

ROW ONTARIO

2017 Coastal Rowing Regatta

Saturday August 12th, 2017 Toronto

Come race on Saturday August 12th at Woodbine Beach in Toronto's East end. The 3,000 meters triangle racing course will be set up on Lake Ontario. This event hosted by Hanlan Boat Club is a sanctioned regatta and will follow RCA Coastal Rowing Rules of Racing.

Coastal Rowing

From FISA's WordRowing website:

'Coastal rowing is the extreme version, the adventure side of rowing. It involves rowing along a sea coast and out into the sea and is one of the fastest growing communities of rowers. It is especially popular in Italy, France and Great Britain to name a few. It can be found in all corners of the world including the Maldives and many parts of Africa. Coastal rowing boats are also used inland on some lakes and rivers where the water tends not to be flat....'

Coastal Rowing is now growing in Canada, PEI, Quebec, Ontario and British Columbia clubs have embraced this new style of rowing.

While coastal rowing shells are bigger than flat water shells, the rowing technique remains mostly the same. The shells wider, deeper, heavier and self bailing. They are designed specifically to follow the FISA Coastal Rowing Boat Specifications of weight, width and bow depth. Being wider and deeper make them very stable in rough water conditions.

Three types of shells are available for racing, the Solo (single), Double and Quad. The Organizers of the 2017 Coastal Regatta will provide Doubles and Quads. To enter the Solo (single) event you have to bring your own boat.

The Events

All events are raced on the 3,000 meters course, if qualifying rounds are required they will also be 3,000 meters.

Event	Description	Fees
Solo Men	Single men race, participants must bring their own boats.	\$25 per participant
Solo Women	Single men race, participants must bring their own boats.	\$25 per participant
Double Men	Coastal Double men, boats, oars provided by the organizers.	\$25 per participant
Double Women	Coastal Double women, boats, oars provided by the organizers.	\$25 per participant
Mixed Double	Coastal Double with mixed crew, boat, oars are provided by the organizer	\$25 per participant
Mixed Quad	Coxed Quad with mixed crew, boat, oars provided by the organizers. A coxie can be organized if need be.	\$25 per rower, coxie is free.

Schedule

Schedule for Saturday August 12th.

Time	Description
7.30AM to 8.00AM	Single Boats numbering
8.00AM to 8.30AM	Crew checking in and waiver signing.
8.30AM to 8.45AM	Coach/Crew meeting, course and rules review.
9AM to 12PM	Morning Races*
12PM to 12.45PM	Lunch Break
1PM to 3.30PM	Afternoon Races*
4PM to 4.30PM	Medal Ceremony

* The race schedule will be provided on August 10th after the draw.

