



RowOn Championship Regatta

Saturday, July 19th & Sunday, July 20st, 2025



OFFICIAL REGATTA INFORMATION PACKAGE

Hosted at the Welland International Flatwater Centre (South Course)

270 Colborne St, Welland ON L3B 3P1

Regatta Chair: Kate Savage	Chief Umpire: Robb Blacquiere	Deputy CU: Lynda Dundas
Safety Advisor: Fraser Mowat, City of Welland	First Aid/Medical Advisor: Andrew Backer	

REGATTA OBJECTIVE

To crown provincial champions in multiple age categories across 12 boat classes, while providing a quality race experience that is aligned with the Athlete Development model and development pathway for rowing in Ontario.

ORDER OF EVENTS

All events will start with a 1,900m time trial, followed by seeded finals. The number of finals is subject to change and will be based on the number of entries as only two-thirds of entries in each event will progress to finals.

Saturday July 19th, 2025

Event	Medals awarded	Event Cap	Max. Finals ¹
JM8+	U17; U19	18	2
M2-	U19; U23; Open; Open Lwt	24	3
W1x	U17; U19; U23; U23 Lwt; Open; Open Lwt, Para	78	9
JM4+	U17; U19;	30	4
M8+	U23; Open; Open Lwt	12	2
JW4x	U17; U19;	24	3
W2x	U23; U23 Lwt; Open; Open Lwt, Inclusion	48	5
M4-	U23; Open; Open Lwt	18	2
JW2x	U17; U19;	48	5
W4x	U23; Open; Open Lwt	18	2

Sunday July 20th, 2025

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W2-	U19; U23; Open; Open Lwt	24	3
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JM4x	U17; U19;	24	3
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M4x	U23; Open; Open Lwt	18	2

Novice 1x Festival

NEW in 2025 – To continue to promote the sport, and provide meaningful race opportunities for all, the Novice 1x Festival is being introduced in 2025. This event will give younger and less experienced athletes the opportunity to participate, but not require them to enter the main 1x event, where they are not likely to get a final. This event will be held after the last final on Saturday, allowing for coaches, fellow club athletes, and spectators to watch and cheer on the novice racers.

The competition model for the Novice Festival's objective is to:

- Better align competitions with the Athlete Development Model and the development pathway for rowing in Ontario.
- Create an event that promotes co-learning opportunities as they relate to the roles and responsibilities of athletes, coaches, umpires, and volunteers during a regatta.

All athletes will race against other athletes of similar speed. They will not be divided based on gender, age or weight categories. However, overall rankings and results will be based on gender and age categories (U15, U17, U19, U23, Open).

The regatta is comprised of multiple stages:

a) **FIRST STAGE: TIME TRIAL**

This stage allows for athletes in 1x to be ranked according to speed. The Time Trial will run on 20- second intervals. Athletes will then be organized, according to speed, into groups defined by a minimum speed. These groups will be referred to as Groupings.

- b) **SECOND STAGE:** The sequence of races in the second stage (Rounds 1 to 4) and the progression system used (see below) will be identical for each Grouping. The race distance varies between Groupings and will be either 250m or 500m

The progression system is based on a promotion-relegation model. This schedule is subject to change based on entry numbers.

Round 1:

The starting waves will be assigned based on performance (speed) in the Time Trial. The first wave will be comprised of the fastest athletes/crews from the Time Trial, and so on.

Rounds 2 to 4:

- For the first wave: The top athletes/crews from the first wave of the previous round will race together, with the last finisher being relegated to the second wave. The top athlete/crew from the second wave in the previous round will be promoted to race with these athletes/crews.
- For all subsequent waves, except the last wave: The middle athletes/crews, between the fastest and the slowest, from the same wave in the previous round, will race together with the fastest from wave following theirs, along with the slowest from the wave preceding theirs.
- For the last wave: The remaining athletes/crews will race with the slowest athlete/crew relegated from the preceding wave in the previous round.

