



ROW ONTARIO MASTERS CHAMPIONSHIPS REGATTA

Sunday July 14th, 2019

Hosted by the City of Welland
Welland International Flatwater Centre North Course
16 Townline Tunnel Rd. Welland, ON L3C 2T4

OFFICIAL REGATTA INFORMATION PACKAGE

Regatta Chair: Andrea Miller
Chief Umpire: Brian Fiori
Associate Chief Umpire: Meredith Smith

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1. GENERAL REGATTA INFORMATION

The ROW ONTARIO Masters Championships Regatta is a six-lane 1000m sprint race for Masters-age rowers (21+).

The WIFC North Course in Welland provides a state of the art, fully accessible venue to host a world class regatta. Site amenities include:

- ❖ FinishLynx timing system integrated with RegattaMaster system
- ❖ International-standard Albano buoy system, marked according to FISA standards
- ❖ Grandstand seating at the finish line
- ❖ Officials and athletes building, including indoor changeroom and shower facilities
- ❖ Accessible docks, as well as the ability to comfortably wet-launch
- ❖ Licenced *VIP Terrace*, including a cash bar throughout the afternoon



- ❖ *Athletes' Plaza* and vendor area, including both food and merchandise vendors featuring the 2019 OFFICIAL event merchandise, available at the RegattaSport booth
- ❖ Professional volunteer and facilities management by City of Welland staff

The WIFC North Course is easily accessible for both participants and trailers. **PARKING AREAS ARE RESTRICTED AND WILL BE STRICTLY ENFORCED BY CITY BY-LAW OFFICERS.** Please refer to the parking map posted on RegattaCentral. Note there is a \$5 Parking Fee, excluding boat transportation vehicles (trailer or car-top).

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.

- Site Map
- Training Traffic Pattern
- Land Traffic Pattern
- Race Day Traffic and Full Venue Map

3. ORDER OF EVENTS

- | | |
|----------------------------|----------------------------|
| 1. Women's Pair | 26. Men's C+ 8+ |
| 2. Men's Pair | 27. Men's AA-C 4x |
| 3. Men's H+ 1x | 28. Women's AA-B 4x |
| 4. Men's G 1x | 29. Mixed AA-C 2x |
| 5. Men's F 1x | 30. Mixed D+ 2x |
| 6. Women's E+ 1x | 31. Women's Lightweight 2x |
| 7. Men's E 1x | 32. Men's Lightweight 2x |
| 8. Women's D 1x | 33. Women's AA-A 4+ |
| 9. Men's D 1x | 34. Women's B 4+ |
| 10. Women's C 1x | 35. Women's AA-B 2x |
| 11. Men's C 1x | 36. Men's AA-B 4+ |
| 12. Women's B 1x | 37. Men's C-D 4+ |
| 13. Women's AA-A 1x | 38. Men's E+ 4+ |
| 14. Men's AA-B 1x | 39. Women's C 4x |
| 15. Women's D+ 4x | 40. Men's C 2x |
| 16. Men's D+ 4x | 41. Men's D 2x |
| 17. Men's Lightweight 1x | 42. Men's E 2x |
| 18. Women's Lightweight 1x | 43. Men's F 2x |
| 19. Women's C 4+ | 44. Men's G+ 2x |
| 20. Women's D+ 4+ | 45. Women's AA-B 8+ |
| 21. Men's AA-B 2x | 46. Women's C+ 8+ |
| 22. Women's C 2x | 30-minute BREAK |
| 23. Women's D 2x | 47. Mixed 4x |
| 24. Women's E+ 2x | 48. Mixed 8+ |
| 25. Men's AA-B 8+ | 49. Parent-Child 2x |

4. DAY OF COMPETITION - SCHEDULE INFORMATION

a) Coaches meeting - **COACHES MEETING: SUNDAY JULY 14TH @ 7:45AM**

A minimum of one representative from each participating Club **must** attend the Coaches Meeting at 7:45AM on Sunday July 14th for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2018 Rules of Racing. Clubs that do not sign in at the coaches meeting may be issued a Yellow Card or may not be permitted to race. The Club representative in attendance is responsible for conveying all information from the coaches meeting to all participating athletes, coaches and spectators. All participants are expected to be familiar with the information conveyed at the coaches meeting.

