification for coxswains will not apply at this regatta.

Coxswains Weights:

The minimum weight of a coxswain, wearing a racing uniform, shall be fifty kilograms for a women's crew or fifty-five kilograms for a men's crew, for all events that require a coxswain. If underweight, a coxswain shall carry sufficient deadweight to make up the difference between the weight of the coxswain and the minimum required weight.

Coxswains shall be weighed wearing their racing uniform on tested scales not less than one hour and not more than two and a half hours before the first coxed race on each day of the competition.

Para-rowers:

The use of FISA Standard Adaptive boats is mandatory for all adaptive AS1x and TA 1x, 2x events.

Practice and Racing Timeline:

- Practice time will be from 1:00 pm – 5:30 pm Friday, July 22, 2016
- It is anticipated that races will run from 6:30 am to 6:30 pm on Saturday, July 23 and from 6:30 am to 5:00 pm on Sunday, July 24. Schedule is subject to minor changes.

Coaches/Coxswains/bow persons' meeting:

- A compulsory pre regatta meeting for coxswains/bow persons will be held at regatta control one hour prior to the start of the first race on Saturday.
- This meeting will not be repeated on the Sunday.

Safety and Fitness:

- All boats equipped with foot stretchers or shoes must allow the rower to get clear of the boat without using hands and with the least possible delay in the event of a capsized.
- C2 Flex Feet are banned by Rowing Canada Aviron
- Heel ties must be limited to 7 cm or 2.8 inches.
- All boats must have a securely fastened white bow ball.
- Each club making an entry in the regatta is responsible to ensure that its crew and boat are in fit condition to race.



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Medal Presentations:

- Medals will be presented immediately following each race at the medal presentation dock located in front of the finish line tower on Pine Island
- First, second and third place athletes and crews will be expected to row their boat to the medal presentation dock to receive their medals.
- To expedite this process we ask that athletes remain in their boat so medals can be awarded to the winning crews.
- Accommodations will be made for crews unable to pick up their medals due to hot seating. Crews will be able to pick up their medals following their race at the awards dock.
- Photography opportunities will be available in the awards area for crews to take pictures on the awards platform.
- More details will be posted on the CMC 2016 official website: www.rcamasters.ca

Boat Rental Pool:

- The Regina Rowing Club will do our best to provide clubs and athletes attending this regatta with a high quality boat rental pool.
- Boat rental will include rowing shell and oars/sculls for heats through to finals. Although exactly the same boats can not be guaranteed from heats to finals, athlete(s) renting would be ensured a similar boat for heats to finals.
- Boat Rental Pricing: Likely \$25.00 CAN/seat but we are still negotiating this at the time of printing
- For current boat rental information or to access boat rental pool please email rcamastersregina@gmail.ca as soon as possible.
- More details will be posted on the CMC 2016 official website: www.rcamasters.ca

Trailer Parking:

- Please advise the organizing committee of your trailer size (overall length), number and type of boats (rentals included) and approximate time of arrival at the regatta site by July 7, 2016. **Email this information to rcamastersregina@gmail.ca**
- Vehicles with boat trailers arriving at the regatta site are to check in at the 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 Conexus Arts Centre parking lot.
- Attendants will be on hand to guide you to your appropriate boat storage area and parking stall.
- Overnight security will be provided on Thursday to Sunday night inclusively in the Pavilion/Boat Storage Area.
- A CMC 2016 Wascana Lake Race Course and Regatta Site Map is attached
- More details and diagrams will be posted on the CMC 2016 official website: www.rcamasters.ca



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Car Parking:

- All cars should be parked in the Conexus Arts Centre parking lot. The walk to the Pavilion from this parking lot is a short 5 minutes.
- Drop-off is available at the entrance to the trailer parking area but vehicles must not be left unattended.

Washrooms:

- Portable toilets will be available near the Pavilion, Finish Line and Boat Storage areas.

Emergency Facilities:

- First Aid is provided by trained personnel located at the Pavilion.