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Sample schedule

Group #1

Round 1 (R1)	Lane 2	Lane 3	Lane 4	Lane 5
Wave #1 (W1)	4 th from TT	1 st from TT	2 nd from TT	3 rd from TT
Wave #2 (W2)	8 th from TT	5 th from TT	6 th from TT	7 th from TT
Wave #3 (W3)	12 th from TT	9 th from TT	10 th from TT	11 th from TT

R2	Lane 2	Lane 3	Lane 4	Lane 5
W1	R1, 1 st W2	R1, 1 st W1	R1, 2 nd W1)	R1, 3 rd W1
W2	R1, 1 st W3	R1, 4 th W1	R1, 2 nd W2	R1, 3 rd W2
W3	R1, 4 th W3	R1, 4 th W2	R1, 2 nd W3	R1, 3 rd W3

DAY OF COMPETITION – SCHEDULE INFORMATION

- a) Coaches Meeting – There will be a mandatory Coaches Meeting on Friday, July 18th at 7:15PM outside the Boathouse.

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.

- 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 Quonset Hut (coach boat bay). Weigh-ins will start 2 hours before the first race of the day and remain open for 2.5 hours. Unless there is a schedule change that results in

races starting earlier or later than currently planned (8:00am), weigh-ins will be open from 6:00am to 8:30am on both Saturday and Sunday. Priority will be given based on race start time, with athletes racing in Events 1 and 2 given priority over those racing in later events. A gauged test scale will be available during practice time on Friday, July 18th and throughout both days of racing.

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

Friday, July 18 ^h	4:00pm to 7:00pm
Saturday, July 19 th	6:30am to 7:00am. and 20 minutes after last race to 6:30pm
Sunday, July 20 th	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 - **NEW for 2025**: The regatta office will be based out of the finish tower. ALL requests for name changes, late entries and scratches MUST be completed using the links found on Regatta Central. To speak to Kate, please call her at 905-321-5025.

PROGRESSION FORMAT

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

- Crews 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 Crew Bio field, when completing each entry. Please also provide date and context of OW2KT (ie. OUA Champs W 1x Final). Crews will be seeded within each event at the discretion of Row Ontario, using known performance data (OW2KT, past performance at RowOn events). The remainder of entries will be slotted into the start order based on age category.
- Athletes will be placed into finals based on a collective ranking of all trial results for the event, 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.

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 Federation.
d) Age Categories	<ul style="list-style-type: none"> Age is calculated as of December 31st, 2025. U15 – open to eligible athletes born in 2011 or later; U17 – open to eligible athletes born in 2009 or later; U19 – open to eligible athletes born in 2007 or later; U23 – open to eligible athletes born in 2003 or later; Open – open to all eligible athletes.
e) Weight-Restricted	<ul style="list-style-type: none"> Men – 72.5kg maximum Women – 59kg maximum Only athletes born in 2006 and earlier may enter in a weight-restricted category.
f) Coxswains	<ul style="list-style-type: none"> Coxswains in U17 and U19 categories are not required to weigh-in. The minimum weight of a coxswain for all other categories shall be 55kg. If under the minimum weight, a coxswain shall carry deadweight up to a limit of 15kg.
g) Mixed	<ul style="list-style-type: none"> Entries in Mixed categories must include no more than 50% male-identifying athletes (excluding coxswains) .
h) Para	<ul style="list-style-type: none"> The Para category is open to all rowers who meet RCA Rules 2.12, but they are not required to have undergone classification prior to this regatta.
i) Inclusion 2x	<ul style="list-style-type: none"> The 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). Crews may be single-gender or mixed-gender.
j) Novice	<ul style="list-style-type: none"> The new Novice Festival is open to all U15 rowers (born in 2011 or later), regardless of experience, and all rowers who had not competed in any regatta prior to September 1st, 2024.

