



BULLETIN 3 – APRIL 2013

Welcome

2013 AMRC - Record number of entries!

Welcome to our final pre competition Bulletin. Please read this in conjunction with previous Bulletins and News Flashes. There is new spectator and competitor information in here plus some changes to previously published details. If we need to update you after this – we will do so via News Flash on the [AMRC regatta website](#). Please also watch this site during the regatta for live race results and Regatta Daily News posts.

On behalf of the Organising Committee, Rowing ACT, Rowing Australia, the Canberra masters rowing community, and our main event partners [Wintech Racing](#) and the [Centenary of Canberra](#), we look forward to welcoming you in 13 days!

Ann Landrigan

Chair - Organising Committee (OC)

Spectators

The main spectator area is located in the regatta village adjacent to the end of Pescott Lane, in Weston Park. The village includes food and merchandise outlets and toilets. The best views will be around the Premium Club Tents sites, close to the finish line. There are gentle grassy slopes for spectators, no seating is provided, but picnic rugs and chairs are welcome.

There are other viewing options for spectators around Lake Burley Griffin. Park near the

Yarralumla Nursery, where there is also a cafe, and walk down the bike path along the Sri Chinmoy Peace Mile towards Westbourne Woods (one of Canberra's secret treasures). You will be able to view the race start and glimpses of the race course through the trees - a great spot for taking photos.

Alternatively, if you want to avoid the crowds, head to the [Lindsay Prior Arboretum](#) at Yarramundi Reach off Lady Denman Drive (please note there are no spectator facilities here), or visit The National Arboretum for a spectacular view of Canberra which also takes in the regatta course.

Updated venue and regatta village maps will be available on the [AMRC regatta website](#) early next week.

Parking

General Parking

Please follow parking marshal instructions for general competitor parking. Access to all four parking areas will be via the same intersection off Weston Park Road.

Special Permit Parking

Permit only parking is located at the end of Pescott Lane. Only permit holders on the parking marshal's list will be allowed in this area. To ensure emergency access is maintained, absolutely no parking is allowed on the road verges on Pescott Lane or Weston Park Road.

Souvenir Program and Competitor Lanyard

Souvenir Programs will be available for \$10 from the Information Tent in the regatta village. Competitors are also asked to collect their free competitor lanyard, generously supplied by [GA Millers](#), from the Information Tent.

Special Events

The OC hopes you will be able to join a number of activities and events we have planned over the four days. Highlights include:

25 April Anzac Day Activities

When	What	Where
10.30am	Athlete's briefing	Presentation Dias, adjacent to VIP tent
11.00am	Welcome and Opening by the Chief Minister's representative: Ms Yvette Berry, MLA.	Presentation Dias, adjacent to VIP tent
11.30am	Anzac Cup Challenge race	Course
11.45am	Anzac Day Commemorative Service and laying of wreaths	Presentation Dias, adjacent to VIP tent
12.10pm	Anzac Day Cup Challenge medallions presented by Vice Admiral Peter Jones	Presentation Dias, adjacent to VIP tent
12.15pm	End of official ceremonies, start of racing	

27 April Sunset and Dinner

1. At 5.40pm on Saturday, Defence personnel from HMAS HARMAN will present a Navy Ceremonial Sunset. Beat to Quarters and Ceremonial Sunsets are perhaps the oldest and most significant of naval

ceremonies. Although steeped in naval history, they now usually conclude days of special importance. Beat to Quarters stems from the 17th Century when a drum roll or beating of drums was carried out in warships to signify a 'Call to Arms', when an enemy ship had been sighted. Today, Ships' Companies are called to 'Action Stations' by loud electronic alarms. Ceremonial Sunset is traditionally maintained by Navies throughout the world to salute the lowering of the Ensign at the close of the day. It was also the custom for Captains of Men of War to prove their gun powder was dry and ready for the next encounter. This they did by firing an evening gun and having their Marine Detachment fire a fusillade of rifles.

