

2024 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
Dominion Day Regatta Association	Toronto 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
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 College Rowing Club	St. Catharines Ontario
Ridley Grad Boat Club	St Catharines Ontario
South Niagara Rowing Club	Welland Ontario
St Catharines Rowing Club	St Catharines Ontario
Sudbury Rowing Club	Sudbury Ontario
Tillsonburg Rowing Club	Tillsonburg Ontario
West Side Rowing Club	Buffalo, New York
Wyandotte Boat Club	Wyandotte, Michigan
Rowing Canada/ Row Ontario	Invited to enter crews in races

The Central Ontario Rowing Association Inc. (1953 to 2024 71st Year)
South Course Welland Ontario Saturday July 6th, 2024
2024 List of Events

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)		25	Master's Women Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)	
2	Master's Men Single (Indicate AA,A,B,C,D,E,F,G,H,I,J)		26	Master's Men Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)	
3a	U17 Lwt Women Single (61kg Max.)		27a	U17 Lwt Women Double (61kg Max.)	
3b	U17 Women Single		27b	U17 Women Double	
4a	U19 Lwt Men Pair (74.5kg Max)		28a	U19 Lwt Women Pair (61kg Max.)	
4b	U19 Men Pair		28b	U19 Women Pair	
5a	U23 Lwt Women Quad (61kg Max.)		29a	U23 Lwt Men Quad (74.5kg Max)	
5b	U23 Women Quad		29b	U23 Men Quad	
6a	Sr Lwt Women Quad (61kg Max.)		30a	Sr Lwt Men Quad (74.5kg Max)	
6b	Sr Women Quad		30b	Sr Men Quad	
7a	U17 Lwt Men Cox Four (74.5kg Max)		31a	U17 Lwt Women Cox Four (61kg Max.)	
7b	U17 Men Cox Four		31b	U17 Women Cox Four	
8a	U19 Lwt Women Double (61kg Max.)		32a	U19 Lwt Men Double (74.5kg Max)	
8b	U19 Women Double		32b	U19 Men Double	
9a	Sr Lwt Men Eight (74.5kg Max)		33a	Sr Lwt Women Eight (61kg Max.)	
9b	Sr Men Eight		33b	Sr Women Eight	
10a	U19 Lwt Men Single (74.5kg Max)		34a	U19 Lwt Women Single (61kg Max.)	
10b	U19 Men Single		34b	U19 Women Single	
11a	U23 Lwt Women Pair (61kg Max)		35a	U23 Lwt Men Pair (74.5kg Max)	
11b	U23 Women Pair		35b	Sr Lwt Men Pair (74.5kg Max)	
12a	Sr Lwt Women Pair (61kg Max)		36a	U23Men Pair	
12b	Sr Women Pair		36b	Sr Men Pair	
13a	U17 Lwt Men Quad (74.5kg Max)		37a	U17 Lwt Women Quad (61kg Max.)	
13b	U17 Men Quad		37b	U17 Women Quad	
14a	U19 Lwt Women Cox Four (61kg Max.)		38a	U19 Lwt Men Cox Four (74.5kg Max)	
14b	U19 Women Cox Four		38b	U19 Men Cox Four	
15a	U23 Lwt Men Double (74.5kg Max)		39a	U23 Lwt Women Double (61kg Max.)	
15b	U23 Men Double		39b	U23 Women Double	
16a	Sr Lwt Men Double (74.5kg Max)		40a	Sr Lwt Women Double (61kg Max.)	
16b	Sr Men Double		40b	Sr Women Double	
17a	U19 Lwt Women Eight (61kg Max.)		41a	U23 Lwt Men Single (74.5kg Max)	
17b	U19 Women Eight		41b	U23 Men Single	
18a	U23 Lwt Women Single (61kg Max.)		42a	Sr Lwt Men Single (74.5kg Max)	
18b	U23 Women Single		42b	Sr Men Single	
19a	Sr Lwt Women Single (61kg Max.)		43a	U19 Lwt Men Quad (74.5kg Max)	
19b	Sr Women Single		43b	U19 Men Quad	
20a	U19 Lwt Men Eight (74.5kg Max)		44a	U23 Lwt Women Straight Four (61kg Max.)	
20b	U19 Men Eight		44b	U23 Women Straight Four	
21a	U17 Lwt Men Single (74.5kg Max)		45a	Sr Lwt Women Straight Four (61kg Max.)	
21b	U17 Men Single		45b	Sr Women Straight Four	
22a	U19 Lwt Women Quad (61kg Max.)		46a	U17 Lwt Men Double (74.5kg Max)	
22b	U19 Women Quad		46b	U17 Men Double	
23a	U23 Lwt Men Straight Four (74.5kg Max)		47a	U19 Lwt Women Eight (61kg Max.)	
23b	U23 Men Straight Four		47b	U19 Women Eight	
24a	Sr Lwt Men Straight Four (74.5kg Max)				
24b	Sr Men Straight Four				

The Central Ontario Rowing Association Inc. (1953 to 2023 71st Year)
South Course Welland Ontario Sunday July 6th, 2024

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,
PROVINCIAL & NATIONAL ASSOCIATIONS

