

39th Annual Western Canada Sprints

June 11, 2016

Wascana Lake, Regina, Saskatchewan

A Rowing Canada Aviron Sanctioned Event

The Regina Rowing Club is pleased to host the 39th Annual Western Canada Sprints in Regina on Saturday, June 11, 2016. This year we will be using Regatta Central for our entries and payment of fees, which we hope, will streamline and modernize registration for our visiting clubs and our volunteers. In addition, we will be using the FinishLynx fully automatic timing system and photo finish cameras at this year's regatta. Lastly, the regatta will be hosted from the south shore of Wascana Lake. We hope all of these improvements will enhance each athlete's experience while competing at our regatta.

ENTRY FEES ARE \$50 PER ATHLETE: regardless of how many events an athlete competes in.

REGISTRATION:

- Registration is through [Regatta Central](#) and registration opens on May 15, 2016.
- 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.

DEADLINES:

- Entry and payment deadline is 11:59 pm CST on June 5, 2016.
- Late entries accepted until June 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 June 7. The scratch fee made after the June 7 deadline is \$30 per entry.
- Please email the regatta registrar andrea.ell140@gmail.com as soon as possible with any scratches or changes to entries.
- Any entry, late or scratch fees not paid through Regatta Central should be submitted by cheque, payable to the Regina Rowing Club, at the Coaches Meeting held at 8 PM on Friday, June 10, 2016

ADDRESS ALL ENQUIRIES TO THE REGISTRAR: andrea.ell140@gmail.com or call 306-757-0928.

COACHES' MEETING:

Friday, June 10, 2016 starting at 8:00 PM, Boat House
 One representative from each club is **REQUIRED** to attend the Coaches' Meeting

COURSE PRACTICE TIMES:

None: The course will open 45 minutes before the first race of the day.

BOAT SECURITY:

On-site security will be provided from 6:00 pm on Friday until 9:00 am on Saturday.

FEES MUST BE PAID IN ORDER TO PARTICIPATE:

Any fees owing from previous regattas must be paid in full.

BOAT RENTALS:

A limited number of 8+'s are available if required. Please contact the Regina Rowing Club at rrc@sasktel.net for information and to book.

RACING:

The distance of all races in all age categories is 1000 metres on a buoyed course. **A race will not be held to accommodate a late arriving crew.**

There will be a **maximum of 6 crews per race** unless the chief umpire approves a seventh boat race.

Adaptive and 8+ events will be Finals Only. The number of club entries in each category may be restricted to ensure a straight final in each event.

All other events will be finals unless there are more than seven (7) entries in an event. Heats will be used if there are more than seven entries in an event.

Each crew enters an event as a Senior Lightweight, Senior Heavyweight, Masters, or Junior crew.

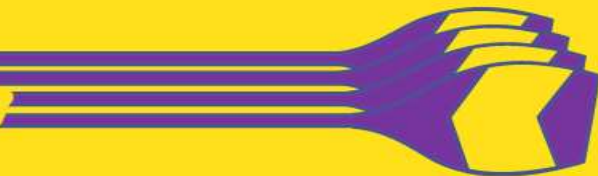
MEDALS:

All events: Medals are awarded to the winner of each event immediately following the race.

CLUB POINTS:

Recognition will be given to the club with the most points overall as well as to the clubs with the most points in each age and weight category. Points are awarded based on crew placing in the finals.

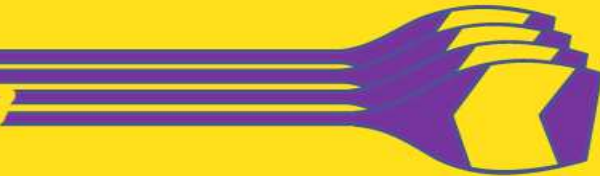
PLACING	POINTS
1st	10
2nd	8
3rd	7
4th	6
5th	5
6th	4
7th	3
8th	2
9th	1



ORDER OF EVENTS:

