



# RowOn Championship Regatta

Saturday, July 29<sup>th</sup> & Sunday, July 30<sup>th</sup>, 2023



## OFFICIAL REGATTA INFORMATION PACKAGE

Hosted at the Welland International Flatwater Centre (South Course)

270 Colborne St, Welland ON L3B 3P1

<b>Regatta Chair:</b> Kate Savage	<b>Chief Umpire:</b> Robert Blacquiere
<b>Safety Advisor:</b> Fraser Mowat, City of Welland	<b>First Aid/Medical Advisor:</b> Lily McGuire

### REGATTA INFORMATION

The RowOn Championships Regatta is a six-lane 2000m sprint race open to any club in the world. The Championships is a key event in the Ontario regatta calendar, aimed at providing meaningful and appropriate competition for club-level athletes.

### ORDER OF EVENTS

Saturday, July 29th	
Event #	Event Name
1	Women's 1x [U15, U17, U19, U23, U23 Lwt, Open, Open Lwt, PR1, PR2, PR3]
2	Men's 1x [U15, U17, U19, U23, U23 Lwt, Open, Open Lwt, PR1, PR2, PR3]
3	U17 Men's 8+
4	U19 Women's 2-
5	U19 Men's 4+
6	U17 Women's 2x
7	U23 Men's 4x
8	Open Women's 59kg 4-
9	U23 Women's 8+
10	Open Women's 4x
11	U17 Men's 4x
12	U23 Women's 59kg 2x
13	Open Women's 2-
14	U17 Women's 4+
15	U19 Women's 4x
16	Open Men's 2x
17	Open Men's 72.5kg 2-
18	Open Women's 59kg 4x
19	U19 Men's 2x
20	U23 Men's 2-
21	U19 Women's 8+
22	U23 Women's 2x
23	Para Mixed 2x
24	Open Men's 72.5kg 2x
25	Open Women's 4-
26	Open Men's 72.5kg 8+
27	Open Men's 8+

*Events may vary or be combined based on entries.*

Sunday, July 30 <sup>th</sup>	
Event #	Event Name
1	Women's 1x [U15, U17, U19, U23, U23 Lwt, Open, Open Lwt, PR1, PR2, PR3]
2	Men's 1x [U15, U17, U19, U23, U23 Lwt, Open, Open Lwt, PR1, PR2, PR3]
28	U17 Women's 8+
29	U19 Men's 2-
30	U19 Women's 4+
31	U17 Men's 2x
32	U23 Women's 4x
33	Open Men's 72.5kg 4-
34	U23 Men's 8+
35	Open Men's 4x
36	U17 Women's 4x
37	U23 Men's 72.5kg 2x
38	Open Men's 2-
39	U17 Men's 4+
40	U19 Men's 4x
41	Open Women's 2x
42	Open Women's 59kg 2-
43	Open Men's 72.5kg 4x
44	U19 Women's 2x
45	U23 Women's 2-
46	U19 Men's 8+
47	U23 Men's 2x
48	Para Mixed 4+
49	Open Women's 59kg 2x
50	Open Men's 4-
51	Open Women's 59kg 8+
52	Open Women's 8+
53	Mixed 2x

**DAY OF COMPETITION – SCHEDULE INFORMATION**

- a) Coaches Meeting – There will be a mandatory Coaches Meeting on Friday, July 28<sup>th</sup> at 7:15PM in the Pavilion.

**ALL** clubs are required to have at least 1 representative at the coaches meeting, for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2022 RCA Rules of Racing.

As per Rule 8.6 in the Rowing Canada Rules of Racing, the Chief Umpire may penalize a club for failure to attend the coaches meeting, including not permitting the club to race. The Club representative in attendance is responsible for conveying all information from the coaches meeting to all participating athletes and coaches. All participants are expected to be familiar with the information conveyed at the coaches meeting.

Hardcopies of the draw will not be distributed. The draw, progressions and results will be available online in Regatta Central on Tuesday, July 25<sup>th</sup>. Updates will be shared on Regatta Central and via WhatsApp during the regatta.

- b) Race Times – The first race each day will start at 8:00am. Athletes will be permitted to launch from Control Commission starting at 7:00am.

- c) Minimum Race Intervals and Expected Launch Times – The minimum race interval will be 30 seconds between boats (in alternative lanes) for time trials (60 seconds per lane), and a minimum of 6 minutes for sprint racing.

