



ROW ONTARIO CHAMPIONSHIPS REGATTA

July 28th-29th, 2018

Hosted by London Rowing Society
Fanshawe Lake
1424 Clarke Rd. London, ON N5V 5B9

OFFICIAL REGATTA INFORMATION PACKAGE

Regatta Chair: Matthew Waddell
Regatta Manager: Andrea Miller
Chief Umpire: Judy Sutcliffe

BACKGROUND INFORMATION

The original twelve member clubs of the Ontario Rowing Association held the first provincial club championship regatta in 1968, making 2018 the **50th Annual ROW ONTARIO Championships Regatta**. In early 2018, ROW ONTARIO announced a partnership with the London Rowing Society to host the 2018-2020 ROW ONTARIO Championships Regatta at Fanshawe Lake in London, Ontario.

NEW IN 2018!

- Revised order of events
- Entry-based progression format
- ALL non-para 1x events run in NRC format (Time Trial to Seeded Finals with medals awarded in each category)
- New events added: U23 Men’s and Women’s Eights; SR Lightweight Eights; OPEN Mixed Double; OPEN Regional Men’s and Women’s Quads
- Events consolidated to increase meaningful competition and support the RCA Athlete Development Pathway:

Former Events	New Event
U17 4+ U19 4+	U19 4+
U23 LTWT 2- SR LTWT 2-	SR LTWT 2-
U23 LTWT 4- SR LTWT 4-	SR LTWT 4-
U23 4- SR 4-	SR 4-

- Challenge #4 of the ROW ONTARIO Trillium Chase 1x Challenge Series
- Creation of new annual review task force:
 - Beginning in 2018, events with fewer than 3 entries in 2 consecutive Championships will be removed from the schedule
 - Annual Member Club consultation to review events offered and order of events

REGATTA INFORMATION

The ROW ONTARIO Championships Regatta is a 2000m sprint race. The 2000m course on Fanshawe Lake has undergone significant upgrades and improvements in preparation for the 2018 event, including new start gates featuring a traffic light/sound system, six fully-buoyed standard-width lanes with an Albano buoy system, a FinishLynx timing system, and enhanced facilities for spectators (at the finish area) and competitors (at the boat launch area).

Please see RegattaCentral for all maps, including:

- On-Land Traffic Pattern (for launching/returning)
- On-Water Traffic Pattern (for warm-up, time trials, sprint racing and cool-down)
- Venue Map
- Parking Information
- Regional Club Map

SCHEDULE OF EVENTS

Saturday July 28th

Event #	Event Name	Event Details
1	W 1x U17 W 1x, U19 W 1x, U23 W 1x, SR W 1x U23 LTWT W 1x, SR LTWT 1x	TIME TRIAL (Please refer to the 1x Time Trial information below under “Progression Format”)
2	M 1x U17 M 1x, U19 M 1x, U23 M 1x, SR M 1x U23 LTWT M 1x, SR LTWT M 1x	

A short BREAK will be scheduled to allow Umpires to reset for sprint racing.

3	PR1 W 1x	<p>HEATS*</p> <p>Followed by</p> <p>FINALS</p> <p>*Please refer to the Entry-Based Progression Format (p.7) for detailed information</p> <p>*20 & 21 may be combined if total entries is fewer than six, but separate medals will be awarded.</p>	
4	PR1 M 1x		
5	PR2 W 1x		
6	PR2 M 1x		
7	U17 M 8+		
8	SR LTWT W 4-		
9	U23 M 8+		
10	U23 W 4x		
11	U19 W 4+		
12	SR W 2-		
13	SR M 2-		
14	U17 W 4x		
15	U19 M 4+		
16	U23 LTWT W 2x		
17	SR M 4x		
18	U17 M 2x		
19	SR LTWT M 4-		
20	SR W 8+		
21	SR LTWT W 8+		
22	U23 M 2x		
23	SR W 2x		
24	U19 M 4x		
25	U17 W 4x+		
26	U19 W 2-		
27	SR LTWT W 4x		
28	SR LTWT M 2x		
29	U19 M 2-		
30	U17 W 8+		
31	U19 W 2x		
32	SR Mixed 2x		STRAIGHT FINAL

