



South Niagara Rowing Club 2018 South Niagara Invitational Regatta Package



General Information

Host: South Niagara Rowing Club Dates: May 19th – 20st, 2018

Location: Welland International Flatwater Centre, South Course, Welland, ON.

Address: 270 Colborne St, Welland, ON

Phone : (905) 734-7815

To Register Your Entry

1. Enter your events at Regatta Central
2. Make your payments online through Regatta Central
3. Effective April 2018 both Rowing Canada and Row Ontario will also add a seat fee to all entries!
4. Entry Deadlines: As per Regatta Central

Alpha Lists - No alpha list required.

Waiver - The SNRC South Niagara Invitational Regatta does not require you to submit waiver forms for each athlete.

Entry Regulations

- It is HIGHLY recommended that athletes race only 2 events per day, however under the discretion of the school head coach, athletes may race more than 2 events per day. Please be aware that the distance from the boat house to the start is 4000 meters.
- Composite crews are permitted in Club Events only.
- All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform except in designated mixed events
- Mixed double must have one female and one male rower. Mixed 8 must have 4 female rowers minimum.
- Two or more entries required in each event to ensure a race
- Competitors must be named to a boat; all boats must have full crews
- Each school shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors. Uni suits must be up at all times and/or a t-shirt must be worn.
- Name Changes must be made at the regatta office (see times below).
- The maximum number of substitutes that can be used are:
 - 4 for an eight; 2 for a four/quad and 1 for a pair/double.
- No substitutes are allowed in a single.
- A \$5.00 Canadian fee per name change will be charged for each change made to an entry.

RCA RULES OF RACING - RULE 3.5 QUICK RELEASE FOOT STRETCHERS

Under Rule 3.5 - Quick Release Foot Stretchers, the rule outlines foot stretchers in two ways:

- 1) Foot stretchers with mounted shoes where the shoes remain in the boat in the case of an emergency and,
- 2) foot stretchers with shoes that come out of the boat in the case of an emergency.

The changes to the rule have enhanced the safety aspect of the foot stretcher rule.



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Foot Stretchers - Shoes remain in the boat

This rule has two components to it:

- 1) Heels need to be independently restrained to a maximum of 7cm. The purpose is to ensure that in the event of an emergency (typically after capsizing), when the rower pulls their feet upwards to release from the shoes, the heel restraint will pull against the rower and allow their foot to release. This component has not changed from the 2013 rules of racing.
- 2) A strap that will allow a rower to release all straps with one hand. This is an enhancement to the rules. This means that there needs to be a strap that is tied to all the straps of the shoes so that in the case of an emergency, the rower can easily grab the single strap and release all the closures thereby freeing the rower's feet quickly. This rule change does not allow the use of laces to secure the feet in the shoes. Laces will no longer be permitted to be used during a sanctioned regatta because there is no way to effectively have a single release point.

Foot Stretchers-Shoes come out of the boat

The shoes release from the foot stretcher, usually with a quick turning of the foot. The important aspect is to ensure that each shoe is able to be released by the rower without using his/her hands or via a single quick hand action of pulling on one easily accessible strap or release device. The heels on this type of foot stretcher MUST not be tied down as this would be contrary to the safety features of this type of foot stretcher where the shoes are intended to come out of the boat with the athlete.

* For 2018, the shoes remaining in the boat MUST comply with the heels being restrained to 7cm or be released from the foot stretcher to come out of the boat with the rower. *

Sanction for the Regatta has been granted with the following Exceptions to the RCA Rules of Racing:

Rule 2.3 Age Categories of Rowers - differ from the RCA Rules and are stated in the Entry Rules section on the web site

Rule 2.6 Weighing of Coxswains - Coxswains must weigh-in each day as outlined in the Weigh-In Rules. Weigh-in times are 2hrs before the first race of the day and are open for 3.5 hrs.

Rule 2.10 Lightweights - Weight classes differ from the RCA Categories and are stated on the Event List and Weigh-in Rules pages

Rule 2.11 Weighing of Athletes - Athletes must weigh-in each day as outlined on the Weigh-In Rules page on the web site. Weigh-in times are 2hrs before the first race of the day and are open for 3.5 hrs.

Rule 7.6 Substitutions –

Name changes for Saturday events must be made no later than Saturday at 8:00 a.m.

Name changes for Sunday events must be made no later than Saturday at 6:00 p.m.

