

**2024 London Western Highschool Invitational**

**SATURDAY, MAY 25, 2024**

**HELD AT THE DOUG WELLS ROWING CENTRE COURSE ON FANSHAWE LAKE**

***SCHEDULE OF EVENTS***

**Coaches Meeting 6:45 a.m.**

**Races are called 30 minutes prior to race time.**

**Races with fewer than 2 entries as of 6:45 am on race day will be scratched.**

**Races with more than 6 entries will have heats starting at 8:00AM**

**Athletes will be limited to 2 events; coxswains are exempt.**

**3 fastest from heats will race in finals.**

**Finals are run at 6-minute intervals.**

**Status of cold-water rules: NOT IN EFFECT**

**GENERAL INFORMATION**

- Late entries may be allowed at the discretion of the organizing committee.
- Substitutions may be allowed if members are of the same school and club at the discretion of the organizing committee.
- There will be no substitutions of a single sculler on race day under any circumstance.
- Bow numbers will be issued to crews at Control Commission as they approach the launch docks.
- All crews must bring their boat down bow first toward Control.

- Heats will be held by event with lanes randomly drawn. Finals will take place at 6-minute intervals and will begin 40 minutes after the applicable event's heats conclude. This will be confirmed when the race schedule is released.
- *For safety reasons*, no rower is allowed to participate in more than two events. Coxswains are exempt from this. **Failure to abide by this rule will result in the disqualification of the school/club from the regatta.**
- Coaches must bring enough equipment for their crews to race on time! Hot seating will be accommodated by the dock marshals **at their discretion if given prior notice**, and where scheduling and safety permit. Races will not be held past the posted start times to accommodate a hot-seating crew.
- Coaches must inform the regatta committee at the end of the coaches meeting if they have a hot seat. The affected crews will be noted.
- Coaches must inform Control that they have a hot seat as they bring down their first affected crew, this will give Control ample time to prepare for the hot seat.
- Vehicles are not allowed to park in the designated trailer areas unless a trailer is attached to the vehicle or shell(s) are strapped to a car.
- When parking trailers and tow vehicles, point them toward the lake to exit the site properly (use lower road).

## **Entry deadline is Monday, May 20, 2024 – 11:59PM**

### **ENTRIES SUBMITTED TO REGATTA CENTRAL**

**Competitors** Must attend a Secondary School full time or in middle school.

The crew must be from the same School or same Club.

**Age Limits** Under 19 years as of age December 31, 2023.

**ID will be checked at control.**

(With name, picture, and date of birth)

Junior Athletes - Grades 9 & 10 (born 2007 or later)

Senior Athletes - Grades 11 & 12 (born 2004 or later)

Development – new to sport this season, or in grade 6, 7, 8.

**LIST OF EVENTS:**

**All races will be capped at 12 participating boats per event. Races with less than 2 entries will be scratched.**

EVENT LIST
Mens Jr 1x
Mens Sr 1x
Womens Jr 1x
Womens Sr 1x
Womens Jr 2x
Mens Sr 2x
Men Sr 72kg 2x
Womens Sr 63kg 2x
Mens Jr 2x
Womens Sr 2x
Womens Sr 4x
Mens Sr 4x
Mens Jr 4+
Mens Jr 4x+
Womens Jr 4+
Mens Sr 4+
Womens Sr 63 kg 4+
Womens Jr 4x+
Mens Sr 72kg 4+
Womens Sr 4+
Womens Jr 63kg 4+
Mens Jr 72kg 4+
Womens Sr 8+
Mens Jr 8+
Womens Jr 8+
Mens Sr 8+
Mens Development 4x+ 1000m
Womens Development 4x+ 1000m
Mens Development 8+ 1000m
Women's Development 8+ 1000m
Para 2x exhibition – all combinations **

\*\*docks have limited accessibility, please reach out to discuss

\*\*combinations could include Para/para and para/able bodied

- Events will be capped at **12 entries** each.

Fees (Do not include RCA/RowOntario Seat Fees and Taxes)

SINGLES	\$50
DOUBLES	\$65
FOURS/QUADS/Coxed QUADS	\$70
EIGHTS	\$80

**Row Ontario Seat Fee - \$2.35**

**Rowing Canada Seat Fee - \$4.00**

## Weigh in Rules

There will be one practice weigh in scale and one official weigh in scale. Crews will have one attempt to weigh in. Athletes will only need to weigh in once for the day. Coxswains will not be weighed in at this regatta. Crews that do not make weight will race exhibition.

