



# 48th Annual Rowing Championships

July 23-24, 2016

South Course of the Welland International Flatwater Center  
Welland, Ontario, Canada

**FIRST RACE EACH DAY WILL BE SCHEDULED TO START AT 8:00am**

**Minimum race interval will be 6 minutes**

**ALL UPDATES WILL BE POSTED ON REGATTA CENTRAL**

## AGE CATEGORIES

Senior: Open to all eligible athletes who reach the age of 23 years or older in 2016. <b>Open to any rowing club in the world.</b>	Under 19: open to eligible athletes born in <b>1998</b> or later, <b>Open to any rowing club in the world.</b>
Under 23: open to eligible athletes born in <b>1994</b> or later; <b>Open to any rowing club in the world.</b>	Under 17: open to eligible athletes born in <b>2000</b> or later; <b>Open to any rowing club in the world.</b>

**NEW FOR 2016 – CSG/Club Elite Singles and Pairs – Open to eligible athletes born in 1997 or later.**

## LIGHTWEIGHTS & COXSWAIN WEIGH IN

- Men 72.5kg maximum, Women 59kg maximum, Coxswains Women's Crew= 50kg or Men's Crew = 55kg as per rule 2.5.
- Weigh-ins for Lightweight Rowers will be scheduled in accordance with Rule 2.11.
- All coxies must weigh-in each day within the same time window as Lightweight Rowers.
- **All lightweight rowers and coxswains must present photo ID at the time of weighin.**
- Practice scales will be available on Friday July 22 from 6:00pm – 7:00pm; Saturday for 30 minutes starting immediately after the last race of the day. There will be **NO** practice scales available during official weigh-in times.

## COACHES MEETING

- One representative from each club is **required** to attend the coaches meeting
- Meeting will be held at the shelter area 7:00pm on Friday, July 22<sup>nd</sup>.
- No meeting on Saturday or Sunday morning.
- Draws for club coaches will be issued at the coaches meeting. Complimentary copies of the draw for club coaches will be available **only** at the coaches meeting.

## COURSE PRACTICE TIMES

- The course will be open for practice between 3:00pm and 7:00pm on Friday, July 22<sup>nd</sup>.
- The course will be open for practice between 6:00am and 6:45am Saturday and Sunday, and Saturday from 45 minutes after the last race until 7:00pm. **Coaches from participating clubs must volunteer to act as safety boat drivers during practice times, or the course will remain closed.**

## REGATTA OFFICE HOURS

- Friday July 22                    3:00 pm – 6:30 pm
- Saturday July 23                6:00 am – 30 min. after last race of the day
- Sunday July 24                   6:00 am – 30 min. after last race of the day

## MEDALS

- Gold, Silver and Bronze will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place crews in events with 4 or more entries in the final
- Gold and Silver will be awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place crews in events with only 3 entries in the final
- Only a Gold will be awarded to the 1<sup>st</sup> place crew in events with only 2 entries in the final

## PARKING

- Check the REGATTA CENTRAL website for regatta parking plan and parking fees. Parking and vehicular traffic flow **WILL BE RESTRICTED** to designated areas at this regatta.

## RCA RULES OF RACING EXCEPTIONS

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

### 2.1 The Definition of a Competitor

- All athletes from Ontario clubs must be registered in the Competitive Fee Category with ROWONTARIO and RCA through the RCA Web Registration System by 11:59PM Eastern Time Thursday June 30. (All athletes and coaches must be activated in WRS by this deadline)
- All Coaches from Ontario clubs must be registered in the Non-Rower Category with ROWONTARIO and RCA, through the RCA Web Registration System by 11:59PM Eastern Time Thursday June 30. (All athletes and coaches must be activated in WRS by this deadline)
- **Athletes and coaches from clubs outside Ontario must be members of their national federation and must submit a signed waiver prior to the start of the regatta.**
- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair. **Exhibition entries will not be eligible for medals, and may not be permitted to race in the event final.**
- **ALL Competitors will be required to show photo and age identification at the control commission for ALL races and at weigh-ins.**

### 2.6 Weighing of Coxswains

- Coxswains shall weigh-in each day of racing within the same time window as lightweight rowers.
- Coxswains required to carry dead-weight to reach the coxswain minimum weight must carry dead-weight supplied by the regatta organizing committee.

### 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. Practice scales will be available on Friday July 22 from 6:00pm – 7:00pm; Saturday for 30 minutes starting immediately after the last race of the day. There will be **NO** practice scales available during official weigh-in times.

## 7.2 Entries

- Entry format approved by ROWONTARIO. RCA registration number **is** required for all Canadian entries for athletes AND coaches..
- Entries may be capped at three (3) per event per club at the Regatta Chair's discretion.
- Rowers under the age of 17 may participate in a maximum of two (2) events per day.
- Entries will be accepted from any rowing club in the world who meet the criteria outlined above. **Out of province clubs may enter any event.**
- **Composite crew entries will be permitted in the Championship events and CSG/Club Elite events.**
- **The name of the crew coach must be included with each individual entry.**

## 7.6 Crew Substitutions

- Will be accepted between the dates/times outlined in the regatta package.
- Substitutions for single scullers before the first heat will **not** be accepted after the entry deadline unless supported by an authorized medical certificate.

