

St. Catharines Rowing Club

2019 Early Bird High School Regatta Package

Sunday April 28, 2019

Issue date – March 17, 2019

**Revised date – April 16, 2019**

Contact information

Regatta Chairman – Al Shynal, al.shynal@gmail.com

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

Dates and times

Entry deadline – April 21, 11:59pm

Boating lineups – April 21, 11:59pm

Draw will be available - April 24, 2019

Weigh-in times – 7:00 – 8:30 am

First race – 8:00 am

Payment – Entry fees will be invoiced after the event. You will be invoiced by Regatta Central to collect the new Rowing Canada / Row Ontario seat fees.

Listing of events

1. Junior Women 59kg Quad
2. Junior Men Four with Cox
3. Senior Women 63kg Double
4. Senior Men 72 kg Eight
5. Junior Women Four with Cox
6. Senior Men Quad
7. Junior Women Single
8. Senior Women 63kg Eight
9. Senior Men 72kg Double
10. Senior Women Quad
11. Junior Men 72kg Four with Cox
12. Senior Men Pair
13. Senior Men Single
14. Junior Women Quad
15. Junior Men Double
16. Senior Women Four with Cox
17. Junior Women 63kg Eight
18. Senior Women 63kg Single
19. Junior Men 66kg Quad
20. Junior Women Double

21. Senior Men Four with Cox
22. Senior Women Single
23. Senior Women Pair
24. Junior Men Eight
25. Senior Men Double
26. Junior Men Quad
27. Senior Women 63 kg four with Cox
28. Junior Women Eight
29. Senior Men 72kg Single
30. Senior Men 72kg Four with Cox
31. Senior Women 59kg Quad
32. Senior Women Double
33. Junior Men 72kg Eight
34. Junior Men Single
35. Junior Women 63kg Four with Cox
36. Senior Men 66kg Quad
37. Senior Men Eight
38. Senior Women Eight

### Entry rules

1. One entry per athlete. A second entry will be allowed only to ensure all athletes are able to race. Please note we do not have the ability to alter the schedule due to race conflicts.
2. There will be a +2kg weigh-in allowance.
3. 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
4. Two or more entries required in each event to ensure a race. If required, races will be combined with similar speed boats to ensure a race for all
5. A student is considered a High School student, for entry into this regatta, once they have enrolled as a full-time student.
6. All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform.
7. Each school shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors.
8. No composite crews allowed in any event. All members of crew must be registered at the same school.

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

### Entries:

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

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. If asked by Regatta officials, competitors must be able to produce photo ID that shows their name and D.O.B. at the Clerks booth before launching.
3. No shell will be allowed on the water unless shoes are equipped with a safety release, heels are tied down, a bow number clip is attached, and a bow ball is securely in place.
4. 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.
5. 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 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 Registrar and the Dock Master 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 Registrar at least one 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 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 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 2.1 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 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 4.1 - there will be no 250m markings on the course

Rule 7.2 – draw will be available Apr 24, not 5 days prior to the event

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

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

Rule 9.3 Progression – there will be no progression to finals

Rule 10.19 Appeals - appeals will be heard by the Board of the Jury. Their decision is final.