In an effort to save paper, race draws will not be distributed to participating clubs. Race draws will be posted throughout the venue, and available for viewing in the Regatta Office and online.

b) Race Times

The first race will start at 9:00am. Athletes will be permitted to launch no earlier than 8:15am.

c) Minimum Race Interval and Expected Launch Times

The minimum race interval will be 5 minutes. A 30-minute window will be scheduled before the Mixed 4x's to allow for recovery and support participation in the mixed large boat events. Crews will not be permitted to launch more than 45 minutes or less than 20 minutes before the posted start time of the relevant race.

d) Wet-launch Instructions

Crews who wish to "wet-launch", rather than launch from the designated launch docks, must check in at Control Commission to receive their assigned bow number. Crews using their own bow numbers will be automatically issued a Red Card at the start and will not be permitted to race; ROWONTARIO-issued bow numbers must be used.

As well, all boats must undergo a safety check prior to launching for each race. Crews who wish to "wet-launch" must have their boats checked by an Umpire prior to launching. Crews that arrive at the start without being checked will be issued a Red Card and will not be permitted to race.



e) 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).

There will be no calibrated test scale available. Coxswains are not required to weigh in.

f) Course Practice Times

The course will be open for practice on **Saturday July 13th 4:00pm – 6:00pm** and **Sunday July 14th 6:30am – 7:30am**.

There must be a minimum safety boat to crew ratio of 1:4 on the water during practice times, and safety boats and crews may not go past the start gates 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 Regatta Chair, Chief Umpire or Associate Chief Umpire.

g) Regatta Office Hours

Saturday July 14th: 4:00pm – 6:00pm

Sunday July 15th: 6:00am – 30 minutes after the last race

5. PROGRESSION FORMAT

All events are straight finals. In events with more than 6 entries, the event will be split at the Regatta Chair's discretion and each race will be considered a final.

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 7:00am on Sunday July 14th will not be permitted to race in any event.

a) Ontario Participants	<ul style="list-style-type: none"> Registered and active member of a ROW ONTARIO 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 														
b) Canadian Participants, outside Ontario	<ul style="list-style-type: none"> Registered and active member of a 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 														
c) 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 														
d) Age Categories	<ul style="list-style-type: none"> Age is calculated as of December 31st, 2019 Competitors (excluding coxswains) shall not be younger than 21 years of age as of December 31st, 2019 As per the 2018 RCA Rules of Racing, age categories are based on the crew average age (excluding coxswains) 														
	<table border="0"> <tr> <td>• AA: 21-26</td> <td>• G: 65-69</td> </tr> <tr> <td>• A: 27-35</td> <td>• H: 70-74</td> </tr> <tr> <td>• B: 36-42</td> <td>• I: 75-79</td> </tr> <tr> <td>• C: 43-49</td> <td>• J: 80-84</td> </tr> <tr> <td>• D: 50-54</td> <td>• K: 85-89</td> </tr> <tr> <td>• E: 55-59</td> <td>• L: 90+</td> </tr> <tr> <td>• F: 60-64</td> <td></td> </tr> </table>	• AA: 21-26	• G: 65-69	• A: 27-35	• H: 70-74	• B: 36-42	• I: 75-79	• C: 43-49	• J: 80-84	• D: 50-54	• K: 85-89	• E: 55-59	• L: 90+	• F: 60-64	
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• E: 55-59	• L: 90+														
• F: 60-64															
e) Lightweights	<ul style="list-style-type: none"> Men 72.5kg maximum Women 59kg maximum 														
f) Coxswains	<ul style="list-style-type: none"> Coxswains must meet all eligibility criteria, except those related to age, and are not required to weigh-in 														
g) Mixed	<ul style="list-style-type: none"> Mixed events must include 50% identified female athletes and 50% identified male athletes (excluding coxswains) 														
h) Composite	<ul style="list-style-type: none"> Composite crews must include athletes from at least two different Clubs, each of whom meet the eligibility requirements listed above 														
i) Parent-Child 2x	<ul style="list-style-type: none"> Parent-Child 2x must include a parent and child who both fulfill the eligibility criteria related to active registration, but are not required to be registered members at the same rowing club 														

7.

8. ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payment of entry fees will be completed through RegattaCentral, unless otherwise stated. Entries, completed in full, must be submitted online by 4:59pm on Monday July 8th.

