



Prairie Rowing Championships 2017

**SATURDAY JUNE 17th
TIME TRIALS, HEATS, AND FINALS**

Host Club: Edmonton Rowing Club
Venue: Telford Lake
Leduc, Alberta

ENTRY DEADLINE – SUNDAY, JUNE 11TH, 2017 – 8:00 PM MST

Regatta Chair: Torrin Lemire

Address all inquiries to: tlemire@ualberta.ca

Entry fees will be available on RegattaCentral. Late entries may be accepted at the discretion of the registrar and subject to a \$20 surcharge.

Payments are to be done through RegattaCentral. Additional fees may be brought to the coaches meeting on the morning of the race.

Coaches' and Coxswains Meeting at 7:15 AM on June 17 at Telford Lake

All coaches, coxswains, and bowpersons are required to attend the meeting.

Outstanding Fees

Any fees owing from previous regattas must be paid in full prior to entries being accepted.

Boat Rentals

Boats are available for rental. Please contact the Regatta Chair at tlemire@ualberta.ca for information.

On-site BBQ

Fat Frank's will be on-site during the afternoon's racing and medal ceremonies. All eligible athletes will receive a ticket for a free meal. Additional meal tickets may be purchased for \$5.

Racing Format

The distance of all races in all age categories (including Masters) is 2000 metres, except for high school races which are 1000 metres.

There will be a maximum of 6 crews per race, with a floating start.

Each crew enters an event as an Open, Masters, or Junior crew. There will not be separate races for the different crew categories but medals will be awarded separately. The intent is to have crews of similar speed competing in each of the Finals, regardless of their weight or age category.

Events with 6 or less entries will be a straight Final.

Events with 7 to 12 entries will have Heats in the morning followed by a Final in the afternoon. The fastest 6 crews from the Heats will be seeded into the Final. There will be no B Final.

Events with 13 or more entries will have a Time Trial in the morning followed by a Final in the afternoon. The fastest 6 crews from the Time Trial will be seeded into the Final. There will be no lower Finals (B, C, etc.).

The high school eights events (HSM8+, HSW8+, and HSMix8+) are designed for the local Edmonton high schools only. A junior eight of club athletes should be entered in the M8+ or W8+ respectively. If a non-Edmonton high school would like to enter a high school eight, please contact the regatta chair and an exception may be made.

Medals

Open and Junior Crews: Medals are awarded to the fastest crew in each category regardless of where they place. *(For example, the fastest Junior crew in the A Final would win the medal for the Junior event even if they placed third behind two Open crews.)*

Note: If no crew from one of these categories made it into the Final, the fastest crew in that category in the Heats or Time Trial would win the medal.

Masters Crews: Masters crews advance to Finals based on their actual time in the Heats and Time Trials. However, Masters medals are awarded based on the handicap-adjusted time using the Garrett-Zezza handicap system.

High School Crews: Medals will be awarded to the fastest crew in each event. All high school events will be straight finals.

Club Points

Recognition will be given to the club with the most points overall as well as to the clubs with the most points in each age category. Points are awarded based on crew placing in the Finals.

Placing	Points
1 st	10
2 nd	8
3 rd	7
4 th	6
5 th	5
6 th	4
7 th	3
8 th	2
9 th	1

Open and Junior Crews: Points are awarded in each age category based on placing in the A Final, followed by placing in the Heats and Time Trials.

Masters Crews: Points are awarded based on the handicap-adjusted Final times of the 3 medal-eligible crews, followed by the handicap-adjusted Final times of all the other Masters crews in the event.

High School Crews: High schools events are separate and will not contribute to club points.

Tentative Schedule

7:15		Coaches Meeting
8:00	Time Trial	M1x
8:20	Final	HS Mix8+
8:40	Time Trial	W1x
9:15	Heat A	M4-
9:25	Heat B	M4-
9:35	Heat A	W2-
9:45	Heat B	W2-
10:00	Heat A	M4x
10:10	Heat B	M4x
MORNING BREAK		
10:50	Heat A	W4x
11:00	Heat B	W4x
11:10	Heat A	M2-
11:20	Heat B	M2-
11:30	Heat A	W4-
11:40	Heat B	W4-
11:50	Heat A	M2x
12:00	Heat B	M2x
12:10	Final	HS W8+
12:20	Heat A	W2x
12:30	Heat B	W2x
LUNCH BREAK		
1:30	Final	HS M8+
1:40	Final	M4x
1:50	Final	W2-
2:00	Final	M2x
2:10	Final	W4x
2:20	Final	M4-
2:30	Final	W2x
2:40	Final	M2-
2:50	Final	W4-
3:00	Final	M1x
3:10	Final	W1x
AFTERNOON BREAK		
3:40	Final	W8+
3:50	Final	M8+

- Hot Seating:** There will be sufficient time built into the schedule between the Men's and Women's time trials to allow the same boats to be used in both races. There may not be sufficient time between other events to permit hot seating.
- Weather Delays:** If dangerous weather develops on race day, the race schedule will be suspended and then re-evaluated.
- High School Eights:** The high school eights events (HSM8+, HSW8+, and HSMix8+) are designed for the local Edmonton high schools only. A junior eight of club athletes should be entered in the M8+ or W8+ respectively. If a non-Edmonton high school would like to enter a high school eight, please contact the regatta chair and an exception may be made.

Submission of Entries

Entries are to be submitted through RegattaCentral (Prairie Rowing Championships).

Registration will open on May 11, 2017.

All entries are due by 8:00 pm MST on **Sunday, June 11, 2017**.

Late entries accepted at the discretion of the registrar and subject to a \$20 surcharge.

A race will not be held to accommodate a late arriving crew. Please submit entries accordingly.

Eligibility

All athletes must be registered members of the Club they are competing for as of June 17, 2017. Each Club is responsible for submitting complete entries containing the name, gender, birth date, and RCA number of all participants. If required, competitors must be able to validate their age and their membership with the Club they are competing for.

Important Race Day Information

1. **Weight Class:** Due to the size of the regatta, there will be **NO** lightweight category. Lightweight athletes are encouraged to enter in the Open, Masters, or Junior categories.
2. **Coxswains:** There will be no weigh-in for the coxswains. Coxswains must be eligible athletes. Exceptions may be made at the registrar's discretion.
3. **Racing Distance:** All races in Open, Masters, and Junior categories will be 2000m. The high school eights events will be raced over 1000m.
4. **Age Categories:**

Note: Eligible competitors may compete as Masters or Junior athlete in one event (or events) and as an Open athlete in another event (or events).

Open: Open to all eligible athletes.

Junior: Athletes must be under 21 as of December 31, 2017 (1997 or later)

***Note: The junior age restriction has been adjusted to be aligned with the eligibility for the 2017 Canada Summer Games.

Masters: Masters athletes must be 21 years or older as of December 31, 2016. Age will be calculated as of December 31st, 2016. Masters race times will be adjusted according to the Garrett-Zezza handicap system.

5. **On-site BBQ:** Fat Frank's will be on-site during the afternoon's racing and medal ceremonies. All eligible athletes will receive a ticket for a free meal. Additional meal tickets may be purchased for \$5.
6. **Water:** Drinking water will be available throughout the day but please bring water and snacks.

Directions to Telford Lake

Please help the Telford Lake Alberta Regional Training Centre maintain good relations with our neighbors. Avoid shortcutting through the neighborhood (i.e. do not use 46 Ave, 46a Ave or 47 Ave). Use Black Gold Drive instead.

