



ROW ONTARIO CHAMPIONSHIPS REGATTA

Saturday July 27th & Sunday July 28th 2019

Hosted by the University of Western Ontario Boat Club
Fanshawe Lake
1424 Clarke Rd. London, ON N5V 5B9

OFFICIAL REGATTA INFORMATION PACKAGE

Regatta Chair: Matthew Waddell
Regatta Manager: Andrea Miller
Chief Umpire: Judy Sutcliffe
Deputy Chief Umpires: Lynda Dundas, Louise Hastings, Andrew Smith

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1. GENERAL REGATTA INFORMATION

The ROW ONTARIO Championships Regatta is a six-lane 2000m sprint race open to any club in the world. Currently in its 51st year, the Championships is a key event in the Ontario regatta calendar aimed at providing meaningful and appropriate competition for T2C (Train to Compete) club-level athletes.

The 2000m course on Fanshawe Lake has continued to undergo significant upgrades, building on the successful partnerships initiated in 2018. The most significant changes in 2019 are the improvements made to the start platform (for both umpires and competitors), an improved network infrastructure to ensure timely and accurate results, and continued work on the competitor and spectator areas.

2. MAPS

The following maps are available on RegattaCentral. Please note that maps may need to be updated based on relevant changes to the host venue, in consultation with the Chief Umpire. The most up-to-date map will always be posted on RegattaCentral for reference.

- a) [Land Traffic Pattern](#)
- b) [Traffic Pattern – Time Trials](#)
- c) [Traffic Pattern – Sprint Racing](#)
- d) [Traffic Pattern - Training](#)
- e) [Site Map – Overview](#)

3. PARKING

Please check RegattaCentral for the most up-to-date parking map.

Parking and vehicular traffic flow will be strictly enforced.

4. ORDER OF EVENTS

Saturday July 28th

Event #	Event Name	Event Details
1	W 1x SR W 1x, SR LTWT W 1x, U23 W 1x, U23 LTWT W 1x, U19 W 1x, U17 W 1x	TIME TRIAL (Please refer to the 1x Time Trial information below under “Progression Format”)
2	M 1x SR M 1x, SR LTWT M 1x, U23 M 1x, U23 LTWT M 1x, U19 M 1x, U17 M 1x	
A short BREAK will be scheduled to allow Umpires to reset for sprint racing.		
3	Para Mixed 2x (PR2, PR3)	HEATS* Followed by FINALS *Please refer to the Entry-Based Progression Format (p.7) for detailed information *Para events may be combined if the total number of entries is fewer than six, but separate medals will be awarded. Likewise, if entries warrant, separate races for each (where appropriate) PR1, PR2, PR3 will be used. Please note para category when making entries.
4	U17 M 8+	
5	U19 W 2-	
6	U19 M 4+	
7	U17 W 2x	
8	U23 M 4x	
9	SR LTWT W 4-	
10	U23 W 8+	
11	SR W 4x	
12	U17 M 4x	
13	U23 LTWT W 2x	
14	SR W 2-	
15	U17 W 4x+	
16	U19 W 4x	
17	SR M 2x	
18	SR LTWT M 2-	
19	SR LTWT W 4x	
20	U19 M 2x	
21	U23 M 2-	
22	U19 W 8+	
23	U23 W 2x	
24	SR LTWT M 2x	
25	SR W 4-	
26	SR M LTWT 8+	
27	SR M 8+	
28	COMPOSITE M 4x	STRAIGHT FINAL
29	COMPOSITE W 4x	

Sunday July 28th

Event #	Event Name	Event Details
1	W 1x	FINALS (Please refer to the 1x Time Trial information below under "Progression Format")
2	SR W 1x, SR LTWT W 1x, U23 W 1x, U23 LTWT W 1x, U19 W 1x, U17 W 1x M 1x	
30	Para 1x (PR1, PR2, PR3)	HEATS* Followed by FINALS *Please refer to the <i>Entry-Based Progression Format (p.7)</i> for detailed information *Para events may be combined if the total number of entries is fewer than six, but separate medals will be awarded. If combined, Likewise, if entries warrant, separate races for each (where appropriate) PR1, PR2, PR3 will be used. Please designate para category when making entries.
31	Para Mixed 4+ (PR3)	
32	U17 W 8+	
33	U19 M 2-	
34	U19 W 4+	
35	U17 M 2x	
36	U23 W 4x	
37	SR LTWT M 4-	
38	U23 M 8+	
39	SR M 4x	
40	U17 W 4x	
41	U23 LTWT M 2x	
42	SR M 2-	
43	U17 M 4x+	
44	U19 M 4x	
45	SR W 2x	
46	SR LTWT W 2-	
47	SR LTWT M 4x	
48	U19 W 2x	
49	U23 W 2-	
50	U19 M 8+	
51	U23 M 2x	
52	SR LTWT W 2x	
53	SR M 4-	
54	SR W LTWT 8+	
55	SR W 8+	
56	MIXED 2x	STRAIGHT FINAL