## Rules of Racing

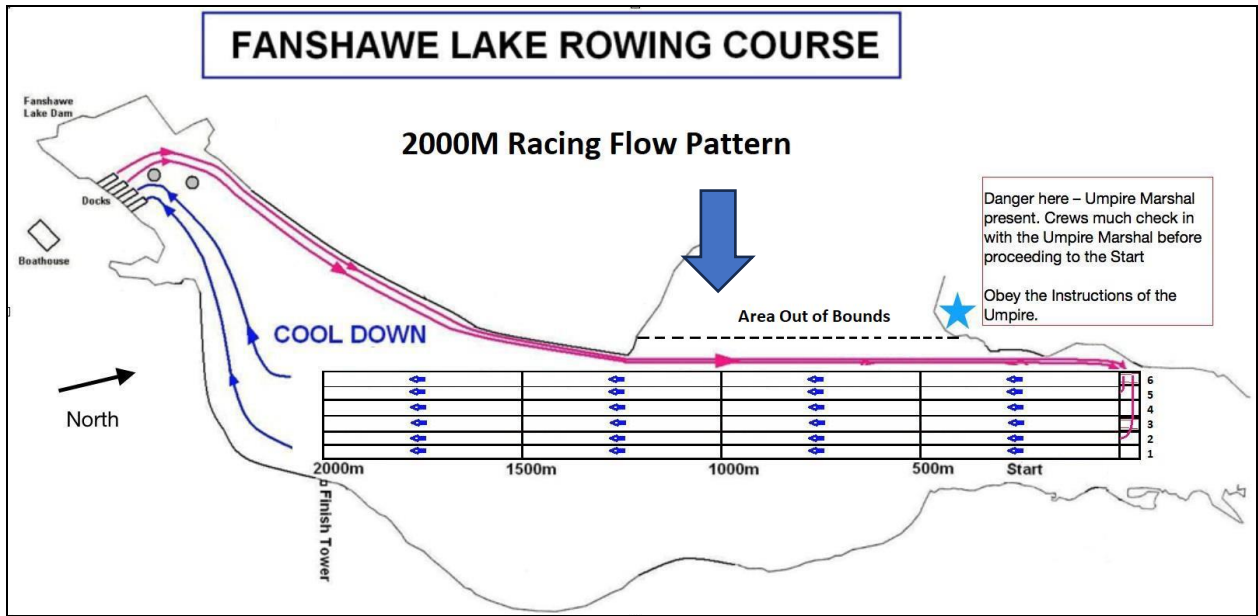
The Rowing Canada Aviron RCA Rules of Racing will apply at this regatta. Exceptions to the RCA rules as allowed under RCA rule 1.6 are summarized as follows:

- 1) **Rule 2.5 Coxswain weights** – no minimum coxie weight
- 2) **Rule 2.6 Weighing of Coxswains** – coxies will not be weighed in
- 3) **Rule 2.11 Weighing of Athletes in Weight Restricted Events** – athletes will only be allowed to officially weigh in once.
- 4) **Rule 7.2 Entries** – preliminary draw will be released less than 4 days before the start of the regatta.

## Practice Times and Traffic Patterns

Practice time will be Friday, May 24 from 3pm to 7pm. Coaches are responsible for safety boating.

