

South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



General Information

Host: South Niagara Rowing Club **Date:** As posted on Regatta Central Website

Location: Welland International Flatwater Centre, North Course, Welland, ON.

Address: 16 Townline Rd., Welland, ON

Phone: (905) 734-7815

To Register Your Entry

1. Enter your events at Regatta Central
2. Make your payments online
3. **Entry Deadlines: as posted on Regatta Central**

Entry Regulations

- All rowers must be registered with RCA and their local provincial or territorial rowing association or with RowUSA or their relevant national rowing agency
- It is HIGHLY recommended that athletes race only 2 events, however under the discretion of the head coach, athletes may race more than 2. Please be aware that the distance from the launch to the start is 5.2km.
- Composite crews are permitted.
- All members of competing crews excluding coxswains and mixed events must be of the same sex and all must wear similar racing uniforms.
- Mixed Events - there must be a minimum of 50% female rowers, but there may be more women than men; there must be a minimum of 1 man
- Two or more entries required in each event to ensure a race
- Competitors must be named to a boat; all boats must have full crews
- Each school/club shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors. Uni-suits must be up at all times and/or a t-shirt must be worn.
- Name Changes must be made at the regatta office (see times below).
- The maximum number of substitutes that can be made are:
4 for an eight; 2 for a four/quad and 1 for a pair/double. No substitutes are allowed in a single.
A \$5.00 Canadian fee per name change will be charged for each change made to an entry.

<p>Entry Fees (CAD) AS POSTED ON REGATTA CENTRAL</p>
--

* Any payments not received will result in exclusion from the race.

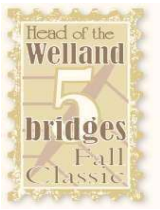
Should weather conditions become unsafe for racing, the Chief Umpire will delay or cancel the regatta. Due to the costs of preparing and hosting this regatta, it is impossible for the club to offer refunds in case of cancellation due to weather. We will, however, offer a credit of 10% of your total entry fees toward the next year's SNRC Head of the Welland 5 Bridges Fall Classic if more than 50% of the Regatta is cancelled.

Scratch/No Show Fees:

All crews entered in a draw will be assessed a \$50 fee for a "no show" or any non-medical, non-verifiable "scratch", payable at the Registration Desk during at the regatta office.

Name Change Fee:

All crews entered in a draw will be assessed a \$5.00 fee for each name change, payable during the regatta at the Regatta Office during the registration hours.



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Name Change Deadlines:

Substitutes will only be accepted with a signed waiver (on-line or paper at regatta office at time of name change) and can be made up to 2 hours before a race is scheduled to start.

Regatta Office Hours

The Regatta Office will be open for race information and name changes at the following times:

Day	Hours
Friday	5:00 p.m. to 8:00 p.m.
Saturday	7:00 a.m. to 2:00 p.m.

Classes

Lightweight

In any Men's Lightweight event no rower shall weigh more than 72.5kg.
In any Women's Lightweight event, no rower shall weigh more than 59kg.

Adaptive

As per RCA Classifications

Master

A rower may compete as a Master from the beginning of the year during which s/he attains the age of 21.

University/Collegiate

A University/Collegiate rower is a competitor who in the current calendar year does currently and has been continuously enrolled in a post-secondary school as a full time student seeking a diploma or degree

Junior/Under 17 — A rower or coxswain may compete as an Under 17 competitor until the 31st of December of the year in which s/he reaches the age of 16.

Senior/ Under 19 — A rower or coxswain may compete as an Under 19 competitor until the 31st of December of the year in which s/he reaches the age of 18.

Grade 7/8

A competitor who in the current calendar year does not attain the age of 14 or who is currently and has been continuously enrolled in Grade 7 or 8 as a full-time student.

Open— A rower or coxswain of any age may compete in an Open event.

To adhere to NCAA Bylaw 13.11.1.2 Competition against Prospective Student Athletes no junior aged (high school) athletes can compete in the Open or University/Collegiate category where there is a University entry from the U.S.A.