Crews will not be permitted to launch more than 60 minutes or less than 30 minutes prior to the posted start time. Crews who need to hot seat may use the Hot Seat Dock located on the west side of the canal, south of the train bridge. This dock is provided as a courtesy only, and crews must use it at their own risk. It is the responsibility of the athletes to check-in at Control Commission, show identification, and obtain their bow number prior to heading to the hot seat docks.

- d) Weigh-in Times – Weigh-ins will take place in the Kwanza Hut (coach boat bay). Weigh-ins will start 75 minutes prior to the first weight-restricted race each day and will open for 2.5 hours. Priority will be given to the time trial athletes, starting with the women before crew weigh-ins. A gauged test scale will be available during practice time on Friday, July 28<sup>th</sup> and throughout both days of racing.

- e) Course practice times – The course will be open for practice at the following times:

Friday, July 28 <sup>th</sup>	3:00pm to 6:45pm
Saturday, July 29 <sup>th</sup>	6:30am to 7:00am; and 20 minutes after last race to 6:30pm
Sunday, July 30 <sup>th</sup>	6:30am to 7:00am

Practice times will be subject to availability of coaches to drive safety boats. Safety boat drivers must be provided by the club. Safety boat drivers **and** crews must sign in at the Regatta Office **before** launching for practice. Any athletes or crews practicing without a designated safety boat will be issued a yellow card when

they check into Control Commission for their first event. The course will only be open for practice if weather and water conditions permit, at the discretion of the Regatta Chair and Chief Umpire.

For practice to be permitted, six [6] safety boats will be required to be on the water in the following locations:

- Start
- 500m – 750m mark (cruising between)
- 1250m – 1500m mark (cruising between)
- Finish
- Forks Rd bridge (construction barges)
- Between Train bridge and docks

Coaches driving boats are not permitted to coach and shall stay in their assigned position for the duration of their shift.

f) Regatta Office Hours

- Friday, July 28<sup>th</sup> 2:30pm to 7:15pm
- Saturday, July 29<sup>th</sup> 6:30am to 7:00pm
- Sunday, July 30<sup>th</sup> 6:30am to 30 minutes after the last race.

**PROGRESSION FORMAT**

All 1x events will follow a Time Trial to Seeded Final format. Time Trials will be raced over 1900m.

- Athletes will be seeded based on the on-water 2000m time (OW2KT) submitted at the time of entry. A recent OW2KT can be provided in the Athlete Bio field, when completing each 1x entry. If an OW2KT is not provided, athletes will be seeded with each age category at the discretion of Row Ontario.
- Athletes will be placed into finals based on a collective ranking of all Women's 1x and Men's 1x time trial results, regardless of age or weight category, to provide an opportunity for rowers to race others of like speed.
- Finals will be run in reverse order. Not every 1x entry may be placed in a final; the number of finals will be dependent on the number of entries for all events, with consideration of the overall race schedule. A minimum of A-F finals will be run for each the Women's 1x and Men's 1x.

Progression for all other events shall be as follows:

No. of Entries	Progression Format
2 to 6	Straight final
7 to 18	Heats → Finals 1 <sup>st</sup> + next fastest to Finals
19 - 32	Heats to A/B Finals Time-based progression
33+	Heats to A/B/C Finals Time-based progression

**ELIGIBILITY**

All events are open to participants from any Club in the world. Athletes and listed coaches must be listed on their Club's Regatta Central roster.

a) Ontario Participants	<ul style="list-style-type: none"><li>Registered and active member of a Row Ontario member club in the appropriate role (e.g. Athlete or Coach);</li><li>Registrations must be activated in the RCA Web Registration System to be valid.</li></ul>
b) Canadian Participants, outside Ontario	<ul style="list-style-type: none"><li>Registered and active member of a Member Club in the appropriate role (e.g. Athlete or Coach);</li><li>Registrations must be activated in the RCA Web Registration System to be valid.</li></ul>
c) International Participants	<ul style="list-style-type: none"><li>Registered with the appropriate National Rowing Federation.</li></ul>
d) Age Categories	<ul style="list-style-type: none"><li>Age is calculated as of December 31<sup>st</sup>, 2023.</li><li>U15 – open to eligible athletes born in 2009 or later;</li><li>U17 – open to eligible athletes born in 2007 or later;</li><li>U19 – open to eligible athletes born in 2005 or later;</li><li>U23 – open to eligible athletes born in 2001 or later;</li><li>Open – open to all eligible athletes.</li></ul>
e) Weight Restricted	<ul style="list-style-type: none"><li>Men – 72.5kg maximum</li><li>Women – 59kg maximum</li></ul>
f) Coxswains	<ul style="list-style-type: none"><li>The minimum weight of a coxswain of a U17 or U19 crew, wearing a racing uniform, shall be 45kg.</li><li>The minimum weight of a coxswain for all other categories shall be 55kg.</li><li>If under the minimum weight, a coxswain shall carry deadweight up to a limit of 15kg.</li></ul>
g) Mixed	<ul style="list-style-type: none"><li>Mixed events must include no more than 50% male-identifying athletes (excluding coxswains) .</li></ul>
h) Para	<ul style="list-style-type: none"><li>Para events are open to all rowers who meet RCA Rules 2.12, but they are not required to have undergone classification prior to this regatta.</li></ul>