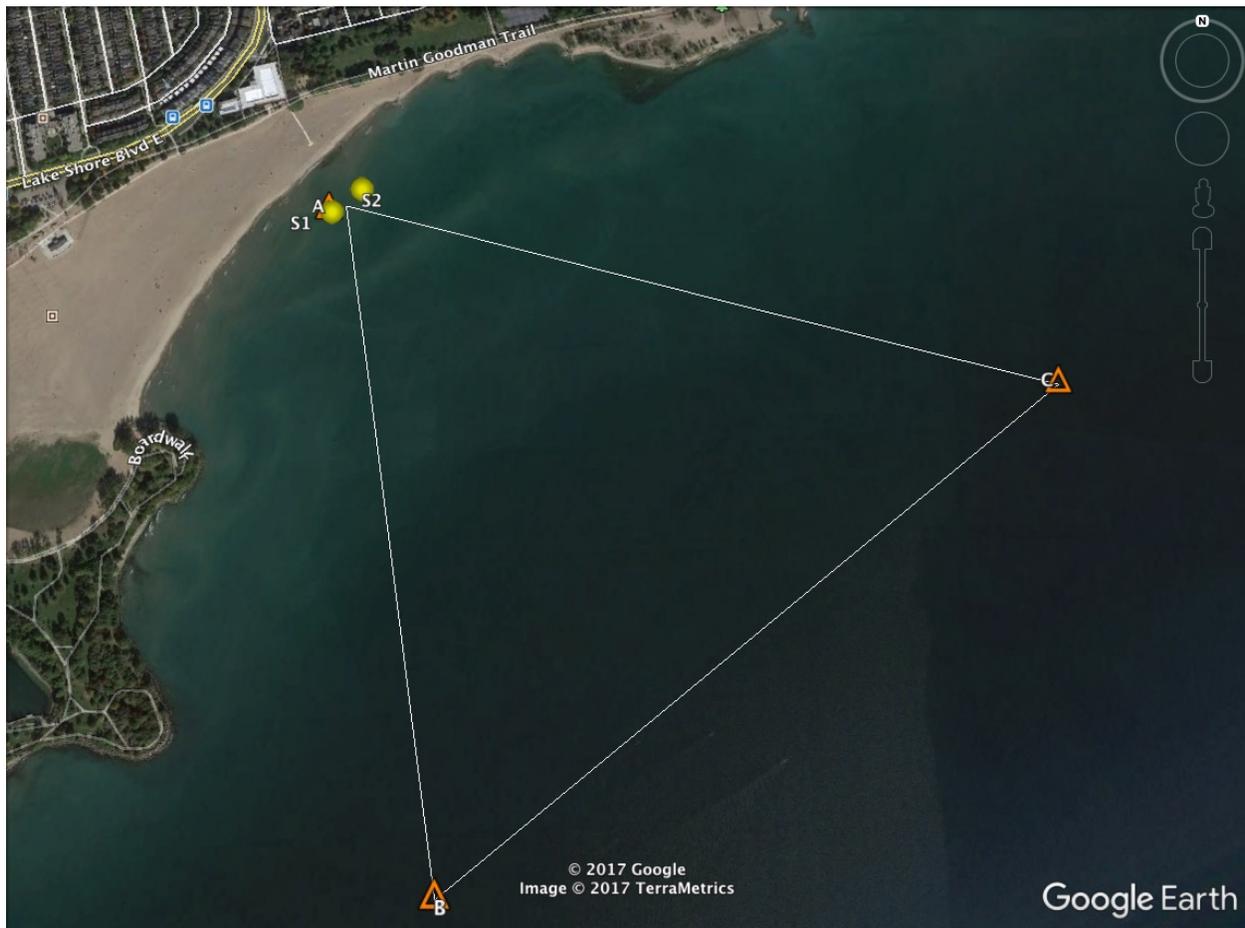
Registrations

The Registrations are done through Regatta Central <https://www.regattacentral.com>

All events entries are \$25 per person per event. Registrations will be closed on August 9th.

The Course

The race site is at Toronto's Woodbine Beach Park, the start and finish procedure will be done through two floating yellow marker. Three large orange tetrahedron markers will be defining the race course. A row of yellow round markers will be defining the north part of the course and no rowers should be on the north side of the markers. Warm up and setup will be allowed between the shore and orange markers A and B.