Composite Crews:

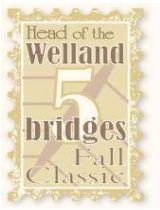
Composite Crews will be allowed.

Handicapping

Master's events will be handicapped. A handicap is awarded per RCA age category based on average age of the crew, not including coxies using the Henley handicap system.

Racing

Please see the Events List and Schedule online. Every effort will be made to keep to the published events schedule; but race times are subject to change. Two (2) entries are required to run an event. For Master's events with one entry; entry will compete with next available age classification and be handicapped accordingly.



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Event Times

All entries **MUST** row only when the event they are entered in is scheduled and raced. Systematic timing and results posting requires entries to be in the proper order and event. No boats will be permitted to race at any other time in the schedule (e.g. a Junior 4x will not be permitted to race when the Women's Masters 2x's are racing or at any other time except during the Junior 4x's event).

Lunch

There will be a break for lunch, starting between approximately 12:00 to 12:45 pm.

Boat and Trailer Storage

Security-patrolled, overnight shell storage will be available on the grounds of the North Course of the Welland International Flatwater Centre. See Appendix A: Regatta Site Layout for trailer and vehicle parking. Parking can begin any time on Friday. All shells will be placed in slings on the grass near the waterway and launch docks. No trailers will be permitted on the grass. All trailers are to park on the Flatwater Centre Service Road (east shoulder – closest to the waterway) - access from Shaw Street or in designated section of the parking lot- access from Humberstone Rd. Security will patrol the area.

Start Time

The first race of the day will start at 9:00 a.m. on Saturday.

Medical:

The Chief Medical Officer or his/her staff have the authority to refuse any athlete the usage of the course if in their opinion the athlete is unfit to row.

Unsportsmanlike Conduct

- which includes but is not limited to foul, abusive or profane language and/or arm or hand gestures **WILL NOT** be permitted at the Regatta Site before, during or after any racing by Competitors or Team Officials, and such Conduct may result in immediate exclusion from the Race or future Races at the Discretion of the Regatta Chair and/or the Chief Umpire.

Practice Times

Day	Start Time	Finish Time
Friday	3:00 p.m.	7:00 p.m.

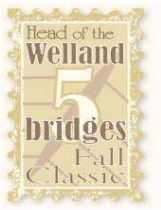
ALL ATHLETES MUST BE ACCOMPANIED BY COACH-OPERATED SAFETY BOATS AT ALL TIMES DURING PRACTICE TIMES – SEE SNRC HEAD COACH TO CONFIRM THE COVERAGE IS AVAILABLE.

Coach & Coxswain Meetings

A meeting for all Coaches, Coxswains, and bow persons (sculling) will be held Saturday morning at 7:30 a.m.
All crews will be responsible for knowing the information delivered at the meeting.

Weigh Ins

All lightweight crews are expected to comply with current Rowing Canada/Aviron weight limits. **Weigh ins will be done at the tower area from 0700 to 1000. Coxswains will not be weighed.** Test scales will not be available during practice session or race day. One trial only will be permitted for weigh-ins. Lightweight rowers or crews that exceed the required weight may still race but with the status of exhibition (which means they will get a time but won't get a ranking or medal).



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Penalties

BRIDGE VIOLATIONS

Passing under any bridge improperly will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so.

ROWING UP TO THE START

Boats will row to the start line, north along the waterway's west bank (to the coxswain's left, scullers right). Boats rowing to the start will at all times stay in the up lane. The up lane is the western most lane, clearly divided on the waterway by large orange buoys (the port side of the course looking North and the west bank). Passing another boat in the up lane to the start line is permitted except when under bridges. Boats in transit to the start may also be charged a penalty for crossing the buoys into the race course.

DURING THE RACE

Faster crews have the right-of-way in safe passing zones of the course, therefore all slower crews **MUST** yield to faster crews; failure to do so may result in a penalty or disqualification at the discretion of the judges. All coaches and athletes must familiarize themselves with the course to identify safe passing zones.

