



## RowOn Beach Sprints Cup #2

Saturday, August 23<sup>rd</sup>, 2025



### REGATTA BULLETIN #1

Hosted Lakeside Beach Park, St. Catharines, ON

<b>Race Director:</b> Kate Savage	<b>Chief Umpire:</b> Tristan Armesto
<b>Technical Delegate/Safety Officer:</b> Iain Wilson	<b>First Aid/Medical Advisor:</b> Hilary Blackwood

### REGATTA INFORMATION

The RowOn Beach Sprints Cup #2 is the second of a two-event series in 2025 for athletes representing clubs in Ontario and beyond. The main objective of this event is to provide a quality learning and racing experience for athletes, coaches, and umpires as the new Beach Sprints discipline continues to grow and gain momentum.

### EVENT LIST

1. Open Women's Solo (CW1x)	5. U19 Men's Double (CJM2x)
2. Open Men's Solo (CM1x)	6. Open Mixed Double (CMix2x)
3. U19 Women's Solo (CJW1x)	7. U19 Mixed Double (CJMix2x)
4. U19 Men's Solo (CJM1x)	8. Open Women's Double (CW2x)
5. U19 Women's Double (CJW2x)	9. Open Men's Double (CM2x)

### DAY OF COMPETITION – SCHEDULE INFORMATION

- a) Coach/Participant Meeting—A Course Overview Meeting will be held on Friday, August 22<sup>nd</sup>, at 7:00 p.m. at Lakeside Beach Park. A mandatory Coaches/Participants Meeting will be held at 7:45 a.m. on Saturday, August 23<sup>rd</sup>, at the Start/Finish Line. The Friday meeting is not mandatory.

**ALL** clubs are required to have at least 1 representative at the Coaches/Participants Meeting on Saturday, for instructions from the Race Director 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/Participants Meeting, including not permitting the club to race. The Club representative in attendance is responsible for conveying all information from the meeting to all participating athletes and coaches. All participants are expected to be familiar with the information conveyed at the Coaches/Participants meeting.

- b) Race Schedule – Solo races (CW1x, CM1x, CJW1x, CJM1x) and double races (CMix2x, CJW2x, CJM2x, CJM2x, CW2x, CM2x) will all take place on Saturday. The Time Trials for solo events will take place in the morning, with Repechages, Quarterfinals, Semifinals, and Finals for solo events following the last Time Trial. Once all solo races are complete, the Time Trials for double races will take place in the afternoon, followed by Repechages, Quarterfinals, Semifinals, and Finals. The final race schedule will

be posted on Regatta Central, along with the draw on August 19<sup>th</sup>, and is dependent on number of entries in each event.

- c) Course practice times – Boats are supplied for this regatta, so training will be limited. There will be a training session on Friday, August 22<sup>nd</sup>, from 4:00 pm to 7:00 pm for competitors to come out and try the boats. There will also be a short training session on Saturday, August 23<sup>rd</sup>, from 7:00 am to 8:00 am.
- d) Regatta Office Hours – Any issues, questions, or concerns can be addressed in person at the Regatta Office, operating out of the Event Tent, from 7:00 am onward on regatta day, or by calling 905-321-5025. This number will be active from 4:00 pm to 7:00 pm on Friday, August 22<sup>nd</sup> and from 6:00 am 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. Crews composed of members of different clubs ("composite crews") are permitted.

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>, 2025.</li><li>Under 19 (U19) – open to eligible athletes born in 2007 or later;</li><li>Open – open to all eligible athletes.</li></ul>
e) Mixed	<ul style="list-style-type: none"><li>Mixed events must include no more than 50% male-identifying athletes.</li></ul>
f) Composite	<ul style="list-style-type: none"><li>Composite crews must include athletes from at least two different Clubs, each of whom meet the eligibility requirements listed above.</li></ul>

### **ACCEPTABLE FORMS OF PROOF OF AGE AND IDENTITY**

Rowers, in U19 events, will be required to provide proof of age. As per Rule 2.3, identification, including non-government issued 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

	<b>RowOn Beach Sprints Cup #2</b> Saturday, August 23 <sup>rd</sup> , 2025	
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the Race Director for verification, prior to presenting at Control Commission. Competitors in open events may be asked to present photo identification at Control Commission. For all athletes, 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, August 17<sup>th</sup> 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, August 19<sup>th</sup>. Any further updates will be published on Regatta Central.