Sunday July 28th

Event #	Event Name	Event Details
1	W1x (U17 W 1x, U19 W 1x, U23 W 1x, U23 LTWT W 1x, SR W 1x, SR LTWT 1x)	<p>FINALS</p> <p>(Please refer to the 1x Time Trial information below under "Progression Format")</p>
2	M1x (U17 M 1x, U19 M 1x, U23 M 1x, U23 LTWT M 1x, SR M 1x, SR LTWT M 1x)	

33	PR2 Mixed 2x
34	PR3 Mixed 2x
35	PR3 Mixed 4+
36	U23 W 2-
37	U23 M 2-
38	U19 M 8+
39	SR LTWT M 4x
40	SR LTWT W 2x
41	U17 M 4x
42	U17 W 2x
43	U19 W 8+
44	SR M 2x
45	SR W 4x
46	SR M 8+
47	SR LTWT M8+
48	U19 W 4x
49	U17 M 4x+
50	U23 W 2x
51	U23 LTWT M 2x
52	SR W 4-
53	SR M 4-
54	U23 M 4x
55	U19 M 2x
56	U23 W 8+
57	SR LTWT M 2-
58	SR LTWT W 2-
59	SR REGIONAL M 4x
60	SR REGIONAL W 4x

HEATS*

Followed by

FINALS

***Please refer to the
Entry-Based Progression Format (p.7)
for detailed information**

***45 & 46 may be combined if total entries is
fewer than six, but separate medals will be
awarded.**

STRAIGHT FINAL

REGATTA SCHEDULE INFORMATION

COACHES MEETING: FRIDAY JULY 27TH, 2018 @ 7:00PM

A minimum of one representative from each participating Club **must** attend the Coaches Meeting at 7:00pm on Friday July 27th for instructions from the Regatta Chair and Chief Umpire, as per RCA Rule 8.6. Clubs that do not sign in at the Coaches Meeting may be issued a Yellow Card or may not be permitted to race. There will be no Coaches Meeting on Saturday July 28th or Sunday July 29th. Regatta packages, including complimentary copies of the race draw, parking passes and trailer passes will only be distributed at the Coaches Meeting. The Club representative in attendance is responsible for conveying all information from the Coaches Meeting to all participating athletes, coaches and spectators. All participants are expected to be familiar with the information conveyed at the Coaches Meeting.

The 1st race of each day will be scheduled no earlier than 8:00am.

The minimum race interval will be 6 minutes.

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

Lightweight & Coxswain Weigh-In

Weigh-ins will be scheduled in accordance with Rule 2.11 of the 2018 RCA Rules of Racing (2.5 – 1 hour before the first scheduled Lightweight event that day).

A calibrated test scale will be available on Friday July 27th from 5:30-6:30pm and Saturday July 28th from 30 minutes prior to the last race to 30 minutes after the last race.

Course Practice Times

The course will be open for practice during the following times:

- Friday July 27th 3:00pm – 7:00pm
- Saturday July 28th 6:00am – 6:45am
- Saturday July 28th 45 minutes after the last race – 7:00pm
- Sunday July 29th 6:00am – 6:45am.

There must be a minimum of 4 safety boats on the water during practice times. Coaches must sign up for a safety boat at the Regatta Office before their crews launch. Any crew practicing without a designated safety boat will be given a Yellow Card for their first event. The course will only be open for practice if weather and water conditions permit, at the discretion of the Chief Umpire.

Regatta Office Hours

- Friday July 27th: 2:30pm – 6:30pm
- Saturday July 28th: 30 minutes prior to weigh-in – 30 minutes after the last race
- Sunday July 29th: 30 minutes prior to weigh-in – 30 minutes after the last race

ELIGIBILITY

Eligible Athletes

- All athletes and coaches must be listed on the Club’s RegattaCentral roster
- Ontario athletes and coaches must be registered active members with ROW ONTARIO and RCA through the RCA Web Registration System by June 30th at 11:59PM EST **(All athletes must be activated in WRS by this deadline)**
- All events are open to athletes from any club in the world. Non-Ontario Canadian athletes must be registered with their respective Provincial Rowing Association and RCA through the RCA Web Registration System by June 30th at 11:59PM EST. **(All athletes must be activated in WRS by this deadline)** Athletes from outside of Canada must be registered with their respective National Rowing Federation
- All international athletes must submit a signed waiver to the Regatta Office (in person or via email) by 6:30pm on Friday July 27th
- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair. Exhibition entries will not be eligible for medals and will not be permitted to race in the event final.
- Clubs with outstanding fees (including but not limited to Club Membership, athlete and coach registration fees, regatta entry fees, seat fees) not paid by 6:30pm Friday July 27th will not be permitted to race in any event

