St. Catharines Rowing Club

2022 Mother’s Day High School Regatta Package

Sunday May 8

Issue date – Apr 26, 2022

Contact information

Regatta Chairman – Brian Fisher bfisher@pridemobility.com

Chief Umpire – Louise Hastings muskoka@sympatico.ca

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

Dates

Entry and lineup deadline – May 2, 11:59pm (no late entries)

Draw available – May 5

Coaches meeting – May 8, 7:00am, Control Commission

First race – May 8, 8:00am

Athlete identification is not required to gain entry to the launch dock, (see Entries #2 below for exception)

Payment – must be done with your entry via Regatta Central. Rowing Canada / Row Ontario seat fees are applicable.

**Please note - All athletes, coaches and volunteers assisting at the Regatta must be fully vaccinated (2 times) in order to participate. All Schools must complete the registration question on Regatta Central confirming vaccination status has been checked and confirmed for each athlete, coach and volunteer that will be on-site for the Regatta**

Entry fees

8+ = $85

4+ / 4X+ = $70

4X = $60

2- / 2X = $50

1X = $40

Note:

 13% HST will be applied to fee total

 Each school will be assessed a $25 administrative fee with the second entry.

Listing of events (consistent with revised CSSRA schedule)

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| **1** | **Junior Women 59kg Coxed Quad** |
| **2** | **Junior Men Coxed Four** |
| **3** | **Senior Women 63kg Double** |
| **4** | **Novice Men Eight** |
| **5** | **Junior Women Coxed Four** |
| **6** | **Senior Men Quad** |
| **7** | **Mixed Double** |
| **8** | **Junior Women Single** |
| **9** | **Novice Women Eight** |
| **10** | **Senior Women Quad** |
| **11** | **Junior Men Double** |
| **12** | **Junior Men 72kg Coxed Four** |
| **13** | **Senior Men Pair** |
| **14** | **Senior Men 72kg Double** |
| **15** | **Junior Women Coxed Quad** |
| **16** | **Senior Men Single** |
| **17** | **Novice Women Coxed Quad** |
| **18** | **Senior Women Coxed Four** |
| **19** | **Junior Women 63kg Eight** |
| **20** | **Senior Women 63kg Single** |
| **21** | **Junior Men 66kg  Coxed Quad** |
| **22** | **Junior Women Double** |
| **23** | **Senior Men Coxed Four** |
| **24** | **Senior Women Single** |
| **25** | **Novice Men Coxed Quad** |
| **26** | **Senior Women Pair** |
| **27** | **Junior Men Eight** |
| **28** | **Senior Men Double** |
| **29** | **Junior Men Coxed Quad** |
| **30** | **Senior Women 63kg Coxed Four** |
| **31** | **Junior Women Eight** |
| **32** | **Senior Men 72kg Single** |
| **33** | **Senior Men72kg Coxed Four** |
| **34** | **Novice Women 63kg Coxed Quad** |
| **35** | **Senior Women Double** |
| **36** | **Junior Men 72kg Eight** |
| **37** | **Junior Men Single** |
| **38** | **Junior Women 63kg Coxed Four** |
| **39** | **Novice Men 72kg Coxed quad** |
| **40** | **Mixed Quad** |
| **41** | **Senior Women Eight** |
| **42** | **Senior Men Eight** |

1. No limit on the number of events an athlete can enter. Please note, there is no ability to alter the schedule due to race conflicts.

2. Weigh-in will be open from 6:30am – 8:30am

Weight allowance; for 59kg events, max allowed = 61 kg for 63kg events, max allowed = 65kg

 for 66kg events, max allowed = 68kg for 72kg events, max allowed = 74kg

 Coxswains – no weigh in

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 an event for a race to be run. If two entries in a race, gold medal only will be awarded. If three entries, gold and silver medals only will be awarded. Four + entries will have gold, silver, and bronze medals awarded

6. A student is considered a High School student, for entry into this regatta once they have enrolled as a full-time student.

7. Only an authorized representative of the School or Club representing a school (but not both) can make entries in the Registration System (Regatta central). We will accept alternate school names if there exists a conflict in using the school name.

8. All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform.

9. Each school shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors.

10. No composite crews allowed at any event. All members of crew must be registered and attending the same school and compete for that team only

11. Substitutes will only be accepted from your Regatta Central roster. 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.

12. 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.

13. All fees are payable in Canadian dollars.

14. Progression rule – will be from heats to a 6-lane final, heat winners, and if necessary, the next fastest times to make up 6 entries.

Entries:

The following points should be noted when preparing crew lists for entry:

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. Only if required by Regatta officials, a competitor must be able to produce photo ID that shows their name and D.O.B. at the Control Commission before launching.

3. All crews entered in the Regatta draw will be assessed a $50 fee for a "no show" or "scratch" unless a note from the Island Medical staff is presented to the Regatta Chairperson on Sunday May 8. Failure to pay will result in suspension of the entire school for future regattas.

4. No shell will be allowed on the water unless a white bow ball is in place, a bow number clip is attached, and if the shell is equipped with shoes and heel ties, that conform to the revised RCA rule of racing 3.5.

5. There will be four lines of buoys on the course with each lane having one line to the outside of the lane and no middle lane

6. 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.

7. Unsportsmanlike Conduct which includes but is not limited to foul, abusive or profane language on or off the water 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 and Chief Umpire

Practice times and procedure

The course will be closed to competing schools prior to the Regatta.

Docking Procedures

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 Control Commission and the Dock-Master so they can direct the incoming boat(s) to the section of the dock reserved for outgoing crews, and make sure these boats are docked on the outside. Schools hot seating will not be issued a bow number until reporting to the Control Commission 30 minutes 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 crews 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:

Exceptions to the RCA Rules of Racing Rule

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. Only if required by Regatta officials, a competitor must be able to produce photo ID that shows their name and D.O.B. at the Control Commission before launching.

Rule 2.5 Coxswains weights – not required as there are no weigh-ins for coxswains
Rule 2.6 Weighing of Coxswains – there will be no weigh in for coxswains
Rule 2.10 Lightweights – there will be a +2kg allowance
Rule 4.1 - there will be no 250m markings on the course
Rule 7.2 Entries - the draw will be available on May 5
Rule 7.6 & 7.7 Substitutions - no substitutions for the single will be allowed for this regatta
Rule 10.19 Appeals - appeals will be heard by the Board of the Jury. Their decision is final.