

St. Catharines Rowing Club

2018 Mother's Day High School Regatta Package

Sunday May 13, 2018

Issue date – April 11, 2018

Contact information

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

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

Dates

Entry deadline – May 5, 2359

Late entry deadline – May 7, 2359 (a \$25 fee per entry will apply)

Boating lineups – May 7, 2359

Coaches meeting – May 13, 0730, Clerks booth

First race – May 13, 0800

Athlete identification is not required to gain entry to the launch dock

Payment – must be done with your entry via Regatta Central only. This has changed from previous years, due to the new seat fees Rowing Canada / Row Ontario have implemented on all Regattas, and must be collected by Regatta Central.

*To recognize this unfair additional burden on high school programs, the St. Catharines Rowing Club is holding its entry fees at the same level as last year.*

Entry fees

8+ = \$70

4+ / 4X = \$55

2- / 2X = \$45

1X = \$35

Note:

13% HST will be applied to fee total

Each school will be assessed a \$50 administrative fee with the second entry.

Listing of events (changed for 2018, consistent with new CSSRA schedule)

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

1. No limit on the number of events an athlete can enter. Please note, we do not have the ability to alter the schedule due to race conflicts.

2. Weigh-in will be open from 0630 – 0830

Weight allowance;    for 59kg events, max allowed = 61 kg                      for 63kg events, max allowed = 65kg  
                                   for 66kg events, max allowed = 68kg                      for 72kg events, max allowed = 74kg

Coxswains – minimum weight will be 45kg for all  
 Maximum deadweight to be carried will be 10 kg

3. Competitors must be named to a boat; all boats must have full crews.

#### 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. Two or more entries required in an event for a race to be run.

6. A student is considered a High School student, for entry into this regatta, once they have enrolled as a full-time student.

7. All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform.

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

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

10. Substitutes will only be accepted from your Regatta Central roster. The maximum number of substitutes that can be used are: 4 for an eight; 2 for a four/quad and 1 for a double. No substitutes are allowed in a single.

11. In the event of races being cancelled due to reasons beyond our control, medals will be presented to the fastest times coming from the completed heats.

12. All fees are payable in Canadian dollars.

13. Progression rule – will be from heats to a 6-lane final, heat winners, and if necessary the next fastest times to make up 6 entries.

#### Entries:

The following points should be noted when preparing crew lists for entry:

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. All crews entered in the Regatta draw will be assessed a \$50 fee for a "no show" or "scratch". Failure to pay will result in suspension of the entire school for future regattas.

4. 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 in place.
5. 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.
6. 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.

### 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 Mother's Day 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 – maximum dead weight to be carried will be 10kg

Rule 2.10 Lightweights – two kg will be added to maximum weight allowed for 59kg, 63 kg, 66 kg, and 72 kg

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

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

Rule 9.3 Progression – entries will progress to the finals direct from heats

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