



RowOn Masters Championship Regatta

Saturday, June 15, 2024



OFFICIAL REGATTA INFORMATION PACKAGE

Hosted at the Welland International Flatwater Centre (North Course)

Regatta Chair: Kate Savage

Chief Umpire: Lynda Dundas

Deputy CU: Robb Blacquiere

Safety Advisor: Fraser Mowat, City of Welland

First Aid/Medical Advisor: Lily McGuire, Row Ontario

REGATTA INFORMATION

The RowOn Masters Championships Regatta is an annual event for Masters athletes representing clubs in Ontario and beyond. The main objective of the event is to crown provincial champions in over 40 events, and to recognize athletes, coaches, and clubs, by providing a quality race experience for all Masters athletes.

ORDER OF EVENTS

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|---------------------|---------------------------|
| 1. Women's 2- | 26. Men's AA-A-B-C 4x |
| 2. Men's 2- | 27. Women's AA-A-B 4x |
| 3. Men's H+ 1x | 28. Mixed Masters Para 1x |
| 4. Men's G 1x | 29. Mixed AA-A-B-C 2x |
| 5. Men's F 1x | 30. Women's C+ 4+ |
| 6. Women's E+ 1x | 31. Mixed D+ 2x |
| 7. Men's E 1x | 32. Men's 72.5kg 2x |
| 8. Women's D 1x | 33. Women's 59kg 2x |
| 9. Men's D 1x | 34. Women's AA-B 2x |
| 10. Women's C 1x | 35. Men's AA-B 4+ |
| 11. Men's C 1x | 36. Men's C-D 4+ |
| 12. Women's B 1x | 37. Men's E+ 4+ |
| 13. Women's AA-A 1x | 38. Women's C 4x |
| 14. Men's AA-A-B 1x | 39. Men's C 2x |
| 15. Women's D+ 4x | 40. Men's D 2x |
| 16. Men's D+ 4x | 41. Men's E 2x |
| 17. Men's 72.5kg 1x | 42. Men's F 2x |
| 18. Women's 59kg 1x | 43. Men's G+ 2x |
| 19. Women's AA-B 4+ | 44. Women's AA-A-B 8+ |
| 20. Men's AA-A-B 2x | 45. Women's C+ 8+ |
| 21. Women's C 2x | 30-minute break |
| 22. Women's D 2x | 46. Mixed Inclusion 2x |
| 23. Women's E+ 2x | 47. Mixed Parent/Child 2x |
| 24. Men's AA-A-B 8+ | 48. Mixed 4x |
| 25. Men's C+ 8+ | 49. Mixed 8+ |

Events may vary or be combined based on entries.



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DAY OF COMPETITION – SCHEDULE INFORMATION

- a) Coaches Meeting – Saturday, June 15th at 7:45AM at Control Commission.

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 and through WhatsApp four [4] days in advance of the regatta.

- b) Race Times – The first race will start at 9:00am. Athletes will be permitted to launch or obtain their bow marker from Control Commission starting at 8:15am.
- c) Minimum Race Intervals and Expected Launch Times – The minimum race interval will be 5 minutes. Athletes and crews will be permitted to launch no earlier than 45 minutes prior to their posted start time and no later than 20 minutes prior to their posted start time.

A 30-minute window has been scheduled before the Mixed Inclusion 2x event, to allow for recovery and enable participation in the mixed crew boat events.

- d) Weigh-in Times – Weigh ins will start one hour prior to the first race and will open for 60 minutes. Unless there is a schedule change that results in races starting earlier or later than currently planned (9:00am), weigh-ins will be open between 8:00am and 9:00am. A gauged test scale will be available. Coxswains are not required to weigh in.
- e) Course practice times – The course will be open for practice on Friday, June 14th from approximately 4:00pm to 7:00pm. There will be a practice scale in the regatta office during the office hours.

There must be a minimum safety boat to crew ratio of 1:4 on the water during practice times. 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 direction of the Regatta Chair and Chief Umpire.

- f) Regatta Office Hours
- Friday, June 14th – 4:00pm to 7:30pm
 - Saturday, June 15th – 6:30am until 30 minutes after the last race.



