**2023 CORA Member Clubs**

|  |  |
| --- | --- |
| Rowing Clubs | City |
| Argonaut Rowing Club | Toronto Ontario |
| Barrie Rowing Club | Barrie Ontario |
| Brockville Rowing Club | Brockville Ontario |
| Cambridge Rowing Club | Cambridge Ontario |
| Don Rowing Club | Mississauga Ontario |
| Durham Rowing Club | Port Perry Ontario |
| Georgian Bay Rowing Club | Midland Ontario |
| Guelph Rowing Club | Guelph Ontario |
| Hanlan Boat Club | Toronto Ontario |
| Island Lake Rowing Club | Orangeville Ontario |
| Kingston Rowing Club | Kingston Ontario |
| Leander Boat Club | Hamilton Ontario |
| London/Western Rowing Club | London Ontario |
| Niagara Falls Rowing Club | Niagara Falls Ontario |
| Notre Dame Rowing Club | Welland Ontario |
| Orillia Rowing Club | Orillia Ontario |
| Peterborough Rowing Club | Peterborough Ontario |
| Ridley Grad Boat Club | St Catharines Ontario |
| Severn River Rowing Club | Severn Bridge Ontario |
| South Niagara Rowing Club | Welland Ontario |
| St Catharines Rowing Club | St Catharines Ontario |
| Sudbury Rowing Club | Sudbury Ontario |
| Tillsonburg Rowing Club | Tillsonburg Ontario |
| University Of Western Ontario | London Ontario |
| Rowing Canada/ Rowontario | Invited to enter crews in races |

**The Central Ontario Rowing Association Inc. (1953 to 2023 70th Year)**

**Martindale Pond St Catharines Ontario Saturday July15th, 2023**

**2023 List of Events Page 1 of 2**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Event**  **No:** | **List Of Events** |  |  | **Event**  **No:** | **List Of Events** |  |
| 1 | Master’s Women. Single  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |  | 23a | U19 Lwt Men Eight **(74.5kg Max)** |  |
| 2 | Master’s Men Single  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |  | 23b | U19 Men Eight |  |
| 3a | U17 Lwt Women Single (**61kg Max.)** |  |  | 24a | U17 Lwt Men Single **(74.5kg Max)** |  |
| 3b | U17 Women Single |  |  | 24b | U17 Men Single |  |
| 4a | U19 Lwt Men Pair **(74.5kg Max)** |  |  | 25a | U19 Lwt Women Pair (**61kg Max.)** |  |
| 4b | U19 Men Pair |  |  | 25b | U19 Women Pair |  |
| 5a | U23 Lwt Women Quad (**61kg Max.)** |  |  | 26a | U23 Lwt Men Quad **(74.5kg Max)** |  |
| 5b | Sr Lwt Women Quad (**61kg Max.)** |  |  | 26b | Sr Lwt Men Quad **(74.5kg Max)** |  |
| 5c | U23 Women Quad |  |  | 26c | U23 Men Quad |  |
| 5d | Sr Women Quad |  |  | 26d | Sr Men Quad |  |
| 6a | U17 Lwt Men Cox Four **(74.5kg Max)** |  |  | 27a | U17 Lwt Women Cox Four (**61kg Max.)** |  |
| 6b | U17 Men Cox Four |  |  | 27b | U17 Women Cox Four |  |
| 7a | U19 Lwt Women Double (**61kg Max.)** |  |  | 28a | U19 Lwt Men Double **(74.5kg Max)** |  |
| 7b | U19 Women Double |  |  | 28b | U19 Men Double |  |
| 8a | U17 Lwt Women Cox Quad (**61kg Max.)** |  |  | 29a | U17 Lwt Men Cox Quad **(74.5kg Max)** |  |
| 8b | U17 Women Cox Quad |  |  | 29b | U17 Men Cox Quad |  |
| 9a | U23 Lwt Men Eight **(74.5kg Max)** |  |  | 30a | U23 Lwt Women Eight (**61kg Max.)** |  |
| 9b | Sr Lwt Men Eight **(74.5kg Max)** |  |  | 30b | Sr Lwt Women Eight (**61kg Max.)** |  |
| 9c | U23 Men Eight |  |  | 30c | U23 Women Eight |  |
| 9d | Sr Men Eight |  |  | 30d | Sr Women Eight |  |
| 10a | U19 Lwt Men Single **(74.5kg Max)** |  |  | 31a | U19 Lwt Women Single (**61kg Max.)** |  |
| 10b | U19 Men Single |  |  | 31b | U19 Women Single |  |
| 11a | U23 Lwt Women Pair **(61kg Max)** |  |  | 32a | U23 Lwt Men Pair **(74.5kg Max)** |  |
| 11b | Sr Lwt Women Pair **(61kg Max)** |  |  | 32b | Sr Lwt Men Pair **(74.5kg Max)** |  |
| 11c | U23 Women Pair |  |  | 32c | U23Men Pair |  |
| 11d | Sr Women Pair |  |  | 32d | Sr Men Pair |  |
| 12a | U17 Lwt Men Quad **(74.5kg Max)** |  |  | 33a | U17 Lwt Women Quad (**61kg Max.)** |  |
| 12b | U17 Men Quad |  |  | 33b | U17 Women Quad |  |
| 13a | U19 Lwt Women Cox Four (**61kg Max.)** |  |  | 34a | U19 Lwt Men Cox Four **(74.5kg Max)** |  |
| 13b | U19 Women Cox Four |  |  | 34b | U19 Men Cox Four |  |
| 14a | U23 Lwt Men Double **(74.5kg Max)** |  |  | 35a | U23 Lwt Women Double (**61kg Max.)** |  |
| 14b | Sr Lwt Men Double **(74.5kg Max)** |  |  | 35b | Sr Lwt Women Double (**61kg Max.)** |  |
| 14c | U23 Men Double |  |  | 35c | U23 Women Double |  |
| 14d | Sr Men Double |  |  | 35d | Sr Women Double |  |
| 15a | U17 Lwt Women Eight (**61kg Max.)** |  |  | 36a | U17 Lwt Men Eight **(74.5kg Max)** |  |
| 15b | U17 Women Eight |  |  | 36b | U17 Men Eight |  |
| 16 | Master’s Women Quad  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |  | 37 | Master’s Men Quad  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |
| 17 | Master’s Men Double  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |  | 38 | Master’s Women Double  (Indicate AA,A,B,C,D,E,F,G,H,I,J) |  |
| **18** | **PARA Rowing Event** |  |  | 39a | U23 Lwt Men Single **(74.5kg Max)** |  |
| 19a | U23 Lwt Women Single (**61kg Max.)** |  |  | 39b | Sr Lwt Men Single **(74.5kg Max)** |  |
| 19b | Sr Lwt Women Single (**61kg Max.)** |  |  | 39c | U23 Men Single |  |
| 19c | U23 Women Single |  |  | 39d | Sr Men Single |  |
| 19d | Sr Women Single |  |  | 40a | U19 Lwt Men Quad **(74.5kg Max)** |  |

