

2018 CORA Member Clubs

Rowing Clubs	City
Argonaut Rowing Club	Toronto Ontario
Barrie Rowing Club	Barrie Ontario
Brockville Rowing Club	Brockville Ontario
Cambridge Rowing Club	Cambridge Ontario
Don Rowing Club	Mississauga Ontario
Durham Rowing Club	Port Perry Ontario
Georgian Bay Rowing Club	Midland Ontario
Guelph Rowing Club	Guelph Ontario
Hanlan Boat Club	Toronto Ontario
Island Lake Rowing Club	Orangeville Ontario
Kitchener-Waterloo Rowing Club	Kitchener Waterloo Ontario
Leander Boat Club	Hamilton Ontario
London Rowing Club	London Ontario
Niagara Falls Rowing Club	Niagara Falls Ontario
Notre Dame Rowing Club	Welland Ontario
Peterborough Rowing Club	Peterborough Ontario
Ridley Grad Boat Club	St Catharines Ontario
Severn River Rowing Club	Severn Bridge Ontario
South Niagara Rowing Club	Welland Ontario
St Catharines Rowing Club	St Catharines Ontario
Sudbury Rowing Club	Sudbury Ontario
Tillsonburg Rowing Club	Tillsonburg Ontario
University Of Western Ontario	London Ontario
Western Rowing Club	London Ontario

The Central Ontario Rowing Association Inc. (1953 to 2018 65th Year)

Saturday July 7th, 2018 London R.C. Lake Fanshawe.

Saturday July 14th 2018. St Catharines R.C. Martindale Pond

List of Events

Event No:	List of Events	Entry:	Event No:	List Of Events	Entry:
1	Master's Women. Single (Indicate AA,A,B,C,D,E,F,G,H,I,J)		23a	U19 Lwt Men Eight	
2	Master's Men Single (Indicate AA,A,B,C,D,E,F,G,H,I,J)		23b	U19 Men Eight	
3a	U17 Lwt Women Single		24a	U17 Lwt Men Single	
3b	U17 Women Single		24b	U17 Men Single	
4a	U19 Lwt Men Pair		25a	U19 Lwt Women Pair	
4b	U19 Men Pair		25b	U19 Women Pair	
5a	U23 Lwt Women Quad		26a	U23 Lwt Men Quad	
5b	Sr Lwt Women Quad		26b	Sr Lwt Men Quad	
5c	U23 Women Quad		26c	U23 Men Quad	
5d	Sr Women Quad		26d	Sr Men Quad	
6a	U17 Lwt Men Cox Four		27a	U17 Lwt Women Cox Four	
6b	U17 Men Cox Four		27b	U17 Women Cox Four	
7a	U19 Lwt Women Double		28a	U19 Lwt Men Double	
7b	U19 Women Double		28b	U19 Men Double	
8a	U17 Lwt Women Cox Quad		29a	U17 Lwt Men Cox Quad	
8b	U17 Women Quad		29b	U17 Men Cox Quad	
9a	U23 Lwt Men Eight		30a	U23 Lwt Women Eight	
9b	Sr Lwt Men Eight		30b	Sr Lwt Women Eight	
9c	U23 Men Eight		30c	U23 Women Eight	
9d	Sr Men Eight		30d	Sr Women Eight	
10a	U19 Lwt Men Single		31a	U19 Lwt Women Single	
10b	U19 Men Single		31b	U19 Women Single	
11a	U23 Lwt Women Pair		32a	U23 Lwt Men Pair	
11b	Sr Lwt Women Pair		32b	Sr Lwt Men Pair	
11e	U23 Women Pair		32c	U23Men Pair	
11d	Sr Women Pair		32d	Sr Men Pair	
12a	U17 Lwt Men Quad		33a	U17 Lwt Women Quad	
12b	U17 Men Quad		33b	U17 Women Quad	
13a	U19 Lwt Women Cox Four		34a	U19 Lwt Men Cox Four	
13b	U19 Women Cox Four		34b	U19 Men Cox Four	
14a	U23 Lwt Men Double		35a	U23 Lwt Women Double	
14b	Sr Lwt Men Double		35b	Sr Lwt Women Double	
14c	U23 Men Double		35c	U23 Women Double	
14d	Sr Men Double		35d	Sr Women Double	
15a	U17 Lwt Women Eight		36a	U17 Lwt Men Eight	
15b	U17 Women Eight		36b	U17 Men Eight	
16	Master's Women Quad (Indicate AA,A,B,C,D,E,F,G,H,I,J)		37	Master's Men Quad (Indicate AA,A,B,C,D,E,F,G,H,I,J)	
17	Master's Men Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)		38	Master's Women Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)	
18	PARA Rowing Event		39a	U23 Lwt Men Single	
19a	U23 Lwt Women Single		39b	Sr Lwt Men Single	
19b	Sr Lwt Women Single		39c	U23 Men Single	
19c	U23 Women Single		39d	Sr Men Single	
19d	Sr Women Single		40a	U19 Lwt Men Quad	
20a	U19 Lwt Women Quad		40b	U19 Men Quad	
20b	U19 Women Quad				

