



BULLETIN 2 - FEBRUARY 2013

Welcome

Welcome to our 2nd Bulletin with further details about the 2013 Australian Masters Rowing Championships.

Our Organising Committee is working very hard to make sure this is a fabulous regatta and we look forward to welcoming you to Canberra in April.

If you missed the 1st Bulletin or the two News Flash's that we have issued in September 2012 and January 2013, then please check out the RegattaCentral AMRC website:

https://www.regattacentral.com/regatta/index.jsp?job_id=2810&org_id=0

We plan to issue at least one more Bulletin which will include a daily schedule of (non race) events. Also keep your eye out for further News Flashes on the RA website and RA Facebook page.

Ann Landrigan

Chair - Organising Committee

Entries Now Open

Entries open through RegattaCentral:

Wednesday 27 February 2013 at 10.00am (Eastern Standard Time)

Entries close:

Monday 1 April 2013 at 11.00pm (Eastern Standard Time)

No Late Entries will be accepted.

It's Canberra's Centenary – so to celebrate – the 100th seat entry will receive two tickets, one for themselves and one for a friend to ride in the Scouts Hot Air Balloon on the morning of Sunday 28 April (weather permitting!). **So get those entries in!**

New Entry System for National Regatta Events

Rowing Australia (RA) has confirmed that RegattaCentral (RC) will be used for the 2013 Masters event and advises the following: *Rowing Australia (RA) has adopted RegattaCentral as its online system solution after an extensive review and evolution process which identified RC as the best available of all existing and available software systems. RC is the world's largest rowing regatta registration, regatta management and club management system, having been founded in 1999. It is widely used throughout the United*

States and Canada. The system as currently used offers a flexible and simple tool for communications between regatta managers and competitors, and for on line entries and payments.

This means there are a few changes to how competitors will register online from previous year's Masters events and as the 2013 Masters will be the first time most users have experienced the RegattaCentral system, RA, in conjunction with RC, has taken a number of steps to assist with the familiarisation of all users with the system. Please refer:

https://www.regattacentral.com/regatta/index.jsp?job_id=2810&org_id=0 for detailed guidance on how to register.

Seat Fees

As previously advised, **the Seat Fee for each event entered is \$45, no charge for coxswains.** This seat fee is inclusive of a RegattaCentral administration charge of 8% on each seat entry. The decision to include the charge as part of the seat fee is a decision that has been made for the 2013 Masters only.

Rowing Australia acknowledges that given competitors had already been advised the seat fee prior to the finalisation of the RegattaCentral administration charge, then it would not be appropriate to increase the fee further. The Organising Committee is greatly appreciative of this outcome.

Facilities at the Venue

The Venue

The Weston Park regatta site on the shores of Lake Burley Griffin is located on a peninsula with one road in and out of the peninsula.

Our regatta event site is located at the end of Pescott Lane and this particular section of road will not be open to general traffic during the regatta. Please look for directional signage indicating the boat park, trailer parking and car parking as you enter the peninsula before you reach the Pescott Lane turn-off.

Food

A number of food and drink options for breakfast and lunch will be available for purchase within the regatta event site at the Cafe hub. Coffee and breakfast will be available prior to the start of racing each day. There is also a commercial café located on Pescott Lane.

Facilities at the Venue cont'd...

Twilight refreshments will be available Thursday – Sunday coinciding with the end of day Presentation Ceremonies. More details about food and opening and closing times to follow in Bulletin No.3.

Official Clothing Merchandiser

The Regatta Shop has been awarded official clothing merchandiser for the event. Official 2013 Australian Masters branded clothing will be available on site during the event.

For further details see www.theregattashop.com.au.

Retail outlets

A variety of merchandise stalls will be located at the regatta event site with items for sale and display. Details in Bulletin No.3.

Change Rooms and Amenities

Event specific change rooms/showers and toilets will be available immediately west of the boat park. Several picnic amenity blocks are also located around the Weston Park peninsula.

Photographer

Iconphoto will be in attendance throughout the event, taking photographs of competitors and the event in general. Iconphoto will have access to locations that will provide viewpoints not generally available to spectators and will provide high quality and comprehensive coverage for competitors. Iconphoto specialise in major sports and events and have been providing rowing images to Rowing Australia, the Australian Olympic Committee and the broader rowing community for a number of years. Images will be available to view and purchase at www.iconphoto.net.au.

Competitor Services

Rowers are able to warm up with ergometers, located at the regatta site. Massage and First Aid services will be located at the northern end of the regatta site. The main Regatta Secretary tent will also be located at the northern end of the regatta site adjacent to the finish line.

Boat Storage and Racking

The boat park will be located adjacent to the in/out pontoons. Access to the boat park is via the main trailer park. Two Trailer Park access permits will be issued to each club to ensure trailers receive priority parking close to the boat park.

Equipment Security

Overnight security has been arranged from Wednesday 24 April to Sunday 29 April. The main peninsula gates will be locked every evening. Competitors are responsible for their own belongings and valuables.

Club Tents

General club tents will not be allowed within the regatta event site or the boat park due to the limited space available. Club tents may be erected beyond the southern perimeter of the boat park towards the trailer and car parking zone only. A limited number of premium club tents located on the lakes edge with excellent viewing of the race course will be available for hire at a rate of \$500 each. These 6m x 3m tents will be allocated on a first come first served basis with payment required in full to secure a tent booking. Please contact:

Deb Styman: gdt.styman@netspeed.com.au

Please note there are no overnight camping facilities at Weston Park.

The ACT and Commonwealth governments who jointly control the Lake and its foreshores/parks do not permit overnight camping. Refer Bulletin 1 for accommodation options.

