

# ARGONAUT ROWING CLUB



## ARC Hogtown Heats Regatta

**Sunday, August 25, 2019 at 09:00 – 15:00**

Regatta Chair: Lee Sela  
Chief Umpire: William Donegan

### **Attention Youth, Novice, Para and Recreational rowers:**

We invite you to join us for the 2019 Hogtown Heats regatta to be held at the Argonaut Rowing Club in Toronto. We will be having a fantastic day of fun racing, along with a wonderful catered lunch.

**We will be providing boats for you to race in, so no need to bring your own boats.**

The ARC Hogtown Heats Regatta will involve approximately 750 meter races for youth, women's, men's and mixed crews of fours, quads and eights.

The races will take place on the Western Beaches Watercourse Dragonboat course in the West Toronto Beaches area at the Argonaut Rowing Club (please see detailed map of the race course)

**Entries MUST be done on the RegattaCentral website this year.**

## Entry Fees:

Entries this year will be a "Per Athlete" Flat Fee of **\$65** + tax + **\$5.50 seat fees** - which includes:

- 2 races per athlete
- catered lunch
- Cool swag!
- medals and fun times!

Entries MUST be received through Regatta Central by **Midnight Thurs August 22, 2019**, indicating the events to be entered.

Entries received after this date are not guaranteed, late registration is at 8:30 AM (if we can accommodate you).

Please ensure you register for a total of two events per athlete.

The draw will be posted on the Regatta Central website by 10:00am on Saturday August 24th, 2019.

For further information please contact [Argonaut Rowing Club Events, events@argonautrowingclub.com](mailto:events@argonautrowingclub.com)

Table 1. Racing Categories

Approximate start times (to be confirmed once all entries received on August 23)	Event Number	List of Events
9:00 AM	1	Recreation Women Cox Four
9:15 AM	2	Youth Women Double
9:30 AM	3	Recreation Men Cox Four
9:45 AM	4	Youth Men Double
10:00 AM	5	Novice Women Cox Four
10:15 AM	6	Youth Women Quad
10:30 AM	7	Novice Men Cox Four
10:45 AM	8	Youth Men Quad
11:00 AM	9	Recreation Women Quad
11:15 AM	10	Recreation Men Quad
11:30 AM	11	Para Men/Women Double
		<b>20 Minute break</b>
11:50 AM	12	Mixed Youth Eight
12:05 AM	13	Novice Men Eight
12:20 AM	14	Novice Women Eight
12:35 PM	15	Recreation Women Eight
12:50 PM	16	Recreation Men Eight
1:05 PM	17	Youth Men Eight
1:20 PM	18	Youth Women Eight
		<b>45 Minute Break &amp; Lunch</b>
2:05 PM	19	Novice Mixed Eight
2:20 PM	20	Recreation Mixed Eight

2:35 PM	21	<b>“MASH UP EIGHT”</b> (CREWS TO BE DRAWN FROM ALL CLUBS’ ENTRIES AND BOATED AS DRAWN)
2:45 PM	22	<b>“SKILLS EVENT”</b> (4 COXED FOURS MIXED/MEN’S/WOMEN’S/YOUTH/NOVICE CREWS) TO COMPLETE A ‘FIGURE 8’ FASTEST TIME WINS
		<b>MEDALS</b>
		<b>FINALS (For events with more than 3 entries)</b>

- Please note the regatta is aimed at Recreational rowers (Novice and Rec. Categories), who have not competed in a competitive regatta  
- ie. you cannot have raced as a Junior, U23/Senior, or Masters competitive in 2019.
- Novice is defined as someone who has started rowing in 2019
- Youths are U19 and have not competed in a competitive regatta in 2019
- Para are rowers who self-identify as athletes with a disability and have not competed in a competitive regatta in 2019

# ARGONAUT ROWING CLUB

## Activity Waiver

Please print the following information for every athlete—rowers and coxswains:

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Activity: ARC Hogtown Heats Regatta

Date: Sunday, August 25, 2019

### Terms and conditions:

- I agree to abide by all the Rules, by-laws of the Club, which can be found at [www.argonautrowingclub.com](http://www.argonautrowingclub.com).
- I agree and acknowledge that I undertake any activity, including rowing entirely at my own risk, and that I am medically fit to undertake such activity.
- I agree to hold the Argonaut Rowing Club harmless for any personal injury sustained by myself or any other person, and for any loss or any damage to any property that I have brought to the premises, whether caused by theft, and or any other cause, including negligence of the Club, or any of its members or staff.