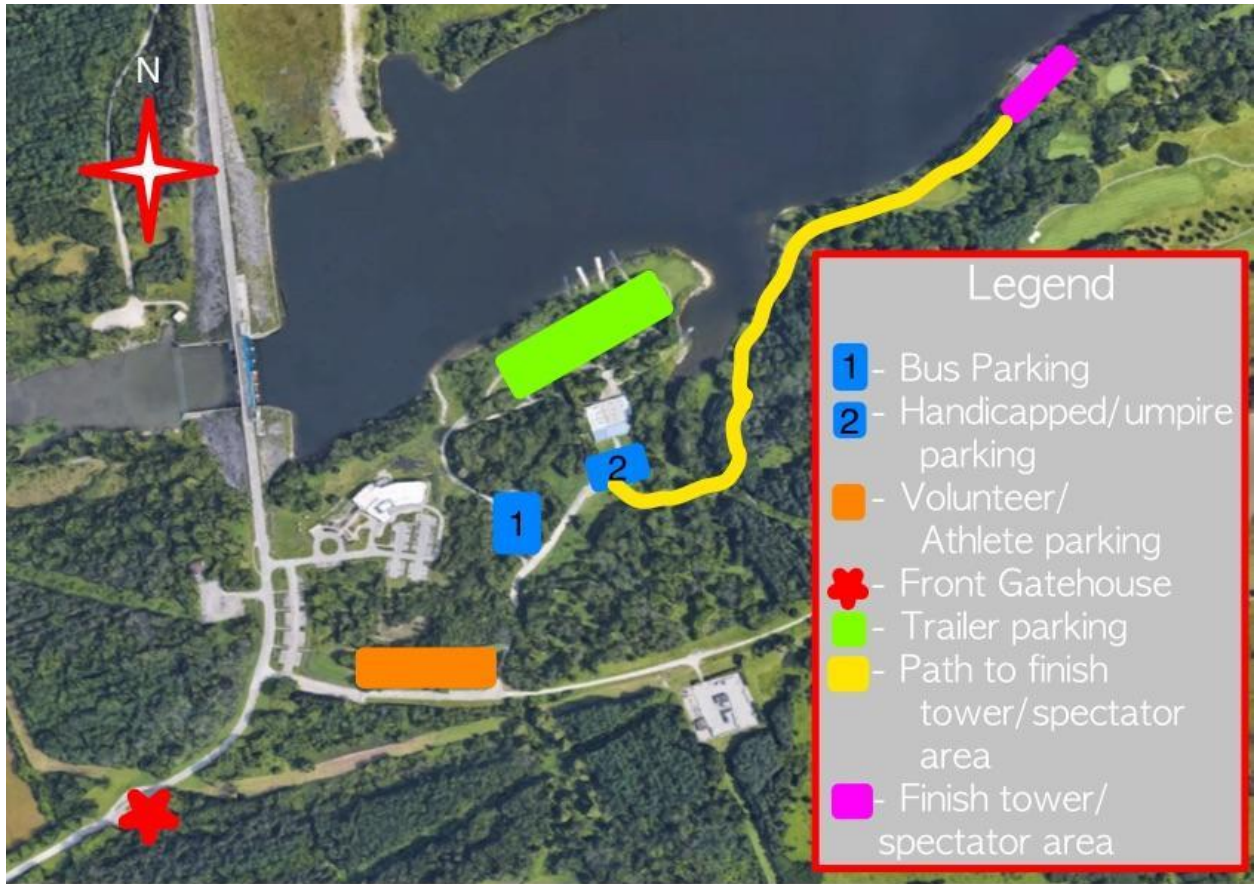
**There will be no practice time on race day.**



Denotes start of 1000m Development races.

**Directions to Boathouse - 1424 Clarke Rd, London, ON, N5V 5B9**





Keep right past the gatehouse, follow the signage

## Parking

Parking is restricted to the designed areas. Designated areas will be marked by signage. Please be prepared to walk from the designated areas. Handicapped parking will be available close to the boathouse in the bus parking area. Only vehicles with a boat trailer and/or carrying racing shells will be allowed on the paths around the boathouse.

DO NOT PARK ALONG THE STRAIGHT ROAD NEXT TO THE BOATHOUSE. THIS IS AN **EMERGENCY VEHICLE ROUTE**. NO PARKING AREAS WILL BE DISPLAYED WITH SIGNAGE.



### **Bus Parking**

Bus parking is restricted to the upper parking lot of the boathouse. All buses must be backed in and pointing towards the road. No buses will be allowed past this parking lot towards the trailers and docks.

### **Trailer Parking**

Spots for trailer parking will be marked off. It will still be first come, first serve on which spot a trailer is parked. The designated spots for each trailer will be staked off. We will also be designating certain areas for vehicles with boats on them.

## **Hotel Information**

Fanshawe College Residence [Fanshawe College In London, ON | Unique Venues \(meetatfanshawe.ca\)](https://www.meetatfanshawe.ca)

Best Western London Suites [Best Western London Airport Inn & Suites - ReservationDesk.com](https://www.ReservationDesk.com)

Western University Residence [Host Your Event at Western | Western University Conference Services \(uwo.ca\)](https://www.uwo.ca)