**ONLY ENTRIES FROM MEMBER CLUBS OF CORA OR INVITED
ASSOCIATIONS WILL BE ACCEPTED AT THIS REGATTA**

CORA ENTRY FEES:

Singles: \$23.00, Doubles/Pairs: \$41.00, Quads/Fours: \$82.00, Cox Fours: \$100.00, Eights: \$150.00

YEARLY ASSOCIATION FEES FOR MEMBER CLUBS: \$100.00

RCA & ROWONTARIO FEES of \$6.35 per seat has been included in above entry fees;

QUESTIONS: KELLY BRIGLEY

TEL: 416-305-9596 EMAIL: rowrgl@icloud.com

SUBMIT ENTRIES TO REGATTA CENTRAL

Closing Dates For Saturday July 6th Regatta Welland : Friday June 27th 2024,

MANDATORY COACHES MEETING- SATURDAY JULY 6th AT 7AM AT THE PAVILION

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
- b) Exeter Radar (North): www.ontarioweather.com/current/radar/ontario/exeter
- c) King Radar (West): 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
- f) Sail flow: www.sailflow.com/windandwhere.iws
- g) The Weather Network (hourly forecast, and radar forecast): www.theweathernetwork.com
<https://www.theweathernetwork.com/ca/hourly-weather-forecast/ontario/quelph>
<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/st-catharines>
- h) Airport Forecast: [www.theweathernetwork.com/ca/forecasts/airport-forecast/...](http://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:

1.2.1 The Chief Umpire and Regatta Chair determine that action is required to ensure safety.

The required actions may include the following:

- a) Holding additional boats from launch and finishing the races on course, or:
- b) Immediately calling all crews off the water, or:
- c) Continuing to monitor weather and review additional data.

1.2.2 If action is required, the following are the responsibilities of the Regatta Chair and Chief Umpire.

- a) Chief Umpire informs the jury (Control Commission, start line, race 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 Advisor for safety boats on the water.

- b) 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 or take shelter in the starter's tent on land.
- 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 boats 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 as 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 responsibility 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 Race Umpire has the discretion to determine whether a crew is maintaining a competitive position in the race. If the Race Umpire

determines this is not the case, the Race 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. 5 Lincoln Street Welland Ontario L3C-5H9 905-714-1680	Welland Fire Dept. 636 King Street Welland Ontario L3B-3L1 905-735-9922	Niagara Emergency Medical Services Paramedics Dispatch 905-984-5050 or 911
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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 and the kill cord while 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:

a) First Aid will be in the picnic table area near the launching docks.

b) First Aid tent at the Finish Tower

2.4 FIRST AID:

Both qualified medical stations will be fully equipped with Trauma Kits, AED's, ice packs and bandages.

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-weigh-ins 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 to weigh-in.

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.

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 in the building adjacent to the picnic table area.
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.2.10** – Women weight restricted competitors are allowed a maximum of 61kg, and Men weight restricted competitors are allowed a maximum of 74.5kg.
3. **R.2.11** – No practice scale will be provided (Clubs should provide their own practice scales).
4. **R.8.7.2** – Crews rowing up to the start do not have to stop rowing when a race is coming down the course, but they do need to proceed with caution and ensure they are not on any part of the race course. The only exception to this is at the start and finish areas. If a race is approaching the finish line, all upbound crews are to stop before the finish line. Only after the last racing crew crosses the finish line are upbound crews allowed to proceed again. Failure to do so may result in the issuance of a Yellow Card to the offending crew(s) for a Traffic Violation. Also, when upbound crews are approaching the start line, the Start Umpires may instruct upbound crews to stop rowing as a race is about to commence. Only after the race has started may upbound crews continue to proceed up above the start. Failure to follow instructions may result in the issuance of a Yellow Card to the offending crew(s) for a Traffic Violation.
5. **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 entries missing athlete names will be disqualified from the event.
2. Each competitor can be entered in a maximum of two races.
3. Each event will be capped at a maximum of 14 entries per weight class.
4. First race will be 8:30am. Launch times will be 45 minutes prior to race.
5. Drinking water available in compound.
6. Parking:
 - a) One parking lot will be available for athletes and spectators. Parking will be \$5.00 per vehicle.
 - b) Parking lot is located on the west side of Colborne Street, just north of the railway tracks.
 - c) Only Umpires, Regatta Organizers and vehicles that are car topping will be allowed to park at the South Niagara Rowing Club.
 - d) Only Umpires will be allowed to park in the parking lot at the Finish Tower.

7. Athletes will be required to show photo ID at Control Commission to launch.
8. Races may have a mixture of weight restricted & open weight crews.
9. No progressions of crews from heats to finals as all races will be finals.
10. Gold medals will be awarded to winner of each race category, provided the boat beats another boat in the same race category.
11. Accommodations will be made to Para identified athletes within an appropriate race. Gold medals will be awarded to the winning Para boat, which does not need to beat any non-para boats in the event.
12. Hot Seating:
 - a) A hot seat dock will be available on the west side of the course, just north of the finish tower.
 - b) Crews are allowed minor changes only to the boat to make it fit the crew. No rerigging of boats will be allowed.
 - c) Crews must check in with Umpires at Control Commission and receive bow marker prior to going up to hot seat dock. Crews that do not check in with Control Commission will be excluded from the race.
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.