**The Central Ontario Rowing Association Inc. (1953 to 2023 70th Year)**

**Martindale Pond St Catharines Ontario Saturday July 9th, 2023**

**List of Events Page 2 of 2**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event**  **No:** | **List of Events** | **Entry:** |  | | **Event**  **No:** | **List Of Events** | **Entry:** |
| 20a | U19 Lwt Women Quad (**61kg Max.)** |  |  | | 40b | U19 Men Quad |  |
| 20b | U19 Women Quad |  |  | | 41a | U23 Lwt Women Straight Four  (**61kg Max.)** |  |
| 21a | U23 Lwt Men Straight Four  **(74.5kg Max)** |  |  | | 41b | Sr Lwt Women Straight Four  (**61kg Max.)** |  |
| 21b | Sr Lwt Men Straight Four  **(74.5kg Max)** |  |  | | 41c | U23 Women Straight Four |  |
| 21c | U23 Men Straight Four |  |  | | 41d | Sr Women Straight Four |  |
| 21d | Sr Men Straight Four |  |  | | 42a | U17 Lwt Men Double **(74.5kg Max)** |  |
| 22a | U17 Lwt Women Double (**61kg Max.)** |  |  | | 42b | U17 Men Double |  |
| 22b | U17 Women Double |  |  | | 43a | U19 Lwt Women Eight (**61kg Max.)** |  |
|  |  |  |  | | 43b | U19 Women Eight |  |
| **Email:** | | | | **Phone Number:** | | | |
| **WAIVER / RELEASE**  **THE CENTRAL ONTARIO ROWING ASSOCIATION & OTHER INDIVIDUALS CONNECTED WITH THE RUNNING OF THIS REGATTA CAN NOT BE HELD RESPONSIBLE FOR THE PHYSICAL FITNESS OF COMPETING CREWS.**  **EACH CLUB & COMPETITOR IS RESPONSIBLE FOR THEIR**  **OWN PHYSICAL FITNESS. (As per 2022 RCA Rules of Racing 2.3.1)**  **FOR INSURANCE COVERAGE**  **ALL COMPETITORS, COACHES, CLUB & REGATTA OFFICIALS & UMPIRES**  **MUST BE REGISTERED WITH THEIR ROWING CLUBS,**  **PROVINICAL & NATIONAL ASSOCIATIONS** | | | | | | | |
| **ONLY ENTRIES FROM MEMBER CLUBS OF CORA OR INVITED**  **ASSOCIATIONS WILL BE ACCEPTED AT THIS REGATTA**  **CORA ENTRY FEES:**  **Singles: $22.00, Doubles/Pairs: $39.00, Quads/Fours: $78.00, Cox Fours: $95.00, Eights: $143.00**  **YEARLY ASSOCIATION FEES FOR MEMBER CLUBS: $100.00**  **RCA & ROWONTARIO FEES of $6.03 per seat has been included in above entry fees;**  **QUESTIONS: KELLY BRIGLEY**  **TEL: 416-305-9596 EMAIL: rowrgrl@icloud.com**  **SUBMIT ENTRIES TO REGATTA CENTRAL**  **Closing Date For Saturday July 15th Regatta St Catharines is Saturday July 8th**  **MANDATORY COACHES MEETING- SATURDAY JULY 15TH AT 7AM AT THE CLERKS BOOTH**  **(AT THE LAUNCH DOCK)** | | | | | | | |