I have read all the above terms and conditions, I understand them and agree to abide by them.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Age: (if under 18) \_\_\_\_\_ If you are under 18 years of age, this application must be co-signed by a parent or legal guardian.

Guardian's name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## Regatta Day Events

- Late registration starts at 8:00 a.m.
- Coaches and Umpires Meeting on the dock at 8:30 a.m.
- First race starts at 9:00 a.m.
- Lunch will be served between 12:30 - 1:30pm in The Henley Room (dependent on registrations and whether some races are collapsed)

## Boats & Racing

- There is no need to bring boats we will supply them all.
- Course:
  - 750 m on West Toronto Beaches area at the Argonaut Rowing Club
  - Up to 3 lanes of racing.
  - Floating start
  - No technical installations, few buoys at the start and finish.
- Each race will be timed - first place finishes only (times will be posted).
- Races are typically 15 min apart, depending on the total number of races, and the speed with which crews can switch in and out of boats.
- Medals will be awarded for first place only.

## Travel Info

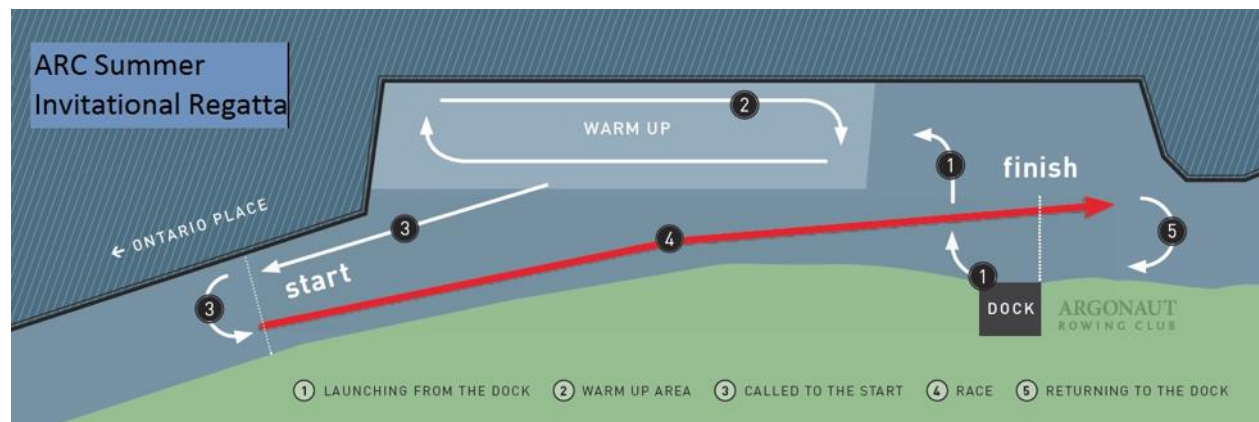
**Boathouse Address:** 1225 Lake Shore Boulevard West  
Toronto, ON M6K 3C1