Tent/Shelter Area:

- There will be a large regatta tent for athletes and spectators to utilize which will house our Jumbotron screen with live race coverage and replay action, ergs for race warm up and cool down, concession, merchandize and much more.
- Athletes and clubs are welcome to bring shelters to erect in their designated boat storage area to keep athletes and coaches in the shade to reduce the risk of sun overexposure.
- There is limited space available for 10 x 10 tents on Pine Island in the spectator viewing right near the finish line close to the water. Please be willing to welcome and share your space with rowers from other clubs!
- Park trees may not be used to string hammocks

Concession and Amenities:

- The Regina Rowing Club will provide a healthy and delicious on-site food service in the Regatta Pavilion on Saturday and Sunday. We will email a list of food items for sale with prices to the participating clubs prior to the regatta and will post these details on the official website: www.rcamasters.ca
- CMC 2016 Regatta shirts will be for sale at our regatta.
- CMC 2016 Prints created by Saskatchewan's international award winning artist, Val Moker, will be for sale before and during the regatta. More details will be posted at www.rcamasters.ca



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CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Social Events:

Friday, July 22: CMC 2016 Opening Ceremony and Willows Tapis and Cash Bar

Tapis and Cash Bar

Location: Willows On Wascana – 3000 Wascana Dr. Regina, SK

5:30 - 7:30 - Social - tapis appetizers and cash bar

Cost - \$25 CAN/person

Maximum of 80 tickets to be sold

Opening Ceremony

Location: Regina Rowing Club – 3000 Wascana Dr. Regina, SK

6:15 – 6:30 - Opening Ceremony with RCMP Pipe Band

Cost - Free and Open to all

Open to all

Please join us at Willows on Wascana for a seasonal menu with prairie cuisine, carefully selected wines, deck seating and socializing space overlooking beautiful Wascana Lake, the Regina Rowing Club, the Regatta Site, the Saskatchewan Legislative Building and city skyline. Our opening ceremony will take place in view from the Willow's deck. This is a casual evening where you will be able to connect with many rowing friends and help us open the Canadian Masters Championships regatta for 2016!

Saturday, July 23: Prairie Feast at the Royal Canadian Mounted Police Heritage Centre

Location: RCMP Heritage Centre – 5907 Dewdney Ave. Regina, SK

6:00 - Cocktails - cash bar

6:00 - 7:30 Gallery open for Self-tours

7:30 - Prairie Feast (turkey, mashed potatoes, gravy, hot vegetable, cabbage rolls, 7 salads, variety of cheese cakes, coffee and tea)

Cost - \$35.00 CAN/person

Maximum of 180 tickets to be sold

Please join us at the historic Royal Canadian Mounted police Heritage Centre at the RCMP Canadian Training Academy for a night of conversation and a Saskatchewan Dinner. Visitors to the RCMP Heritage Centre will experience the history of the RCMP as well as the modern workings of the force. This is bound to be a fun evening connecting with your new and old rowing friends while you explore the Heritage Centre.

Tickets will be available for purchase for both social events on Regatta Central. Ticket purchase details can be found on the CMC 2016 official website: www.rcamasters.ca



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CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

Accommodations:

Delta Regina

- Room Rate: \$135.00CAN/night
- Address: 1919 Saskatchewan Drive, Regina, SK SRP 4H2
- Phone: 1.306.525.5255
- Located next to Casino/Cornwall Shopping Mall – 2.6 km from regatta site
- Booking Details:
 - Reservations are currently being accepted
 - Deadline for CMC 2016 Regatta Pricing: Wednesday, June 22, 2016
 - To book your room please go to:
 - <http://www.deltahotels.com/Groups/Delta-Regina-Groups/Cdn-Master-Rowing-Championships-2016>

Wingate by Wyndham Regina

- Room Rate: \$139.00 CAN/night
- Address: 1700 Broad Street, Regina, SK, S4P 1X4
- Phone: 1.800.228.1000
- Located downtown near Casino/Cornwall Shopping Mall – 2.5 km from regatta site
- Booking Details:
 - Reservations are currently being accepted
 - Cut Off Date for Reservations for CMC 2016: Wednesday, June 22, 2016
 - To book your room please go to
 - http://www.wingateinns.com/hotels/hotel-overview?propId=WG11021&rate_code=LKGR
 - OR call 306.584.7400 (local) or 1.800.228.1000 (toll-free) and inform reservations that you are booking for the Regina Rowing Club's Canadian Masters Championships, booking code: CGCMC7

Visit www.tourismregina.com for more information about the City of Regina and the many exciting things you can see and do in and around our beautiful city!



CANADIAN MASTERS CHAMPIONSHIPS
CHAMPIONNATS CANADIENS DES MAÎTRES
JULY 23-24, 2016 • REGINA, SASKATCHEWAN

CMC 2016 Wascana Lake Race Course and Regatta Site Map

Race Course and Regatta Site Maps will be posted on the CMC 2016 official website: www.rcamasters.ca

