



Ottawa Rowing Club
CANADA'S OLDEST ROWING CLUB FOUNDED 1867

CLUB HOUSE
10 LADY GREY DRIVE
TELEPHONE
(613) 241-1120
MAILING ADDRESS
P.O. BOX 1457
STATION B
OTTAWA, ONT
K1P 5P9

The Ottawa Rowing Club cordially invites athletes and coaches to join us at our annual spring **National Capital High School Regatta (NCHSR)**.

Date: Saturday, May 26, 2018

Location: Ottawa Rowing Club, 10 Lady Grey Drive, Ottawa, Ontario

Format: 1000m sprints on an un-buoyed course between the Alexandra and MacDonald-Cartier bridges on the Ottawa River (within view of Canada's Parliament!)

Events offered and order of events*:

Jr B Boys 2x
Nov Girls 8+
Nov Boys 4x+
Jr A Girls 1x
Jr A Boys 8+
Jr B Girls 4+
Jr A Girls 4x
Jr A Boys 2x
Jr A Boys 4+
Jr B Boys 4x
Jr B Girls 2x
Nov Boys 8+
Nov Girls 4x+
Jr A Boys 1x
Jr A Girls 8+
Jr B Boys 4+
Jr A Boys 4x
Jr A Girls 2x
Jr A Girls 4+
Jr B Girls 4x

* Racing will begin at 8am. Events and schedule may change depending on number of entries.

Regatta Details:

- Entries are to be completed on Regatta Central before the entry deadline of May 19, 2018.
- Coaches' briefing at 7:15am (2nd floor of the boathouse).
- First race starts at 8:00am.
- Races scheduled to start every 15 minutes.
- Lightweight and non-lightweight athletes will row in the same category.
- Mixed gender crews will be accommodated as the schedule will allow.
- Racing shells, safety boats and safety equipment to be provided by the Ottawa Rowing Club.
- Boats will be safety checked on the dock prior to launch.
- Water, first aid, washroom facilities, race programs and parking are available on site.
- Limited food options will be available on site.
- The Ottawa Rowing Club has applied for sanctioning by RowOntario.
- Guest volunteers are encouraged and welcomed!



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- Need somewhere to stay? The ORC Boathouse is a perfect place to sleepover with your team. Space is limited. Please contact us to make arrangements (melissa@ottawarowingclub.com).
- Please inform us if you are bringing a trailer with your own boats (paul@ottawarowingclub.com).

Exceptions to Rules of Racing:

- Section 2.6: Coxswains will not be weighed
- Section 4.1: The length of the racing course will be 1000m. There will be no buoys on the water marking lanes, start or finish (there will be buoys between the race course and warm up area)
- Section 7.6: Crew changes before the First Heat will be limited to noon the day prior to the regatta.
- (This is to deal with the complexities of the new system for paying by seat. I arbitrarily put noon but you're the one who'll have to handle that, so think about what makes more sense for you)
- Section 11.22: there will be no photo-finish equipment. There will be an umpire and volunteer at the finish recording order of finish

Coaches are asked to confirm their intent to attend the event by Friday, May 12, with entries submitted no later than Friday, May 19.

Please email intent to attend to paul@ottawarowingclub.com.

Spectators will be able to view the entire race from start to finish. Please join us for an enjoyable day of competition in Canada's Capital as we kick off the 2018 racing season!