Your Safety

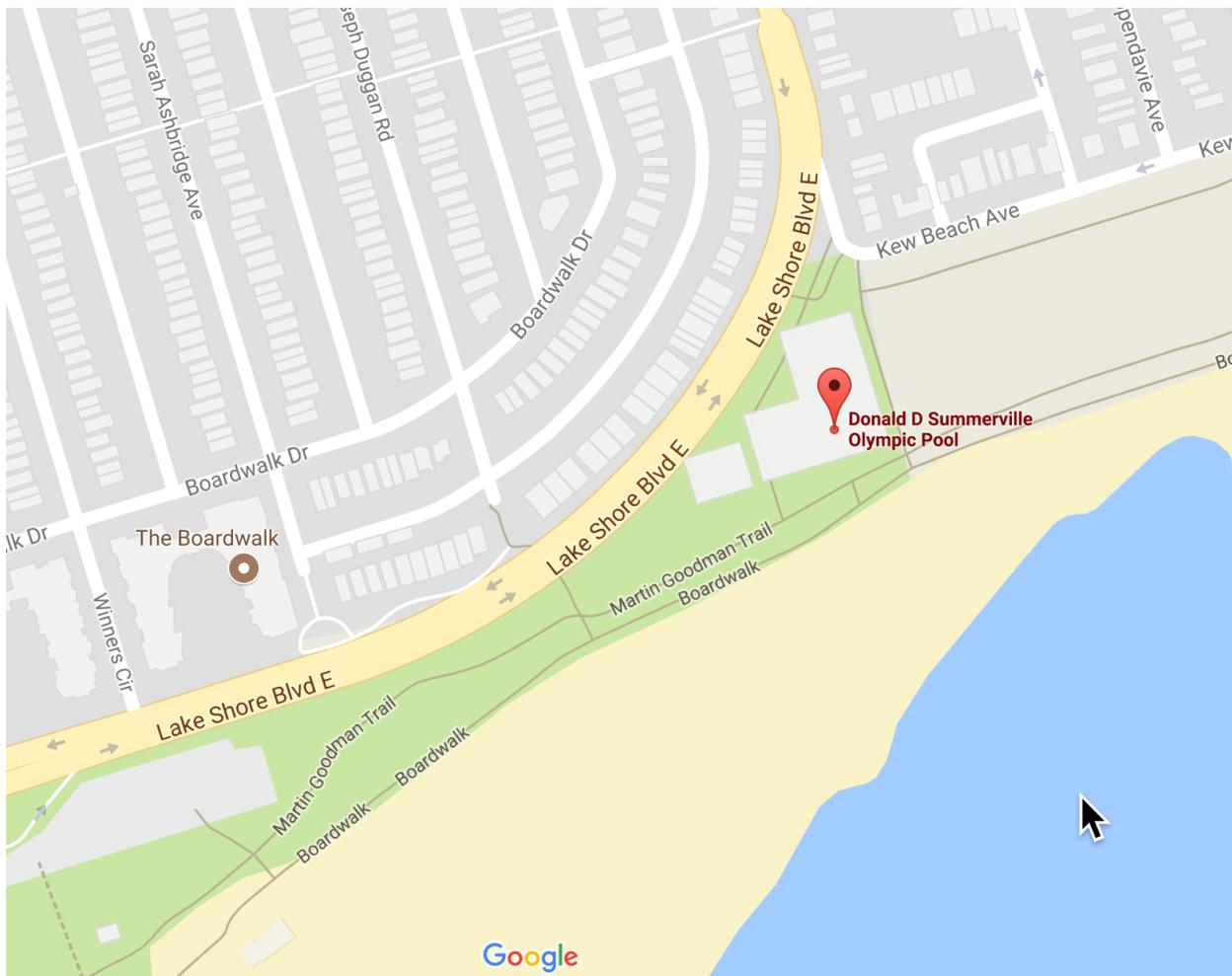
The safety of the participants is our priority. We understand that the water conditions can get rough and we provide the proper safety gear for all rowing shells along with a Zodiac dedicated to rescue in shallow water and the Auxiliary Rescue Association safety boat to help in deep water.

Weather radar, water conditions and wind speed are monitored constantly. If the conditions are deemed unsafe, the races are called off.

The Location

Woodbine Beach Park is located in Toronto's East End. You can get to the Park by car or by Transit.

The event tents will be placed on the beach south of the Donald D Summerville Pool.
<https://goo.gl/maps/da25EyenBQ32>



Food and Drinks

The organization provides free water for all participants. A Tim Horton is located at the entrance of the Woodbine Park if you need food and other refreshments.

Lodging

A DaysInn hotel is located walking distance from Woodbine Beach, it is at the corner of Queen Street east and Kingston Road.