NO Substitutions for the single will be allowed for this regatta

9.3 Events with 7 or more Entries- See section below "Progression to Finals"

9.3.2 Time trials in which crews race against the clock and the fastest time wins.



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Age Categories

- (Junior) Under 17 - A rower or coxswain may compete as an Under 17 competitor until the 31st of December of the year in which s/he reaches the age of 16.
- (Senior) Under 19 - A rower or coxswain may compete as an Under 19 competitor until the 31st of December of the year in which s/he reaches the age of 18.

Regatta Fees

Entry Fees (CAD) as per Regatta Central

- Each school must also include a \$35 administration fee with its entries
- Any payments not received will result in exclusion for that crew.
- Any outstanding prior year fees must be paid in full in order for the club/school to race this year.

Scratch/No Show Fees:

All crews entered in a draw will be assessed a \$50 fee for a “no show” or “scratch”, payable at the Registration Desk during the regatta in the white portable during the registration hours (See on Page 2).

Name Change Fee:

All crews entered in a draw will be assessed a \$5.00 fee for each name change, payable during the regatta at the Registration Desk in the white portable during the registration hours.

Name Change Deadlines:

- Name changes for Saturday events must be made no later than Saturday at 8:00 a.m.
- Name changes for Sunday events must be made no later than Saturday at 6:00 p.m.

Regatta Office Hours

The Regatta Office will be open in the white portable for race information, and name changes at the following times:

| | |
|----------|---|
| Friday | 5:00 p.m. to 8:00 p.m. |
| Saturday | 5:45 a.m. to 11:00 a.m. 4:00 p.m. to 6:00 p.m. |

Racing

All events will be 2000 meters straightaway in two to six lanes.

In order to allow the greatest opportunity for all races to be completed in cases of inclement weather conditions that prevent side by side sprint racing, the regatta MAY opt to change to a time trial format if deemed appropriate by Chief Umpire and if weather conditions allow. Time trials would be conducted with a running start, with timing for 1500 meters – from the 500 meter mark to the finish line.



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Should weather conditions become unsafe for racing, the Chief Umpire will delay or cancel the regatta. Due to the costs of preparing and hosting this regatta, it is impossible for the club to offer refunds in case of cancellation due to weather. We will, however, offer a credit of 10% of your total entry fees toward the next year's SNRC High School Invitational if more than 50% of the Regatta is cancelled.

Start Time

The first race of the day will start at 8:00 a.m. on both Saturday and Sunday. Sunday racing could begin as early as 7:00 a.m. if races are delayed from Saturday.

Marshalls

Dock Marshalls

- There will be one Launch Dock Marshall who will assign launch dock space and manage the launch procedure and timing.
- There will be one Return Dock Marshall (on a return dock) who will assign return dock space in association with the Boat Alignment Marshall and will manage the crew return procedure and timing.
- All crews and coaches are expected to immediately follow the directions of these Marshalls and respect their decisions.

Boat Alignment Marshall

- There will be a Boat Alignment Marshall in a boat located about 150 yards off the end of the docks to provide direction to all returning crews so as to guide them to the next available dock location and/or hold them in place pending the availability of open dock space.
- FAILURE TO COMPLY WITH THE DIRECTIONS OF A MARSHALL MAY RESULT IN THE ISSUANCE OF A YELLOW CARD TO A CREW OR COACH BY THE CONTROL COMMISSION UMPIRE.

Hot Seating Protocol

- All crews who need to hot seat are expected to use the hot seat dock located on the west side of the canal between the two bridges. This dock is provided as a courtesy only. Crews use the hot seat at their own risk. Races will not be held for crews delayed at the hot seat dock.
- It is the responsibility of the coach to bring athletes to the Control Commission with identification and pick up a bow number prior to proceeding to the Hot Seat Dock.
- The Hot Seat rules must be adhered to and directions from the official/volunteer at the hot seat dock must be adhered to or could result in a report to the Chief Umpire and a possible penalty/yellow card. Challenges to a volunteer will be considered the same as a challenge to an umpire and will be dealt with accordingly.

Medical:

The Chief Medical Officer or his/her staff have the authority to refuse any athlete the usage of the course if in their opinion the athlete is unfit to row.



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Unsportsmanlike Conduct

- which includes but is not limited to foul, abusive or profane language and/or arm or hand gestures WILL NOT be permitted at the Regatta Site before, during or after any racing, athletes, coaches, umpires and volunteers and such Conduct may result in immediate exclusion from the Race or future Races at the Discretion of the Regatta Chair and/or the Chief Umpire.