Parking

Car and trailer parking is free of charge. Trailers will not be allowed to remain within the boat park zone. Please look for directional signage as you enter the peninsula along Weston Park Road and obey traffic marshal instructions.

Pescott Lane car park will be closed to general traffic for the duration of the regatta. Competitors requiring an Accessible Parking permit may request this ahead of the regatta. Two trailer parking permits will be issued to each club attending to allow boat trailers to remain parked close to the boat park.

General car parking is available in several locations around the peninsula. Please do not park on the side of the main Weston Park Road. It is important to maintain free two-way traffic access on this road for emergency vehicles.

Social Activities

Anzac Day commemorations: In choosing to start the Regatta on Anzac Day, the Organising Committee (OC) is very aware of the importance of this day for many Australians. We have a number of events planned, in association with the Australian Defence Rowing Association, to commemorate this special day, including:

- **A Welcome Ceremony at 11.00am on 25 April at the regatta village which will include a small commemoration service prior to the commencement of the days competition;**
- **A Navy Sunset Ceremonial to coincide with the presentation of medals on Saturday 27 April.**
- **Hot Air Balloons: the Scouts and RAAF will fly their balloons at the regatta. More details in the next Bulletin.**

Bar: A bar will operate at the regatta site throughout the Championships. This will be located in the Cafe hub.

Dinner: Celebration Dinner, Saturday 27th April, 6.30 for 7.00pm

Canberra's Black Mountain Rowing Club would like to extend a warm welcome to you and your friends to join them for dinner at the Yowani Country Club on Saturday 27th April as part of the Australian Masters Regatta in Canberra.

The dinner will feature a special rowers' menu including prawns, lamb, pasta, salad and something sweet to make up for that energy spent. There will be vegetarian options, bread rolls and tea and coffee included.

It's a pretty informal evening designed to allow rowers to catch up with their friends from interstate and talk about the one that got away...

Numbers are limited due to venue constraints, so book early.

Dinner Details cont'd...

Date: Saturday 27 April, 6.30 for 7.00pm

Venue: Yowani Country Club, 455 Northbourne Avenue, Lyneham (5 minutes from Canberra city centre)

Price: \$40 to include main course, salad, desserts, tea and coffee with drinks at bar prices.

RSVP: mastersdinner@bmrc.org.au by 12 April (payment must be received to confirm the reservation)

Shelter: A large tent at the regatta site will provide a covered space for competitors and spectators to eat, meet, relax and catch up. This will be located adjacent to the Cafe hub and have heating, in case the mornings are chilly, and chairs and tables.

Medal presentations: Two presentation ceremonies are planned for each day of full competition: during the lunch break and at the end of each days racing. The Bar will be open during this time and we hope competitors will stay around, socialise and cheer on their fellow competitors!

Preliminary Program

This was issued on 29 January 2013 and can be viewed on the RegattaCentral AMRC website:

https://www.regattacentral.com/regatta/index.jsp?job_id=2810&org_id=0.

The Anzac Challenge – we are including a special race on Anzac Day to be coordinated by the Australian Defence Rowing Association (ADRA). Rowing is now a recognised sport under the auspices of ADRA which aims to promote rowing as a sport within Defence, and establish a rowing presence in the wider Australian community. The history of rowing in the Australian military context dates back to 1919 when Captain H.C. "Clive" Disher, of the Australian Medical Corps, stroked the Australian Imperial Force (AIF) crew to victory against Oxford University in the final of the Inter-Allied Services event at the Royal Henley Peace Regatta in Britain winning the 'King's Cup'.

We are now calling for expressions of interest from current/ex-serving military members, and defence civilians to participate in this feature race on ANZAC Day 2013.

Please refer enquiries and expressions of interest to the 'ADRA Captain of Boats', CAPT Nic Williams at nicholas.williams4@defence.gov.au or nic-williams@bigpond.com

Order Of Events

The following summarises the position in relation to the Order of Events. The Order of Events is designed to:

- spread each of the Mens and Womens same age sweep and sculling events across the 7 sessions;
- have a sweep event and an adjacent age category sculling event in each session;

- allow a competitor to row in all their age sweep and sculling events without conflict;
- allow a cometitor a reasonable opportunity to race in the adjacent age category event;
- ensure that there is a reasonable time difference between events that competitors are likely to enter;
- ensure that there is a reasonable spread of boat types to allow for the sharing of boats;
- ensuring all single sculling events are completed by the Saturday so as to allow winning scullers the opportunity to be fresh for the Champion of Champion sculling races on the Sunday;
- not have C,D and E events on the Saturday before the Interstate races.

Competitors should be aware that semi-finals will be held in events where there are 19 or more entries, and that the progression system is designed to ensure maximum boats make the semi-final and final.

It is not possible to allow for every possible combination (age categories and sweep and sculling) that a competitor may wish to compete in, particularly where this may involve competitors wanting to race in events that are 2 or more age categories from their current age.

There is considered to be ample opportunity for competitors to enter multiple events at the regatta without seeking changes to the Order of Events to suit their individual circumstances.

Accordingly, no requests for changes to the Order of Events will be accommodated.

The Organising Committee may deem it necessary to make changes to the Order of Events within a session of racing as a result of the number of entries received for separate events being greater than expected. This may be necessary to accommodate semi-finals and to ensure competitors have sufficient recovery time between races in respect of that event.

