



South Niagara Rowing Club 2023 South Niagara Invitational Regatta Package



Host: South Niagara Rowing Club

Date: May 20 & 21, 2023

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

Address: 270 Colborne St, Welland, ON

Club Phone: (905) 734-7815

To Register Your Entry

1. Enter your events at Regatta Central; Event list posted on Regatta Central.
2. Make your payments online through Regatta Central.
3. Rowing Canada and Row Ontario will also add a seat fee to all entries!
4. Entry Deadlines: Will be posted on Regatta Central

There is no limit to the number of races an athlete may enter, however coaches are reminded that the distance from boat house to start is 4000 meters and races will not be held for late arrivals due to crew/boat changes or hot seating.

Regatta Fees

- Entry Fees (CAD) as per Regatta Central. 13% HST added to all entries.
- Any payments not received will result in exclusion for that crew.
- Any outstanding prior year fees must be paid in full for the club/school to race this year.
- All crews entered in a draw will be assessed a \$50 fee for a “no show” or “scratch”, payable at the Registration Desk during the regatta in the white portable during the registration hours.
- A \$5.00 Canadian fee per name change will be charged for each change made to an entry.

Regatta Office Hours

- The Regatta Office will be open in the white portable for race information, and name changes at the following times:
 - Friday 5:00 p.m. to 7:00 p.m.
 - Saturday 5:45 a.m. to 2:00 p.m.

ALL DECISIONS MADE BY THE REGATTA COMMITTEE ARE FINAL

Entry Regulations

Unless otherwise noted, this regatta will be governed by the [RCA Rules of Racing 2022](#).

- Under RCA Rule 2.3 Categories of Rowers and Proof of Age and Identity
 - On request, every competitor must be able to provide proof of age and identity by producing government or school issued documentation with photo, or other acceptable form of identification at the discretion of the Regatta Chair.
- Categories of competitors for men and women
 - Juniors: Under 16 years of age January 1, year of the competition
 - Seniors: Under 19 years of age January 1, year of the competition
- Composite crews are permitted in ALL events.
 - As per the 2022 Rules of Racing, 2.1, a rower may compete for their club and/or school at the same regatta.
- Competitors must be named to a boat; all boats must have full crews
- Name Changes must be made at the regatta office a minimum of two (2) hours prior to a race.



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- The maximum number of substitutes that can be made, in addition to the coxswain, are:
 - 4 for an eight; 2 for a four/quad and 1 for a pair/double.
- Name changes for a single may only be made before the first heat in which a boat races. No substitute is permitted for a single sculler who has already raced in the heat of the event.
- All members of competing crews excluding coxswains must be of the same gender and all must wear uniform clothing. In the case of a composite crew, each crew member shall wear their club or school uniform. Uni suits must be kept up at all times and/or a t-shirt must be worn.
- Two or more entries are required in each event to ensure a race
- Each team shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors.

Sanction for the Regatta has been granted with the following Exceptions to the RCA Rules of Racing

Rule 2.3 Age Categories of Rowers – as stated in the Entry Regulations section

Rule 2.5 - Coxswains weights – The minimum weight of a coxswain of all crews, wearing a racing uniform, shall be 45 kg

Rule 4.1 - There may be no 250m markings on the course

Rule 7.2 - Entries - the draw will be available on May 18

Rule 7.6 - Crew changes must be made at the Regatta Office a minimum of 2 hours prior to race.

Rule 10.19 - The decision of the Board of the Jury is final.

Weigh-In Times and Regulations

Day	Start Time	End Time
Saturday	6:00 a.m.	9:30 a.m.
Sunday	6:00 a.m.	9:30 a.m.

1. All coxswains, lightweight and midweight competitors must weigh in each day they race.
2. Athletes must weigh in as a crew and be accompanied by a coach during weigh-in.
3. **There is only one try at weigh in.**
4. In the case of any dispute the clerk of the scales will communicate **only** with the crew's coach or school official.
5. All rowers and coxswains will weigh-in wearing the same school rowing uniforms. No one will be weighed in wearing more or less clothing.
6. Official scales will be available at 5:30 a.m. for practice weigh-ins.
7. All weights for coxswains requiring extra weight will be supplied at the scales and will be the only weights recognized by weigh-in officials.

A \$5.00 FEE WILL BE ASSESSED FOR EACH COXSWAIN'S WEIGHTS AND MUST BE PAID TO THE CLERK OF THE SCALES BEFORE LEAVING THE WEIGH-IN TENT.
8. Crew changes will not be accepted in the weigh-in tent. Any change must be approved by the Registration Desk in the white portable **before weigh-in** in accordance with the Name Change Deadlines listed in this package.
9. If crew changes have been made, please bring copies of your Name Change forms with you to the weigh-in tent.
10. If a rower or crew fails to weigh in by the expiry time, in principle the rower or crew may be excluded at the discretion of the clerk of the scales and/or the Regatta Chair.