2. Black Mountain Rowing Club will be hosting the Celebration Dinner at Yowani Country Club: 7pm start. Hurry to Book, as tickets are selling fast!

Hot Air Balloons

Both the RAAF and ACT Scouts will have their balloons on show, weather permitting, during the Regatta.

Medal Presentations

Mr Robin Poke, President of the ACT Olympic Council will MC the medal presentations. These will take place at the completion of the day's race events and during lunch breaks where time allows. Listen for regular announcements during the regatta.

We would especially like to thank [Wintech Racing](#) for sponsoring the Interstate and Champion of Champion races; [DonateLife](#) for sponsoring the Mixed Masters D 8x event and [Coxmate](#) who are providing merchandise for all single scull event winners.

Information on merchandiser stalls at the regatta can be found further on in this Bulletin and at the AMRC website [here](#).

Competitor Information Update



Courtesy of ICONPHOTO

A number of changes have been made to competitor facilities and course rules to accommodate the record number of entries for this year's regatta which involves a program of 430 races in 160 events over four days. **Competitor health and safety is of utmost importance, so we would appreciate your co-operation.**

Trailer Parking

All boat trailers or cars carrying boats should enter the boat park area following the signs stating "Boat Park – Trailers only". Trailers and cars unloading boats must obey parking marshal instructions. Trailers will remain in the marshal allocated location for the duration of the regatta.

Boat Storage and Racking

The Boat Park OPENS 12 Noon Wed 24 April. The boat park is situated between the trailer park and the launching pontoons. Marshals will be on hand to direct set up. Boats are able to be stored on the racks or on club trailers. Large boats will have priority storage on the racks.

Club Tents

Premium club tent sites have now sold out. Remaining clubs do not need to book a general site; however, there are restrictions on where set up can occur due to local government authority rules. An area has been allocated by the OC and set up will be on a first come first served basis. Cars unloading tents and general club equipment will be

directed to the club tent area by parking marshals. The Club Tent village is located a short 1-2 min walk from the main regatta Hub.

Equipment Security

Overnight security has been arranged for the duration of the regatta. The main peninsula gates will be locked every evening. Competitors are responsible for their own belongings and valuables.

Preliminary Race Schedule

Please see the [AMRC website](#) for the latest race schedule. The withdrawal without penalty period has closed. The record number of entries has presented some significant challenges for the development of the schedule.

As a result, the progression system developed for the Indicative Race Schedule released earlier this year has been amended to ensure that competitors are not considered to be unfairly affected as a result (given the retention of 6 lane semi-finals and finals).

Coxswain Weighing

Weigh ins will take place in the Regatta Secretary's Office commencing at 12 noon on Wednesday, 24th April. Coxswains are required to weigh in 24 hours to 1 hour before their first race. The minimum coxswain weight is as per Rowing Australia Rules of Racing (available on the [RA website](#)), viz Women's crews 50kg, men's crews 55kg.

Substitutions

Substitutions and withdrawals can be made at the Regatta Secretary Office from 12 noon on Wednesday, 24th April and close 1 hour before the advertised starting time of the race.

Bow Numbers

To assist officials with managing the daily race program and due to the limited area available beyond the start line, alphabetic bow numbers will not be released until 1 hour before the advertised start of each race (to

co-incide with release of the draw). Bow numbers will be released in race order, at least for the first 10 races of each session to assist with managing this timeframe. A deposit of \$20 is required, which will be refunded on return of the number. Bow Number return penalty: 50% of the deposit will be forfeited in the event a bow number is returned 90 minutes or more following the actual race start time. Boats will not be allowed to leave the launch pontoons unless they have a valid bow number attached.

On Water Training

Due to the high number of entries training is only possible on the Thursday morning between 8am and 10.30am. All boats must be off the water by 10.30am on Thursday to allow the course to be prepared for the start of racing.

