 St. Catharines Rowing Club

2025 Early Bird High School Regatta Package

Sunday Apr 27, 2025

Issue date – March 19, 2025

Contact information

Regatta Chairman – Brian Fisher [bfisher@pridemobility.com](mailto:bfisher@pridemobility.com)

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

Chief Umpire – Tammy Jacobsen [tammy.jacobsen@gmail.com](mailto:tammy.jacobsen@gmail.com)

Dates and times

Entry and boating lineups deadline – April 20, 2025, 11:59pm

Draw will be available – April 23, 2025

Weigh-in times – 7:00 – 8:30 am

Coaches meeting – 7:00am at the Control Commission

First race – 8:00 am

**Payment – Entry fees for those schools rowing out of SCRC will be invoiced after the event. At the time of entry, you will be invoiced by Regatta Central to collect the Rowing Canada / Row Ontario seat fees only.**

**All other schools will be invoiced for entries and seat fees as per the regular Regatta Central process.**

List of events (consistent with revised CSSRA schedule)

|  |  |
| --- | --- |
| **#** | **Category** |
| 1 | Junior Women 63kg 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 72.5kg Coxed Four |
| 13 | Senior Men Pair |
| 14 | Senior Men 72.5kg 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 72.5kg  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 72.5kg Single |
| 33 | Senior Men72.5kg Coxed Four |
| 34 | Senior Women Double |
| 35 | Junior Men 72.5kg Eight |
| 36 | Junior Men Single |
| 37 | Junior Women 63kg Coxed Four |
| 38 | Mixed Quad |
| 39 | Senior Women Eight |
| 40 | Senior Men Eight |

Rowan’s Law

***Each participating School is responsible to ensure all athletes and Coaches have read the Ontario Ministry provided Concussion Resources AND they have read and agreed to the ROWONTARIO Concussion Code of Conduct.***

Entry rules

1. Entries will be accepted from local St. Catharines high schools operating out of St. Catharines Rowing Club and invited “guest” schools only. No home school, or composite entries will be accepted.

2. One entry per athlete. A second entry will be allowed only to ensure all athletes are able to race. Please note there is no ability to alter the schedule due to race or boat conflicts.

3. There will be a +2kg weigh-in allowance. Coxswains are not required to weigh-in.

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. A novice competitor is an athlete who has never competed in any rowing regatta prior to September 1 of the year prior to the Regatta. The entire crew including coxswains must be novices as defined herein. However, a novice coxswain in last year’s Regatta may compete as a novice rower in this year’s Regatta. There is no age classification for novice events. As the authorized representative responsible for making novice entries, you must declare that you have explained the novice eligibility rule to the coaches and competitors that will be competing in novice events and have received assurances from the competitors that they all meet the novice eligibility rules.

6. Two or more entries are required in each event to ensure a race. If required, races will be combined with similar speed boats to ensure a race for all

7. All members of the competing crews shall participate in the gender category in which they identify, and all 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. No shell will be allowed on the water unless shoes are equipped with one hand quick release, heels are tied down to a maximum of 7cm., a bow number clip is attached, and a white bow ball is securely in place.

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

10. No composite crews allowed in any event. All members of the crew must be registered at the same school.

11. Mixed events must be composed of 50% female and 50% male rowers.

12. All races run will be as their own individual final. There will be no medals presented at the Regatta.

13. As a Coach, please give some thought prior to, and only enter crews that are competent to access the starting gates and proceed through the course in a race environment without being a danger to themselves, or other crews on the water.

Entries:

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

1. Eligibility: In "semester" type schools, students must be enrolled and in regular attendance in three (3) credit courses in any one semester. In "non-semester" schools, students must be enrolled and in courses for a minimum of six (6) credits for the full year.

2. If asked by Regatta officials, competitors must be able to produce a photo ID that shows their name and D.O.B. at the Control Commission before launching.

3. Medical personnel will have the authority to refuse any athlete the use of the course, if in their opinion the athlete is unfit to row.

4. 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 exclusion from the race or disqualification from future races at the discretion of the Regatta Chairman and Chief Umpire.

5. Athletes need to bring enough water for the day. Water can be purchased at the Henley Island Helpers booth.

Practice times and procedure

Prior to the regatta the course will be closed and not available for practice.

Docking Procedures

To be more efficient in staying on schedule, 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 so they can direct the incoming boat(s) to the section of the dock reserved for outgoing crews 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 Control Commission at least 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 Control Commission).

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, Umpires, and volunteers will result in disciplinary action as outlined above.

Rules of Racing

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

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 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 +2 kg weigh-in allowance

Rule 2.11 Weighing of Athletes – weigh-ins will be 7-8:30am

Rule 4.1 - there will be no 250 m markings on the course

Rule 9.1 – Races will be combined with boats of similar speed to condense the schedule and ensure all boatings are able to compete.

Rule 9.3 Progression – there will be no progression to finals. All races are final

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