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 Saturday July 14th, 2018. St Catharines R.C. Martindale pond
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Event No:	List of Events	Entry:	Event No:	List Of Events	Entry:
21a	U23 Lwt Men Straight Four		41a	U23 Lwt Women Straight Four	
21b	Sr Lwt Men Straight Four		41b	Sr Lwt Women Straight Four	
21c	U23 Men Straight Four		41c	U23 Women Straight Four	
21d	Sr Men Straight Four		41d	Sr Women Straight Four	
22a	U17 Lwt Women Double		42a	U17 Lwt Men Double	
22b	U17 Women Double		42b	U17 Men Double	
			43a	U19 Lwt Women Eight	
			43b	U19 Women Eight	

Club:

Club Official:

Email:

Phone Number:

WAIVER / RELEASE
 THE CENTRAL ONTARIO ROWING ASSOCIATION & OTHER INDIVIDUALS CONNECTED WITH THE
 RUNNING OF THIS REGATTA CAN NOT BE HELD RESPONSIBLE FOR THE PHYSICAL FITNESS OF
 COMPETING CREWS.
 EACH CLUB & COMPETITOR IS RESPONSIBLE FOR THEIR
 OWN PHYSICAL FITNESS.

FOR INSURANCE COVERAGE
 ALL COMPETITORS, COACHES, CLUB & REGATTA OFFICIALS & UMPIRES
 MUST BE REGISTERED WITH THEIR ROWING CLUBS,
 PROVINCIAL & NATIONAL ASSOCIATIONS

**ONLY ENTRIES FROM MEMBER CLUBS OF CORA OR INVITED
 ASSOCIATIONS WILL BE ACCEPTED AT THIS REGATTA**

CORA ENTRY FEES:

Singles: 15.00, Doubles/Pairs: 25.00, Quads/Fours: 50.00, Cox Fours: 60.00, Eights: 80.00

YEARLY ASSOCIATION FEES FOR MEMBER CLUBS: \$100.00

RCA & ROWONTARIO FEES TO BE ADDED TO CORA ENTRY FEES

Singles: 5.50, Doubles/Pairs: 11.00, Quads/Fours: 22.00, Cox Fours: 27.50, Eights: 47.50.

QUESTIONS: JOE LYTTLE
10 MARBLEHEAD CRES BRAMPTON ONTARIO CANADA L6S-2T9
TEL: 905-791-1820 EMAIL: jlyttle@rogers.com

SUBMIT ENTRIES TO REGATTA CENTRAL

Closing Dates Saturday June 30th & July 7th, 2018.