**PROOF OF AGE AND IDENTITY**

As per Rule 2.3, identification will only be accepted if it includes the athlete's birthdate AND photo. If two pieces of identification are required to meet these requirements, competitors are required to show both to the Regatta Chair for verification, prior to presenting at Control Commission. A photo of identification on a cell phone will be accepted, so long as it is clear and has no evidence of tampering.

**ENTRY DEADLINES AND PAYMENT TERMS**

All entries and all payments of entry fees will be completed through Regatta Central, without exception. Entries, completed in full, must be submitted online by Sunday, July 23<sup>rd</sup> at 11:59PM.



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Entries will only be accepted with full payment. Any entries for which payment has not been received will be deleted after the deadline.

A preliminary race draw will be posted on Regatta Central on Tuesday, July 25<sup>th</sup>. Any further updates will be published on Regatta Central and Regatta Master, and shared via WhatsApp during the regatta.

## a) Entry Fees

Boat Class	Base Entry Fee		Row Ontario Seat Fee	RCA Seat Fee	Total
1x	\$67.50 + HST	\$76.28	\$2.25 + HST = \$2.54	\$3.85	\$82.67
2x/2-	\$83.25 + HST	\$94.07	\$4.50 + HST = \$5.08	\$7.70	\$106.85
4x/4-	\$104.00 + HST	\$117.52	\$9.00 + HST = \$10.17	\$15.40	\$143.09
4x+/4+	\$104.00 + HST	\$117.52	\$11.25 + HST = \$12.71	\$19.25	\$149.48
8+	\$125.00 + HST	\$141.25	\$20.25 + HST = \$22.88	\$34.65	\$198.78

*All fees are stated in CAD funds.*

- b) Late Entries – Applications for late entries may be submitted through Regatta Central until Friday, July 28<sup>th</sup> at 4pm. Late entries are subject to approval by the Regatta Chair. The cost of a late entry will be 1.5x the cost of the base entry fee, plus seat fees. The late entry fee must accompany the late entry for the entry to be accepted, without exception.
- c) Substitutions – The substitute must meet all eligibility and entry requirements as listed above. A \$5.00 Name Change Fee will be assessed for all name changes unless a note from a qualified medical professional is emailed to [kate@rowontario.ca](mailto:kate@rowontario.ca) by 5:00pm on Monday, July 31<sup>st</sup>, 2023.

Substitution requested will be accepted at the following times.

Start	End	Where
July 24 <sup>th</sup> 8:00am	July 28 <sup>th</sup> 4:00pm	Via email to <a href="mailto:kate@rowontario.ca">kate@rowontario.ca</a> , using the RowOn Name Change Form available on Regatta Central.
July 28 <sup>th</sup> 2:30pm	July 28 <sup>th</sup> 7:00pm	In-person at the Regatta Office
July 29 <sup>th</sup> & 30 <sup>th</sup>	Regatta Office Hours	<sup>1</sup> In-person at the Regatta Office

<sup>1</sup>Name changes will only be accepted until 2 hours before the posted start time.

- d) Scratches – All scratches submitted after the entry deadline will be assessed a \$50.00 + HST Scratch fee. Clubs will be assessed a \$50.00 + HST Scratch fee for any crew that misses the start of their race for any reason. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is emailed to [kate@rowontario.ca](mailto:kate@rowontario.ca) by 5:00pm on Monday, July 31<sup>st</sup>, 2023.

***RCA RULES OF RACING EXCEPTIONS***

This regatta will follow the 2022 Rowing Canada Aviron Rules of Racing, with the exceptions (per Rule 1.6) noted below.