**The Central Ontario Rowing Association**

**Emergency Action Plan**

**1.0. Weather Action Plan for CORA Regattas**:

This weather plan provides an outline of the steps to be taken if weather conditions become a safety concern.

The Chief Umpire or Regatta Chair will monitor weather forecast through web sites (radar, local weather stations and local weather forecasts), as well as by phone with One on One Environment Canada Weather.

Call the Storm line toll free at 1-800-463-9463.

**1.1 The Chief Umpire or Regatta Chair will consult some of the following websites as required**:

a) Environment Canada Western Lake Ontario: [www.weatheroffice.gc.ca/marine/forecast](http://www.weatheroffice.gc.ca/marine/forecast)

b) Exeter Radar (North): [www.ontarioweather.com/current/radar/ontario/exeter](http://www.ontarioweather.com/current/radar/ontario/exeter)

c) King Radar (West): [www.ontarioweather.com/current/radar/ontario/king](http://www.ontarioweather.com/current/radar/ontario/king)

d) Buffalo Radar (South): <http://radar.weather.gov/radar>

e) Wind finder (Port Weller): [www.windfinder.com/forecast/port\_weller](http://www.windfinder.com/forecast/port_weller)

f) Sail flow: [www.sailflow.com/windandwhere.iws](http://www.sailflow.com/windandwhere.iws)

g) The Weather Network (hourly forecast, and radar forecast): [www.theweathernetwork.com](http://www.theweathernetwork.com/)

[*https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/guelph*](https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/guelph)

[*https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/london*](https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/london)

[*https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/welland*](https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/welland)

*https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/st-catharines*

h) Airport Forecast: www.theweathernetwork.com/ca/forecasts/ airport-forecast**/...**

**1.2 Initiating the Weather Action Plan Procedures:**

The Chief Umpire and Regatta Chair meet to review the weather status – before the regatta, during the regatta, as required, when notified conditions are changing for the worse. The Weather Action Plan is set into action when:

* + 1. The Chief Umpire and Regatta Chair determine that action is required to ensure safety.

The required actions may include the following:

1. Holding additional boats from launch and finishing the races on course, or:
2. Immediately calling all crews off the water, or:
3. Continuing to monitor weather and review additional data.
   * 1. If action is required, the following are the responsibilities of the Regatta Chair and Chief Umpire.
4. Chief Umpire informs the jury (control commission, start line, umpires, and finish) of the action plan and instructs the Regatta Control Commission to monitor and account for all boats on the water by club or crew. The Chief Umpire will also communicate the action plan to the Safety Boat director for safety boats on the water.
5. The regatta Chair informs the Organizing Committee and the Committee Directors of the action plan. The Regatta Chair ensures that a public announcement is made regarding the action plan.

**1.3 Procedure for Evacuation from Water:**

1.3.1 **Control Commission:**

The Control Commission will account for all crews on and off the water. The Control Commission will monitor and record all crew names and follow up with crew coaches to ensure all crews are off the water.