5. DAY OF COMPETITION - SCHEDULE INFORMATION

a) Club Representative and Coaches Meeting: FRIDAY JULY 26TH @ 7:00PM

Each club attending the ROWONTARIO Championships will be required to identify a Club Representative when submitting entries through RegattaCentral. This Club Representative will be the designated on-site contact for any official communications from ROWONTARIO throughout the event e.g., information about weather events, lost articles, etc.

The Club Representative from each participating Club must attend the Club Representatives and Coaches Meeting at 7:00PM on Friday July 26th at the boathouse for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2018 Rules of Racing. In the event that a Club does not sign in at the Meeting, the designated Club Representative will be issued a Yellow Card. The Club Representative can choose to send an alternate to the meeting. The Club Representative is responsible for conveying all information from the Meeting to all participating athletes, coaches and spectators. All participants are expected to be familiar with the information conveyed at the Meeting.

1 copy of the race draw will be distributed to each participating club + 1 additional copy for every registered crew coach identified in the entries. Race draws will also be posted throughout the venue, and available for viewing in the Regatta Office and for download from RegattaCentral online.

b) Race Times

The first race will start at 8:00am. Athletes will be permitted to launch no earlier than 7:15am.

c) Minimum Race Interval and Expected Launch Times

The minimum race interval will be:

- Time Trials: 30 seconds between boats (in alternating lanes)
- Sprint Racing: 6 minutes

Athletes will not be permitted to launch more than 45 minutes or less than 20 minutes before the posted start time. There are no hot seat docks; however, the Control Commission Umpires, if provided with notice, will give priority to hot-seating crews at the launch dock when possible.

d) Lightweight and Coxswain Weigh-in Times

Weigh-ins will be scheduled in accordance with Rule 2.11 of the 2018 RCA Rules of Racing (2.5 – 1 hour before the first scheduled Lightweight event that day).

A calibrated test scale will be available on Friday July 26th from 5:30-6:30pm and Saturday July 27th from 30 minutes prior to the last race to 30 minutes after the last race. There will be no umpire supervision of these weigh-ins.

e) Course Practice Times

The course will be open for practice during the following times:

- Friday July 26th 3:00-7:00pm
- Saturday July 27th 6:00-6:45am
- Saturday July 27th 20 minutes after the last race – 7:00pm
- Sunday July 29th 6:00-6:45am

There must be a minimum safety boat to crew ratio of 1:4 on the water during practice times. Safety boat drivers must be provided by the clubs, and safety boat drivers and crews must sign in at the Regatta Office before launching for practice. Any crew practicing without a designated safety boat will be issued a Yellow Card when they check in to 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 Chief Umpire.

f) Regatta Office Hours

- Friday July 26th 2:30-6:30pm
- Saturday July 27th 30 minutes prior to weigh-in – 7:00pm
- Sunday July 28th 30 minutes prior to weigh-in – 30 minutes after the last race

6. ELIGIBILITY

All events are open to participants from any Club in the world. Athletes and listed coaches must be listed on their Club's RegattaCentral roster.

Clubs with outstanding fees (including but not limited to Club Membership, athlete registration, entry fees, seat fees) not paid by 6:30pm on Friday July 26th will not be permitted to race in any event.

Ontario Participants	<ul style="list-style-type: none">• Registered and active member of a ROWONTARIO member club in the appropriate role (e.g., athlete or coach)• Registrations must be activated in the RCA Web Registration System in order to be valid
Canadian Participants, outside Ontario	<ul style="list-style-type: none">• Registered and active member of an RCA member club in the appropriate role (e.g., athlete or coach)

	<ul style="list-style-type: none"> Registrations must be activated in the RCA Web Registration System in order to be valid
International Participants	<ul style="list-style-type: none"> Registered with the appropriate National Rowing Federation Complete the online waiver in RegattaCentral by Friday July 12th
Para	<ul style="list-style-type: none"> Para events are open to all rowers who meet RCA Rule 2.12, but are not required to have undergone classification prior to this regatta
Under 17	<ul style="list-style-type: none"> Open to eligible athletes born in 2003 or later
Under 19	<ul style="list-style-type: none"> Open to eligible athletes born in 2001 or later
Under 23	<ul style="list-style-type: none"> Open to eligible athletes born in 1997 or later
Senior	<ul style="list-style-type: none"> Open to all eligible athletes
Lightweight	<ul style="list-style-type: none"> Men: No individual shall weigh more than 72.5kg Women: No individual shall weigh more than 59kg <p>Note: Athletes not meeting weight limits will be excluded, and will not be permitted to row “open” or “exhibition”</p>
Coxswain	<ul style="list-style-type: none"> The minimum weight of a coxswain of a U17 or U19 crew, wearing a racing uniform, shall be 45kg 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
Mixed	<ul style="list-style-type: none"> Mixed 2x events must include one female-identified and one male-identified athlete who are registered active members of the same rowing club
Composite	<ul style="list-style-type: none"> Must include registered active athletes from at least two different rowing clubs

