



HEAD OF THE RED REGATTA

Saturday, September 8, 2018

The Winnipeg Rowing Club (WRC) is once again hosting Head of the Red on Saturday, September 8, 2018. The event is open to novice, junior, senior and masters competitors. A number of different events will be offered -- to suit all rowers' abilities!

The race is a 5000 meter head race.

All participants are invited and encouraged to stick around the club for post racing lunch, and which is included as part of your registration cost.

Schedule of Events

- 7:15 a.m. Officials Meeting
- 7:30 a.m. Registration table opens
- 7:45 a.m. Officials/Coaches & Athletes Meeting
- 8:00 a.m. Dock opens for crew push off
- 9:00 a.m. Start of races
- 1:30 p.m. Lunch

Event#	Time*:	Event
Saturday, September 8, 2018		
1	9:00 AM	Womens Open 1x
2	9:10 AM	Womens Masters 2x
3	9:20 AM	Mens Open 1x
4	9:20 AM	Mens Juniors 1x
5	9:30 AM	Mens Masters 2x
6	9:40 AM	Womens Juniors 4x
7	9:50 AM	Mixed Novice 4x
8	10:20 AM	Womens Masters 1x
9	10:30 AM	Mens Juniors 2x
10	10:40 AM	Womens Open 2x
11	10:50 AM	Mixed Open 2x
12	11:00 PM	Mens Masters 4x
13	11:00 AM	Mens Open 4x
14	11:10 AM	Womens Juniors 1x
15	11:50 AM	Mens Juniors 4x

16	12:00 PM	Mens Masters 1x
17	12:10 PM	Womens Open 4x
18	12:10 PM	Womens Masters 4x
19	12:20 PM	Womens Juniors 2x
20	12:30 PM	Mens Open 2x
21	12:40 PM	Mixed Open 8+

*estimated start time, subject to change based on number of entries.

Eligibility and Entries

Junior: 18 years or younger as of December 31, 2018.

Master: Over 21 as of December 21, 2018

Novice: began rowing after June 1, 2018

Mixed: Mixed crews should be equal male and female rowers.*

Handicaps: Master's races will be follow RCA Rules of Racing.

Entry Fee: \$35 Cdn, plus RCA seat fee. Includes post regatta lunch. Registration fees due at the registration table by the 8:00 a.m. Saturday, September 8. All cheques payable to Winnipeg Rowing Club or paid via RegattaCentral

Composite crews welcome!

To Register for the Regatta

Registration via RegattaCentral. Due Tuesday, September 4.

Each crew should arrive at the Winnipeg Rowing Club at least 90 minutes prior to push off. All crew members must register at the check-in desk before racing and pick up their assigned bow marker.

The course is approximately 5000 meters or 3 miles in length on the Red River racing north along the Red River to the finish in front of Winnipeg Rowing Club. Crews must keep course buoys on their starboard side throughout the full 5000 meter race course. Any missed buoys will result in a 60 second time penalty.

Parking, registration, launching, food and awards are located at the Winnipeg Rowing Club, 20 Lyndale Drive.

All races are a running start with 20 second intervals. All races will be officiated by certified Rowing Canada Officials.

Rules of Racing

1. Good sportsmanship is expected at all times.
2. The ability to accomplish effective and safe passing is an important aspect of successful racing.

The following are the basic responsibilities of scullers and crews in these situations:

(i) The boat overtaking (Passer) has the right of way to pass (on the side of its choice) if a safe pass can be accomplished. Generally this will be the shortest line that gives an advantage. If passing cannot be accomplished safely, the Passer must be prudent and delay the act of passing until the pass can be accomplished without incident. The wise sculler or crew knows that more time can be lost by pressing a situation rather than slowing down and waiting for the right moment to pass.

Communicate effectively during racing with other crews on the water.