## 9.3 Events with 7 or more entries

- Progression will be as outlined as per the progression table published in this package and on Regatta Central

## 10.20 Appeals

Appeals against a decision of the Board of the Jury shall be made to the ROWONTARIO Board of Directors.

## NEW EVENTS

ROWONTARIO is pleased to announce CSG/Club Elite events in the single and pair for both men and women at this year's Championships Regatta. The races will be held for 2017 Canada Games eligible athletes (born 1997 and after) that have achieved the Club Elite Standard. Athletes interested in pursuing a place on Team Ontario for the 2016 NRC and Canada Cup Regattas as well as the 2017 Canada Games should enter. Races will be Finals only and entrants will be seeded based on their Canada Games athlete ranking. Up to 12 entries for each event will be accepted and seeded into A and B finals based on ranking. Composite entries are permitted in the case of pairs --- Both members of the crew must have achieved the 2k CE Time Standard to be eligible.

To be eligible, athletes must have achieved the 2K Club Elite Time Standard and submitted their time to the RCA RADAR Database (<http://rca-athlete-tracker.sportingdna.com/users/login>) **by Sunday July 17, 2016.**

Time standards can be found at [www.rowontario.ca](http://www.rowontario.ca)

## ENTRY AND PAYMENT TERMS

- **Entries with full payment must be received online by 11:59pm Eastern, Monday July 18 2016.** All entries and payment of entry fees will be received through Regatta Central.

- **Club Registration:** All athletes named in the entries, and the names of all club coaches, must appear on the club's Regatta Central roster. The number of draws distributed to each club will be equal to the number of coaches registered in Regatta Central for each club. **All Ontario athletes and coaches must be registered with ROWONTARIO and RCA by June 30, 2016 through the RCA Web Registration System. The club administrator must "activate" the registration in WRS by 11:59pm Eastern, June 30.**

- **Entry fees:** All entry fees must be paid online by 11:59pm Eastern, Monday July 18.

Single	\$63.00 incl. HST
Double / Pair	\$82.00 incl. HST
Four / Quad	\$102.00 incl. HST
Eight	\$113.00 incl. HST

- All fees are stated in CAD funds .
- **Late Entries:** Late Entries will be accepted on a first come, first paid basis, subject to lane availability, at the onsite regatta office as follows:

Late Entries for Saturday Events will be accepted at the on-site regatta office between 3:00pm and 6:30pm Friday July 24. No late entries for Saturday events will be accepted on Saturday.

Late Entries for Sunday Events will be accepted at the on-site regatta office between 10:00am and 4:00pm Saturday July 25. No late entries for Sunday events will be accepted on Sunday.

**Late Entry fee = Regular entry fee + 50%.** Late Entry fee must accompany late entry to be drawn. Late entry fees must be paid by cash, club cheque or credit card. ROWONTARIO will not accept personal cheques.

### Late Entry Fees

Single	\$94.50 incl. HST
Double/Pair	\$123.00 incl. HST
Four/Quad	\$153.00 incl. HST
Eight	\$169.50 incl. HST

**LATE ENTRIES WILL ONLY BE ACCEPTED AT THE REGATTA OFFICE AS DETAILED ABOVE. LATE ENTRY REQUESTS EMAILED OR TELEPHONED TO THE ROWONTARIO OFFICE WILL NOT BE ACKNOWLEDGED OR ACCEPTED.**

**Clubs with any outstanding fees (Club Membership, registration, entry, other) not paid by 6:30pm Friday July 22nd will not be permitted to race.**

- Crew substitutions may be made online without limitation until 11:59pm Eastern, Monday July 18 2016. Thereafter, RCA Rule 7.6 (the 50% substitution rule) will be applied. The substitute must be included on the club's registration list. For Non-Ontario club entries, names of substitutes must appear on club's original alpha-list. **Note: a fee of \$5 will be assessed for every name changed from the original lineup.** This fee will be waived for name changes supported by a medical certificate. (See below).

**Crew Substitution Requests** may be submitted at the regatta office on Friday July 22 between 3 and 6:30pm (for Saturday events) and between 10am and 4pm on Saturday July 23 (for Sunday events).

- Scratches: a \$50 fee will be assessed on all scratches after the entry deadline, including crews who miss their start. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is presented to the Regatta office by 4pm Sunday July 24<sup>th</sup> ..
- A preliminary draw will be posted by July 20, 2016 on Regatta Central. The final draw will be distributed with the club packages at the coaches meeting.

# 2016 ROW ONTARIO CHAMPIONSHIPS PROGRESSION FORMAT

<b># of Entries in Event</b>	<b>Heats</b>
1-6	0
7-12	2 Ht Winners + 4 Next Fastest Times to FINAL
13-18	3 Ht Winners + 3 Next Fastest Times to FINAL
19-24	4 Ht Winners + 2 Next Fastest Times to FINAL
25-30	5 Ht Winners + Next Fastest Time to FINAL
31-36	6 Ht Winners to FINAL

If more than 36 entries are received for an event, preference will be given to Ontario club crews.