

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

WELCOME

Rowing SA extends a warm welcome to rowers and supporters from around Australia to the 2014 Australian Masters Rowing Championships at West Lakes. We are thrilled to have the event back in Adelaide after 12 years and look forward to hosting you in Adelaide.

Wednesday 30 th April	Opening of the course for training (10:00am – 6:00pm)
Thursday 1 st May	Racing begins – 11:00am to 5:15pm (INDICATIVE TIMES ONLY)
Saturday 3 rd May	Interstate Races
Sunday 4 th May	Regatta finishes at 3:30pm (INDICATIVE TIME ONLY)

ENTRIES

The Organising Committee has kept the seat fee at \$45(including GST and the 8% Regatta Central fee) No charge for coxswains. All entries must be made through Regatta Central:

https://www.regattacentral.com/regatta/entries/index.jsp?job_id=3227&org_id=0

The draft order of events (OOE) is posted on the Regatta Central site under Heat Sheet/ Draw. It is significantly different from previous years. The OOE will be finalized during February. Entries will be open from Monday 3rd March and will close on Monday 14th April. **NO LATE ENTRIES WILL BE ACCEPTED.** There will be a three day period to allow for withdrawal without penalty. The final race schedule will be available after the weekend of 19th/20th April.

THE VENUE

The course is located in West Lakes, approximately 9km from the Adelaide CBD. There will be an adequate area of the lake for warm-up prior to your event. The course is located close to all levels of accommodation, shops, public transport, tourism facilities and other sporting complexes. There is no entry fee to the course.

CHANGE ROOMS AND SHOWERS

The Rowing SA boat shed complex has change room and shower facilities available.

TOILETS

There are toilet facilities available in the boat shed complex and additional toilet blocks will be bought in to supplement these facilities. An accessible toilet is available.

SOUVENIR REGATTA PROGRAM

Souvenir programs will be available for sale at the regatta at a cost of \$15. Purchase price includes a daily update of results and draws and this will give you \$12 of included value.

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

CATERING AND MERCHANDISE

A large marquee will be located adjacent to the regatta course near the boat shed, supplying a wide range of food options and beverages. An array of merchandisers will be on site to cater for all your shopping/ support needs.

We are proud to announce that *Rowbust* has been appointed as the official supplier of merchandise for the 2014 Australian Masters Rowing Championships.

CLUB TENTS

An area at the southern end of the boat park will be available for club tents. There is ample room for many tents and you will be able to view the closing stages of racing from around the 750m mark. All clubs are asked to ensure their tents are securely pegged down. An official will be inspecting the area and clubs will be asked to remove or re-secure their tent if it is deemed to be inadequately pegged down.

REGATTA CONTROL

Regatta control will be located near the finish tower on the northern reserve. Spectators and competitors are able to access results and draws etc. from this tent. The daily draw and results sheet will be provided free of charge on presentation of a program, or charged at \$2 otherwise.

ATHLETE SERVICES

The Organising Committee is available to help with any issue you may face as a competitor. In the first instance, approach any member of staff or a volunteer. They will attempt to solve the issue. If not, they will direct you to the relevant staff or official.

MEDICAL AND EMERGENCY ACTION

A medical team will be in operation at all hours the venue is open for training and racing. A venue Medical Manager (doctor) will also be onsite for emergencies and for advice. A list of emergency numbers will be placed on all noticeboards and will be available from the Regatta Office. In all cases you should approach members of the Organising Committee for assistance if required.

Emergency Medical facilities are located at the Medical Centre (north of the main building near the finish line).

ERGOMETERS

There are a number of ergometers for competitors to use during warm-up. They are located in the Rowing SA Indoor Rowing Centre on the ground floor of the main boat shed building behind the catering marquee.

BOAT STORAGE AND RACKING

Boat racking will be provided within the boat park. Racking is by boat category. As storage is limited, it is essential that clubs maintain the integrity of the recommended racking solution (i.e. singles/ pairs should not be racked with eights).

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

Once allocated, crews are required to respect each other's positioning. The Organising Committee reserves the right to reallocate boats that have been incorrectly racked.

BOAT WASHING

The West Lakes rowing course is salt water and is situated in a diverse marine environment. For bio-security reasons all boats must be thoroughly cleaned at their home club prior to being transported to the West Lakes venue. Freshwater boat washdown facilities will be provided at the venue. The use of detergent is strictly prohibited (and unnecessary for sponging and rinsing salt water) as the washdown facilities empty directly into the lake via storm water drains.