Progression System

Notwithstanding that the course on Lake Burley Griffin has 7 lanes available for racing, it has been agreed that the 7 lanes will only be used where there are 7 entries and for Mixed races, which will be run in Divisions. The aim of using all 7 lanes for Semi-finals and Finals (where more than 7 crews) is not possible as there would be fairness issues. In addition, the Organising Committee considers that for safety reasons, the 7th lane will provide a buffer between the lanes of racing and the transit lane for crews travelling to the start. It is for these reasons that progression to finals for events of greater than 7 crews will be undertaken using a 6-lane system, with the system to be used as set out below

2013 Australian Masters Rowing Championships Progression

No. of Entries	No. of Heats	Heat Progression	No. of Semi-finals	Semi-final Progression	Final
1-7	Nil	-	Nil	-	7
8-12	2	1,2,3 to Final = 6 to Final Rest Eliminated	Nil	-	6
13-18	3	1,2 to Final = 6 to Final Rest Eliminated	Nil	-	6
19-24	4	1,2,3 to Semi-final = 12 to Semi-final Rest Eliminated	2	1,2,3 to Final = 6 to Final Rest Eliminated	6
25-36	6	1,2,3 to Semi-final = 18 to Semi-final Rest Eliminated	3	1,2 to Final = 6 to Final Rest Eliminated	6
37-54	9	1,2, to Semi-final = 18 to Semi-final Rest Eliminated	3	1,2 to Final = 6 to Final Rest Eliminated	6

Mixed races will be run in Divisions of up to 7 crews per Division
Pre-Competition Information

Health and Safety

Whilst safety marshalls and emergency medical response teams will be located at the venue, your own safety on and off the water is your responsibility. We have provided the following information to help you understand the conditions you may experience whilst racing on Lake Burley Griffin in Canberra.

Canberra's climate in April is mild with mean daily maximum temperatures of 20°C. Overnight temperatures are cool by comparison with the rest of Australia, with mean overnight temperatures of 7°C. Competitors should come prepared for any weather eventuality with layers of long sleeved appropriate clothing for warm-up and racing if required. The lake water temperature is expected to be around 14°. Wind conditions in April are historically at their lowest average strength, although one-off storm events cannot be excluded.

The air and water conditions are not challenging to health and safety, but nonetheless rowers should be prepared and take sensible precautions to ensure they remain warm and in good health, and prepared for unexpected situations. Further information on expected weather can be obtained from the Bureau of Meteorology or other weather service websites. Visitors are advised that Canberra Airport weather station observations are the most relevant for extrapolation of general lake conditions.

Lake water quality can be unpredictable, therefore we strongly urge rowers to:

- 1 Avoid ingestion of lake water at all times**
- 2 When algal levels are elevated:**
 - a. if large amounts of water are ingested, consult a medical practitioner at the earliest opportunity for further advice
 - b. avoid contact with sensitive skin areas (use pontoons for boat launching rather than walking boats into the water), and
 - c. wash down exposed skin areas as soon as possible if immersion occurs
- 3 Wash your hands and face prior to snacking or handling food to avoid unintended ingestion of potential contaminants from the lake water.**

Visiting rowers are also advised that all the ACT lakes are considered to be alpine water bodies. Consequently, crews that elect to train in other parts of the lake should take reasonable safety precautions as guided by NSW Maritime Regulations. While NSW regulations do not apply to ACT waters, the alpine waters sections do provide excellent guidance on reasonable precautions that should be observed while boating on Lake Burley Griffin. Other local recommendations include:

- 1 Ensuring a coaching tinnie or safety boat accompanies rowers out on the water, particularly at either end of daylight when observation of a rower in difficulty may go unnoticed by other lake users.**
- 2 Ensuring that coaches wear life preservation vests and carry spare vests in the coaching tinnie for emergency situations.**
- 3 Maintaining awareness of which club rowers are out on the water, where they intended to go, and their expected time of return.**
- 4 Briefing rowers on protective actions they should take in the event of unexpected storm activity, and life preservation measures should they fall in the water and are unable to get back into their boat. Local club captains are available to provide visitors with advice.**

Lake Rules

Lake Burley Griffin is controlled and managed by the National Capital Authority (NCA), a Commonwealth Government agency. The many recreational and commercial organisations that use the lake on a daily basis do so on a common understanding of shared use by all lake users.

The rules governing boat traffic flow around Lake Burley Griffin are based on an **anti-clockwise circulation pattern**, with a 'look and be seen' principle applying to all lake users.

Powered watercrafts are not permitted on the lake with the exception of safety boats, commercial tour boats and heritage watercraft. Powered boats within these allowed uses must be registered with the NCA. Operators of powered watercraft must carry a valid boat licence issued by any State or Territory government organisation authorised to issue boat licences.

Visitors are advised the lake level is 0.5 metres lower than normal due to unscheduled repair activities on the Scrivener Dam flood control gates. As a consequence some areas of the lake are shallower than normal, and have exposed hazards. Visitors are requested to be cautious at all times, and in particular in the east basin area of the lake, which has an average lake depth of only 2 metres. The lake depth in the course area is relatively deep at 10-15m once away from the shore.

An exclusion area has been established by the NCA in waters close to the dam wall for safety reasons during the dam repairs. This exclusion area is marked by a line of large yellow buoy markers stretching across from Government house grounds to the maintenance slipway to the west of the course area. Rowers are requested to remain to the east of this exclusion line.

Course Rules

SAFETY is the primary concern for all rowers and officials.

As a consequence of the lower than normal lake level, the course has been re-aligned and the traffic rules set to maximise safety for this regatta. All rowers are urged to familiarise themselves with the traffic rules, and comply at all times.

