

Leander Indoor Rowing Championships 2019

Event Bulletin #1

1. EVENT DATE

Saturday, January 12, 2019

2. CHAMPIONSHIP FACILITY INFORMATION

St. Mary CSS - Main Gym

Address: 200 Whitney Ave, Hamilton, ON

Course: 14 racing ergometers, 20 warm-up ergometers

Race Distance: 2000 meters, 1000 meters, 500 meters

Parking: 250 car parking lot

3. ENTRY FEES AND DEADLINES

Entry Fee: \$12 per single entry (plus seat fees and tax)

Entry Deadline: January 8, 2019

All entries will be completed using Regatta Central. An entry is only valid when all crew members are named and entry fee is submitted.

If the online entry deadline is missed, it is possible to register in person not less than thirty minutes before the scheduled race on race day. Late entries will be accepted at the registration desk upon payment of a late fee of (\$10) plus the original entry fee. Late entry acceptance is at the discretion of the registrar, and may be denied if the race is full, or no lanes available in the race or if the request is made less than thirty minutes prior to the race time.

4. REGISTRATION AND ELIGIBILITY

Registration:

All athletes are required to check in with photo identification at the registration desk and pick up their registration card.

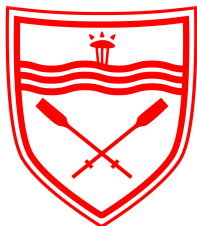
Eligibility:

Coxswain: Primarily a coxswain. Must have coxed a rowing race in a sanctioned regatta at least once during the previous regatta season in 2017.

Bantam: Must be 18 or less up to and including December 31, 2019. Born 2001 or later. Must not have competed at CSSRA, CORA, ROWONTARIO or Henley in the previous regatta season in 2018.

Rec: Must be 19 or older up to and including December 31, 2019. Born 2000 or later. Must not have competed at CORA, ROWONTARIO or Henley in the previous regatta season in 2018.

Masters: Must be 30 years or older up to and including December 31, 2019. Born 1989 or later. Regatta will have two age divisions, 30-49 and 50+. Results will be based on raw (un-handicapped) scores.



Leander Indoor Rowing Championships 2019

Event Bulletin #1

Sr: Must be 23 or older up to and including December 31, 2019. Born 1996 or later.

U23: Must be 22 or less up to and including December 31, 2019. Born 1997 or earlier.

U19: Must be 18 or less up to and including December 31, 2019. Born 2001 or earlier.

U17: Must be 16 or less up to and including December 31, 2019. Born 2003 or earlier.

Lightweight: Sr/U23 men - 165 lbs, Sr/U23 women - 135 lbs

U19/U17 men - 165 lbs, U19/U17 women - 145 lbs

U19/U17 men - 150 lbs, U19/U17 women - 135 lbs

5. SCHEDULE OF EVENTS

Registration desk and weigh-ins open at 7:30 am.

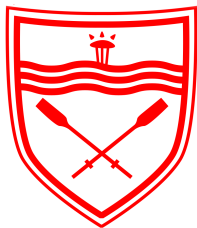
The first race will start at 9:00 am.

6. COMPETITION SCHEDULE

The order of the Leander Indoor Rowing Championships shall be as follows:

- | | |
|------------------------------|------------------------------|
| 1. U23 165 Men | 19. Masters Women (30-49) 1k |
| 2. Sr 165 Men | 20. Masters Women (50+) 1k |
| 3. U23 Men | 21. Coxswains Crawl 1k |
| 4. Sr Men | 22. Men's 500m Dash |
| 5. Masters Men (30-49) 2k | 23. Women's 500m Dash |
| 6. Masters Men (50+) 2k | 24. Jr HS (U17) Men |
| 7. U23 135 Women | 25. Jr HS (U17) Women |
| 8. Sr 135 Women | 26. Jr HS (U17) 150 Men |
| 9. U23 Women | 27. Jr HS (U17) 165 Men |
| 10. Sr Women | 28. Jr HS (U17) 135 Women |
| 11. Masters Women (30-49) 2k | 29. Jr HS (U17) 145 Women |
| 12. Masters Women (50+) 2k | 30. Sr HS (U19) 150 Men |
| 13. Bantam Men 1k | 31. Sr HS (U19) 165 Men |
| 14. Rec Men 1k | 32. Sr HS (U19) 135 Women |
| 15. Masters Men (30-49) 1k | 33. Sr HS (U19) 145 Women |
| 16. Masters Men (50+) 1k | 34. Sr HS (U19) Women |
| 17. Bantam Women 1k | 35. Sr HS (U19) Men |
| 18. Rec Women 1k | |

Events will run in 15-minute intervals. Events with more than 14 entries will be run over the course of two or more intervals. Events with less than 10 entries shall race during a similar race interval, at the discretion of the regatta chair.



Leander Indoor Rowing Championships 2019

Event Bulletin #1

7. SPORT SPECIFIC RULES

A certified RCA umpire will supervise all races and weigh ins.

The Leander Indoor Rowing Championships will be hosted and staged according to the 2013 RCA Rules of Racing, with the following exceptions:

- 2.7 Masters athletes shall be classified as 30-49 and 50+. No subsequent divisions will be made.
- 2.8 No handicap shall be applied to the masters events, results will be based on raw scores.
- 2.10 Lightweight athletes shall weigh no more than 150 lbs or 165 lbs for men and 135 lbs or 145 lbs for women
- 2.11 Lightweight rowers shall begin weighing in one and a half hours before the first lightweight race of the day and can weigh in up until thirty minutes before their scheduled race time. If a rower exceeds weight, they shall race in the lightweight event but their time will be shifted up a weight class in the results. U17 and U19 athletes who exceed 150 lbs/135 lbs will have their time shifted to the 165 lbs/145 lbs results. U17 and U19 athletes who exceed 165 lbs/145 lbs will have their time shifted to the open results. U23/Sr athletes who exceed 165 lbs/135 lbs will have their time shifted to the open results.

8. THERAPY / MEDICAL SERVICES

Leander First Aid Team, coordinated by Kaitlyn Akitt

9. ACCREDITATION

All competing athletes must have in their possession at the championship a piece of identification which bears their picture (acceptable I.D. includes current student cards, driver's license, passport).

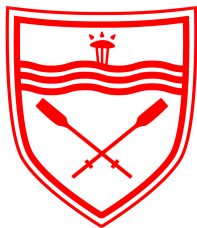
Athletes will be required to show photo identification at the registration desk when picking up their registration card.

10. TICKETING

N/A - No admission or parking fees

11. SPORTS INFORMATION / RESULTS

Results will be available online at RegattaCentral.com, and @LeanderRowing on Twitter.



Leander Indoor Rowing Championships 2019

Event Bulletin #1

12. AWARDS PRESENTATION

Gold medals and championship T-shirts will be awarded to the winner of all events with more than one entry. Awards will be presented throughout the day under the event banner, approximately 10 minutes following the completion of events 12, 23, 29, and 35. High school team championship trophies will be awarded during the final awards presentation.

13. EQUIPMENT

Warm-up and racing ergs will be provided by Leander Boat Club and the St. Mary CSS rowing team.

Coaches and coxswains will not be permitted in the race area during racing.

14. VOLUNTEERS

This event requires a large number of volunteers. For details on how you can get involved please contact Greg Hanta (leander.captain@gmail.com).

15. ADDITIONAL INFORMATION

Please refer to Regatta Central for updates and more information:
https://www.regattacentral.com/regatta/?job_id=5528