**RowOn Masters
Championship Regatta**

Saturday, June 15, 2024



g) Dryland Warm-Up – Row Ontario recognizes that, physiologically, Masters athletes typically need a longer warm-up prior to racing. However, the on-water race day pattern is not always conducive to this. We encourage clubs and/or athletes to bring their own equipment for land warm-ups (ie. Bikes, ergs, etc.). There is ample space in the trailer park and athlete area for this equipment to be set-up. If clubs don't have a tent space, or if the weather doesn't allow, for setting this equipment up outdoors, we will work with clubs to set-up sheltered/indoor spaces.

PROGRESSION FORMAT

All events are straight finals. In events with more than 6 entries, the event will be split at the Regatta Chair's discretion, and each race will be considered a final.

ELIGIBILITY

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

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| 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 Federation; Complete the online waiver in Regatta Central by Thursday, June 13th | | | | | | | | | | | | | | |
| d) Age Categories | <ul style="list-style-type: none"> Age is calculated as of December 31st, 2024. Competitors (excluding coxswains) shall not be younger than 21 years of age as of December 31st, 2024. As per the 2022 RCA Rules of Racing, age categories are based on the crew average age (excluding coxswains): <table border="0" style="margin-left: 20px;"> <tr> <td>• AA: 21-26</td> <td>• G: 65 or more</td> </tr> <tr> <td>• A: 27 or more</td> <td>• H: 70 or more</td> </tr> <tr> <td>• B: 36 or more</td> <td>• I: 75 or more</td> </tr> <tr> <td>• C: 43 or more</td> <td>• J: 80 or more</td> </tr> <tr> <td>• D: 50 or more</td> <td>• K: 83 or more</td> </tr> <tr> <td>• E: 55 or more</td> <td>• L: 86 or more</td> </tr> <tr> <td>• F: 60 or more</td> <td></td> </tr> </table> | • AA: 21-26 | • G: 65 or more | • A: 27 or more | • H: 70 or more | • B: 36 or more | • I: 75 or more | • C: 43 or more | • J: 80 or more | • D: 50 or more | • K: 83 or more | • E: 55 or more | • L: 86 or more | • F: 60 or more | |
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| • D: 50 or more | • K: 83 or more | | | | | | | | | | | | | | |
| • E: 55 or more | • L: 86 or more | | | | | | | | | | | | | | |
| • F: 60 or more | | | | | | | | | | | | | | | |
| e) Weight Restricted | <ul style="list-style-type: none"> Men – 72.5kg maximum Women – 59kg maximum | | | | | | | | | | | | | | |

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|  | RowOn Masters Championship Regatta Saturday, June 15, 2024 |  |
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| f) Coxswains | <ul style="list-style-type: none"> Coxswains must meet all eligibility criteria, except those related to age, and are not required to weigh-in. |
| g) Mixed | <ul style="list-style-type: none"> Mixed events must include no more than 50% male-identifying athletes (excluding coxswains). |
| h) 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. In addition to the para-specific events, para athletes are invited to enter any other events (single or crew boats) in which they are age-eligible. |
| i) Inclusion 2x | <ul style="list-style-type: none"> The new Mixed Inclusion 2x is open to crews in which at least one athlete fits the Para eligibility outlined above. The second athlete may be able-bodied (not Para-eligible). As this is a mixed event, the crew must also meet the eligibility criteria for a Mixed crew, as outlined above. |
| j) Parent-Child 2x | <ul style="list-style-type: none"> Parent-Child 2x must include a parent and child who both fulfill the eligibility criteria related to active registration, but are not required to be registered members at the same rowing club. |
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Masters Age Adjusted Time System

The Henley Masters Age Adjusted Time System will be used. A copy of the Henley Masters Age Adjusted Time System is available on Regatta Central and in Appendix 9 of the 2022 RCA Rules of Racing.

PROOF OF AGE AND IDENTITY

Photo identification will be checked at Control Commission. 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, June 9th at 11:59PM ET.