The Course Rules are to be found further on in this bulletin

Boat Inspections

Competitors are reminded that RA Umpires will be inspecting boats prior to launch to ensure they conform to **RA Rules of Racing** http://www.rowingaustralia.com.au/about_ra_rules.shtm requirements concerning boats, and that basic boat safety requirements have been met. In particular, competitors are reminded that:

- 1 All boats must be fitted with bow balls of not less than 4cm diameter and that the bow ball must be firmly fixed so as not to break away or deflect sideways when sideways force is applied to the ball.**
- 2 Boats with shoes fitted to foot stretchers are required to:**
 - a. have heel restraints that prevent heels from travelling more than 7cm, and
 - b. have a single grip quick release system that allows rowers to readily remove their feet from the shoes in the event of a capsiz.

Boats that fail these basic safety requirements will not be permitted to be launched in the course area for training or competition.

Athletes' Briefing

An athletes' briefing will be held immediately prior to the opening ceremony and the commencement of racing on the first day of competition. The time and place of the briefing will be confirmed in the next bulletin and posted in the main regatta administration tent.

Masters Age Categories

The age of a Masters rower shall be that which he or she attains during the current calendar year. Masters Age categories are as follows:

- A Minimum age: 27 years
- B Average age: 36 years or more
- C Average age: 43 years or more
- D Average age: 50 years or more
- E Average age: 55 years or more
- F Average age: 60 years or more
- G Average age: 65 years or more
- H Average age: 70 years or more
- I Average age: 75 years or more
- J Average age: 80 years or more
- K Average age: 85 years or more

We are pleased to advise that the K (85plus) division has been added in response to demand and following its adoption by FISA earlier this year. The average age of a crew (excluding the coxswain) will be calculated by dividing the total number of years of age of the crew by the number of members of the crew rounded down to the nearest whole number. Age categories do not apply to coxswains of masters crews.

Interstate Events

To encourage maximum participation in all the interstate races at Lake Burley Griffin, State Crews can race as either the 'C' or 'D' category, with the standard age handicap applying to any 'C' grade entries.

Coxswain Weighing

Competitors are reminded that the **RA Rules of Racing** requirements regarding coxswain minimum weights and weigh in apply to the regatta, and that these may be different to those rules applied by individual states. Coxswain weigh-in will be performed in a tent within the main regatta administration area. Minimum weights are 55kg for mens' events, and 50kg for womens' and mixed events.

Rowing ACT will endeavor to identify local coxswains for interstate crews where required.

Crew Changes

Participants are reminded that the **RA Rules of Racing** Clauses 49, 50 and 51 regarding withdrawals and substitutions apply to this regatta. Notification of withdrawals and substitutions is to be made at the main regatta administration tent.

Orphaned Rowers

Rowers from multi-crew boats who are orphaned due to illness or injury of crew members, or for other reasons, can register themselves as available to crew another boat within the **RA Rules of Racing** substitution provisions. Registration and link-up of orphaned rowers will be facilitated through the regatta administration organization.

Bow Numbers

All competing boats are required to carry the bow number allotted to their boat for a specific race. RA standard alpha-numeric bow numbers will be used. Bow numbers can be collected from the Bow Number issue tent in the main regatta stall area. A deposit of \$10 cash is required to be paid on collection of a bow number, and will be refunded upon return of the bow number. Prompt return is requested to allow recirculation of bow number series throughout each day.

Draw

Whenever possible, the race lane draw will be published on the event website the evening prior to each day's racing. Competitors are encouraged to download copies of the draw to their portable electronic devices for convenient access throughout the regatta. Paper copies of the draw will be available from the main regatta administration tent at the start of each day.

Wireless network service to the regatta area is excellent, and competitors with smart phones, tablets and other portable computing devices should be able to access the draw from the website at any time while located in the regatta area.

Results

Racing results will be posted on the results board located near the main regatta administration area. Results will also be posted to the regatta website to allow convenient access to results via portable computing devices.

Event Souvenir Program

Event programs will be available to purchase from the Regatta administration tent. Draw sheets for finals will be available for program holders from the Regatta Secretary tent.

Policy on Entries and Awards

If less than two entries are received for any age category the event, where possible will be combined with a suitable or adjacent age category.

Combined age category events will be conducted on a handicap basis. Handicaps will be those provided in the Rowing Australia rules.

Medals will be presented for each age group as follows:

Two entries: Gold medal only

Three entries: Gold & Silver medal only

Four + entries: Gold, Silver, Bronze

Combined age group events (ie. One entrant only from an age): Gold for each category winner.

Adverse Weather Arrangements

The Canberra rowing course is well protected and resilient to most adverse weather conditions experienced in Canberra. While it can never be excluded as a possibility, adverse weather is not expected to occur nor significantly impact on the regatta.

In some wind conditions, it may be necessary to move the marshaling area to protected waters to the eastern side of the course adjacent to the start. If this is necessary, revised marshal and traffic arrangements will be advised and posted in the main regatta area.

Notwithstanding the resilience of the course to unfavorable weather, some adverse weather conditions can result in suspension of racing or limit the amount of racing that can be conducted. The hours of light in which races can be conducted is finite, and in circumstances where there is insufficient daylight time to reschedule lost races, cancellation of some races may be inescapable. Participants are advised that Championship events have priority over other events, and that non-championship events may not proceed where there is insufficient daylight time remaining.

Course Rules

The area of the lake in which the 2013 Australian Masters Rowing Championships (AMRC) event is to be held has been closed to all other lake users for the duration of the regatta. The rules governing the use of this closed section are outlined in this bulletin, and are to be observed by all AMRC competitors. Individuals and crews that fail to observe these rules may receive competition sanctions, including exclusion from competition.

