



# RowOn Masters Championship Regatta

Sunday, July 16<sup>th</sup>, 2023



## REGATTA BULLETIN #2

### IMPORTANT UPDATES

- 1) 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.
- 2) Updated Event List** – The Preliminary Draw will be available on Regatta Central on Tuesday, July 10th. Based on entry numbers, some events have been revised, split, or combined. Below is the updated Event List. Please note that the order of some events has changed slightly to accommodate changes that impacted athletes racing in multiple events.

1. Women's 2- (Event 1)
2. Men's 2- (Event 2)
3. Men's H+ 1x (Events 3a & 3b)
4. Men's G 1x (Event 4)
5. Men's F 1x (Events 5a & 5b)
6. Women's E+ 1x (Events 6a & 6b)
7. Men's E 1x (Event 7)
8. Women's D 1x (Event 8)
9. Men's C-D 1x (Event 9)
10. Women's C 1x (Event 10)
11. Women's B 1x (Event 12)
12. Women's AA-A 1x (Event 13)
13. Men's AA-B 1x (Event 14)
14. Women's D+ 4x (Event 15)
15. Men's D+ 4x (Events 16a & 16b)
16. Men's 72.5kg 1x (Events 17a & 17b)
17. Women's 59kg 1x (Event 18)
18. Women's AA-A-B 4+ (Event 20)
19. Men's AA-A-B 2x (Event 21)
20. Women's C 2x (Events 22a & 22b)
21. Women's D 2x (Event 23)
22. Women's E+ 2x (Event 24)
23. Men's 8+ (Event 26)
24. Men's AA-A-B-C 4x (Event 27)
25. Women's AA-A-B 4x (Event 28)



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26. Mixed Para 1x (Event 29)
27. Mixed AA-A-B-C 2x (Event 30)
28. Women's C+ 4+ (Event 19)
29. Mixed D+ 2x (Events 31a & 31b)
30. Men's 72.5kg 2x (Event 33)
31. Women's AA-A-B. 2x (Events 36a & 36b)
32. Men's 4+ (Event 37)
33. Women's C 4x (Event 40)
34. Men's C 2x (Event 41)
35. Men's D-E 2x (Event 42)
36. Men's F-G 2x (Event 43)
37. Men's H+ 2x (Event 45)
38. Women's AA-A-B 8+ (Event 46)
39. Women's C+ 8+ (Event 47)
- 30-minute Break**
40. Mixed 4x (Events 48a & 48b)
41. Mixed 8+ (Event 49)
42. Parent/Child 2x (Event 50)

If you have any questions, please contact Kate Savage by email ([kate@rowontario.ca](mailto:kate@rowontario.ca))  
or phone (905-321-5025).