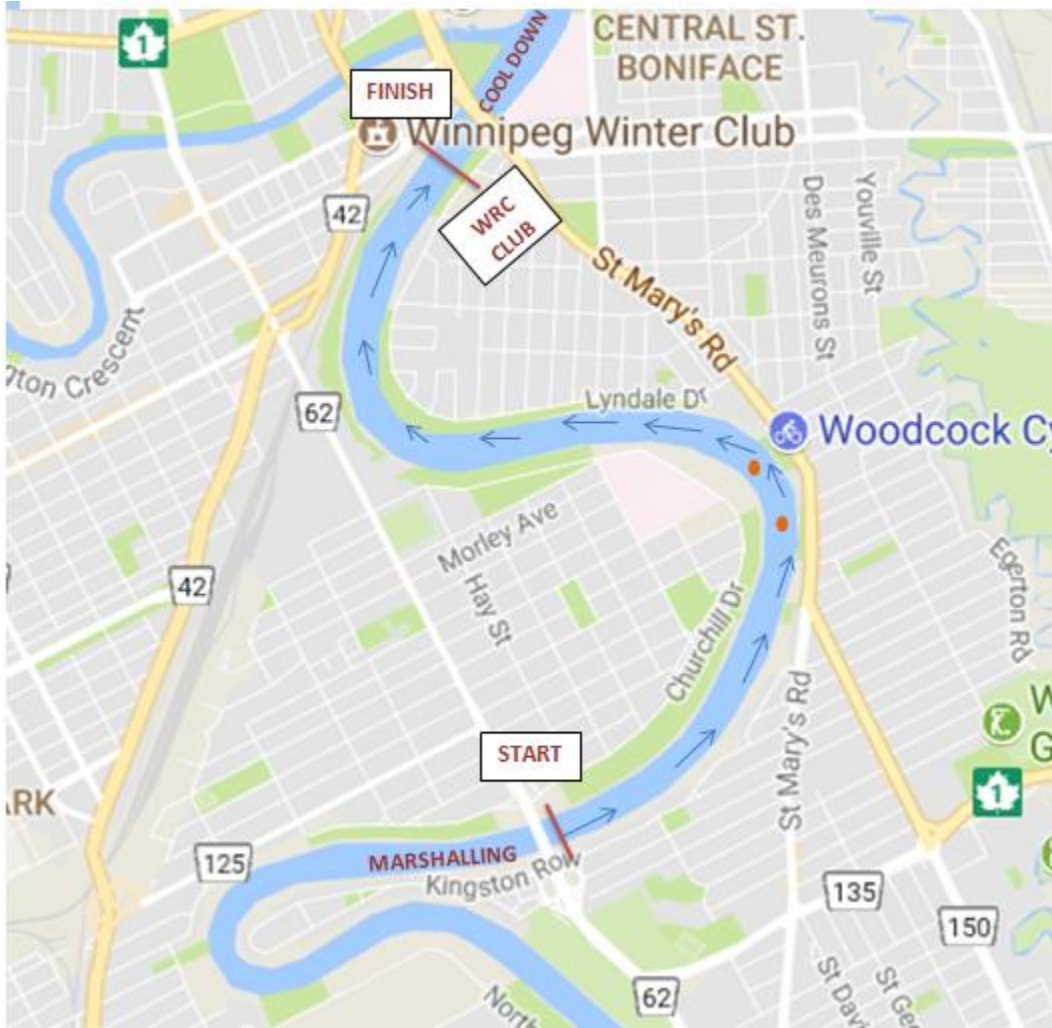
(ii) The boat being overtaken must yield and give suitable room to the Passer (on the side chosen by the Passer) if a safe pass can be accomplished. Failure to yield to the Passer is a serious infraction of competitive conduct. Crews and scullers must be alert to possible upcoming passing attempts and promptly yield when there is adequate room and time. Crews must be prepared to miss a few strokes to allow the Passer to pass safely and without interference. Communicate effectively during racing.

(iii) Respect for the safety of other competitors and their equipment must be observed at all times.

In the event a crew does not yield to a Passer, they will be assessed a penalty of 30 seconds.

3. Shortcutting on the wrong side of buoys will incur a 60 second penalty.
4. Have fun and safe rowing!

COURSE MAP



Accommodations

Norwood Hotel: Located in Winnipeg's Franco-Manitoban community St. Boniface

Within a 5 minute walk from the Winnipeg Rowing Club boat house <http://www.norwood-hotel.com/>

Inn at the Forks: Located at Winnipeg's most historic site, meeting place and green space in Downtown

Winnipeg located at the confluence of the Red River and the Assiniboine River.

Within a 10 minutes walk from the Winnipeg Rowing Club boat house <http://www.innforks.com/>

Humphry Inn & Suites, Downtown: Located in downtown Winnipeg.

5 minute drive, or 15 minutes walk to Winnipeg Rowing Club Boat House.

<https://www.humphryinn.com/>