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 13th 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 race draw will be posted on Regatta Central on Tuesday, July 15th. 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	\$70.25 + HST	\$79.38	\$3.50 + HST = \$3.96	\$4.30	\$87.64
2x/2-	\$95.00 + HST	\$107.35	\$7.00 + HST = \$7.91	\$8.60	123.86
4x/4-	\$108.25 + HST	\$122.32	\$14.00 + HST = \$15.82	\$17.20	\$155.34
4x+/4+	\$108.25 + HST	\$122.32	\$17.50 + HST = \$19.78	\$21.50	\$163.60
8+	\$130.00 + HST	\$146.90	\$31.50 + HST = \$35.60	\$38.70	\$221.20

All fees are stated in CAD funds.

- b) Late Entries – Applications for late entries may be submitted through Regatta Central until Friday, July 18^h 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 – Name changes will only be accepted until 2 hours before the posted start time. The substitute must meet all eligibility and entry requirements as listed above. All substitutions made after the entry deadline should be reported to the Regatta Chair using the online RowOn Name Change Form, found on Regatta Central. There will be a 10.00 + HST fee for all name changes. *Name change 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, July 21st, 2025.*
- d) Scratches – All scratches made after the entry deadline should be reported to the regatta chair using the online RowOn Scratch Form, found on Regatta Central. There will be a \$50.00 + HST for scratches. For scratches that are not submitted prior to the event, or if a crew misses their race, there will be a \$60.00 + HST scratch fee assessed. 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, July 21st, 2025.

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.

2.5 Coxswains Weights

- Coxswains in U17 and U19 categories will not be required to weigh-in.

8.7.2 Traffic Patterns on the Course

- Crews warming up should not stop as a race approaches or passes their position. As per 8.7.1, crews will be required to avoid crossing the finish line during warm-up as racing crews are finishing a race.

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 through CrewTimer and Regatta Master, and shared to Regatta Central.

For each event listed above (Events # 1-20), medals will be awarded for each category (age, weight, para) offered within the event. **The categories are not mutually exclusive and, as such, crews may win medals for more than one category within each event.**

For example:

- A U19 4x is eligible, by definition (under “Eligibility” above), in the U19, U23, and Open categories, and may win up to three medals in the 4x event.
- An Open Lwt 2x is eligible, by definition, in the Open, and Open Lwt categories, and may win medals in up to two medals in the 2x event.
- A Para 1x athlete, who is also age-eligible in the U23 category, is eligible for medals in the U23, Open, and Para categories.

Medals will be based on overall placing, regardless of finish times in finals. Final A represents placings 1 through 6, Final B represents places 7 through 12, and so on.

In the Novice Festival, medals will be awarded to the top rowers in the final round of racing, in each of the recognized age categories (U15, U17, U19, U23, Open), for both male and female categories. **Ranking will be determined based on overall placing, with Wave 1 representing the top places, followed by Wave 2, and so on.**

For a gold, silver, and bronze medal to be awarded in a category, there will need to be a minimum of four boats eligible to 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.

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, spectators, coaches, and other club volunteers. There will be a shuttle service between the Finish Tower, parking lot, and boat park, for those who do not wish to walk.

Parking at the boathouse is designated for regatta volunteers, staff, and umpires. There is absolutely no parking for athletes, coaches, club volunteers, or spectators at the boathouse. Parking along Canal Bank Road is strictly prohibited and will be enforced by By-Law officers all weekend.

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

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 may be canceled in the event of inclement weather. Clubs are encouraged 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.

Row Ontario is not responsible for any damage to or theft of property from the regatta site. Individuals and clubs who choose to leave personal belongings on-site do so at their own risk.

COMMUNICATION

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

<https://chat.whatsapp.com/JrqbtKlHx7m9HjgVrvQV2>



MEDICAL SERVICES

A clearly marked medical tent, staffed with a nurse and 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.

Any athletes with pre-existing health conditions (ie. asthma, seizure disorder, diabetes, heart condition), which may pose a safety risk to the individual or others on the water, are asked to disclose this information and relevant treatments (ie. inhalers, medications, etc.) to the Chief Umpire, via email (rblacqui@rogers.com) or in-person prior to racing. This information will be held in confidence by the Chief Umpire and shared only on an as-needed basis with umpires and volunteers (such as the Race Umpire following the athlete's race).

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