The overall course layout and course traffic rule maps are included at the end of this bulletin, and include:

- **Map 1:** Course On-water Arrangements (on pg 10)
- **Map 2:** Course Traffic Rules During Racing (on pg 11)
- **Map 3:** Course Traffic Rules Outside Racing Hours (on pg 12)

Copies will also be provided in the souvenir program and at the Regatta administration tent. Key points for competitors and coaches to note are:

Coaching (Refer Map 1 - on pg 10)

- 1 There are no convenient cycle paths or other easily accessible walkways that provide practicable coaching facilities from the shoreline of Lake Burley Griffin.
- 2 Coaching tinnies are not permitted in the course area at any time.
- 3 Coaching tinnies that carry the required registration may be used on other lake areas for coaching purposes. Suitable boat launch facilities are available in Black Mountain Peninsula Park area (access via Lady Denman Drive), or at Yarralumla opposite the National Rowing Centre of Excellence (access via Alexandrina Drive)

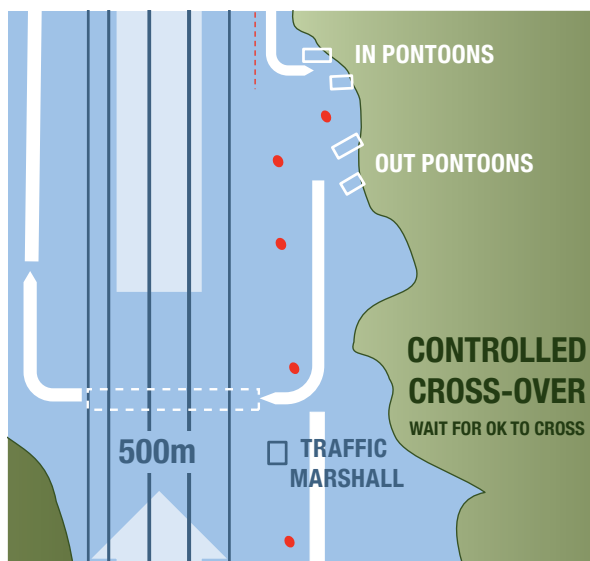
Course Area Boat Circulation

(Refer Map 1 on pg 10)

- 4 In the course area, general traffic circulation is in a clockwise direction, with boats moving in a:
 - a. Southerly direction toward Government House when east of the buoyed course, and
 - b. Northerly direction proceeding down the buoyed course.
- 5 **There is no transit of boats on the western side of the course between the start and the 500m position.** Boats requiring northward transit from the start must proceed down Lane 1.
 - a. During competition this will be under the control of the starter and/or aligner
 - b. Out of competition this will be at rower discretion following the prescribed training traffic pattern.
- 6 Northward transit is permitted on the western side of the course north from the 500m line at any time.

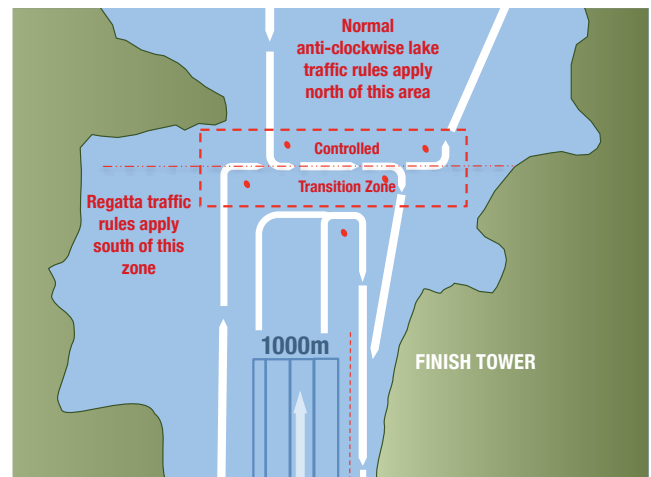
Moving Between the Course and Other Lake Areas (Refer Maps 2, 1)

- 7 Boats wishing to proceed from the course boat launch area to other areas of the lake may do so as follows:
 - a. **During competition**, a boat wishing to transit out of the course area to other lake areas is to:
 - i. proceed southward on the east side of the course from the boat launch area to the 500m line
 - ii. wait at the 500m line until directed to cross perpendicular to the course by the traffic marshal
 - iii. once transit of the course is complete proceed on the western side of the course in a northerly direction to the Controlled Transition Zone (approximately 250m beyond the finish line).
 - iv. Turn and enter the Transition Zone in an easterly direction, taking care to avoid any merging traffic,
 - v. Upon transit of the transition zone turn northward so as follow the lake anti-clockwise traffic pattern, with the closest shoreline to bowside.



ZOOM IN ON MAP 2

- b. **During non-competition periods**, a boat wishing to transit out of the course area to other lake areas is to:
 - i. proceed southward on the east side of the course from the boat launch area to the start zone
 - ii. turn onto the course on the northern side of the start pontoon, selecting an appropriate lane to proceed down
 - iii. Upon reaching the transition zone, turn and enter the Transition Zone in an easterly direction, taking care to avoid any merging traffic,
 - iv. Upon transit of the transition zone turn northward so as follow the lake anti-clockwise traffic pattern, with the closest shoreline to bowside.