Training on others days will not be possible due to the extended length of the regatta on each day and available daylight hours. Training can be undertaken on other parts of the lake east of the course, but boats must be launched outside of the Masters course areas. The closest suitable boat launch facility is at the National Rowing COE located at Orana Bay near Weston Park.

A warm-up area is available for competitors prior to entering the marshalling area for the start of a race. The warm-up area is between Government House and the marshalling area, with an anti-clockwise traffic circulation.

Crews are requested to be vigilant while warming up, and to not stand stationary in the main traffic circulation. Please familiarise yourself with the course traffic patterns prior to launch.

Warm up/ Warm down

Ergs are available to use for free in the Warm up Tent in the regatta village.

Accredited Massage Therapists

Massage Therapists will be available for bookings onsite Fri – Sun, 9am-5pm. Book at the regatta (no pre-bookings) directly at the massage tent. Cost: \$1 per minute.

Marshalling

See Attachment 1 at the end of this Bulletin.

Competitor Safety

Medical/first aid facilities will be based in the main regatta hub. The first aid tent will be continually manned by First Aid Responders from one hour prior to races commencing each day. Our First Aid Responders are trained to a high level of emergency response. An honorary medical practitioner will also be in attendance.

Several rescue boats will be on patrol around the regatta course to respond to on-water emergencies. PLEASE OBEY TRAFFIC MARSHALL INSTRUCTIONS and signage when parking. It is very important we maintain a clear access road in the case of an ambulance being required.

Should the need arise, the events Emergency Management Plan will be activated to deal with any emergency situation.

For your information, the nearest hospital is [Canberra Hospital](#), a drive of approximately 12 minutes from Weston Park.

Adequate toilets and showers have also been leased for the duration of the regatta and these will be located close to the regatta village in the car park adjacent to Pescott Lane.

Footwear

Competitors and spectators are advised to wear suitable footwear around the regatta park and when entering the water. The grounds are roughly vegetated and uneven in some areas, and there is always a risk of injury from discarded sharp objects and thorny vegetation. Four double sided pontoons will be in place for launching into, and exiting from,

the water. Competitors who elect to launch their boats by wading into the water are advised the lake bed may be uneven with irregular (ie not smoothed) pebbles and stones.

Safety Requirements for Boats

Competitors are reminded that boats that do not meet boat safety rules will not be allowed on the water. Specifically, bow balls must be affixed firmly to boats and in good condition. Bow balls that are loose and easily deflected are not acceptable.

Where shoes are fitted to the boat, the heels must be tied down so that the amount of heel movement is no more than 7cm. Shoes must also have a single pull quick release mechanism.

To avoid missing your race, please ensure your boat meets safety requirements. If you are unsure, find and ask the Rowing Australia boat race official patrolling the regatta park. They will be happy to inspect your boat and advise you on these requirements.

Regatta Merchandisers

For the full range of merchandise tents in the regatta village please see the [AMRC regatta website](#). [The Regatta Shop](#) is our official merchandiser for the event and [Tosolinis Food To Go](#) the official caterer. Here are a few messages from some of our event merchandisers:

WinTech Racing is proud to again be the major sponsor of the Australian Masters Rowing Championships. Make sure you're prepared for the event by visiting our online spare parts and accessories shop at www.wintechracing.com.au for all your racing needs.

We wish all rowers the very best of luck and can't wait to be part of it again. Please visit the WinTech Racing tent at the venue as we'd love to see you.

Black Mountain Rowing Club: Stop by for a sugar hit between races. Pick up an energy drink, some sweet treats and other stop-gap nibblies. There will also be T-shirts, earrings, cushions and T-towels for rowers designed by Canberra artists. We will have a range of gear to help you store the essentials of life such as: keys, iphone etc because there's not much room in a zootie. Plus you will help support Black Mountain Rowing Club's community fundraising.

Coxmate: We will be loaning out one of our SX 'cox box' units. Crews will be able to book a unit for their race. These have inbuilt GPS and large data storage. When crews have finished their race, they return the unit to us and we will print out a graph of their performance. We anticipate having 6 units available.