Please Indicate:

Athletics:

Coaches & Others:

WEIGH-IN RULES

1. All lightweight competitors must weigh in.
2. The official weigh in periods will be from 7.30 am to 9.30 am on regatta days.
3. Athletes must weigh in as a crew and be accompanied by a coach or club official.
4. In the case of any disputes, the umpire will communicate with the crew's coach or club official.
5. All lightweights will weigh in wearing the same club rowing uniforms. No one will weighed in wearing more or less uniform.
6. Re-weighs will not be permitted. Lightweights not making weight will be allowed to race as heavyweights.
7. During the official weigh in periods testing of scales or checking weights will not be permitted.
8. Crew changes will not be accepted in weigh-in room. Changes must be approved by the register prior.
9. Coxswains will not be weighed, nor required to carry weight (if underweight).
10. An individual's maximum weight (74kg for men and 61.5kg for women) determines eligibility. There is no averaging of the athlete's weights in the weight class events. The stated weight is the maximum an individual may weigh.

WEIGH IN PROCEDURES

1. Any changes to crew lists must be made before you proceed to the scales.
2. When you reach the scales, please line your crew up from bow to stern and have photo iD ready.
3. Weigh ins will occur on a first come first served basis, based upon when you report with your crew to weigh in room.
4. Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing.

Exemptions to RCA Rules of Racing

1. R.2.5, 2.6- Coxswains will not be weighed, nor required to carry dead weight (if underweight).
2. R.2.10- Lightweight competitors U17, U19, U23 & Seniors Maximum weights: (Men: 74kg. Women: 61.5) (CORA has always allowed a five pound allowance for lightweight oarspersons for this regatta a 2.5kg allowance has been added to RCA weight categories).
3. R.2.11- Athletes will be weighted on a calibrated scale. Scales will be located on the second floor weigh-in room. Weigh-in times 7.30 am to 9.30 am. Crews not making weight will be allowed to race as heavyweight. If a crew is late for weigh-ins it is the discretion of the Chief Umpire and that athletes in this situation should be escorted by the Chief Umpire to the weigh in. No practice scales (Clubs should provide their own Practice Scales).
4. R.2.12- Para Competitors Race #18 has been designated as a PARA rowing event. As we do not know what the entries for this event will be, this race maybe with PR1, PR2 and PR3 and different class of boats 1x, 2x, 4x, etc. Medals will be awards to each boat.
5. R.3.5 - The 2013 Rules will apply (as per RCA Direction) being able to exit the boat with the least possible delay.
6. R.4, 4.1, 4.2- Overhead markers @ 500m, 1000m, 1500m, buoys on outside of lanes 1 & 8 and between lanes 4 & 5. The depth of course is not the same throughout.
7. R.5.3 - Finish Judges will time races using Seiko Timers. Race Umpires will do back up timing.
8. R.9.1, 9.3 - No progressions of crews from heats to finals as all races will be finals with gold, silver & bronze medals awarded for all races.
9. R.10, 10.3, 10.5, 10.6- Master's will be a floating quick start from the 1000m with approximate alignment.
10. R.11.2 - There will be no photo finish .
11. R.11.16 - A minimum of one umpire will follow each race.

Other

1. Drinking water available in compound
2. Gold Silver & Bronze medals will be presented at clerk's booth
3. Races may have a mixture of lightweight & heavyweight crews medals will be awarded to each race
4. Master's events will have handicap times added or subtracted from actual times.

CORA FIRST AID & SAFETY PLAN

All safety boat drivers, coaches and race umpires and officials shall familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event where the First Aid & Safety Plan is reviewed and are responsible for the safety of their athletes. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

Boat drivers are responsible for carrying a valid Pleasure Craft operator's permit and have a basic understanding of how to operate the boat they are driving. Make sure you have enough gas and that the boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers must wear their PFD at all times on the water.

Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the PA system and on the radios.

RADIOS: Where possible each safety boat will carry a radio. Radios are to be used for official communication only.

911 EMERGENCY: Call 911, and specify your location – on the water, or near the grandstand or near the athlete's area.

FIRST AID KIT LOCATIONS: 1. Control Commission. First Aid Facilities

FIRST AID: With qualified medical services will be equipped with fully stocked Trauma Kits, Oxygen and Resuscitation Equipment. They will have ice packs and bandages.

LIGHTNING: All boats will leave the water immediately if lightning is seen. Refer to Emergency Action Plan.