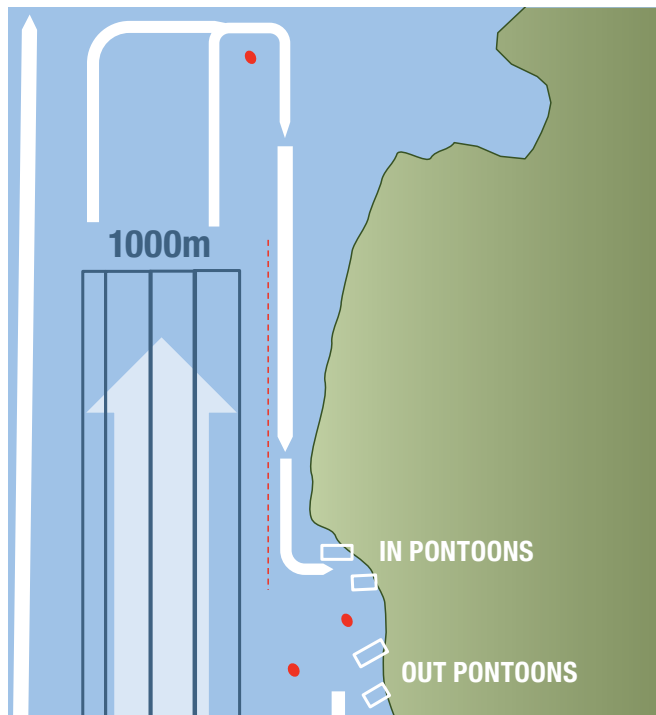
ZOOM IN ON MAP 1

- 8 Boats wishing to return to the course area from other lake areas may do so as follows:
 - a. proceed adjacent to the shoreline in an anti-clockwise direction until reaching a position immediately west of the Transition Zone,
 - b. enter the Transition Zone in an easterly direction, taking care to avoid any merging traffic,
 - c. upon transit of the Transition Zone turn southward so as follow the lake shoreline in a clockwise traffic pattern, with the closest shoreline to stroke side.
 - d. proceed down the eastern side of the course buoy markers until reaching the boat launch area.

Transit Between the Finish Area and the Boat Park In Pontoons

- 9 Due to the lower than normal lake level, the transit passage between the course finish and the Weston Park boating area is narrow and presents a potential collision hazard with competing boats that stray from the marked course.

To maintain safety margins, it is imperative to keep traffic flowing in this narrow passage and avoid situations where boats attempt to overtake slower or stopped boats using the course side of the transit passage. Rowers are therefore required to move through this area quickly and not to stop while in the transit passage.



ZOOM IN ON MAP2

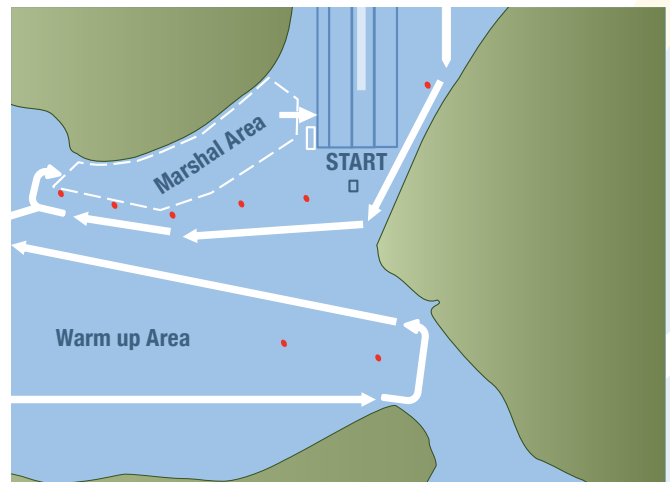
Training (Refer Map 2)

- 10 Training in the course area is not permitted between the period commencing from 30 minutes before the first race of competition on any day, through until 30 minutes after the finish of the last race on the same day.
- 11 Training in other areas of the lake is permitted at any time. Note the procedure for transiting to other areas of the lake, and returning to the course area.
- 12 Boats training before sunrise and after sunset must have anti-collision lights. Training outside daylight hours for visitors unfamiliar with the lake environs is discouraged for general safety reasons.
- 13 When training in the course area is permitted, observation of the following traffic rules applies:
 - a. Boats proceeding to the start zone in a southerly direction may do so using Lane 7, and the water immediately adjacent to Lane 7 toward the shore-line.
 - b. Lane 6 is a safety buffer and is closed to all traffic during training periods
 - c. Boats proceeding from the start zone in a northerly direction may use lanes 1 through 5. To harmonise individual training needs and a wide variety of boat speeds, rowers are requested to select lanes as follows:
 - i. Lanes 4 and 5 are to be used in principle for smaller and slower boats with greater turning manoeuvrability
 - ii. Lanes 2 and 3 are to be used in principle for small to medium boats with greater speed
 - iii. Lane 1 is to be used by eights and faster boats.

- d. Boats that are about to be overtaken within a lane are to move to an adjacent lane to allow the overtaking boat to proceed past them. Overtaken boats must exercise care to ensure moving to another lane will not cause a collision threat. Where moving aside cannot be accomplished safely the crew is to immediately alert the overtaking boat and take other actions to avoid collision and injury.
- e. Boats heading northward are to proceed at least 100m beyond the finish line before attempting to turn off the course to return back to the start or boating area. It is the responsibility of the boat turning off the course to ensure there is no conflicting boat moving on the inside their turn, and that it is safe to undertake the turn.

Proceeding to the Marshal Area and Start (Refer Map 1)

- 14 Transit to the Marshal Area prior to the start is to be accomplished as follows:
 - a. From the boating area, proceed southward on the eastern side of the course until the start pontoon installation has been passed.
 - b. Once clear of the start installation, boats must immediately turn to the rear of the start installation and follow the line of buoys leading to the Marshal Area entry point.
 - c. Once at the entry point, rowers are to proceed under marshal directions.