#### **a) Entry Fees**

Boat Class	Base Entry Fee		Row Ontario Seat Fee	RCA Seat Fee	Total
<b>C1x</b>	\$60 +HST	\$67.80	\$3.50 +HST = \$3.96	\$3.40	\$75.16
<b>C2x</b>	\$120 +HST	\$135.60	\$7.00 +HST = \$7.91	\$6.80	\$150.31

*All fees are stated in CAD funds.*

- b) Late Entries – Applications for late entries may be submitted through Regatta Central until Friday, August 22<sup>nd</sup> at 4:00 pm. Late entries are subject to approval by the Race Director. 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 – In the case of an athlete substitution, 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, August 24<sup>th</sup>, 2025.

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

Start	End	Where
August 18 <sup>th</sup> 8:00am	August 22 <sup>nd</sup> 4:00pm	RowOn Name Change Form available online (link posted on Regatta Central)
August 22 <sup>nd</sup> 4:00pm	August 23 <sup>rd</sup> , 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](mailto:kate@rowontario.ca) by 5:00pm on Monday, August 25<sup>th</sup>, 2025.

### **RCA RULES OF RACING EXCEPTIONS**

This regatta will follow the 2022 Rowing Canada Aviron Rules of Racing, including Option 2 for race format, outlined in Appendix 4, with the exceptions (per Rule 1.6) noted below.

- Appendix 4, Rule 13b – Once the runner has exited the water, boat handlers must remain in control of the boat and shall not assist or run with the crew member to the finish. Penalty for a boat handler not remaining in control of the boat once the athlete starts the run is exclusion.
- Appendix 4, Rule 13b(i) – Runners shall not receive any physical guidance or assistance from a team member who is on the field of play. For Mixed events, excluding para events, the runners at the start and finish must be two different runners, with one being a male and the other being a female. Penalty for breaking this rule is exclusion.
- Appendix 4, Rule 13c – The Starter will be at ground level and clearly visible to the rowers.
- Appendix 4, Race Format, Option 2 – Crews, who land outside of the designated field of play upon their return to the beach, will be assessed a 60-second time penalty. Crews who do not follow a straight-line course back to the beach may be penalized, at the discretion of the umpire, if their course interferes with another crew or poses a safety concern for athletes or other beach users.

### **PROGRESSION SYSTEM**

For this event, the Progression System will use a combination of Time Trials and Elimination Heats, which may or may not include Repêchages. The Progression System will be designed to give all competitors a minimum of two races (including Time Trials) and to reduce the competitors to a Final group of eight. The detailed Progression System will be posted on Regatta Central.

### **LANE SELECTION**

Start order for the first round of racing (Time Trial) will be randomly selected. After the Time Trial, the lane determination for following rounds of racing shall be determined as follows:

- No later than 10 minutes before the scheduled start time of the first race in the second round of racing of an event, all crews in the event shall indicate the crew's preferred lane to Control Commission.
- A crew's selection of preferred lane for the second round will also apply to all subsequent rounds.
- A crew which progresses directly from Round 1 (Time Trial) to Round 3 (QF, SF or Final, depending on number of entries) shall be the priority crew for a race in Round 3. In all other cases, the crew with the faster time in its previous round shall be the priority crew.

### **RULE VIOLATIONS & PENALTIES**

Crews not correctly rounding any buoy on the course or marker on land shall be awarded a time penalty as follows:

- Not correctly rounding the first or second buoy from the beach – 30 seconds for each instance;
- Not correctly rounding the third buoy from the beach – 60 seconds;
- Not correctly rounding the markers for landing at the beach and running on the beach – 60 seconds; and,
- Not landing within the designated field of play on the beach – 60 seconds.

Two new rules were introduced in 2024, in alignment with changes to the World Rowing Rules of Racing. These rule changes are outlined in the Exceptions to the RCA Rules of Racing above. **Violations of these rules will result in exclusion from racing.**

- **Boat handlers must remain in control of the boat once the runner has exited the water. They shall not assist or run with the runner.**
- **For Mixed events, excluding para events, the runners at the start and finish must be two different runners, with one being male and the other being female.**

### **BOAT HANDLERS & EQUIPMENT**

Crews should arrange for their own boat handlers. The Organizing Committee may be able to provide volunteer boat handlers, but availability is not guaranteed.

Boats will be provided. Rigging will be fixed and cannot be changed. Rowers must provide or arrange to borrow sculls.

### **RESULTS AND MEDALS**

Results will be posted online using Regatta Central, upon the completion of racing.

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prizes will be awarded in each of the categories listed in the Event List above. For a 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place prize 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 1<sup>st</sup> and 2<sup>nd</sup> place prize will be awarded. If just two boats, only the 1<sup>st</sup> place prize will be awarded.

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