



RowOn Small Boat Regatta

Saturday, May 13th, 2023



OFFICIAL REGATTA PACKAGE

Hosted at the Welland International Flatwater Centre (South Course)

Regatta Chair: Kate Savage, Row Ontario	Chief Umpire: Judy Sutcliffe
Safety Advisor: Fraser Mowat, City of Welland	First Aid/Medical Advisor: Lily McGuire, Row Ontario

REGATTA INFORMATION

The RowOn Small Boat Regatta (RowOn SBR) is the ideal event for rowers of all ages and abilities to test themselves in a time trial and side-by-side format. It will also serve as an [RCA Squad](#) intake opportunity. Specific details on 2023 RCA Team Selection can be found in the [latest RCA NextGen update](#).

EVENT LIST

Boat Class	Categories
Men's 1x	Sr/Sr LW/U23/U19/U17/Para
Women's 1x	Sr/Sr LW/U23/U19/U17/Para
Men's 2-	Sr/U23/U19/Para
Women's 2-	Sr/U23/U19/Para
<i>Events may vary or be combined based on entries.</i>	

All categories within a boat class will race as one event. All entries (1x & 2-) will be seeded for Time Trials at the discretion, and to the best ability, of Row Ontario.

Coaches are asked to rank all their entries in each boat class – A, B, C, D, etc. – regardless of age category, to assist Row Ontario in developing a rank order start list for the Time Trials.

PROGRESSION FORMAT

All events will follow a Time Trial to seeded Final format. The top six finishers in each Time Trial will be seeded into the A-Final, followed by finishers placed 7th to 12th into the B-Final, and so on.

Athletes will be placed into finals based on a collective ranking of all Time Trial results within a Boat Class, 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.

DAY OF COMPETITION – SCHEDULE INFORMATION

a) Coaches Meeting – Saturday, May 13th at 7am in the Pavillion.

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.

Hard copies of the draw will not be distributed. The draw, progressions, and results will be available online in Regatta Central and through WhatsApp.

- b) Race Times – The start times in the schedule below are subject to change, depending on the number of entries in each event. Changes to race times will be outlined in the draw.

Start time	Event	Launch time
9:00am	1x Time Trials [Men/ Women] followed by 2- Time Trials [Men/Women]	8:00am
	BREAK	
1:00-3:00pm	1x Finals (D and lower in reverse order) followed by 2- Finals (D and lower in reverse order)	As required
3:30pm	1x and 2- Finals (C,B,A)	As required

- 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 6 minutes for sprint racing in and Finals.

Athletes will be permitted to launch no earlier than 60 minutes prior to their posted start time and no later than 30 minutes prior to their posted start time.

- d) Weigh-in Times – Athletes entered in weight-restricted events must weigh-in at least one hour, but no more than two hours, prior to the posted start time for their event’s Time Trial. Priority will be given, based on start order within an event. During that one-hour window, athletes may step on the scale multiple times, if needed. There will be no weigh-ins before Finals. A gauged test scale will be available starting at 6:00am on Saturday, May 13th. Weigh-ins will open at 7:00am.
- e) Course practice times – The course will not be open for practice prior to or during this regatta.
- f) Regatta Office Hours – Any issues, questions, or concerns can be addressed in-person at the Regatta Office, from 6:00am onward on regatta day, or by calling 905-321-5025. This number will be active from 4:00pm to 7:00pm on Friday, May 12th and from 6:00am onward on regatta day.

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">Registered and active member of a Row Ontario member club in the appropriate role (e.g., Athlete or Coach)Registrations must be activated in the RCA Web Registration System to be valid
b) Canadian Participants, outside Ontario	<ul style="list-style-type: none">Registered and active member of a member club in the appropriate role (e.g., Athlete or Coach)Registrations must be activated in the RCA Web Registration System to be valid
c) International Participants	<ul style="list-style-type: none">Registered with the appropriate National Rowing FederationComplete the online waiver in Regatta Central by Friday, May 12th.
d) Age Categories	<ul style="list-style-type: none">Age is calculated as of December 31st, 2023Under 17 (U17) – open to eligible athletes born in 2007 or laterUnder 19 (U19) – open to eligible athletes born in 2005 or laterUnder 23 (U23) – open to eligible athletes born in 2001 or laterSenior (Sr) – open to all eligible athletes
e) Weight Restricted	<ul style="list-style-type: none">Men (Sr LW) – 73.5kg maximumWomen (Sr LW) – 60kg maximum
f) Para	<ul style="list-style-type: none">Para events are open to all rowers who meet RCA Rule 2.12 but are not required to have undergone classification prior to this regatta.

ACCEPTABLE FORMS OF 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 payment of entry fees will be completed through Regatta Central, without exception. Entries, completed in full, must be submitted online by Sunday, May 7th at 11:59PM.

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 draw will be posted on Regatta Central on Tuesday, May 9th. Any further updates will be published on Regatta Central and Regatta Master.



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a) Entry Fees

Boat Class	Base Entry Fee (same as 2019)		Row Ontario Seat Fee	RCA Seat Fee	Total
1x	\$67.50+HST	\$76.28	\$2.25 +HST = \$2.54	\$3.85	\$82.67
2-	\$135+HST	\$152.55	\$4.50 +HST = \$5.08	\$7.70	\$165.34

All fees are stated in CAD funds.

b) Late Entries – Late entries may be accepted for this regatta. Please contact 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. Late entry fees must be paid by credit card or club cheque. **CASH and PERSONAL CHEQUES WILL NOT BE ACCEPTED.**

c) Substitutions – Rule 7.6 (Crew Changes Before the First Heat) will apply for pair events. 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 by 5:00pm on Monday, May 15th, 2023.

Substitution requests will only be accepted until 2 hours before the posted start time, within the following windows:

Start	End	Where
May 8 th 8:00am	May 12 th 4:00pm	Via email to kate@rowontario.ca , using the RowOn Name Change Form available on Regatta Central.
May 13 th 6:00am	May 13 th , 2 hours prior to posted start time	In-person at the Regatta Office

d) Scratches

All scratches submitted after the entry deadline will be assessed a \$50.00 + HST Scratch fee. The Club whose crews miss the start of their race for any reason will also be assessed a \$50.00 + HST Scratch fee. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is emailed to kate@rowontario.ca by 5:00pm on Monday, May 15th, 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.

7.7 Crew Changes After the First Heat

- Crew changes will not be permitted after the Time Trial.

RESULTS AND MEDALS

Results will be posted online using Regatta Central and Regatta Master.

1st, 2nd, and 3rd place medals will be awarded in each of the categories listed in the Event List above. For a gold, silver, and bronze medal to be awarded in a category, there will need to be a minimum of four boats that race in that category. If there are only three boats, only a Gold and Silver will be awarded. If just two boats, only the Gold will be awarded.

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.

SITE AMENITIES

Please note there will be no food vendors at this regatta. Competitors are encouraged to bring their own water; there is 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. The municipal water truck will not be present for this event.

There will be no indoor shelter available at the regatta site. The regatta will be canceled in the event of particularly 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/CVtAwdqHpdTGcKCUZsCdLv>



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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 any immediate need.

A secondary medical tent, staffed with a certified City of Welland lifeguard, will be in the South Niagara 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 at kate@rowontario.ca.