ZOOM IN ON MAP 1

- 15 Rowers are not to turn into the Marshal Area before reaching the Marshal Area entry point, unless directed to do so by a marshal official.

Warm-up Area (Refer Map 1 on pg 10)

- 16 Rowers wishing to warm up prior to competing may do so in the warm up area between Government House and the start installation.

- 17** The warm-up area provides for a circuit loop of approximately 500m length, where the traffic pattern is anti-clockwise (bowside to the nearest shoreline).
- 18** Rowers who wish to warm-up prior to competing should proceed to the Marshal Area entry as advised above, but continue on past the Marshal Area entry point until reaching the western turn buoy positioned immediately before the dam exclusion zone barrier (line of large yellow buoys).
- 19** On reaching the warm-up area western turn buoy, rowers are to turn to strokeside and follow an anti-clockwise traffic pattern in a loop between the Government House shoreline and the transit lane leading to the Marshal Area.
- 20** Exit from the warm-up loop is accomplished by merging into the transit lane to the Marshal Area when on the westerly leg of the warm-up loop, immediately adjacent to the warm-up area.
- 21** Rowers are not to cut across the transit lane to the Marshal Area before reaching the Marshal Area entry point, unless directed to do so by a marshal official.
- 22** The warm-up area is closed to use by rowers when the course has been turned over to training operations.

Traffic Violations

Under the RA Rules of Racing any rower observed to have committed a traffic violations may be issued a Yellow Card sanction at the next race in which the rower is competing.

Acknowledgements

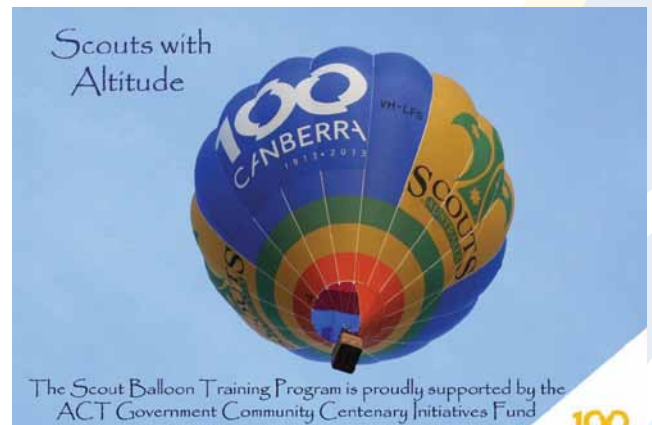
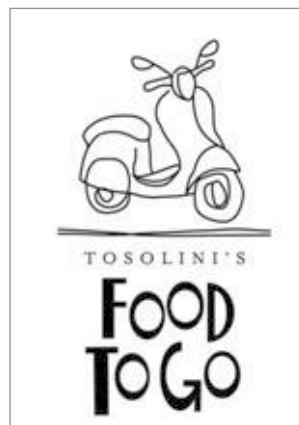
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COX HUMPHRIES MOSS ARCHITECTS

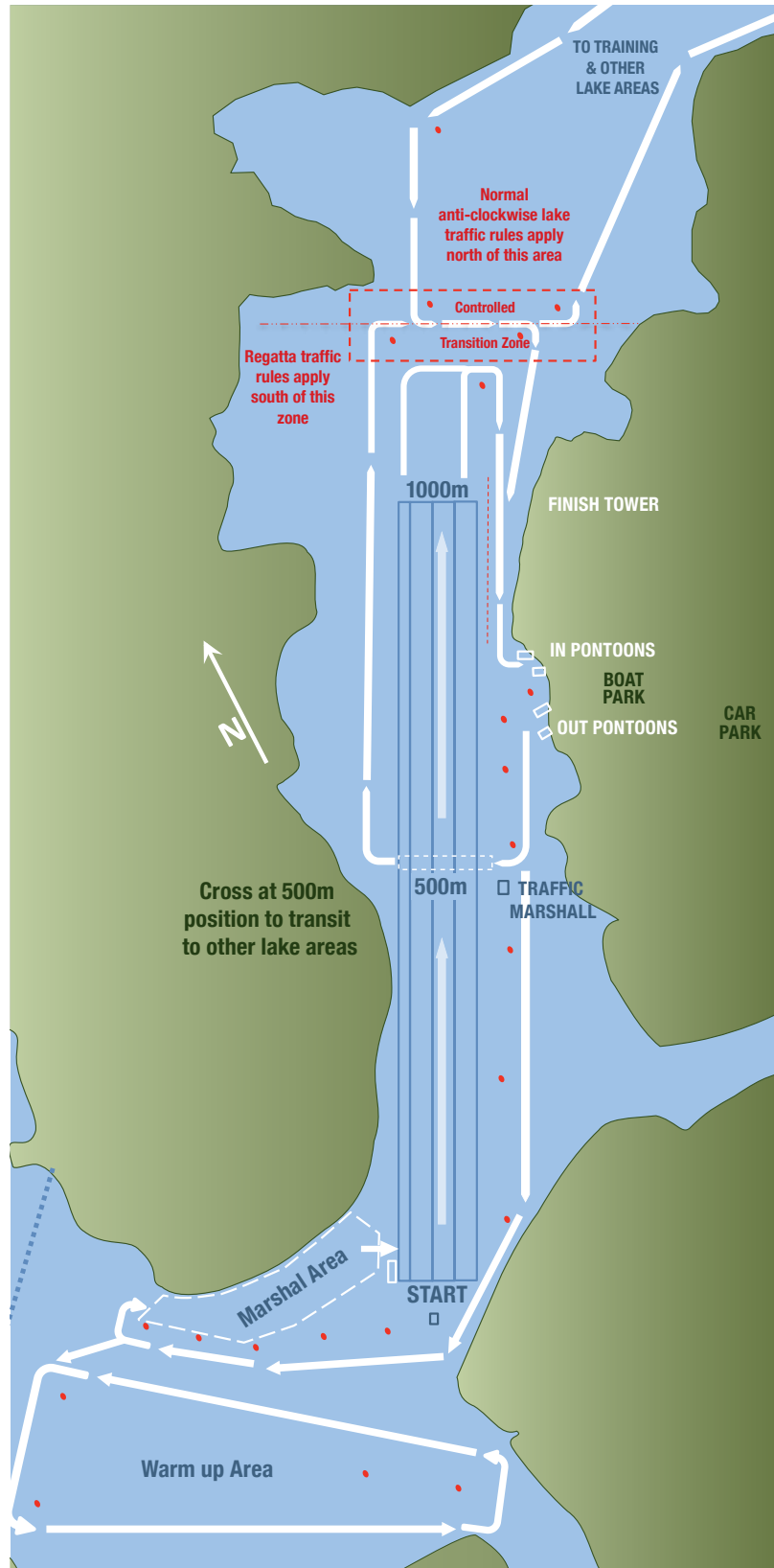
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MAP 1