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Racing

- All events will be 2000 meters straightaway in two to six lanes.
- As per Rule 8.7.1 Boats may not cross the finish line (in any direction) while boats from another race are in the process of finishing.
- The first race of the day will start at 8:00 a.m.
- Progression rule – will be from heats to a 6-lane final. Heat winners, and if necessary, the next fastest times will make up 6 entries.
- In order to allow the greatest opportunity for all races to be completed in cases of inclement weather conditions that prevent side by side sprint racing, the regatta MAY opt to change to a time trial format if deemed appropriate by Chief Umpire and if weather conditions allow. Time trials would be conducted with a running start, with timing for 1500 meters – from the 500-meter mark to the finish line.
- 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 Invitational if more than 50% of the races are cancelled.

In the event of races being cancelled due to reasons beyond our control, medals will be presented to the fastest times coming from the completed heats, or winners of the time trials.

Hot Seating Protocol

- All crews who need to hot seat are expected to use the hot seat dock located on the west side of the canal south of the train bridge. This dock is provided as a courtesy only. Crews use the hot seat at their own risk. Races will not be held for crews delayed at the hot seat dock.
- It is the responsibility of the coach to bring athletes to the Control Commission with identification and pick up a bow number prior to proceeding to the Hot Seat Dock.
 - The Hot Seat rules must be adhered to and directions from the official/volunteer at the hot seat dock must be adhered to or could result in a report to the Chief Umpire and a possible penalty/yellow card. Challenges to a volunteer will be considered the same as a challenge to an umpire and will be dealt with accordingly.

Dock Marshals

- There will be one Launch Dock Marshal and one Return Dock Marshal who will assign dock space and manage the procedures and timing of launching and landing.
- All crews and coaches are expected to immediately follow the directions of these Marshals and respect their decisions.

Boat Alignment Marshal

- There will be a Boat Alignment Marshal in a boat located about 150 yards off the end of the docks to provide direction to all returning crews to guide them to the next available dock location and/or hold them in place pending the availability of open dock space.

FAILURE TO COMPLY WITH THE DIRECTIONS OF A MARSHAL MAY RESULT IN A YELLOW CARD FOR A CREW OR COACH FROM THE CONTROL COMMISSION UMPIRE.



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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

- The Regatta is in compliance with the Code of Conduct under the Club's Safe Sport Policy. Any conduct which violates the Code of Conduct or 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 athletes, coaches, umpires and volunteers. 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 are Tentative and will be confirmed as soon as possible based on construction.

Proposed times are: Friday 3:00 p.m. to 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 mandatory meeting for all Coaches, Coxswains, and bow persons (sculling) will be held Saturday at 6:30 a.m.
- All crews will be responsible for knowing the information delivered at the meeting.

GENERAL RULES

The 2022 RCA Rules of Racing apply to all situations not covered above.

Medal Presentations

- Medals will be presented by the pavilion once official results from the finals have been published.
- Gold, silver, and bronze medals will be awarded for all finals with four or more entries
- Gold and silver medals will be awarded for all finals with three entries
- Gold medals will be awarded for all finals with two entries

Parking

- Trailers must enter through the parking lot entrance by the boathouse at the West side of the canal, via Colborne Street.
- Parking will be restricted at the boat house to trailers, car-top boat carriers, and the vehicles of regatta officials, umpires, vendors, and regatta committee volunteers.

Available Parking

- Colborne Street parking lot opposite train bridge: Free / Donations welcome.
- Access to Boathouse area 30-minute limit for delivery of food/tents. Refundable deposit required.
- Additional parking areas will be posted on Regatta Central and SNRC websites.



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Bus Parking

- All buses should be parked at the Boathouse area in the designated bus area. The Boathouse Area needs to remain free for trailer parking.
- No Tents are Permitted in the Trailer Parking Area due to safety concerns. Team Tents will be permitted in designated areas.
- See Regatta Web Site for designated locations.

Athlete Drop off Areas

- The main Athlete Drop off Area is at the Colborne Street Parking Lot and walk to the boathouse area.
- See Regatta Central and SNRC web sites for updates due to construction of bridge.

Watching Races

- Following races by motorized vehicles along the Kingsway (on the east side of the racecourse) is strictly prohibited and may result in exclusion of the crew being followed.
- Viewing areas are available along the course in the finish area.
- We encourage you to bring a bicycle and use the Welland Canal Trail that follows the course on the west side.