Para	<ul style="list-style-type: none"> • A rower with a disability who meets the criteria set out in RCA Rule 2.12 • Para events are open to all rowers who meet RCA Rule 2.12, but are not required to have undergone classification prior to the regatta
Under 17	<ul style="list-style-type: none"> • Open to eligible athletes born in 2002 or later
Under 19	<ul style="list-style-type: none"> • Open to eligible athletes born in 2000 or later
Under 23	<ul style="list-style-type: none"> • Open to eligible athletes born in 1996 or later
Senior	<ul style="list-style-type: none"> • Open to all eligible athletes
Lightweight	<ul style="list-style-type: none"> • Men: No individual shall weigh more than 72.5kg • Women: No individual shall weigh more than 59kg
Coxswain	<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

	<ul style="list-style-type: none"> If under the minimum weight, a coxswain shall carry deadweight up to a limit of 15kg
Mixed	<ul style="list-style-type: none"> Mixed 2x events must include one identified female and one identified male athlete who are registered active members at the same rowing club
Regional Composite	<ul style="list-style-type: none"> Regional Composite 4x events must include athletes from at least two different rowing clubs, located within the same region. Regions are outlined on the <i>Regional Club Map</i> posted on RegattaCentral

PROGRESSION FORMAT

All 1x events (except para) will follow a Time Trial to Seeded Final format:

- Athletes will be ranked based on cumulative points in the Trillium Chase 1x Challenge Series as of June 30th, 2018
- Athletes who have not participated in the Trillium Chase will be randomly seeded at the discretion of the Regatta Manager
- Athletes will be placed into Finals based on a collective ranking of all W1x and M1x Time Trial results, regardless of age or weight category, to provide an opportunity for like-speed to race like-speed
- Medals will be awarded in each age and weight category, as well as separate medals in the W1x A-Final and M1x A-Final as overall 1x Champions
- Finals will be run in reverse order

Please review the Time Trial traffic pattern map available on RegattaCentral.

Entry-Based Progression Format for all other events:

No. of Entries	Progression Format
2-6	Straight Final
7-18	Heats to Final 1 st + next fastest times to Final
19-30	Heats to A/B Finals Time-Based Progression
31+	Time Trial* to A/B Finals

*Time trials for events with 31+ entries will be scheduled within the draw in the order listed above. A 30-minute window will be scheduled when switching from sprint racing to time trials to allow adequate warm-up and to allow umpires, safety boats and timers time to get into position. When switching from time trials to sprint racing, the additional time trial warm-up lanes will close 15 minutes prior to the first sprint race, which will start 15 minutes following the last time trial entry to allow umpires to return to the starting area to proceed following races.

ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payment of entry fees will be completed through RegattaCentral, without exception. **Entries, completed in full, must be submitted online by 11:59pm EST on Sunday July 22nd, 2018.**

Entries for the SR Mixed 2x and SR Regional Composite 4x events will be accepted until 2 hours before the posted race time. There will be a random draw for lanes (as per Appendix 9 of the RCA Rules of Racing), and multiple finals will be held if the number of entries is greater than six. There will be no heats in these two events; medals will be awarded in each Final.

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

The preliminary race draw will be posted on RegattaCentral on Monday July 23rd, 2018. The final draw will be available on RegattaCentral by 8:00PM on Friday (for Saturday events) and 8:00PM on Saturday (for Sunday events).

Entry Fees

<u>Boat Class</u>	<u>Base Entry Fee</u>		<u>ROW ONTARIO</u> <u>Seat Fees</u>	<u>RCA</u> <u>Seat Fees</u>	<u>Total</u> <u>Entry Fees</u>
1x	\$65.00 + HST	\$73.45	\$1.99 + HST = \$2.25	\$3.25	\$78.50
2- / 2x	\$80.00 + HST	\$90.40	\$3.98 + HST + \$4.50	\$6.50	\$101.40
4- / 4x	\$100.00 + HST	\$113.00	\$7.96 + HST = \$9.00	\$13.00	\$135.00
4+ / 4x+	\$100.00 + HST	\$113.00	\$9.95 + HST = \$11.25	\$16.25	\$140.50
8+	\$120.00 + HST	\$135.60	\$17.91 + HST = \$20.25	\$29.25	\$184.50

*All fees are stated in CAD funds.

