



RowOn Championship Regatta

Saturday July 23rd & Sunday July 24th, 2022



OFFICIAL REGATTA INFORMATION PACKAGE

Hosted at the Welland International Flatwater Centre (South Course)

270 Colborne St, Welland ON L3B 3P1

Regatta Chair: Chris Marshall & Andrew Backer	Chief Umpire: Franc Tomsic
Safety Advisor: Zach Campbell, City of Welland	First Aid/Medical Advisor: Erin Carl, City of Welland

REGATTA INFORMATION

The RowOn Championships Regatta is a six-lane 2000m sprint race open to any club in the world. Row Ontario reserves the right to cancel the regatta if changes in COVID restrictions, no longer permit us to run a safe regatta. In this situation, refunds will be in full. The regatta may also be canceled or modified if the # of entries dictate.

ORDER OF EVENTS (Same as 2019 Regatta)

Saturday July 23 rd		Sunday July 24 th	
Event #	Event Name	Event #	Event Name
1	Women's 1x [U17 to Sr.]	1	Women's 1x [U17 to Sr.]
2	Men's 1x [U17 to Sr.]	2	Men's 1x [U17 to Sr.]
3	Para Mixed 2x [PR2, PR3]	30	Para 1x [PR1; PR2; PR3]
4	U17 Men's 8+	31	Para Mixed 4+ [PR3]
5	U19 Women's 2-	32	U17 Women's 8+
6	U19 Men's 4+	33	U19 Men's 2-
7	U17 Women's 2x	34	U19 Women's 4+
8	U23 Men's 4x	35	U17 Men's 2x
9	Sr. Women's 59kg 4-	36	U23 Women's 4x
10	U23 Women's 8+	37	Sr. Men's 72.5kg 4-
11	Sr. Women's 4x	38	U23 Men's 8+
12	U17 Men's 4x	39	Sr. Men's 4x
13	U23 Women's 59kg 2x	40	U17 Women's 4x
14	Sr. Women's 2-	41	U23 Men's 72.5kg 2x
15	U17 Women's 4x+	42	Sr. Men's 2-
16	U19 Women's 4x	43	U17 Men's 4x+
17	Sr. Men's 2x	44	U19 Men's 4x
18	Sr. Men's 72.5kg 2-	45	Sr. Women's 2x
19	Sr. Women 59kg 4x	46	Sr. Women's 59kg 2-
20	U19 Men's 2x	47	Sr. Men's 72.5kg 4x
21	U23 Men's 2-	48	U19 Women's 2x
22	U19 Women's 8+	49	U23 Women's 2-
23	U23 Women's 2x	50	U19 Men's 8+
24	Sr. Men's 72.5kg 2x	51	U23 Men's 2x
25	Sr. Women's 4-	52	Sr. Women's 59kg 2x
26	Sr. Men's 72.5kg 8+	53	Sr. Men's 4-
27	Sr. Men's 8+	54	Sr. Women's 59kg 8+
<i>Events may vary or be combined based on entries.</i>		55	Sr. Women's 8+
		56	Mixed 2x

DAY OF COMPETITION – SCHEDULE INFORMATION

- a) Coaches Meeting – Friday July 22nd 7:15PM in Pavilion.

ALL clubs are required to have at least 1 representative at the coaches meeting, for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2022 RCA Rules of Racing.

As per Rule 8.6 in the Rowing Canada Rules of Racing, the Chief Umpire may penalize a club for failure to attend the coaches meeting, including not permitting the club to race. The Club representative in attendance is responsible for conveying all information from the coaches meeting to all participating athletes and coaches. All participants are expected to be familiar with the information conveyed at the coaches meeting.

Hardcopies of the draw will not be distributed. The draw, progressions and results will be available online in Regatta Central and through WhatsApp three [3] days in advance of the regatta.

- b) Race Times – The first race will start at 8:30am. Athletes will be permitted to launch from Control Commission starting 7:45am.
- c) Minimum Race Intervals and Expected Launch Times – The minimum race interval will be 30 seconds between boats (in alternative lanes) for time trials (60 seconds per lane) and 6 minutes for sprint racing.

Crews will not be permitted to launch more than 45 minutes or less than 20 minutes prior to the posted start time. There are no hot seat docks; however, Control Commission Umpires, if provided notice, will give priority to hot-seating crews at the launch doc when possible.

- d) Weigh-in Times – Weigh ins will start 75 minutes prior to the first weight restricted race each day and will open for 2.5 hours. Priority will be given to the time trial athletes, starting with the women before crew weigh-ins . A gauged test scale will be available during practice time on Friday July 22nd and throughout both days of racing.
- e) Course practice times – The course will be open for practice on

Friday July 22 nd	3:00pm to 6:45pm
Saturday July 23 rd	7:00am to 7:45am and 20 minutes after last race to 6:30pm
Sunday July 24 th	7:00am to 7:45am

Practice times will be subject to availability of coaches available to drive safety boats. Safety boat drivers must be provided by the club. Safety boat drivers **and** crews must sign in at the Regatta Office **before** launching for practice. Any athletes or crews practicing without a designated safety boat will be issued a

yellow card when they check into Control Commission for their first event. The course will only be open for practice if weather and water conditions permit, at the direction of the Regatta Chair and Chief Umpire.

