

St. Catharines Rowing Club

2024 Mother's Day High School Regatta Package

Sunday May 12

Issue date – Apr 17, 2024

Contact information

Regatta Chairman – Brian Fisher bfisher@pridemobility.com

Chief Umpire – Louise Hastings muskoka@sympatico.ca

Regatta entries – Regatta central www.regattacentral.com

Dates

Entry and lineup deadline – May 4, 11:59pm

Draw available – May 7

Coaches meeting – May 12, 7:00am, Control Commission

First race – May 12, 8:00am

Athlete identification is not required to gain entry to the launch dock

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

Entry fees

8+ = \$95

4+ / 4X+ = \$80

4X = \$70

2- / 2X = \$60

1X = \$50

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 CSSRA schedule)

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 Men 72kg 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. There is no limit to 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 (2024)

Juniors: Under 16 years of age January 1, year of the competition (2024)

5. Two or more entries are required in an event for a race to be run. If there are two entries in a race, a gold medal will be awarded. If there are three entries, gold and silver medals will be awarded. With four or more entries gold, silver, and bronze medals will be awarded
6. 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 a conflict exists in using the school's name.
7. All members of competing crews shall participate in the gender category in which they identify. All competitors must wear the school racing uniform. In the event of inclement weather, changes to the school uniform rule will be communicated at the Coaches meeting or the Control Commission.
8. Each school or Club shall be responsible for the provision of its equipment as well as the conduct & physical fitness of all its competitors.
9. All members of a crew must be registered and attending the same school and compete for that team only.
10. 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.
11. In the event of races being cancelled due to reasons beyond our control (e.g., weather), medals will be presented to the fastest times coming from the completed heats.
12. For those wishing to have tents set up **anywhere** on the Island, please contact Brian Fisher for details. There is a \$75 charge per tent for all participating schools, and you are responsible for coordinating with a tent provider for installation and removal after the event. With each confirmed paid location, vehicle access passes will be distributed the day of. Please note continual in and out from the field may not be available
13. All fees are payable in Canadian dollars.
14. Progression rule – will be from heats to a 6-lane final, heat winners, and the next fastest times to make up six entries for the final.

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. All crews entered in the Regatta draw will be assessed a \$50 fee for a "no show" or "scratch". If the scratch is a medical issue a note from the Island Medical staff must be presented to the Regatta Chairperson on Sunday May 12. Failure to pay the scratch fee will result in suspension of the entire school for future regattas.

3. No shell will be allowed on the water unless a white bow ball is firmly in place, a bow number clip is attached, and if the shell is equipped with shoes and heel ties to a maximum of 7cm as set out in RCA Rules of Racing 3.5.

4. 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.

5. Medical: The Medical Officer, or his/her staff, will have the authority to refuse any athlete the use 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 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 in accordance with the Safe Sport Policy

Practice times and procedure

The course will be closed to competing schools prior to the Regatta. There are no practice times available.

Docking Procedures

To be more efficient in assuring our race schedule is met without inconvenience and/or 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 with 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 ensure that 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 coaches/assistants to retrieve oars when docking after racing.

4. Any verbal abuse of Regatta Officials and Volunteers will result in disciplinary action as outlined above in accordance with the Safe Sport policy

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.

Rule 2.5 Coxswains weights – not required, no weigh-ins for coxswains

Rule 2.6 Weighing of Coxswains – no weigh in for coxswains

Rule 4.1 - no 250m markings on the course

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

Rule 10.18 Appeals - appeals will be heard by the Board of the Jury. Their decision is final.