CREWS THAT ARE BEING PASSED MUST YIELD TO THE OVERTAKING CREW BY MOVING TO THE EAST SIDE OF THE COURSE AS LONG AS IT IS SAFE TO DO SO. PASSING CREWS SHOULD USE THE WEST SIDE OF THE COURSE TO PASS (CENTRE OF THE WATERWAY).

Passing is permitted along the entire race course **EXCEPT FOR THE AREA BETWEEN THE MAIN AND DIVISION ST BRIDGES**. Passing another boat should only be done if necessary. If a crew passes another boat in the no-pass zone, their action may result in exclusion.

BUOY VIOLATIONS

Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing.

FINISH

All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty.

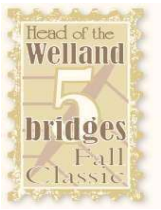
INTERFERENCE

Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a one-minute time penalty or be excluded, at the discretion of the officials.

THE COURSE

The race course for the Head of the Welland presents an exciting challenge to experienced and novice competitors alike, with excellent opportunities for passing and coxswaining to be in a position to win. With its gentle bends and string of five bridges, the 3-mile (5.2 km) course, navigated through buoys, boats and bridges is a fantastic trip. At the Head of the Welland, every stroke is critical and one wide pass or buoy violation could cost a crew a medal and a club valuable points.

RACES FOR RECREATIONAL ROWERS AND U15 WILL BE 3KM, STARTING JUST SOUTH OF THE DIVISION ST. BRIDGE.



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Race Course Description

The Race Course begins just north of the old Thorold Road Boat Launch (end of Thorold Rd) and starts with a 1.5 km open water stretch. It then proceeds through 5 (five) bridges through the heart of the City of Welland to the Finish Line on the North Course of the Welland International Flatwater Centre.

BRIDGE 1 Main St. Bridge, There is only one way to pass under the bridge, under the main span.

BRIDGE 2, the Division St. Bridge, is just 150 m away. There are 2 alternate passages under this bridge within the buoyed course and either passage may be used when one passage appears congested. Please follow the traffic signs posted on each bridge. The Bridge's East Shore is out of bounds (as navigation is too tight).

After this bridge is a potential hazard from a stage located by the east shore, then about 700 meters of open water.

BRIDGE 3, the Lincoln St. Bridge has 2 alternate passages under this bridge within the buoyed course and either passage may be used.

BRIDGE 4, Railway Swing Bridge. There is only one way to pass under the bridge, under the left span.

BRIDGE 5, Broadway Bridge. There are 2 alternate passages under this bridge within the buoyed course and either passage may be used when one passage appears congested. Please follow the traffic signs posted on each bridge.

The waterway then immediately enters the North Course of the WIFC and competitors have approximately 1.2 km remaining to make their move!

See Regatta Central for Diagrams of Race Course and Bridge Navigation.

Passing under any bridge improperly will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so.

The Race Course is bounded by a continuous line of orange buoys to the right (west side, middle of waterway) of the coxswain and an intermittent line of yellow buoys on the coxswain's left, marking diversions away from the shoreline. Where there are no buoys, the shoreline of the waterway is the left side boundary of the course.

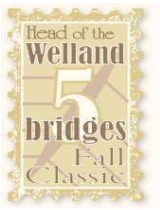
All coxswains in the club events and coxswains who have never before raced in the regatta are strongly advised to attend the Coxswains' and Coaches' meeting at 7:30 am in the Office area.

Bridge Traffic Diagrams are available in the appendices and online at the Head of the Welland Website, headofthewelland.ca, as well as course mapping and coxswain notes.

Bow and Back Numbers

Bow and back numbers will be distributed at registration in the race packet. Bow numbers must be returned at the conclusion of racing to the Regatta Office. **All bow numbers from a club must be returned in the original envelope at one time.** A charge of \$10.00 will be assessed if the bow numbers are not returned. All shells must have bow lips to race. Back numbers must be worn on the back of the bow rower.