Practice Times

| Day | Start Time | Finish Time |
|----------|------------------------|------------------------|
| Friday | 3:00 p.m. | 7:00 p.m. |
| Saturday | 5:30 a.m. 6:00 p.m. | 6:30 a.m. 7:30 p.m. |
| Sunday | 5:30 a.m. | 6:30 a.m. |

ALL ATHLETES MUST BE ACCOMPANIED BY COACH-OPERATED SAFETY BOATS AT ALL TIMES DURING PRACTICE TIMES – SEE SNRC HEAD COACH TO CONFIRM THE COVERAGE IS AVAILABLE.

Weigh-In Times and Regulations*

| Day | Start Time | End Time |
|----------|------------|-----------|
| Saturday | 6:00 a.m. | 9:30 a.m. |
| Sunday | 6:00 a.m. | 9:30 a.m. |

1. All coxswains, lightweight and midweight competitors must weigh in each day they race.
2. Athletes must weigh in as a crew and be accompanied by a coach during weigh-in.
3. There is only one try at weigh in.
4. In the case of any dispute the clerk of the scales will communicate only with the crew’s coach or school official.
5. All rowers and coxswains will weigh-in wearing the same school rowing uniforms. No one will be weighed in wearing more or less clothing.
6. Official scales will be available at 5:30 a.m. for practice weigh-ins.
7. All weights for coxswains requiring extra weight will be supplied at the scales and will be the only weights recognized by weigh-in officials.

A \$5.00 FEE WILL BE ASSESSED FOR EACH COXSWAIN’S WEIGHTS AND MUST BE PAID TO THE CLERK OF THE SCALES BEFORE LEAVING THE WEIGH-IN TENT.

8. During the official weigh-in periods, testing scales or checking weights will not be permitted.
9. Crew changes will not be accepted in the weigh-in tent. Any change must be approved by the Registration Desk in the white portable before weigh-in in accordance with the Name Change Deadlines listed in this package.
10. If crew changes have been made, please bring copies of your Name Change forms with you to the weigh-in tent.
11. The minimum weight for coxswains is 45 kg for male and 45kg for female.



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Weigh In Procedures

HAVE PHOTO IDENTIFICATION READY.

1. Report only when all crew members are in attendance. If you are called and the entire crew is not present, you will not be allowed to proceed to the scales.
2. A coach or school official must accompany each crew.
3. When you reach the scales, please line your crew up from bow to stern.
4. Have each crew member's photo identification ready.
5. Weigh-in will always occur on a first come first served basis.

Maximum Allowable Weight

| | | | |
|-----------------|---------------|-------------------|-----------------|
| Lightweight Men | Midweight Men | Lightweight Women | Midweight Women |
| 64kg | 72.5kg | 52kg | 59kg |

COMPETITORS MAY WEIGH NO MORE THAN THE MAXIMUM ALLOWABLE WEIGHT.

Progression to Finals

| # of Entries | Heats | Crews Advancing to Final |
|--------------|-------|---|
| 2 to 6 | 0 | Final |
| 7 to 12 | 2 | 1st place in each Heat + Next 4 Fastest Overall |
| 13 to 18 | 3 | 1st place in each Heat + Next 3 Fastest Overall |
| 19 to 24 | 4 | 1st place in each Heat + Next 2 Fastest Overall |
| 25 to 30 | 5 | 1st place in each Heat + Next Fastest Overall |
| 31 to 36 | 6 | 1st place in each Heat |

ALL DECISIONS MADE BY THE REGATTA COMMITTEE ARE FINAL

Coach & Coxswain Meetings

- A mandatory meeting for all Coaches, Coxswains, and bow persons (sculling) will be held
- Saturday and Sunday morning at 6:30 a.m.
- All crews will be responsible for knowing the information delivered at the meeting.

GENERAL RULES

RCA Rules of Racing apply to all situations not covered above.

Photo Identification

- School/government photo identification is required for all crews and may be randomly checked for any event during HEATS.
- School photo identification is required for all crews advancing to the finals and will be checked at the Control Commission prior to the crews checking in.



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Medal Presentations

- Medals will be awarded for First, Second, and Third place crews.
- Medals will be presented by the pavilion once official results from the finals have been published.
- Gold, silver, and bronze medals will be awarded for all finals with four or more crews
- Gold and silver medals will be awarded for all finals with three entries
- Gold medals will be awarded for all finals with two entries

The South Niagara Championship Awards for Rowing Excellence

The South Niagara High School Invitational Regatta will present Championship Awards for:

- Men's Rowing Excellence
- Women's Rowing Excellence
- Overall Rowing Excellence

Each Divisional Trophy is presented to the high school that achieves the highest point total for performance in event finals of the respective division.