Late Entries

Late entries will be accepted on a first come, first paid basis. Late entries are subject to lane availability. Late entries will only be accepted in-person at the Regatta Office during the following times:

Saturday Events	Friday July 27 th 2:30pm – 6:30pm
Sunday Events	Saturday July 28 th During regular Regatta Office hours (see above)



Late Entry Fees

Late entry fee = regular entry fee + 50%. The late entry fee must accompany the late entry for the late entry to be accepted, without exception. Late entry fees must be paid by cash, club cheque or credit card. Personal cheques will not be accepted. Late entry fees may not be charged to RegattaCentral for future payment, for any reason.

Substitutions

Rule 7.6 (Crew changes before the First Heat) will apply to all crew substitutions. The substitute must meet all eligibility 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 presented to the Regatta Office before end of regular office hours on Sunday July 29th, 2018.

Substitution requests will **only** be accepted in-person and in writing at the Regatta Office during the following times:

Saturday Events	Friday July 27 th 2:30pm – 6:30pm
Sunday Events	Saturday July 28 th During regular Regatta Office hours (see above)

Scratches

All scratches submitted after the entry deadline will be assessed a \$50.00 Scratch Fee.

Crews who miss the start of their race for **any** reason will also be assessed a \$50.00 Scratch Fee.

Scratch Fees will be waived for medical reasons if a note from a qualified medical professional is presented to the ROW ONTARIO Office by 4:00pm on Monday July 30th, 2018.

RCA RULES OF RACING EXCEPTIONS

This regatta will follow the 2018 Rowing Canada Aviron Rules of Racing, with the Exceptions (per Rule 1.6) below:

2.1 The Definition of a Competitor

- All athletes and coaches must be listed on the Club's RegattaCentral roster
- Ontario athletes and coaches must be registered active members with ROW ONTARIO and RCA through the RCA Web Registration System by June 30th at 11:59PM EST (**All athletes must be activated in WRS by this deadline**)
- All events are open to athletes from any club in the world. Non-Ontario Canadian athletes must be registered with their respective Provincial Rowing Association and RCA through the RCA Web Registration System. (**All athletes must be activated in WRS by this deadline**) Athletes from outside of Canada must be registered with their respective National Rowing Association
- All international athletes must submit a signed waiver to the Regatta Office (in person or via email) by 6:30pm on Friday July 27th
- National or Provincial Team exhibition entries may be accepted at the discretion of the Regatta Chair. Exhibition entries will not be eligible for medals and will not be permitted to race in the event final.
- Clubs with outstanding fees (including but not limited to Club Membership, athlete and coach registration fees, regatta entry fees) not paid by 6:30pm Friday July 27th will not be permitted to race in any event

2.3 Categories of Rowers and Proof of Age and Identity

- As well as government-issued documentation with photo (Driver's Licence, Health Card, or Passport), the following shall be accepted:
 - Clear, unblemished colour photocopy of Passport page with picture
 - School Index Card with photo
 - Anything different that has the following: "This is a True Copy" and signed by Andrea Miller, Regatta Manager
 - Student Card will not be accepted.
 - A photograph of eligible identification will not be accepted.

2.5 Coxswains Weights

- Coxswains required to carry dead-weight must carry dead-weight supplied by the regatta organizing committee.

2.11 Weighing of Athletes in Weight Restricted Events

- Calibrated test scales will NOT be provided by the organizing committee during all training and racing times. A calibrated test scale will be available on Friday July 27th from

5:30-6:30pm and Saturday July 28th from 30 minutes prior to the last race – 30 minutes after the last race.

7.2 Entries

- Entry format approved by ROW ONTARIO. RCA registration number is required for all Canadian entries for athletes and coaches
- Entries may be capped at three (3) per event per club at the Regatta Manager's discretion
- Entries will be accepted from any rowing club in the world who meet the criteria outlined above
- Non-Ontario clubs may enter any event except the SR Regional Composite 4x events
- Composite crew entries will be permitted only in the Regional Composite 4x events
- The name of the crew coach must be included with each individual entry; Canadian entries will only be accepted if that coach is registered as a coach in the RCA Web Registration System

7.6 Crew Changes before the First Heat

- Will only be accepted between the dates and times outlined in the regatta package.

9.3 Events with 7 or More Entries

- Progression will be as outlined as per the progression table published in this package and on RegattaCentral.

10.20 Appeals

Appeals against a decision of the Board of the Jury may be made, in writing, to the ROW ONTARIO Board of Directors.