HIGH WINDS AND POOR CONDITIONS: At the Chief umpire's decision, the course may be shortened or the regatta may be delayed or called off due to high winds or poor conditions. This decision is final.

Coaches should take into consideration the ability of their athletes to cope with the prevailing weather and wind conditions. DO NOT send an athlete on the water if there is any doubt about their ability to line up, start, and row and finish their race. They will thank you for your wisdom one day.

ON WATER RESCUE PROCEDURE: Safety boats are positioned on either side of the course on the lookout for boats that have tipped or need assistance. The biggest hazard for someone in the water is other boats. BE CAREFUL.

When a safety boat is heading to a rescue raise your hand to indicate that you are "on the way" When you get to the "victim" approach from downwind to avoid drifting over them. Put the engine in neutral and then turn off when you reach the victim. Is OK and that all the crew is present. Bring victim into your boat and then proceed to secure their boat and equipment. Head to shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

IMPORTANT NOTICE: Once the victim and his boat are on shore it is YOUR RESPONSIBILITY to make sure they connect with their coach or other responsible adult. Do not leave the victim alone until you have handed them over to their coach or another responsible adult who is known to the athlete. If this is not possible decide appropriate action.

ADVICE TO ROWERS: All RCA Rules of Racing apply. If you tip do not leave your boat or swim to shore. Allow rescue drivers to help you and keep you safe. If you tip, flip your boat over and cling to it until help arrives.

If you need help hold oar in the air blade up as a signal of distress. If you can. It is not permitted to row down the centre of the course. Please row on return lane to avoid interfering with races.

OBEY the instructions of your coach and the regatta umpires and have fun.

The Central Ontario Rowing Association

1.1.0 Weather Action Plan For CORA Regattas:

This weather plan provides an outline of the steps to be taken in the event that weather conditions become a safety concern.

The Chief Umpire or Regatta Chair will monitor weather forecast through web sites (radar, local weather stations and local weather forecasts), as well as by phone with One on One Environment Canada Weather.

Call the Storm line toll free at 1-800-463-9463

1.0.1 The Chief Umpire or Regatta Chair will consult some of the following Websites as required:

- a) Environment Canada Western Lake Ontario: www.weatheroffice.gc.ca/marine/forecast
- b) Exeter Radar (North): www.ontarioweather.com/current/radar/ontario/exeter
- c) King Radar (West): www.ontarioweather.com/current/radar/ontario/king
- d) Buffalo Radar (South): <http://radar.weather.gov/radar>
- e) Wind finder (Port Weller): www.windfinder.com/forecast/port_weller
- f) Sail flow: www.sailflow.com/windandwhere.iws
- g) The Weather Network (hourly forecast, and radar forecast): www.theweathernetwork.com
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/guelph>
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/london>
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/welland>
- h) Airport Forecast: [www.theweathernetwork.com/ca/forecasts/airport-forecast/...](http://www.theweathernetwork.com/ca/forecasts/airport-forecast/)

1.1 Initiating the weather Action Plan procedures:

The Chief Umpire and Regatta Chair meet to review the weather status – before the regatta, during the regatta, as required, when notified conditions are changing for the worse. The Weather Action Plan is set into action when:

1.1.1 The Chief Umpire and Regatta Chair determine that action is required to ensure safety.

The required actions may include the following:

- a) Holding additional boats from launch and finishing the races on course, or:
- b) Immediately calling all crews off the water, or:
- c) Continuing to monitor weather and review additional data.

1.1.2 If action is required the following are the responsibilities of the Regatta Chair and Chief Umpire.

- a) Chief Umpire informs the jury (control commission, start line, umpires, and finish) of the action plan and instructs the Regatta Control Commission to monitor and account for all boats on the water by club or crew. The Chief Umpire will also communicate the action plan to the Safety Boat director for safety boats on the water.
- b) The regatta Chair informs the Organizing Committee and the Committee Directors of the action plan. The Regatta Chair ensures that a public announcement is made regarding the action plan.