STORAGE AND EQUIPMENT SECURITY

Although security staff will be in attendance throughout the regatta, competitors are ultimately responsible for the security of their own belongings. Valuables should not be left unattended in team tents at the venue. Suspicious behavior should be reported to an organising committee representative.

BOAT TRAILER STORAGE

Once unloaded at the venue on Military road, trailers are to be relocated to the trailer park which is located at AAMI Stadium. It is approximately 4.5km south east of the venue. A map of the location will be provided in Bulletin 3. Please note that this area is open. There will be some surveillance of the area but all trailers should be adequately secured.

PARKING

There is no parking available on site at the course. A drop off and pick up area for boats and/or personnel will be available via a dedicated traffic lane and traffic management initiative adjacent to the boat park on Military Road. Long term Parking is available in a parking area on the western side of Military Road (detailed maps to follow in Bulletin 3).

As the rowing course is located in a suburban area, we ask competitors and visitors to use the parking areas on Military Road as a first priority and along the main road and surrounding areas as a last resort. Council may limit the parking arrangements in side streets. A VIP car park for officials and guests is opposite the course on Military Road. Additional accessible parking spaces will be available on Military Road and in the washdown area.

WATER TRAFFIC FLOW

The traffic rules maps for training and competition will be available in Bulletin 3. They will also be included in the souvenir program. Copies will be made available at the venue at Regatta Control.

COACHING

Coaching or spectating from bicycles will be strictly PROHIBITED at West Lakes for the duration of the regatta. West Lakes is surrounded by residential houses and is not a 'standalone' venue such as SIRC and Champion Lakes. Pedestrian traffic, children and lack of room have all contributed to the recommendation of Council and Police to stop bicycles from using the footway.

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

WEATHER REPORTS

Long term and daily weather reports will be posted around the venue on the notice boards and will be available at Regatta Control. Temperatures in Adelaide in May range from a Mean Maximum Temperature of 18.5°C to a Mean Minimum Temperature of 9.5°C.

COMPETITION INFORMATION

COMPETITION FORMAT

Please refer to the outline of proceedings in this bulletin. The order of events and the events list have been posted on the Regatta Central website: https://www.regattacentral.com/regatta/entries/index.jsp?job_id=3227&org_id=0

COMPETITION RULES

The Rowing Australia Rules of Racing are in force during the 2014 Australian Masters Rowing Championships. Refer: http://www.rowingaustralia.com.au/comp_rules.shtm for current versions.

BOAT INSPECTIONS

Competitors are reminded that RA Umpires will be inspecting boats prior to launch to ensure they conform to RA Rules of Racing requirements concerning boats and that basic boat safety requirements have been met. In particular, competitors are reminded that:

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

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

DRAW

The draw will be conducted by RA technical delegates in consultation with the Organising Committee and the President of the Jury.

ACCESS TO THE DRAW AND RESULTS

The draw and results will be posted on notice boards at the finish line as soon as they are available to enable crews to identify progression to finals. Results will also be posted online at Regatta Central.

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

CREW CHANGES

Competitors 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 Regatta Control next to the finish tower.

BOAT HIRE

If you are coming to Adelaide for the Regatta and you would like to hire boats, the Organising Committee can assist by providing a list of local clubs willing to hire out their boats. Please let us know well before the event.

Email to: deichler@optusnet.com.au

BOW NUMBERS

Bow numbers will be available from a marquee adjacent to Regatta Control near the finish tower. A \$20 deposit will be required for all bow numbers. We request that \$20 or smaller denominations are used. Bow numbers should be returned to Regatta Control immediately after the end of each race. Failure to return the bow number within forty five minutes of the end of your race and you will forfeit \$10 of your deposit. If you do not return your bow number you will forfeit your \$20 deposit.

INTERSTATE EVENTS

The Interstate Races are for 'D' grade crews (average age 50+). States may enter a 'C' category crew into the event but will start on the Rowing Australia handicap appropriate to their event.

MASTERS AGE CATEGORIES

In accordance with the Rowing Australia Rules of Racing, the age of a Master rower shall be that which he or she attains during the current calendar year. Masters events shall be held in the following crew age categories:

- 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

The average age of the 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. Each competitor shall be responsible for his/ her own health and fitness. Every Master rower must be in a position to prove his/ her age by production of an official document (passport or identity card).