Station Stop Café at the Railway will be open during the regatta. Serving Coffee and Egg & Bacon wraps from 7.30am. Hot food, rolls, pizza, muffins, salads, drinks, lollies & gelato. People can pre order food and receive a text message/call when ready to be collected.

Nielsen-Kellerman Company designs manufactures and distributes rugged, waterproof environmental and sports performance instruments for active lifestyles and technical applications. Olympic athletes, fire fighters, and military professionals are just some of the NK customers who rely on our products for accuracy and durability. Delivering anything less than the highest level of quality is not an option.

Founded in Melbourne by Olympic and World Championship medalist Cameron McKenzie-McHarg and Kate McKenzie-McHarg, **776BC** offers a range of high performance sports apparel for the elite and everyday athlete. Inspired by Olympians, 776BC products are designed to unleash your inner athlete. To be first to know when the 776BC online store opens register your interest at www.776BC.com or visit the 776BC facebook page.

CROKER: Carbon seat tops are the latest computer generated product to be released by Croker Oars. These ergonomic seat tops are functional, elegant and gender specific. For the first time, carbon seats are available to suit female rowers. Visit the Croker site at this year's Australian Masters to find out more information on our seat tops.

Rowbust is extremely excited to be travelling up to Canberra for the Australian Masters this month. During the four days, we will be selling a wide range of rowing gear including warm and heavy winter wear from our Silver Oars range, as well as products from our Chicks With Sticks' and Eat Sleep Row ranges. You can also come and speak to us regarding your club or school customised rowing gear. Visit us on our website at www.rowbust.com or like the Rowbust and Chicks with Sticks' facebook pages.

Marshalling

Attachment 1

The very strong participation numbers in this regatta has resulted in very tight race intervals to fit all racing within the safe limits of available daylight hours. Start delays could therefore lead to unavoidable race cancellations and this is a situation that everyone wishes to avoid.

The held start arrangement is not a “row-through” as in Ballarat – it is a “reverse-in” held start similar to Westlakes in Adelaide. Thus keeping the regatta on schedule will largely depend on your quick movement onto the course, and prompt positioning for attachment to the start fingers. For many races (particularly 1x events) the interval between starts will be only 3 minutes – so there is no time for delaying your entry onto the course into your lane.

Entry onto the course will be from the marshalling area on the western side only.

As competitors, you have a key role to play in keeping the regatta running to schedule and avoiding race cancellations. The start marshals will be grouping and positioning a minimum of 5 races in advance ready for insertion onto the course for a start. To support the marshals, competitors are requested to:

1. Avoid over-extending your warm-up or setting off too late to make your race – plan well in advance and keep track of time.
2. Present to the entry of the start marshal area **at least 20 minutes before your scheduled race start.**
3. Look for and gather round competitors with the same bow number letter. If you are sitting alone with no other boat having the same bow number letter, you are probably in the wrong place.
4. As you progress through the marshal area toward the start, **please position boats in lane order with lane 7 leading (or the highest lane number in the race).** This will allow for efficient movement of all competitors into their race lanes.
5. Once in the start marshalling area remain alert and respond promptly to all marshal directions. Marshals will be under time pressure to keep feeding the start with races ready to run.
6. When directed to move onto the course, please respond immediately.

Competitors are advised that course lane buoys mark the outer boundaries of a pair of lanes (ie two lanes per buoy line), with the exception of Lane 1, which has buoys on both sides. Please look for your lane number on the start pontoon and position yourself in your correct lane.

Although winds are normally light in Canberra in April, and the start region is well protected from most prevailing winds, stronger winds could be experienced. Should this occur, it is important for bow rowers in larger boats to be proficient at countering any cross-wind using the “pass the oar forward” technique. If you are not familiar with this technique, or are unfamiliar with attaching to start fingers, discuss it with your club captain and if possible, practice before setting off to Canberra.