For practice to be permitted, six [6] safety boats will be required to be on the water in the following locations,

Start

500m – 750m mark (cruising between)

1250m – 1500m mark (cruising between)

Finish

Near hot seat dock

Between Train bridge and docks

Coaches driving boats are not permitted to coach and shall stay in their assigned position for the duration of their shift.

f) Regatta Office Hours

- Friday July 22nd 2:30pm to 7:00pm
- Saturday July 23rd 6:30am to 7:00pm
- Sunday July 24^h 6:30am to 30minutes after the last race.

PROGRESSION FORMAT

All 1x events except Para 1x events will follow a Time Trial to Seeded Final format.

- Athletes will be seeded based on the on-water 2000m time (OW2KT) submitted at the time of entry. If an OW2KT is not provided, athletes will be seeded with each age category at the discretion of Row Ontario.
- Athletes will be placed into finals based on a collective ranking of all Women's 1x and Men's 1x time trial results, regardless of age or weight category, to provide an opportunity for rowers to race others of like speed.
- Finals will be run in reverse order. Not every 1x entry may be placed in a final; the number of finals will be dependent on the number of entries for all events, with consideration of the overall race schedule. A minimum of A-F finals will be run for each the Women's 1x and Men's 1x.

Progression for all other events shall be as follows

No. of Entries	Progression Format
2 to 6	Straight final
7 to 18	Heats → Finals 1 st + next fastest to Finals
19 - 32	Heats to A/B Finals Time-based progression
33+	Heats to A/B/C Finals

Time-based progression

ELIGIBILITY

All events are open to participants from any Club in the world. Athletes and listed coaches must be listed on their Club's Regatta Central roster.

a) Ontario Participants	<ul style="list-style-type: none">Registered and active member of a Row Ontario member club in the appropriate role (e.g., athlete or coach)Registrations must be activated in the RCA Web Registration System to be valid
b) Canadian Participants, outside Ontario	<ul style="list-style-type: none">Registered and active member of a member club in the appropriate role (e.g., athlete or coach)Registrations must be activated in the RCA Web Registration System to be valid
c) International Participants	<ul style="list-style-type: none">Registered with the appropriate National Rowing FederationComplete the online waiver in Regatta Central by Friday July 22nd
d) Age Categories	<ul style="list-style-type: none">Age is calculated as of December 31st, 2022U17 – open to eligible athletes born in 2006 or laterU19 – open to eligible athletes born in 2004 or laterU23 – open to eligible athletes born in 2000 or later
e) Weight Restricted	<ul style="list-style-type: none">Men 72.5kg maximumWomen 59kg maximum
f) Coxswains	<ul style="list-style-type: none">The minimum weight of a coxswain of a U17 or U19 crew, wearing a racing uniform, shall be 45kg.The minimum weight of a coxswain for all other categories shall be 55kg.If under the minimum weight, a coxswain shall carry deadweight up to a limit of 15kg.
g) Mixed	<ul style="list-style-type: none">Mixed events must include no more than 50% identified male athletes (excluding coxswains)
h) Para	<ul style="list-style-type: none">Para events are open to all rowers who meet RCA Rules 2.12 but are not required to have undergone classification prior to this regatta.
i) Parent-Child 2x	<ul style="list-style-type: none">Parent-Child 2x must include a parent and child who both fulfill the eligibility criteria related to active registration but are not required to be registered members at the same rowing club.

PROOF OF AGE AND IDENTITY

As per Rule 2.3 the following photo identification will be accepted for this regatta;

- single piece of government issued photo identification,



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- clear and legible photograph of government issued photo identification either photocopy or digital version
- two pieces of ID, one which is government issued, that together confirm date of birth and identity (photo)

ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payment of entry fees will be completed through Regatta Central, without exception. Entries, completed in full, must be submitted online by Sunday July 17th at 11:59PM.

Entries will only be accepted with full payment. Any entries for which payment has not been received will be deleted after the deadline.

A preliminary race draw will be posted on Regatta Central on Tuesday July 19th. Any further updates will be published on Regatta Central and Regatta Master.

a) Entry Fees

Boat Class	Base Entry Fee		Row Ontario Seat Fee	RCA Seat Fee	Total
1x	\$67.50 + HST	\$76.28	\$2.10 + HST = \$2.37	\$3.65	\$82.30
2x/2-	\$83.25 + HST	\$94.07	\$4.20 + HST = \$4.75	\$7.30	\$106.12
4x/4-	\$104.00 + HST	\$117.52	\$8.40 + HST = \$9.49	\$14.60	\$141.61
4x+/4+	\$104.00 + HST	\$117.52	\$10.50 + HST = \$11.87	\$18.25	\$147.64
8+	\$125.00 + HST	\$141.25	\$18.90 + HST = \$21.36	\$32.85	\$195.46

All fees are stated in CAD funds.

b) Late Entries

Late entries will be accepted on a first come, first paid basis. Late entries are subject to lane availability. Late entries will be accepted during the following times.