1.3.2 **At The Starting Line:**

a) Umpire boats at the start will notify/announce to all persons in the starting area that they are to return to the launching area.

b) The Starter will observe all crews at the start including warm-up area to ensure they have been informed of the plan and start heading back to the launching area. Starter will designate an umpire boat to follow the last crew back to the launching area.

1.3.3 **Umpire and Safety Boats:**

Umpire and safety boats will follow crews back to the launching area and are to be the last off the water.

1.3.4 **At the Finish Line**:

Chief Finish Judge will monitor all crews at the finish and in the last 50m area and communicate to Control Commission to ensure all crews are accounted for.

1.3.5 **At the Launch Docks or Area:**

Dock Marshals will ensure crews quickly exit launch area. During course closure, the Dock Marshall will allow boats to dock from either direction ensuring that docking shells do not crossover docking patterns.

1.3.6 **Coordination of All Officials:**

Chief Umpire, Regatta Chair and Chief of the Control Commission will confirm everybody (crews, umpire boats, safety boats start personnel and others) are safely off the water.

1.3.7 **Following Evacuation from Water:**

The Regatta Chair and Chief Umpire will review options related to the weather and make announcement as soon a possible regarding any delays.

13.8 **Delay Contingency Plan:**

The CORA Regatta Organizing Committee can reschedule races earlier or later in the day for safety reasons in the event of bad weather. Any changes in the schedule will be announced by the Control Commission. (This will also include shortening the length of races) It is the responsibly of the crew and club coaches to monitor and stay current with the schedule.

Any changes required by a weather delay will supersede the published related requirements of the RCA Rules of Racing. During the condensed schedule, the umpire has the discretion to determine whether a crew is maintaining a competitive position in the race. If the umpire determines this is not the case, the umpire can make the call to exclude that crew from the race and direct them to remove themselves from the course. No allowance will be made for athlete conflicts due to reducing time between races and substitutions will not be allowed.

**1.4** **Schedule Changes Options Due to Weather Delay:**

Races may be run with reduced time between races until sunset to complete the schedule. Racing will not take place after sunset.

The Regatta Chair and Chief Umpire will decide on the requirements of the schedule change. The Regatta Chair will communicate with the Regatta Committee, committee Directors and ensure announcements are made and communicated to all areas of the regatta (Control Commission, public, starter and finish).

|  |  |  |
| --- | --- | --- |
| Niagara Regional Police Dept  50 Church Street  St Catharines Ontario L2R-7C2  Front Desk & Gen Enquiry  905-686-4111 Ext 4252 | Niagara Regional Fire Services  36 Wright Street  St Catharines Ontario L2P-3J4  905-684-5557 | Niagara Emergency Medical Services  Paramedics Dispatch  905-984-5050 or 911 |

***The Central Ontario Rowing Association would like to thank the Canadian Secondary Rowing Association for allowing CORA to edit their weather action plan to suit their needs.***

**2.0 CORA FIRST AID & SAFETY PLAN**

All safety boat drivers, coaches and race umpires and officials shall familiarize themselves with the First Aid and Safety Plan. Coaches will attend the coaches meeting before the event where the First Aid & Safety Plan is reviewed and are responsible for the safety of their athletes. It is recommended that all volunteers and staff have taken a first aid/CPR training course.

Boat drivers are responsible for carrying a valid Pleasure Craft operator’s permit and have a basic understanding of how to operate the boat they are driving. Make sure you have enough gas and that the boat carries a paddle or oars, bailer, sound signal, PFDs for the largest crew. Boat drivers are required to always wear their PFD on the water.

Boat drivers and coaches are responsible for keeping lookout up and down the course and listening for official notices on the PA system and on the radios.

2.1 **RADIOS:**

Where possible each safety boat will carry a radio. Radios are to be used for official communication only.

2.2 **911 EMERGENCY:**

Call 911, and specify your location – on the water, or near the finish tower or near the athlete’s area.

2.3 **FIRST AID LOCATIONS:**

Medical Facility in compound on Henley Island.

2.4 **FIRST AID:**

Qualified medical services will be equipped with fully stocked Trauma Kits, AED, ice packs and bandages at First Aid station.

2.5 **LIGHTNING:**

All boats will leave the water immediately if lightning is seen. Refer to Emergency Action Plan.

