

## St. Catharines Rowing Club

### 2017 Mother's Day High School Regatta Package

Sunday May 14, 2017

Issue date – March 5, 2017

#### Contact information

Regatta Chairman – Al Shynal al.shynal@gmail.com

Regatta entries – Regatta central [www.regattacentral.com](http://www.regattacentral.com)

#### Dates

Entry deadline – May 6, 11:59pm

Late entry deadline – May 8, 11:59pm (a fee will apply)

Boating lineups – May 8, 11:59pm

Payment – with your entry via Regatta Central, or bring cheque to Coaches meeting May 14, 7am. Any money owed from previous Regattas, must be paid prior to entries being accepted.

#### Entry fees

8+ = \$70

4+ / 4X = \$55

2X = \$45

1X = \$35

Note:

13% HST will be applied to fee total

Each school will be assessed a \$50 administrative fee with the second entry.

#### Listing of events

1	Junior Men Four with Coxswain
2	Senior Men 72 kg Eight
3	Senior Men Double
4	Junior Women Four with Coxswain
5	Junior Men Quad
6	Senior Women 63 kg Single
7	Junior Men 72 kg Four with Coxswain
8	Senior Women 63 kg Eight
9	Junior Women Double
10	Senior Men 66 kg Four with Coxswain
11	Senior Women Quad
12	Junior Men Single

13	Junior Men 66 kg Four with Coxswain
14	Junior Women 63kg Eight
15	Senior Men 72kg Double
16	Senior Men Four with Coxswain
17	Junior Women Single
18	Senior Men Single
19	Senior Women Four with Coxswain
20	Junior Men Eight
21	Senior Women 63kg Double
22	Senior Women 63 kg Four with Coxswain
23	Senior Men Quad
24	Senior Women Single
25	Senior Men 72 kg Four with Coxswain
26	Junior Women Eight
27	Junior Men Double
28	Junior Women 59kg Four with Coxswain
29	Junior Women Quad
30	Senior Men 72 kg Single
31	Senior Women 59 kg Four with Coxswain
32	Junior Men 72 kg Eight
33	Senior Women Double
34	Junior Women 63 kg Four with Coxswain
35	Senior Women Eight
36	Senior Men Eight

### Entry rules

1. No limit on the number of events an athlete can enter. Please note we do not have the ability to alter the schedule due to race conflicts
2. There will be no weigh ins. Coaches, please enter your crews in races consistent with their current weight. Do not betray the trust we have in your honesty.
3. Competitors must be named to a boat; all boats must have full crews.

#### 4. Age categories

Seniors: Under 19 years of age January 1, year of the competition

Juniors: Under 16 years of age January 1, year of the competition

5. Two or more entries required in each event to ensure a race.
6. A student is considered a High School student, for the purpose of entry into this regatta, once they have enrolled as a full-time student.
7. All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform.
8. Each school shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors.
9. No composite crews allowed in any event. All members of crew must be registered at the same school.
10. Substitutes will only be accepted from your School's Alpha List. The maximum number of substitutes that can be used are: 4 for an eight; 2 for a four/quad and 1 for a double. No substitutes are allowed in a single.
11. 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.
12. All fees are payable in Canadian dollars.

#### Entries:

The following points should be noted when preparing crew lists for entry in the online system:

1. Eligibility: "Semester" type schools, students must be enrolled and in regular attendance in three (3) credit courses. In "Non Semester" schools, students must be enrolled and in courses for a minimum of six (6) credits.
2. If asked by Regatta officials, competitors must be able to produce photo ID that shows their name and D.O.B. at the Clerks booth before launching.
3. All crews entered in the Regatta draw will be assessed a \$50 fee for a "no show" or "scratch". Failure to pay will result in suspension of the entire school for future regattas.
4. No shell will be allowed on the water unless shoes are equipped with a safety release, heels are tied down, a bow number clip is attached, and a bow ball is in place.
5. Medical: The Chief Medical Officer, or his/her staff, will have the authority to refuse any athlete the usage of the course, if in their opinion the athlete is unfit to row.

6. Unsportsmanlike Conduct which includes but is not limited to foul, abusive or profane language 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 disqualification from the Race or future Races at the discretion of the Regatta Chairman.

### Practice times and procedure

On Sunday the course opens at 5:30am and closes at 6:30am.

The dock will close one hour before the first race. All crews practicing must be off the water one half hour before the first race of the day. Yellow cards may be issued to those that are late off the water.

### Docking Procedures

In order to be more efficient in assuring our timetables are met without inconvenience and distress to the athletes and coaches, the following protocol will be followed to make the use of the docks safer and more efficient:

1. All schools hot seating are to report this to the Registrar and the Dock Master so they can direct the incoming boat(s) to the section of the dock reserved for outgoing crews so as to not tie up dock space for incoming boats changing personnel, and making sure these boats are docked on the outside. Schools hot seating will not be issued a bow number until reporting to the Registrar at least one half hour before race time.
2. Only competitors, coaches and their assistants will be allowed on the dock (exceptions allowed at the discretion of the Dock Master).
3. All boats will be required to bring oars with them when launching and people to retrieve oars when docking after racing.
4. Any verbal abuse of Regatta Officials and Volunteers will result in disciplinary action as outlined above.

### Rules of Racing

The Rowing Canada Aviron Rules of Racing will apply at the Mother's Day Regatta. Exceptions to the RCA rules as allowed under RCA rule 1.6 are summarized as follows:

Rule 2.1 Definition of a competitor - All rowers and Coxswains must be attending the same school.

Rule 2.3 Age Categories of Rowers - differ from the RCA Rules and are stated in the Entry Rules section above

Rule 2.5 Coxswains weights – weights will not be required for coxswains

Rule 2.6 Weighing of Coxswains – there will be no weigh in for coxswains

Rule 2.10 Lightweights – there will be no weigh in for athletes

Rule 2.11 Weighing of Athletes – there will be no weigh in for athletes

Rule 6.5 Blades - uniform colors on blades will not be enforced

Rule 7.6 & 7.7 Substitutions - no substitutions for the single will be allowed for this regatta

Rule 9.3 Progression – entries will progress to the finals direct from heats

Rule 10.11 Interference - interference causing a crew to lose time late in a heat will be reviewed by the Chief Umpire and the Board of the Jury

Rule 10.20 Appeals - appeals will be heard by the Board of the Jury. Their decision is final.