**Regatta Chair's**

**Personal Phone:** (416) 707-5859

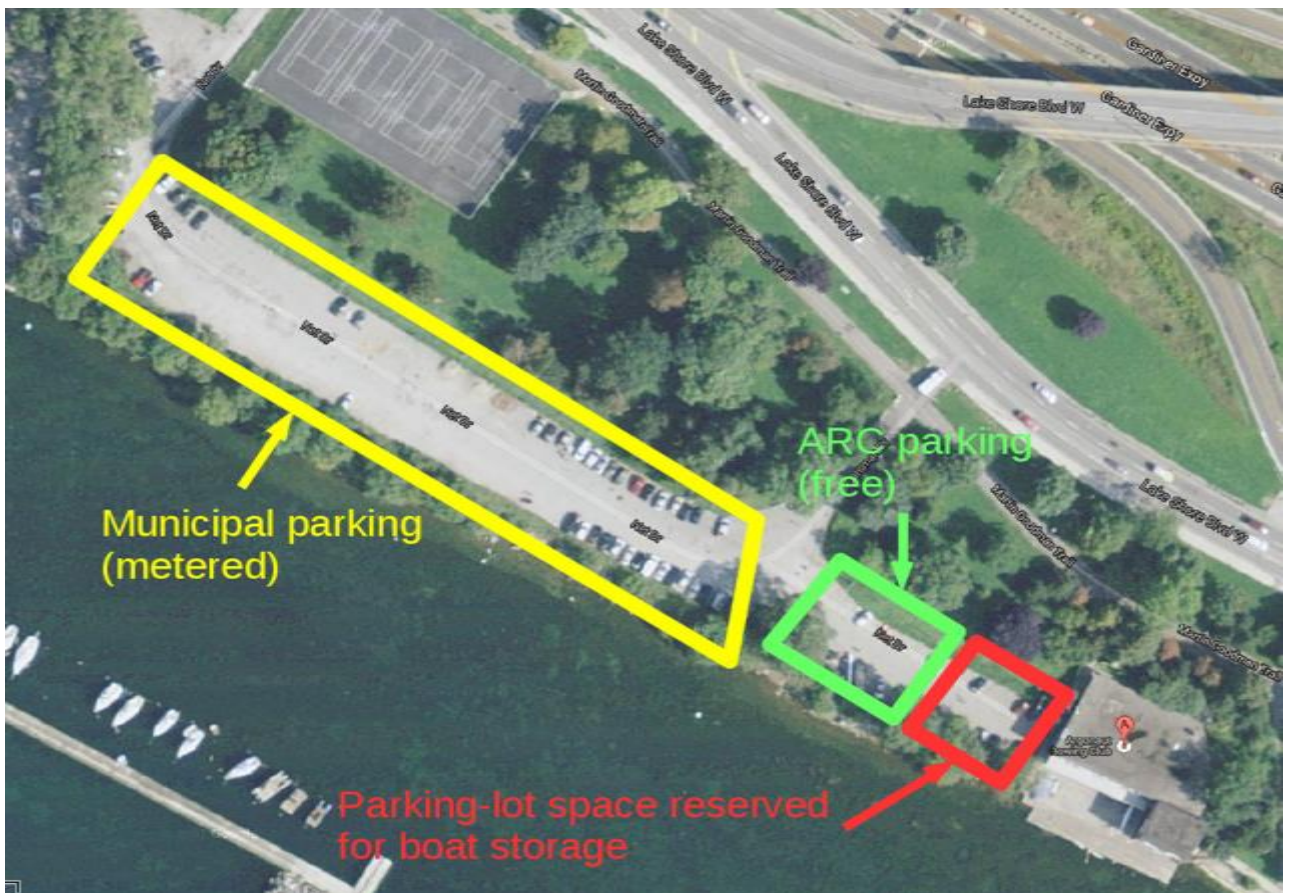
**Website:** [www.argonautrowingclub.com](http://www.argonautrowingclub.com)

**Entries email:** [events@argonautrowingclub.com](mailto:events@argonautrowingclub.com)



## Parking

You may park in our own parking lot or in the upper parking lot (Municipal Parking). Please note, in the upper parking lot, it is pay-metered parking and the City checks. The location of the parking lot is in the Google earth picture below. There is some free parking in the ARC lot, as noted on the diagram below and we have some parking passes available to guests so please enquire at the registration table.



## Rules of Racing

1. There are no weight categories (2.10); coxswains will not be weighed (2.5, 2.6)
2. The Rules about substitutions will not apply. (7.6, 7.7)
3. Age categories of rowers (2.3, 2.7) will not apply to anyone 19 years of age or over.
4. Progression system will be: winners of heats will progress to finals.
5. To the extent possible, all other Rules of Racing will apply.