



ROW ONTARIO

MASTERS EAST REGATTA

Saturday June 8th, 2019

Hosted by KINGSTON ROWING CLUB
in partnership with QUEEN'S UNIVERSITY ROWING
1 Cataraqui St.
Kingston, ON K7K 1Z7

OFFICIAL REGATTA INFORMATION PACKAGE

Regatta Chairs: Andrea Miller & Katie Bruggeling
Chief Umpire: Brian Fiori

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1. GENERAL REGATTA INFORMATION

The ROWONTARIO Masters East Regatta is a three-lane 1000m sprint race for Masters-age rowers (21+). The regatta was created in 2019 in response to feedback from Masters rowers from across Ontario who were looking for more sprint racing opportunities early in the summer racing season.

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) Site Map
- b) Racing Traffic Pattern

3. ORDER OF EVENTS

The schedule of racing will be:

1. Heats for Events 1-24 (as required)
2. Finals for Events 1-24
3. 30-minute BREAK
4. Finals for Events 24-25

EVENT LIST

- | | |
|--------------------|------------------------|
| 1. Men's Para 1x | 14. Men's 8+ |
| 2. Women's Para 1x | 15. Men's AA-C 4x |
| 3. Men's E+ 1x | 16. Women's AA-C 4x |
| 4. Women's E+ 1x | 17. Mixed AA-C 2x |
| 5. Men's C-D 1x | 18. Mixed D+ 2x |
| 6. Women's C-D 1x | 19. Women's AA-B 2x |
| 7. Men's AA-B 1x | 20. Men's 4+ |
| 8. Women's AA-B 1x | 21. Men's AA-C 2x |
| 9. Women's D+ 4x | 22. Men's D+ 2x |
| 10. Men's D+ 4x | 23. Women's 8+ |
| 11. Women's 4+ | 30-minute BREAK |
| 12. Women's C-D 2x | 24. Mixed 4x |
| 13. Women's E+ 2x | 25. Mixed 8+ |

4. DAY OF COMPETITION - SCHEDULE INFORMATION

- a) Coaches meeting - **COACHES MEETING: SATURDAY JUNE 8TH @ 7:00AM**

A minimum of one representative from each participating Club **must** attend the Coaches Meeting at 7:00AM on Saturday June 8th for instructions from the Regatta



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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.

Hardcopies of the race draw 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 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 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) Course Practice Times

Saturday June 8th 6:00am – 7:00pm

e) Regatta Office Hours

Saturday June 8th: 6:00am – 30 minutes after the last race

5. 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, as well as meet the eligibility requirements listed below:



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a) 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		
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		
d) Age Categories	<ul style="list-style-type: none">Age is calculated as of December 31st, 2019Competitors (excluding coxswains) shall not be younger than 21 years of age as of December 31st, 2019As per the 2018 RCA Rules of Racing, age categories are based on the crew average age (excluding coxswains) <table border="0"><tr><td><ul style="list-style-type: none">AA: 21-26A: 27-35B: 36-42C: 43-49D: 50-54E: 55-59F: 60-64</td><td><ul style="list-style-type: none">G: 65-69H: 70-74I: 75-79J: 80-84K: 85-89L: 90+</td></tr></table>	<ul style="list-style-type: none">AA: 21-26A: 27-35B: 36-42C: 43-49D: 50-54E: 55-59F: 60-64	<ul style="list-style-type: none">G: 65-69H: 70-74I: 75-79J: 80-84K: 85-89L: 90+
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e) 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		
f) Mixed	<ul style="list-style-type: none">Mixed events must include 50% identified female athletes and 50% identified male athletes (excluding coxswains)		
g) 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		



6. PROGRESSION FORMAT

In events with more than 3 entries, crews will race heats prior to the start of finals and progress to finals using a NEXT FASTEST TIME progression system. If an event has more than 9 entries and includes more than one age category, the event will be split by age to allow everyone the opportunity to race in a heat for a spot in a final.

1 Entry	No Race
	<i>*May be combined with an adjacent event if of similar relative speed and an open lane is available, but no medal will be awarded.</i>
2 Entries	Straight Final
3 Entries	Straight Final
4 Entries	2 Heats (2/2) 1 st + Next 1 Fastest Time
5 Entries	2 Heats (3/2) 1 st + Next 1 Fastest Time
6 Entries	2 Heats (3/3) 1 st + Next 1 Fastest Time
7 Entries	3 Heats (3/2/2) 1 st Place Only
8 Entries	3 Heats (3/3/2) 1 st Place Only
9 Entries	3 Heats (3/3/3) 1 st Place Only
9+ Entries	To be split at the Regatta Chair's discretion into small age-groupings or single-age categories, into either heats as listed above, straight finals, or a combination thereof, depending on the number of entries.

Event 39 (Mixed 4x) and Event 30 (Mixed 8+) will be run as FINALS, with the final placing being determined by time only (no Heats). Crews will be organized by average age as much as possible, at the Regatta Chair's discretion.

7. 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 on Sunday June 2nd, 2019.

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 June 3rd, 2019.**



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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	\$40.00 + HST	\$45.20	\$1.99 + HST = \$2.25	\$3.25	\$50.70
2x	\$60.00 + HST	\$67.80	\$3.98 + HST + \$4.50	\$6.50	\$78.80
4x	\$80.00 + HST	\$90.40	\$7.96 + HST = \$9.00	\$13.00	\$112.40
4+	\$80.00 + HST	\$90.40	\$9.95 + HST = \$11.25	\$16.25	\$117.90
8+	\$100.00 + HST	\$113.00	\$17.91 + HST = \$20.25	\$29.25	\$162.50

*All fees are stated in CAD funds.

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:

June 4 th 8:00am – June 6 th 11:59pm	via RegattaCentral
June 8 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.

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 June 10th.

Substitution requests will be accepted at the following times:

June 4 th 8:00am – June 6 th 11:59pm	via email to andrea@rowontario.ca
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June 8th 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 June 10th, 2019.

8. 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:

2.3 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);

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.

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 4 or more entries will follow the progression system as listed above, to account for the limited number of lanes available.



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9. RESULTS AND MEDALS

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.

Medals will be awarded at the ROWONTARIO office by a ROWONTARIO staff or board member. Medal presentations are not scheduled; participants are invited to pick up their medal whenever convenient throughout the regatta.