Point Awards

Schools win points according to the type of event they enter and how they place in that event's final. For instance, a school that finishes first in a Pairs event final earns 15 points. A school that finishes fifth in an Eights event final earns 6 points. No points are awarded for heats.

The following table shows points awarded by type of event and order of finish.

| Championship Points Awards for Placement in Finals | | | | | | |
|--|-------|--------|-------|--------|-------|-------|
| Categories | First | Second | Third | Fourth | Fifth | Sixth |
| Singles, 1x | 10 | 5 | 4 | 3 | 2 | 1 |
| Doubles, 2x | 15 | 8 | 5 | 4 | 3 | 2 |
| Pairs, 2 | 15 | 8 | 5 | 4 | 3 | 2 |
| Fours, 4, 4+ | 20 | 10 | 8 | 6 | 5 | 4 |
| Quads, 4x | 20 | 10 | 8 | 6 | 5 | 4 |
| Eights, 8+ | 25 | 12 | 10 | 8 | 6 | 5 |

Efficiency Rating

A school's efficiency rating is the ratio of the total points a school wins in an event to the total points it might have won. If a school places third in a 2x final, it earns 5 points out of a possible 15 points it might have won for a first-place finish.

| Event | Potential Points | School's Finish | Points Won | Ratio of Points Won to Potential Points | Efficiency Rating |
|-----------------|------------------|-----------------|------------|---|-------------------|
| Doubles, 2x | 15 | Third | 5 | 5 / 15 | 33.3% |
| Pairs, 2 | 15 | Fifth | 3 | 3 / 15 | 20.0% |
| Total / Overall | 30 | | 8 | 8 / 30 | 26.7% |



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A school's overall efficiency rating is the ratio of the total points a school wins in all the events it enters to the total points it might have won in all those events. The school in the table above placed third in a Doubles final and fifth in a Pairs final. It won 8 out of a possible 30 points for an efficiency rating of 26.7%.

If a school enters two crews in an event, its potential points for that event equal the sum of the points for a first-place finish and a second-place finish, since the best the school's two crews could place would be first and second.

Basic Eligibility Rules

Four basic eligibility rules help ensure that the Rowing Efficiency competition is fair to all schools. To win the Championship Award for Overall Rowing Excellence, a school must enter a minimum of:

1. 4 finals
2. 14 rowers
3. 1 sculling event
4. 1 rowing event.

All the best in your school's bid to win one of the Championship Awards!

Parking

- Trailers must enter through the parking lot entrance by the boathouse at the West side of the canal, via
- Colborne Street.
- Parking will be restricted at the boat house to trailers, car-top boat carriers, and the vehicles of regatta officials, vendors and regatta committee volunteers.

Available Parking

- John Deere parking lot: Free / Donations welcome.
- VIP parking near the Finish Tower on the west bank of the canal: \$20.00
- Access to Boathouse area 30-minute limit for delivery of food/tents. Refundable deposit required

Bus Parking

All buses must access Colborne St via Hwy 58 and Forks rd. Please do not use Forkes Rd bridge from Townline/Kingsway Rd.

All buses should be parked at the at the Boathouse area in the designated bus area. The Boathouse Area needs to remain free for trailer parking.

No Tents are Permitted in the Trailer Parking Area due to safety concerns. Team Tents will be permitted in designated areas.

See Regatta Web Site for designated locations.



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Athlete Drop off Areas

- The main Athlete Drop off Area is at the John Deere Parking Lot where they can cross Canal Banks Road, at either of the two designated crosswalks, and walk to the Boathouse area.
- Alternatively, athletes can be dropped off at The Colborne Street Parking Lot and then take the free shuttle service to the boathouse area. However, it should be noted that there is only limited shuttle service in this area and there may be delays during busy periods.

Shuttle Service

A free shuttle service will transport individuals between the Boat House parking lot and Forkes Rd. on a regular basis throughout the day Saturday and Sunday and also between the John Deere parking lot and the Forkes Rd. Bridge.

If you or your athlete needs to get to the Boathouse area quickly, you are strongly encouraged to use the athlete drop off area at the John Deere Parking Lot.

Watching Races

- Following races by motorized vehicles along the Kingsway (on the east side of the race course) is strictly prohibited and may result in exclusion of the crew being followed.
- Viewing areas are available along the course in the finish area, including the grandstand.
- We encourage you to bring a bike and use the Welland Canal Trail that follows the course on the west side.

Welland Canal Trail

The Welland Canal trail begins in Port Colborne and runs along the west bank of the rowing course. You may bring bicycles or roller blades to use on the trail.

Questions Please Contact: Email: SNI@rowsnrc.ca

Event List is posted on Regatta Central.