Entries for the Parent-Child 2x event will be accepted at the Regatta Office until 1 hour before the posted race time. Late entry fees will not apply in this event.

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 9th, 2019.

a) Entry Fees

<u>Boat Class</u>	<u>Base Entry Fee</u>	<u>ROWONTARIO Seat Fees</u>	<u>RCA Seat Fees</u>	<u>Total Entry Fees</u>	
1x	\$65.00 + HST	\$73.45	\$1.99 + HST = \$2.25	\$3.25	\$78.95
Trillium Chase Discount* (see below)	\$52.00 + HST	\$67.60	\$1.99 + HST = \$2.25	\$3.25	\$73.10
2- / 2x	\$80.00 + HST	\$90.40	\$3.98 + HST + \$4.50	\$6.50	\$101.40
4x	\$100.00 + HST	\$113.00	\$7.96 + HST = \$9.00	\$13.00	\$135.00
4+	\$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: ROWONTARIO 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 10 th 9:00am – July 12 th 4:00pm	via RegattaCentral
July 13 th 4:00pm – 6:00pm	in-person at the Regatta Office
July 14 th 6:30am – 1 hour before the posted start time of the relevant race	in-person at the Regatta Office

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.

Boat Class	Base Entry Fee	ROW ONTARIO Seat Fees	RCA Seat Fees	Total Entry Fees	
1x	\$97.50 + HST	\$110.18	\$1.99 + HST = \$2.25	\$3.25	\$115.68
2- / 2x	\$120.00 + HST	\$135.60	\$3.98 + HST + \$4.50	\$6.50	\$146.60
4x	\$150.00 + HST	\$169.50	\$7.96 + HST = \$9.00	\$13.00	\$191.50
4+	\$150.00 + HST	\$169.50	\$9.95 + HST = \$11.25	\$16.25	\$197.00
8+	\$180.00 + HST	\$203.40	\$17.91 + HST = \$20.25	\$29.25	\$252.90

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 15th.

Substitution requests will be accepted at the following times:

July 10 th 9:00pm – July 12 th 4:00pm	via email to andrea@rowontario.ca using the Name Change Form, available on RegattaCentral
July 13 th 4:00pm – 6:00pm	in-person at the Regatta Office
July 14 th 6:30am – 1 hour before the posted start time of the relevant race	in-person at the Regatta Office

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 15th, 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.
- Composite entries composed of members from multiple Clubs will be permitted if each individual member fulfills the eligibility requirements listed above.

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);
 - ROW ONTARIO Regatta ID*.

*ROW ONTARIO Regatta ID is available for purchase on-site for \$5+HST. Competitors must produce two pieces of documentation, or clear and legible photographs thereof, that when combined confirm name and date of birth.

2.6 Weighing of Coxswains

- Coxswains will not be weighed at this regatta.

2.8 Masters Age Adjusted Time System

- The Henley Masters Age Adjusted Time System will be used. A copy of the Henley Masters Age Adjusted Time System is available on RegattaCentral and in Appendix 5 of the 2018 RCA Rules of Racing.

2.11 Weighing of Athletes in Weight Restricted Events

- Calibrated test scales will not be provided by the organizing committee at any point.

6.4 Tobacco and Liquor Products

- There will be a celebration garden with beer and wine, where there may be advertising of beer or wine products.



7.2 Entries

- The name of the crew coach must be included with each entry.

9.3 Events with 7 or More Entries

- Events with 7 or more entries will be run as multiple finals, as outlined above.

10. RESULTS AND MEDALS

All events are straight finals. In events with 7 or more entries, the event will be split at the Regatta Chair's discretion and each race will be considered a final.

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 aces with 2 entries.

Medals will be awarded at the medal podium at the grandstands by a ROWONTARIO representative. Medal presentations are not scheduled; participants are invited to pick up their medal whenever convenient throughout the regatta.

11. MEDICAL SERVICES

Safety Advisor: Zach Campbell, City of Welland

First Aid/Medical Advisor: Erin Carl, City of Welland

Medical services are located in the basement of the Finish Tower.

12. OTHER

The ROWONTARIO Masters Championships Regatta is Challenge #4 of the Trillium Chase 1x Challenge Series. Please review the complete ROWONTARIO 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.



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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.