**9.3 Events with 7 or More Entries**

- Events with 7 or more entries will be run as multiple finals, as outlined above.

***RESULTS AND MEDALS***

Results will be posted online using Regatta Central and Regatta Master, and shared via WhatsApp.

In each event listed above, 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded. For a gold, silver, and bronze medal to be awarded in an event, there will need to be a minimum of four boats that race in that event. If there are only three boats, only a Gold and Silver will be awarded. If just two boats, only the Gold will be awarded.

For the 1x events, there will be medals awarded for U15, U17, U19, U23, U23 Lwt, Open, Open Lwt, and Para categories for both Men and Women. Medals will be based on overall placing, with the A-Final representing placings 1 through 6, B-Final representing places 7 through 12, and so on.

Medals will be awarded at the RowOn tent near the regatta office by a Row Ontario representative. Medal presentations are not scheduled; participants are invited to pick up their medals, whenever convenient throughout the regatta, and up to 60 minutes after the last race.

***PARKING & MOTOR TRAFFIC***

Parking will be in the City of Welland lot on Colborne Street, just north of the train bridge. This lot is reserved for athletes, coaches, and other club volunteers. There will NOT be any sort of shuttle service so everyone must plan to walk to the trailer area.

Parking at the boathouse is designated for volunteers, staff, and umpires. There is absolutely no parking for athletes, coaches, club volunteers, or spectators at the boathouse. Parking is not available at the Finish Tower, due to construction on the Forks Rd. bridge. Parking along Canal Bank Road is strictly prohibited and will be enforced by By-Law officers all weekend. There is construction along Canal Bank Road, and drop-offs to access the trailer area will not be possible from Canal Bank Rd.

Following races by motorized vehicles along the Kingsway (on the east side of the racecourse) is strictly prohibited and may result in a yellow card to the crew. Viewing areas are available along the course in the finish area, including the grandstand. We encourage you to bring a bike and use the Welland Canal Trail that follows the course on the west side.

***TRAFFIC PATTERNS & COURSE UPDATES***

Due to ongoing re-construction of the Forks Rd. Bridge, there are construction barges around the footprint of the bridge, significantly narrowing the passageway through this area. There will be a safety boat marshalling crews through the narrow passageway.



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All crews must remain alert, slow down, and follow the instructions of the marshal directing crews. The area between the train bridge and the construction zone will serve as a staging area for crews waiting to row towards the start line. A marshal will direct crews when to row through the narrow gap and proceed up the course. Crews will not be allowed to pass through the gap if there is a race approaching the finish line, or if there are crews waiting in the finish area to row back to the docks. For crews having just finished a race, the marshal will direct them to row through the gap as a group, when it is safe to do so.

**NOTE TO ALL ATHLETES & COACHES:** The staging area and controlled flow through the construction gap will increase the time needed to get to the start area. Hot-seating crews will also have to wait in the staging area in both directions. This must be factored into crew launch/race schedules.

There will be a ZERO-TOLERANCE policy for any crews ignoring or disobeying the volunteers or umpires, and/or unsafely navigating the bridge. Offending crews are subject to a red card and disqualification from racing.

### **SITE AMENITIES**

There will be food vendors and the municipal water truck at this event. There is also access to a water hose at the boat house, and there will be bottles of water available in case of emergency at the Start, Finish, and Medical.

There will be minimal indoor shelter available at the regatta. The regatta will be canceled in the event of inclement weather. Clubs are recommended to bring their own tents in the event of rain/sun/etc. Trailer sites will be large enough to accommodate trailers and a shelter structure.

There will be ample portable washrooms on the regatta site for the use of athletes, coaches, and regatta volunteers.

### **COMMUNICATION**

Regatta communication will be distributed through WhatsApp. Please join the group at this link.

<https://chat.whatsapp.com/JC0gsMpTGLDAbuewNyyhLq>

### **MEDICAL SERVICES**

A clearly marked medical tent, staffed with a certified City of Welland lifeguard, will be located at the finish line on the West shore (finish tower side), with access to a coach boat to assist an athlete on the water with immediate need.

A secondary medical tent, staffed with a certified City of Welland lifeguard, will be in the compound near the boathouse for any medical needs in that area. All medical staff and regatta officials will have access to a phone to call 911 if required.

All questions should be addressed to Kate Savage via email [kate@rowontario.ca](mailto:kate@rowontario.ca).