Start	End	Where
Jul 20 th 9:00am	Jul 22 nd 4:00pm	via Regatta Central
Jul 22 nd 4:00pm	Jul 22 nd 6:00pm	in-person at the Regatta Office
July 23 rd & 24 th	Regatta Office Hours	² In person at the regatta office

²Late entries will only be accepted until 2 hours before the posted start time.

Late Entry fees

The cost of a late entry will be 1.5x the cost of the base entry fee, plus seat fees. The late entry fee must accompany the late entry for the entry to be accepted, without exception. Late entry fees must be paid by credit card or club cheque. **CASH and PERSONAL CHEQUES WILL NOT BE ACCEPTED.**

c) Substitutions



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Rule 7.6 - Crew Changes Before the First Heat, will apply to all crew substitutions. The substitution must meet all eligible and entry requirements as listed above.

A \$5.00 Name Change Fee will be assessed for all name changes unless a note from a qualified medical professional is emailed to chris@rowontario.ca by 5:00pm on Monday July 25th, 2022.

Substitution requested will be accepted at the following times.

Start	End	Where
Jul 20 th 9:00am	Jul 22 nd 4:00pm	Via email to andrew@rowontario.ca , using the RowOn Name Change Form available on Regatta Central.
Jul 22 nd 4:00pm	Jul 22 nd 6:00pm	in-person at the Regatta Office
July 23 rd & 24 th	Regatta Office Hours	³ in-person at the Regatta Office

²Name changes will only be accepted until 2 hours before the posted start time.

d) Scratches

All scratches submitted after the entry deadline will be assessed a \$50.00 + HST Scratch fee. Crews who miss the start of their race for any reason their club will also be assessed a \$50.00 + HST Scratch fee. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is emailed to andrew@rowontario.ca by 5:00pm on Monday July 25th, 2022.

RCA RULES OF RACING EXCEPTIONS

This regatta will follow the 2022 Rowing Canada Aviron Rules of Racing, with the exceptions (per Rule 1.6) noted below.

7.2 Entries

- The name of the crew coach must be included with each entry
- The draw will be posted three days in advance

7.7 Crew Changes Before the First Heat

- Crew changes will only be accepted between the dates and times outlined in the regatta package.

9.3 Events with 7 or More Entries

- Events with 7 or more entries will be run as multiple finals, as outlined above.

RESULTS AND MEDALS

Results will be posted online using Regatta Central and Regatta Master.

In the 1st, 2nd, and 3rd place medals will be awarded. For a gold, silver, and bronze medal to be awarded in a category, there will need to be a minimum of four boats that race in that category. If there are only three boats, only a Gold and Silver will be awarded. If just two boats, only the Gold will be awarded.



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For the 1x events, there will be medals awarded for U17, U19, U23 [Open & Weight Restricted], Senior [Open & Weight Restricted] categories for both Men and Women.

Medals will be awarded at the RowOn tent near the regatta office by a Row Ontario representative. Medal presentations are not scheduled; participants are invited to pick up their medals whenever convenient throughout the regatta and up to 60 minutes after the last race.

PARKING & MOTOR TRAFFIC

Parking will be in the City of Welland lot on Colborne Street, just north of the train bridge. This lot is reserved for athletes, coaches, and other club volunteers. There will NOT be any sort of shuttle service so everyone must plan to walk to the trailer area. Parking along Canal Bank Road is strictly prohibited and will be enforced by By-Law all weekend.

Following races by motorized vehicles along the Kingsway (on the east side of the racecourse) is strictly prohibited and may result in a yellow card to the crew. Viewing areas are available along the course in the finish area, including the grandstand. We encourage you to bring a bike and use the Welland Canal Trail that follows the course on the west side.

Parking at the boathouse is designated for volunteers, staff, and umpires.

SITE AMENITIES

Please note there will be no food vendors at this regatta. Competitors are encouraged to bring their own water; there is access to a water hose at the boat house and there will be bottles of water available in case of emergency at the Start, Finish, and Medical. The municipal water truck will not be present for this event.

There will be no indoor shelter available at the regatta site. The regatta will be canceled in the event of inclement weather. Clubs are recommended to bring their own tents in the event of rain/sun etc. Trailer sites will be large enough to accommodate trailers and a shelter structure.

There will be ample portable washrooms on the regatta site for the use of athletes, coaches, and regatta volunteers.

COMMUNICATION

Regatta communication will be distributed through WhatsApp. Please join the group at this link.

<https://chat.whatsapp.com/DuM9nabAneDCw2cvaaBJ5g>

MEDICAL SERVICES

A clearly marked medical tent, staffed with a certified City of Welland lifeguard, will be located at the finish line on the West shore (finish tower side), with access to a coach boat to assist an athlete on the water with immediate need.



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A secondary medical tent, staffed with a certified City of Welland lifeguard, will be in the compound near the boathouse for any medical needs in that area. All medical staff and regatta officials will have access to a phone to call 911 if required.

All questions should be addressed to Chris Marshall via email chris@rowontario.ca