7. PROGRESSION FORMAT

All 1x events (except para) will follow a Time Trial to Seeded Final format:

- Athletes will be seeded based on the *On-Water 2000m Time (OW2KT)* submitted at the time of entry. If an OW2KT is not provided, athletes will be seeded within each age category at the discretion of ROW ONTARIO.
- Athletes will be placed into finals based on a collective ranking of all W1x and M1x Time Trial results, regardless of age or weight category, to provide an opportunity for rowers of like-speed to race rowers of like-speed
- Medals will be awarded in each age and weight category, as well as separate medals in the W1x A-Final and M1x A-Final as overall 1x Champions
- Finals will be run in reverse order. Not every 1x will be placed in a final; the total number of finals will be determined based on the # of entries received in all events with consideration to the overall race schedule. A minimum of A-F finals will be run for each the W1x and M1x events.

Please review the [Time Trial traffic pattern map](#) available on RegattaCentral.

Entry-Based Progression Format for all other events:

No. of Entries	Progression Format
2-6	Straight Final
7-18	Heats to Final 1 st + next fastest times to Final
19-30	Heats to A/B Finals Time-Based Progression
31+	Time Trial* to A/B Finals

*Time trials for events with 31+ entries will be scheduled within the draw in the order listed above. A 30-minute window will be scheduled when switching from sprint racing to time trials to allow adequate warm-up and to allow umpires, safety boats and timers time to get into position.

8. ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payment of entry fees will be completed through RegattaCentral, without exception. Entries, completed in full, must be submitted online by 11:59pm EST on Sunday July 21st, 2019.

Entries for the Composite 4x and Mixed 2x will be accepted until 2 hours before the posted race time. There will be a random draw for lanes (as per Appendix 9 of the RCA Rules of Racing), and multiple finals will be held if the number of entries is greater than six. There will be no heats in these two events; medals will be awarded in each final.

Entries will only be accepted with full payment. Any entries for which payment has not been received after the deadline will be deleted.

A preliminary race draw will be posted on RegattaCentral on July 22nd.

a) Entry Fees

Boat Class	Base Entry Fee		ROW ONTARIO Seat Fees	RCA Seat Fees	Total Entry Fees
1x	\$65.00 + HST	\$73.45	\$1.99 + HST = \$2.25	\$3.25	\$78.95
Trillium Chase Discount* (see below)	\$52.00 + HST	\$58.76	\$1.99 + HST = \$2.25	\$3.25	64.26
2- / 2x	\$80.00 + HST	\$90.40	\$3.98 + HST + \$4.50	\$6.50	\$101.40
4- / 4x	\$100.00 + HST	\$113.00	\$7.96 + HST = \$9.00	\$13.00	\$135.00
4+ / 4x+	\$100.00 + HST	\$113.00	\$9.95 + HST = \$11.25	\$16.25	\$140.50
8+	\$120.00 + HST	\$135.60	\$17.91 + HST = \$20.25	\$29.25	\$184.10

*All fees are stated in CAD funds.

***TRILLIUM CHASE ENTRY DISCOUNT:**

1x competitors that raced in Challenge #3: ROW ONTARIO Small Boat Trials are eligible for a 20% entry discount in the 1x event only at this event. Please contact sydney@rowontario.ca prior to submitting your entry for more information.

b) Late Entries

Late entries will be accepted on a first come, first paid basis. Late entries are subject to lane availability. Late entries will be accepted during the following times:

July 24 th 9:00am – July 26 th 6:30pm	via RegattaCentral
July 26 th 2:30pm – 6:30pm	in-person at the Regatta Office
	in-person at the Regatta Office
July 27 th & 28 th Regatta Office Hours	*Note: Late entries will only be accepted until 2 hours before the posted start time

c) Late Entry Fees

Late entry fee = regular entry fee + 50%. The late entry fee must accompany the late entry for the late entry to be accepted, without exception. Late entry fees must be paid by cash, club cheque or credit card. Personal cheques will not be accepted.

d) Substitutions

Rule 7.6 (Crew changes before the First Heat) will apply to all crew substitutions. The substitute must meet all eligibility and entry requirements as listed above.