MASTERS ROWERS/CREWS MAY PICK UP AND RETURN BOW AND BACK MARKERS SEPARATELY IF THEY NOTIFY THE REGATTA CHAIR IN ADVANCE.



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Start

Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers at 8:00 am in the Launch Dock area. Bridges will be clearly marked and Bridge Diagrams and Course Maps clearly layout the up lane versus racing lane. The Start Line itself is marked by two buoys (one orange and one white). There is a 100m start queue. Please enter the start queue on time, following the directions of the Marshall at the Start, and in numerical bow order.

Approach the start line from within the queue and power up so you will be at full speed when you are signaled with a "GO" from the Starter.

Safety Boats

Safety boats will be stationed throughout the course and in particular will be stationed at all bridges. If for any reason, a boat needs to stop, **move immediately to the closest shore.**

Launching

Launch/return docks are located along the first 1000m of up lane. Wet launching is possible, but we encourage you to use the docks. There will be 3 docks designated as launch, and 3 for return. Boats should launch **1 hour before the start time** of their event giving them plenty of time to warm up and make their way to the start. Please be aware that water levels do change slowly throughout the day so ensure discretion is used when wet launching.

Adaptive Rowers

Launching at the start area may be arranged for Adaptive Rowers but must be pre-arranged through the Regatta Chair.

Crew Conduct

A) Boats will row to the start line, north along the waterway's west bank (to the coxswain's left, scullers right). Boats rowing to the start will at all times stay in the up lane. The up lane is the western most lane, clearly divided on the waterway by large orange buoys (the port side of the course looking North and the west bank). Passing another boat in the up lane to the start line is permitted except when under bridges.

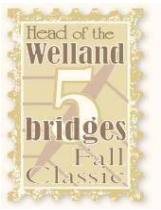
B) CREWS THAT ARE BEING PASSED MUST YIELD TO THE OVERTAKING CREW BY MOVING TO THE EAST SIDE OF THE COURSE AS LONG AS IT IS SAFE TO DO SO. PASSING CREWS SHOULD USE THE WEST SIDE OF THE COURSE TO PASS (CENTRE OF THE WATERWAY).

Passing is permitted along the entire race course EXCEPT FOR THE AREA BETWEEN THE FIRST AND SECOND BRIDGES. Passing another boat should only be done if necessary. If a crew passes another boat in the no-pass zone, their action may result in exclusion. PASSING UNDER BRIDGES MAY RESULT IN DAMAGE TO BOATS/OARS. DO SO AT YOUR OWN RISK. See Course Map.

C) Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a 60 second penalty for crossing the buoys into the race course.

D) Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a one-minute time penalty or be excluded, at the discretion of the officials.

E) After crossing the finish line, a shell must be prepared to move into the return lane immediately. The shell may then proceed to enter the return/up lane and enter the cool down area. The Marshall at the Finish will insist that crews quickly make their way into the return lane. Coxies and shells are to pay full attention to the Marshall at the Finish to avoid interfering with crews coming to the Finish. Shells shall return to the launch and recovery docks, single file, up the return/up lane (west side bank) (on the coxes left, scullers right).



South Niagara Rowing Club HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



Individual Medals

Gold, silver and bronze medals will be awarded where there are 4 or more entries in an event. Gold and silver medals only will be awarded where there are 3 entries in an event. Gold medal only will be awarded where there are 2 entries in an event.

Masters Events

The Henley Handicap system will be used for all Master's races.

Masters Singles, there will be a separate race for each category. If there are less than 2 entries in one age category, the categories will be combined with the next category and the Henley handicapping system will be used to determine the medal winners

GENERAL RULES

RCA Rules of Racing apply to all situations not covered above.

Parking

- Trailers must enter through the Shaw Street entrance at the West side of the canal, via Prince Charles Drive.
- Parking will be available in the main lot for some trailers, car-top boat carriers, and vehicles.
- Car top boat carriers may also park at the end of the course on the grass. Entrance is via Canal Bank Street and there is no parking fee.

Event List is posted on Regatta Central.