2.6 **HIGH WINDS AND POOR CONDITIONS:**

At the Chief umpire’s decision, the course may be shortened, or the regatta may be delayed or called off due to high winds or poor conditions. This decision is final.

Coaches should take into consideration the ability of their athletes to cope with the prevailing weather and wind conditions. DO NOT send an athlete on the water if there is any doubt about their ability to line up, start, row and finish their race. They will thank you for your wisdom one day.

2.7 **ON WATER RESCUE PROCEDURE:**

Safety boats are positioned along the course and on the lookout for boats that have tipped or need assistance. The biggest hazard for someone in the water is other boats. BE CAREFUL.

When a safety boat is heading to a rescue raise your hand to indicate that you are “on the way.” When you get to the “athlete” approach from downwind to avoid drifting over them. Put the engine in neutral and then turn off when you reach the athlete. Confirm that the athlete(s) are okay and that all the crew is present. Bring athlete into your boat and then proceed to secure their boat and equipment. Head to shore. Take great care that the boat does not hit rocks. Return equipment to athlete.

2.8 **IMPORTANT NOTICE:**

Once the athlete(s) and their boat are on shore it is YOUR RESPONSIBILITY to make sure they connect with their coach or other responsible adult. Do not leave the athlete alone until you have handed them over to their coach or another responsible adult who is known to the athlete. If this is not possible decide appropriate action.

2.9 **ADVICE TO ROWERS:**

All RCA Rules of Racing apply. If you tip and are not able to get back in, do not leave your boat or swim to shore. Allow rescue drivers to help you and keep you safe. If you tip, flip your boat over and cling to it until help arrives. If you can, hold oar in the air blade up as a signal of distress.

It is not permitted to row down the centre of the course. Please row on return lane to avoid interfering with races.

OBEY the instructions of your coach and the regatta umpires and have fun.

**3.0** **WEIGH-IN RULES**

1. All weight restricted competitors must weigh in.
2. The official weigh-in periods will be from 7:30 am to 9:30 am on regatta day.
3. Athletes must weigh in as a crew and be accompanied by a coach or club official.
4. In the case of any disputes, the umpire will communicate with the crew’s coach or club official.
5. All athletes will weigh-in wearing the same club rowing uniforms. No one will be weighed in wearing more or less uniform.
6. Re-weighs will not be permitted. Weight Restricted athletes who do not make weight will be allowed to race in the Open Weight of the same event. If necessary, races may be split to create the opportunity.
7. During the official weigh-in period testing of scales or checking weights will not be permitted.
8. Crew changes will not be accepted in weigh-in room. Changes must be approved by the registrar prior.
9. Coxswains will not be weighed, nor required to carry weight (if underweight).
10. An individual’s maximum weight (74.5kg for men and 61kg for women) determines eligibility.
11. A practice weigh-in scale is available just inside the entrance between the two boat houses.

**3.1** **WEIGH-IN PROCEDURES**

1. Any changes to crew lists must be made before you proceed to the scales.
2. Weigh-ins will be upstairs of the St. Catharines boathouse.
3. When you reach the scales, please line your crew up from bow to stern and have photo ID ready.
4. Weigh-ins will occur on a first come first served basis, based upon when you report with your crew to weigh-in room.

**3.2 Exemptions to RCA Rules of Racing**

1. **R.2.5, 2.6** – Coxswains will not be weighed, nor required to carry dead weight (if underweight).
2. **R.2.12** – Para Competitors Race #18 has been designated as a PARA rowing event. As we do not know what the entries for this event will be, this race maybe with PR1, PR2 and PR3 and different class of boats 1x, 2x, 4x, etc. Gold medals will be awards to each boat class.
3. **R.7.2** – If there is only one entry for a specific event, that entry will be combined with another similar race to provide a race for all entries.
4. **R10.6** – Masters’ races will be quick starts with no flag. Air horn will be used.

**4.0 Other**

1. All entries must have competitor’s names filled in. Any weight restricted entries missing athlete names will be disqualified from the event.
2. First race will be 9:00am. Launch times will be 30 minutes prior to race.
3. Drinking water available in compound.
4. Athletes will be required to show photo ID at Control Commission to launch.
5. Races may have a mixture of weight restricted & open weight crews.
6. Gold, silver and bronze medals will be awarded in each race category, provided the boat beats another boat in the same event category.
7. No progressions of crews from heats to finals as all races will be finals.

8. Master’s events will have age adjusted times- times as found in the RCA 2022 rules of racing.

9. Verbal Abuse – Refer to CORA safe sport policy