A \$5.00 Name Change Fee will be assessed for all name changes, unless a note from a qualified medical professional is emailed to andrea@rowontario.ca by 5:00pm on Monday July 29th.

Substitution requests will be accepted at the following times:

July 24 th 9:00am – July 26 th 6:30pm	via email to andrea@rowontario.ca using the Name Change Form, available on RegattaCentral
July 26 th 2:30pm – 6:30pm	in-person at the Regatta Office or via email to andrea@rowontario.ca using the Name Change Form, available on RegattaCentral
July 27 th & 28 th Regatta Office Hours *Note: Changes will only be accepted until 2 hours before the posted start time	in-person at the Regatta Office or via email to andrea@rowontario.ca using the Name Change Form, available on RegattaCentral

e) Scratches

All scratches submitted after the entry deadline will be assessed a \$50.00 Scratch Fee. Crews who miss the start of their race for **any** reason will also be assessed a \$50.00 Scratch Fee. Scratch Fees will be waived for medical reasons if a note from a qualified medical professional is emailed to andrea@rowontario.ca by 5:00pm on Monday July 29th, 2019.

9. RCA RULES OF RACING EXCEPTIONS

This regatta will follow the 2018 Rowing Canada Aviron Rules of Racing, with the Exceptions (per Rule 1.6) noted below:

2.1 The Definition of a Competitor

- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair. Exhibition entries will not be eligible for medals.
- Clubs with outstanding fees not paid by Friday July 26th at 6:30pm will not be permitted to race in any event

2.3 Categories of Rowers and Proof of Age and Identity

- In lieu of a single piece of government issued photo identification, the following alternatives will be accepted:
 - Clear and legible photograph of government-issued photo identification, either a photocopy or digital version;
 - Two pieces of ID, one of which is government-issued, that together confirm date of birth and identity (photo);
 - ROWONTARIO Regatta ID*.

*ROWONTARIO Regatta ID is available for purchase on-site for \$5.00. Competitors must produce two pieces of ID, or clear and legible photographs thereof, that when combined confirm name and date of birth.

2.11 Weighing of Athletes in Weight Restricted Events

- Calibrated test scales will not be provided by the organizing committee during all training and racing times and will only be available on Friday July 26th from 5:30-6:30pm and Saturday July 27th from 30 minutes prior to the last race to 30 minutes after the last race.

7.2 Entries

- The name of the crew coach must be included with each entry. Only coaches registered in WRS will be accepted for Canadian entries.
- Composite entries will only be permitted in the Composite 4x event.

7.6 Crew Changes Before the First Heat

- Crew changes will only be accepted between the dates and times outlined in the regatta package

8.6 Coach and Team/Club Representatives Meeting

- A Yellow Card will be issued to the Club Representative if the Club is not represented at the Meeting. The Club Representative will be identified at the time of entry in RegattaCentral.

9.3 Events with 7 or More Entries

- Events with 7 or more entries will be run using the progression table published in the regatta package

10. RESULTS AND MEDALS

Results will be posted at the grandstands and outside the Regatta Office, as well as online at the following sites:

- RegattaCentral
- m.regattamaster.com
- Twitter (@ROWONTARIO)

Gold, Silver and Bronze medals will be awarded to the 1st, 2nd and 3rd place finishers in races with 4 or more entries.

Gold and Silver medals will be awarded to the 1st and 2nd place finishers in races with 3 entries.

Gold medals only will be awarded to the 1st place finisher in races with 2 entries.

All medals will be awarded by a ROWONTARIO and/or host representative in a clearly marked tent in the trailer area.

11. MEDICAL SERVICES

Medical services are located in the athletes' area near Control Commission and the launch/return docks.

12. ACCOMMODATIONS

UWO Boat Club has partnered with RoomRoster to source the best rates for your bookings for the weekend of the ROWONTARIO Championships.

If you are booking a block of rooms (e.g., for an entire team), please visit:

<https://app.roomroster.com/events/7300/registration-type/create?nav=hidden>

If you are booking rooms individually, please visit:

<https://app.roomroster.com/events/7300/hotels?nav=hidden>

13. OTHER

- **Trillium Chase Points**

The ROW ONTARIO Championships Regatta is Challenge #4 of the Trillium Chase 1x Challenge Series. Please review the complete ROW ONTARIO Trillium Chase information package online (<https://www.rowontario.ca/trillium-chase-series-information/>) for detailed information about the Series, including age categories and points system.

Points will be awarded based on the results of an athlete's earliest 1x race of the day and applied to the appropriate Trillium Chase category, using the birth date entered at time of registration. All competing athletes who compete in a 1x event will be awarded points regardless of the number of participants in that Trillium Chase age category.