NO.	TIME		EVENT	DISTANCE
1.	9:00 AM	Final	LWW 2X – Lightweight Women's Double	1000 m
2.	9:10 AM	Final	LWM 4 – Lightweight Men's Four	1000 m
3.	9:20 AM	Final	Novice W 1X – Novice Women's Single	1000 m
4.	9:30 AM	Final	Open W2 – Women's Pair	1000 m
5.	9:40 AM	Final	Open M4 – Men's Four	1000 m
6.	9:50 AM	Final	Master M1X – Master Men's Single	1000 m
7.	10:00 AM	Final	Junior M4 – Junior Men's Four	1000 m
8.	10:10 AM	Final	Junior W2 – Junior Women's Pair	1000 m
9.	10:20 AM	Final	Master W1X – Master Women's Single	1000 m
10.	10:30 AM	Final	Open W1X – Women's Single	1000 m
11.	10:40 AM	Final	Open M2 – Men's Pair	1000 m
12.	10:50 AM	Final	Junior W4 – Junior Women's four	1000 m
13.	11:00 AM	Final	Junior M1X – Junior Men's Single	1000 m
14.	11:10 AM	Final	LW W1X – Lightweight Women's Single	1000 m
15.	11:20 AM	Final	LW M2X – Lightweight Men's Double	1000 m
16.	11:30 AM	Final	Novice W4X – Novice Women's Quad	1000 m
17.	11:40 AM	Final	Open W4 – Women's Four	1000 m
18.	11:50 AM	Final	Junior W1X – Junior Women's Single	1000 m
19.	12:00 PM	Final	Master M2 – Master Men's Pair	1000 m
	12:10 PM	Final	Lunch Break	1000 m
20.	1:00 PM	Final	Junior M2 – Junior Men's Pair	1000 m
21.	1:10 PM	Final	LW W4 – Lightweight Women's Four	1000 m
22.	1:20 PM	Final	Open M8+ – Open Men's Eight	1000 m
23.	1:30 PM	Final	Novice M4X – Novice Men's Quad	1000 m
24.	1:40 PM	Final	Master M2X – Master Men's Double	1000 m
25.	1:50 PM	Final	Master W4X – Master Women's Quad	1000 m
26.	2:00 PM	Final	Open M2X – Men's Double	1000 m
27.	2:10 PM	Final	LW M1X – Lightweight Men's Single	1000 m
28.	2:20 PM	Final	Master Mix 2X – Mixed Masters Double	1000 m
29.	2:30 PM	Final	LW W4X – Lightweight Women's Quad	1000 m
30.	2:40 PM	Final	Junior W2X – Junior Women's Double	1000 m
31.	2:50 PM	Final	Junior M4X – Junior Men's Quad	1000 m
	3:00 PM		Break	
32.	3:20 PM	Final	Novice M1X – Novice Men's Single	1000 m
33.	3:30 PM	Final	Open M1X – Men's Single	1000 m
34.	3:40 PM	Final	Open W4X – Women's Quad	1000 m
35.	3:50 PM	Final	Master M4X – Master Men's Quad	1000 m
36.	4:00 PM	Final	Master W2X – Master Women's Double	1000 m
37.	4:10 PM	Final	Junior W4X – Junior Women's Quad	1000 m
38.	4:20 PM	Final	Junior M2X – Junior Men's Double	1000 m
39.	4:30 PM	Final	Master W2 – Master Women's Pair	1000 m
40.	4:40 PM	Final	Open M4X – Men's Quad	1000 m
41.	4:50 PM	Final	Open W2X – Women's Double	1000 m
42.	5:00 PM	Final	Master Mix 4X – Mixed Master's Quad	1000 m
43.	5:10 PM	Final	Open 8+ - Women's Eight	1000 m

Weather Delays: If a storm develops, the race schedule will be suspended and then re-evaluated.



IMPORTANT:

To avoid potential schedule conflicts

- Back to back races will not be permitted.
- The number of club entries in each event may be restricted to ensure the regatta can be completed in one day.
- There is normally a **maximum of three entries per club in each event.**
- Each competitor may be entered in a **maximum of four (4) events.**

A long day of races is scheduled. These restrictions will help ensure the regatta remains on time.

ELIGIBILITY:

Each Club is responsible for submitting complete entries containing the names, gender, birth date and National Rowing Body membership # (the athlete's RCA membership # in Canada, or the Club's USRowing # in USA) of all participants.

If required, competitors must be able to validate their age and their membership with the Club they are competing for.

IMPORTANT RACE DAY INFORMATION:

1. WEIGHT CLASS (FOR SENIOR CREWS ONLY):

LIGHTWEIGHTS	LWT MEN	LWT WOMEN
Maximum Weight	165lb (75kg)	135lb (61.4kg)

Weigh-ins shall be conducted with-in a four hour time period; weigh-in will commence a minimum of one hour prior to the commencement of the first lightweight event.

- NO CREW AVERAGE
- All weight class crew and coxswains must weigh in together
- All coxswains must weigh in. No exceptions.
- Coxswains must supply their own weights
- COXSWAIN WEIGHT: Male crew cox – minimum 55 kg (121 lb)
Female crew cox – minimum 50 kg (110 lb)
- WEIGH-IN TIME: 6:30 a.m. - 10:30 a.m. Time may change due to schedule.

2. RACING DISTANCE:

All races in all age categories will be 1000 metres.

3. AGE CATEGORIES:

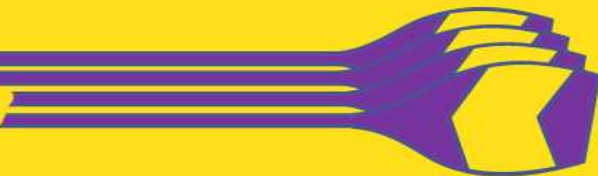
Note: Eligible competitors may compete as Masters or Juniors in one event (or events) and as Seniors in another event (or events).

SENIOR

Open to all eligible athletes.

JUNIOR

All crew members must be under 19 years of age on December 31st, 2016.



MASTERS

All crew members must be 21 years of age or older by December 31, 2016

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.

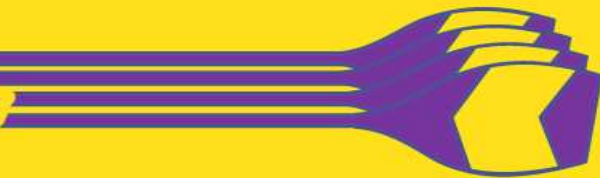
The Garrett-Zezza system of handicapping will be used for this regatta. Expanded tables for this system can be found on page 144 at [Rowing Canada Rules of Racing](#).

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



DIRECTIONS TO WASCANA LAKE:

Wascana Lake is located in the heart of Regina, Saskatchewan with easy access from any direction.

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

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 Sprints Regatta Pricing: Wednesday, May 11, 2016
 - To book your room please go to:
 - <https://www.deltahotels.com/Groups/Delta-Regina-Groups/Regatta>
 - Group Number#: REG061016

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 Sprints: Wednesday, May 11, 2016
 - To book your room please go to
 - http://www.wingateinns.com/hotels/hotel-overview?propId=WG11021&rate_code=LKRR
 - 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 Sprints, booking code: CGRR08

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!

Sprints 2016 Wascana Lake Race Course and Regatta Site Map