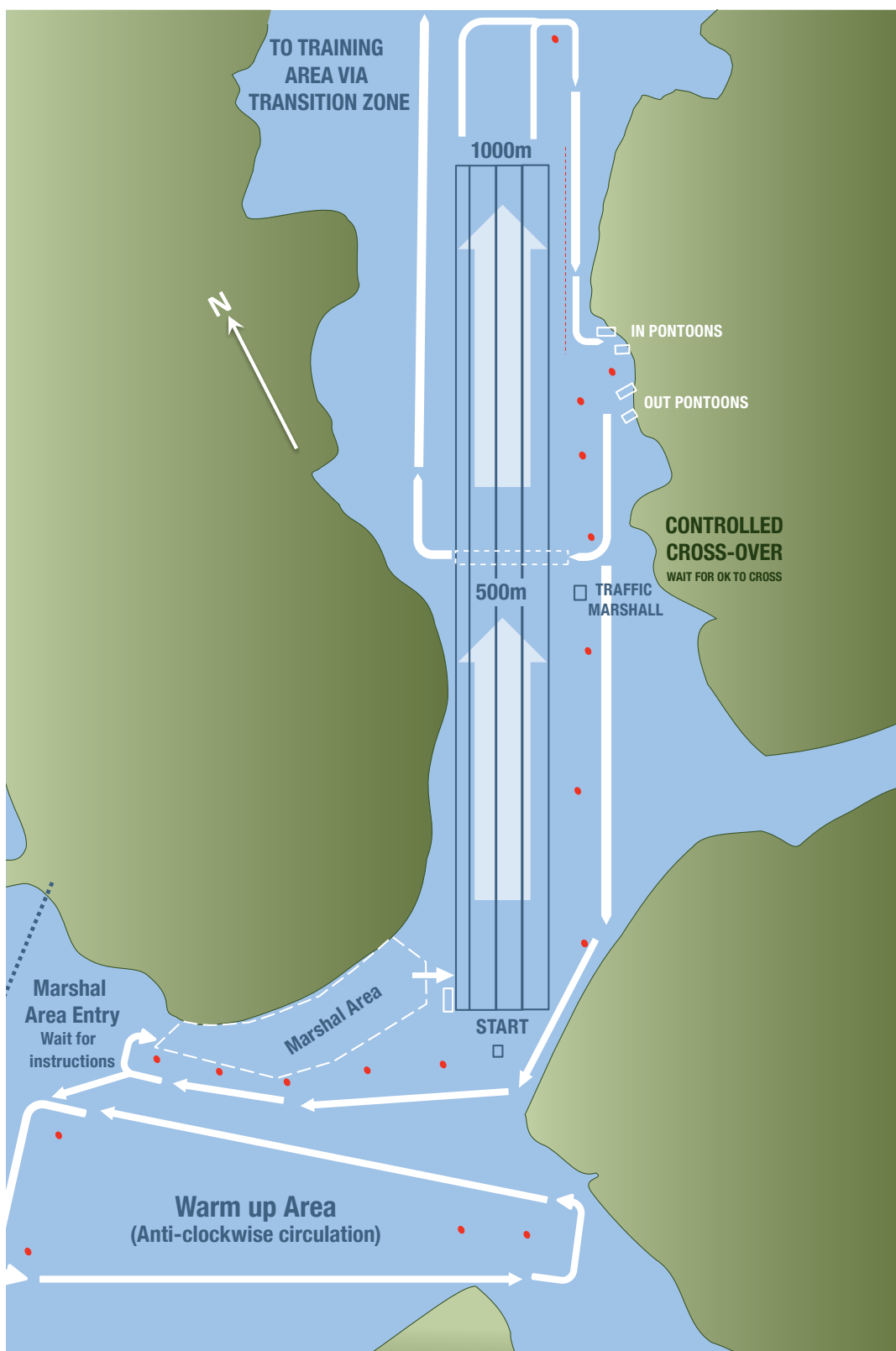
COURSE ON-WATER ARRANGEMENTS



MAP 2



COURSE TRAFFIC RULES DURING RACING



MAP 3



COURSE TRAFFIC RULES OUTSIDE RACING HOURS