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

Entries for the Parent-Child 2x event will be accepted at the Regatta Office until 1 hour prior to the posted race time. Late entry fees will not be applied for this event.

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|  | <p>RowOn Masters Championship Regatta Saturday, June 15, 2024</p> |  |
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A preliminary race draw will be posted on Regatta Central on Tuesday, June 12th. Any further updates will be published on Regatta Central and Regatta Master.

a) Entry Fees

| Boat Class | Base Entry Fee | | Row Ontario Seat Fee | RCA Seat Fee | Total |
|--------------|----------------|----------|-------------------------|--------------|----------|
| 1x | \$67.50 + HST | \$76.28 | \$2.35 + HST = \$2.66 | \$4.00 | \$82.94 |
| 2x/2- | \$83.25 + HST | \$94.07 | \$4.70 + HST = \$5.31 | \$8.00 | \$107.38 |
| 4x | \$104.00 + HST | \$117.52 | \$9.40 + HST = \$10.62 | \$16.00 | \$144.14 |
| 4+ | \$104.00 + HST | \$117.52 | \$11.75 + HST = \$13.28 | \$20.00 | \$150.80 |
| 8+ | \$125.00 + HST | \$141.25 | \$21.15 + HST = \$23.90 | \$36.00 | \$201.15 |

b) Late Entries – Applications for late entries may be submitted through Regatta Central until Friday, June 14th 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 – Rule 7.6 (Crew Changes Before the First Heat) will apply for all 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, June 17th, 2024.

Substitution requests will be accepted at the following times.

| Start | End | Where |
|------------------------------|-------------------------------|--|
| June 10 th 8:00am | June 14 th 4:00pm | Via email to kate@rowontario.ca using the RowOn Name Change Form available on Regatta Central. |
| June 14 th 4:00pm | June 14 th 7:30pm | In-person at the Regatta Office |
| June 15 th 6:30am | 1-hour prior to relevant race | In-person at the Regatta Office |

d) Scratches – All scratches submitted after the entry deadline will be assessed a \$50.00 + HST Scratch fee. Crews who miss the start of their race for any reason their club 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, June 17th, 2024.

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.



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Saturday, June 15, 2024



2.1 The Definition of a Competitor

- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair, should the exhibition entry not affect the race schedule. Exhibition entries will not be eligible for medals.

2.5 & 2.6 Coxswains Weights & Weighing of Coxswains

- Coxswains will not be weighed at this regatta.

6.4 Cannabis, e-Cigarettes, Tobacco, and Liquor Products

- There will be a celebration garden with beer and wine, where there may be advertising of beer and wine products.

RACING

An Umpire Boat will follow each race. As per the RCA Rules of Racing, if a crew flips during a race and is able to get back into the boat independently, in a timely fashion, they may choose to finish the race. Should a crew require assistance, from a Safety Boat, Umpire Boat, or otherwise, to get back in their boat, they will be allowed to continue the race, at the discretion of the Race Umpire, as long as their doing so will not interfere with subsequent races.

RESULTS AND MEDALS

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

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

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

PARKING

The WIFC North Course is easily accessible and there is ample dedicated space for both participants and trailers. ALL trailers must enter the facility using Shaw Street and park along the east side of Colborne Rd.

TRAILERS ARE NOT PERMITTED TO PARK IN THE PARKING LOT.

Cars, including cartoppers are **REQUIRED** to park in the parking lot, allowing space for trailers to park on Colborne St.



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PARKING AREAS ARE RESTRICTED AND WILL BE STRICTLY ENFORCED BY CITY BY-LAW OFFICERS.

COMMUNICATION

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

<https://chat.whatsapp.com/FjgtnGz4BOGX07G7loS8t>

SITE AMENITIES

There will be food vendors available at this regatta. Competitors are encouraged to bring their own water; there is access to a water fountain in the athlete centre 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 ample washrooms on the regatta site for the use of athletes, coaches, and regatta volunteers.

MEDICAL SERVICES

Medical services will be in front of the Athletes Centre. A secondary location, for more serious cases, will be in the basement of the Athlete Centre.

All questions should be addressed to Kate Savage via email kate@rowontario.ca