1.2 Procedure for Evacuation from Water:

1.2.1 Control Commission:

The Control Commission will account for all crews on and off the water. The Control Commission will monitor and record all crew names and follow up with crew coaches to ensure all crews are off the water.

1.2.2 At The Starting Line:

a) Umpire boats at the start will notify/announce to all persons in the starting area that they are to return to the launching area or take shelter in the starter's tent on land.

b) The Starter will observe all crews at the start including warm-up area to ensure they have been informed of the plan and start heading back to the launching area. Starter will designate an umpire boat to follow the last crew back to the launching area.

1.2.3 Umpire and Safety Boats:

Umpire and safety boats will follow crews back to the launching area and will follow the last crew back to the launching area to be the last off the water.

1.2.4 At The Finish Line:

Chief Finish Judge will monitor all crews at the finish and in the 1st 50m area and communicate to Control Commission to ensure all crews are accounted for.

1.2.5 At The Launch Docks Or Area:

Dock Marshals will ensure crews quickly exit launch area. During course closure, the Dock Marshall will allow boats to dock from either direction ensuring that docking shells do not crossover docking patterns.

1.2.6 Coordination of All Officials:

Chief Umpire, Regatta Chair and Chief of the Control Commission will confirm everybody (crews, umpire boats, safety boats start personnel and others) are safely off the water.

1.3 Following Evacuation from Water:

The Regatta Chair and Chief Umpire will review options related to the weather and make announcement as soon as possible regarding any delays.

1.4 Delay Contingency Plan:

The CORA Regatta Organizing Committee can reschedule races earlier or later in the day for safety reasons in the event of bad weather. Any changes in the schedule will be announced by the Control Commission. (This will also include shortening the length of races) It is the responsibility of the crew and club coaches to monitor and stay current with the schedule.

Any changes required by a weather delay will supersede the published related requirements of the RCA Rules of Racing. During the condensed schedule, the umpire has the discretion to determine either a crew is maintaining a competitive position in the race. If the umpire determines this is not the case, the umpire can make the call to exclude that crew from the race and direct them to remove themselves from the course. No allowance will be made for athlete conflicts due to reducing time between races and substitutions will not be allowed.

1.5 Schedule Changes Options Due To Weather Delay:

Races may be run with reduced time between races until sunset to complete the schedule. Racing will not take place after sunset.

The Regatta Chair and Chief Umpire will decide on the requirements of the schedule change. The Regatta Chair will communicate with the Regatta Committee, committee Directors and ensure announcements are made and communicated to all areas of the regatta (Control, public, starter and finish).

Guelph Police Dept. 15 Wyndham Street S. Guelph Ontario N1H-4C6 519-824-1212	Guelph Fire Dept. 50 Wyndham Street S. Guelph Ontario 519-824-6590	
London Police Dept. 601 Dundas Street London Ontario N6B-1X1 519-661-5670	London Fire Dept. 400 Horton Street E London Ontario N6B-1L7 519-434-7211	Upper Thames River Conservation Authority 1424 Clarke Road London Ontario N5V-5B9 519-451-2800
	Middlesex London EMS Ambulance Services 1510 Woodstock Street London Ontario N6H-5S1 519-434-2711 OR 911	
Niagara Regional Police Dept. 5-57 Lincoln Street Welland Ontario L3C-5H9 905-714-1680	Niagara Regional Fire Dept. 636 King Street Welland Ontario L3B-3L1 905-735-9922	Niagara Emergency Medical Services Paramedics Dispatch 905-984-5050 or 911
Niagara Regional Police Dept 50 Church Street St Catharines Ontario L2R-7C2 Front Desk & Gen Enquiry 905-686-4111 Ext 4252	Niagara Regional Fire Services 36 Wright Street St Catharines Ontario L2P-3J4 905-684-5557	Niagara Emergency Medical Services Paramedics Dispatch 905-984-5050 or 911

The Central Ontario Rowing Association would like to thank the Canadian Secondary Rowing Association for allowing CORA to edit their weather action plan to suit their needs.32