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

PROGRESSION SYSTEM

Australian Masters' Rowing Championships Progression system to determine Finalists			
Numbers of Crews	Race Type	Crews per Race	Progression for All Events
For Mens & Womens Events			
1..8	1 Final	Up to 8	
9..16	2 Heats 1 Final	Up to 8 8 Crews	1..4 -> Final, Rest Eliminated
17..24	4 Heats 1 Final	Up to 6 8 Crews	1..2 -> Final, Rest Eliminated
25..32	4 Heats 2 Semi 1 Final	Up to 8 8 Crews 8 Crews	1..4 -> Semi Finals, Rest Eliminated 1..4 -> Final, Rest Eliminated
33..64	8 Heats 2 Semi 1 Final	Up to 8 8 Crews 8 Crews	1..2 -> Semi Final, Rest Eliminated 1..4 -> Final, Rest Eliminated
For Mixed Events			
1..8	1 Final		
8..16	2 Divisions		
17..24	3 Divisions		
25..32	4 Divisions		
33..40	5 Divisions		
41..48	6 Divisions		
49..56	7 Divisions		
Notes: The Fairness Commission may alter The Progression at any time. In such cases ample notice will be given to competitors. The Technical Delegate(s) in consultation with the Organising Committee & President of the Jury, will determine the Progression system to apply to each event/category			

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

MIXED MASTERS

Mixed crew events will be held for master's crews in which half of the crew excluding the coxswain shall be women and half shall be men. The coxswain may be of either gender.

COMPOSITE CREWS

Composite crews are permitted without reference to State Associations. There are no restrictions to the number of clubs represented in a composite crew.

POLICY ON ENTRY AND AWARDS

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

Combined age category events will be conducted on a handicap basis. Handicaps will be those listed in Table B of the Rowing Australia Rules of Racing. 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 (i.e. one entrant from an age): Gold for each category winner.

FASTEST CLUB CREW

There will be a new category of medals awarded for this regatta on a trial basis.

In order to encourage entries from single clubs, Rowing Australia has accepted the recommendation of its Masters Commission, and will award a special medal to the fastest single-club crew in the final of championship events for quads, fours and eights. A club crew finishing first, second or third will be awarded the Fastest Club Crew Medal in addition to the gold, silver or bronze medal respectively. If the first club crew over the line finishes fourth or lower, it will be awarded the Fastest Club Crew Medal.

MEDAL PRESENTATION

There will not be specific medal presentation ceremonies at the end of sessions. Instead, winning crews will be directed to row to the pontoon in front of the main marquee. Medals will be presented to winning crews in their boats from the pontoon at the end of each final. It was decided to take this approach as attendance at separate ceremonies has previously been quite low. This is because crews may be preparing for other events during the lunch break, or at the end of the day, people have already left the course at the time of the medal ceremony.

The presentation of the Interstate Race medals will however be presented on the podium on the pontoon after all four race have been completed.

2014 AUSTRALIAN MASTERS ROWING CHAMPIONSHIPS, ADELAIDE

BULLETIN 2

SOCIAL AND CATERING

Rowing SA is fortunate enough to have its own cafe on the site of West Lakes rowing course. With this in mind we will be able to offer full catering and hospitality for the Australian Masters Rowing Regatta.

The Café will be setting up special catering facilities for this regatta which will run from Wednesday 30th April for breakfast, lunch and dinner finishing with lunch on Sunday 4th May.

Breakfast menu - Continental buffet plus a la carte

Lunch menu - Buffet plus a la carte

Dinner menu

Wed - Snacks and light meals available

Thurs, Fri and Sat: Happy Hour between 5 & 7 with live music

Thurs dinner: SA Seafood

Fri dinner: Pasta

Sat night: Big get together for Spit Roast and Corner Pocket Big Band.

We are aiming for healthy food, great wine and good coffee.

In our next Bulletin we will give you a more detailed menu.

TOURISM INFORMATION

Adelaide is renowned for hosting world-class events with more than 500 sporting events, festivals and carnivals held annually. There really is something exciting happening every weekend of the year. In March, V8 racing cars roar through the streets for a weekend packed with revs, thrills and supercars during the Clipsal 500 Adelaide. The Santos Tour Down Under, held every January, is now the first stop in the UCI WorldTour world cycling calendar and the first ever event to be held outside of Europe. Also known as Australia's festival capital, Adelaide attracts art lovers from across the globe for the biennial Adelaide Bank Festival of Arts, the annual Adelaide Fringe Festival and WOMADelaide music festival, held every March.

South Australia is also renowned for its fabulous food and wine and hosts the biennial Tasting Australia, one of Australia's most influential and best attended culinary festivals. Tasting Australia will be held from 27 April to 4 May, 2014. Check out the program at www.tastingaustralia.com.au and head along to one of the associated events during your stay in Adelaide.

Visit www.southaustralia.com for a comprehensive list of events and information on what to see and do during your visit to South Australia.

FOR FURTHER INFORMATION

For further information please contact the Organising Committee on 08 8242 3288