RESULTS

Results will be posted online through Regatta Master on the following sites:

- m.regattamaster.com
- RegattaCentral
- Twitter (@ROW ONTARIO)

Results will also be posted in both the participant and spectator areas regularly throughout the day.

MEDALS

Gold, Silver and Bronze medals will be awarded to the 1st, 2nd and 3rd place finishers in events with 4 or more entries in the final.



Gold and Silver medals will be awarded to the 1st and 2nd place finishers in events with 3 entries in the final.

Gold medals only will be awarded to the 1st place finisher in events with 2 entries in the final.

A separate Gold, Silver and Bronze medal will be awarded to the 1st, 2nd and 3rd place finisher in each the Men's and Women's 1x A Final.

Medals will be awarded at the grandstands. Crews will be called into the docks by a Dock Marshal to receive their medal.

PARKING

Please check RegattaCentral for the regatta parking plan.

Parking and vehicular traffic flow will be strictly enforced at all times.

MEDICAL SERVICES

Safety Advisor: Martyn Judsdon

First Aid services will be located behind the grandstands in the Spectator Area at the finish line.

ACCOMMODATION INFORMATION

Please visit RegattaCentral regarding information about preferred rates at hotels in the London area.

TRILLIUM CHASE POINTS

The ROW ONTARIO Championships Regatta is Challenge #4 of the Trillium Chase 1x Challenge Series. The Trillium Chase is a monthly 1x Challenge Series – a single sculler's 'Grand Prix' – organized by ROW ONTARIO. Each month, single scullers of all ages will have the opportunity to earn points toward the ROW ONTARIO Trillium Cup, which will be co-awarded to the male and female sculler, regardless of category, who wins the most points throughout the Series.

Please review the complete ROW ONTARIO Trillium Chase information package online (<https://www.rowontario.ca/wp-content/uploads/2018-TRILLIUM-CHASE.pdf>) for detailed information about the Series.

Athletes will be awarded points toward the ROW ONTARIO Trillium Cup based on their age or para category.

Categories (age as of December 31, 2018):

Under 13	▪ Born in 2006 or later.	Age 51-55	▪ Born in 1963-1968
Under 15	▪ Born in 2004 or 2005	Age 56-60	▪ Born in 1958-1962
Under 17	▪ Born in 2002 or 2003	Age 61-65	▪ Born in 1953-1958
Under 19	▪ Born in 2000 or 2001	Age 66-70	▪ Born in 1948-1952
Under 21	▪ Born in 1998 or 1999	Age 71-75	▪ Born in 1943-1948
Under 23	▪ Born in 1996 or 1997	Age 76-80	▪ Born in 1938-1942
Under 30	▪ Born in 1989-1995	Age 81-85	▪ Born in 1933-1938
Age 30-35	▪ Born in 1983-1988	Age 86-90	▪ Born in 1928-1932
Age 36-40	▪ Born in 1978-1982	Age 91-95	▪ Born in 1923-1928
Age 41-45	▪ Born in 1973-1977	Age 96-100	▪ Born in 1918-1922
Age 46-50	▪ Born in 1968-1972	▪ And so on as required... in 5-year increments.	
PR1	▪ Arms and shoulders* *as per the criteria set out in the FISA Para Rowing Classification Requirements	PR2	▪ Trunk and arms* *as per the criteria set out in the FISA Para Rowing Classification Requirements

Female and Male athletes will be ranked separately within each category as separate events.

There are no weight categories or age handicaps in the ROW ONTARIO Trillium Chase 1x Challenge Series.

Points are awarded based on the fastest time in the Time Trial in that age or para category, using the birth date entered at time of registration. All competing athletes who complete the Time Trial will be awarded points regardless of the number of entries in an event and regardless of participation or performance in the final.

Fastest Time	25 points
Within 0.1-0.9% of Fastest Time	20 points
Within 1-1.9% of Fastest Time	15 points
Within 2-2.9% of Fastest Time	10 points
Within 3-3.9% of Fastest Time	7 points
Within 4-4.9% of Fastest Time	5 points



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Within 5% or greater of Fastest Time	1 point
Did not race	0 points

Each category, as well as overall standings, will be posted and updated periodically throughout the regatta and announced at the end of the day, as well as published on the Trillium Chase page on ROW ONTARIO's website.

The leader in each category will be recognized as such at the next Challenge in the Series, should they choose to enter that event.