

43rd ANNUAL HEAD OF THE RIDEAU REGATTA

AT THE RIDEAU CANOE CLUB
804 HOGS BACK ROAD
SUNDAY, SEPTEMBER 25, 2016

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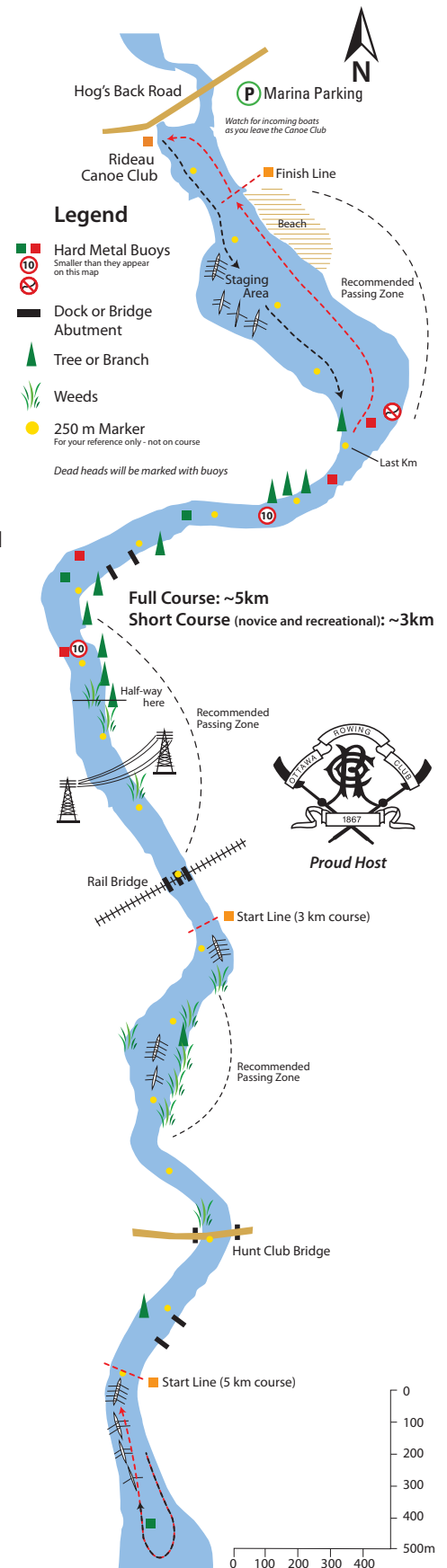


REGULATIONS

- All entry forms should show the athlete's year of birth. Please have identification available in the event an athlete's age needs to be verified. All age categories are based on competitor's age as of December 31, 2016.
 - Juniors: Under 19 years of age
 - Masters: There will be three categories (average boat age):
 - 21 to 49 years of age
 - 50 to 59 years of age
 - 60 years of age and older.
 - Novice: Novice rowers must be in their first year of competition.
 - Note: Crew boats should list the average age of their boat in brackets beside the bow or coxswain's name.
- Coaches must inform dock marshal of any boats or rowers, which will be participating in back-to-back races. It is the responsibility of the crews to make it up to the start prior to course closing.
- To be eligible to race at the Head of the Rideau Regatta, an individual must be a member in good standing with his/her club and the club must be in good standing with RCA. US athletes must be registered with RowUSA. Other international athletes must be registered with their national rowing agency.
- Any rower not registered 'Competitive' (Junior, Senior and Masters) with RCA and their local provincial or territorial rowing association or with RowUSA or their relevant national rowing agency must race in the 'Recreational' (Rec) events only.
- Entry fees:

Singles: \$40 (HST included)	Doubles: \$55 (HST included)
Fours: \$80 (HST included)	Eights: \$95 (HST included)
- Entries from all universities are subject to a single administrative fee of \$250.00 (plus HST), which covers one entry in each Ontario University Athletics (OUA) sanctioned university event. Additional entries may be purchased at the rates referenced above.
- Any boat, university or individual that scratches an event after entries are closed on September 16th 11:59am (noon) will be charged a flat scratch fee of \$60 per entry (in addition to the entry fee). Late entries may be accepted after the entry deadline closes if the program allows. A late fee of \$60 per entry applies (in addition to the entry fee) to all entries submitted after September 16th, 11:59am (noon).
- A Coaches and Referee meeting will begin at 7:15 am on the day of racing.
- Rowing Canada Aviron (RCA) 'Rules of Racing' will apply with the following exceptions: there will be no weigh-in for coxswains and a 2.5Kg allowance will be provided for light-weight athletes. The weigh station will be open from 7:00 am to 10 am only, and the first 100 meters equipment rule will not be enforced. Athletes who do not meet the weight requirement will be allowed to race exhibition. It is the responsibility of coaches and club officials to advise crews of these rules.
- No shells will be allowed on the water unless a white bow ball is in place, a bow marker is displayed and all shoes are equipped with a safety release. All racers must know the bow marker number of their boat.
- Faster crews have the right-of-way in safe passing zones of the course, therefore all slower crews MUST yield to faster crews; failure to do so may result in a penalty or disqualification at the discretion of the judges. All coaches and athletes must familiarize themselves with the course to identify safe passing zones.
- All racers must finish the race with their boat passing between the finish-line buoy markers. Boats that do not finish the race between the finish-line buoy markers will be assessed a 30 second penalty.
- Awards will be presented to the winners of each event provided there is a minimum of two boats in that category and to the university men's and women's team accumulating the highest number of points.

HEAD OF THE RIDEAU Course Map



HEAD OF THE RIDEAU EVENT LIST

RACE 1	Event	Category	
Launch: 7:50	1.01	M1x	Men's Single
Course Open: 7:50	1.02	VM1x	Varsity Men's Single
Launch Closed: 8:25	1.03	LVM1x	Varsity Light Men's Single
Race Start: 9:00	1.04	JM1x	Junior Men's Single
Finish: 10:05	1.05	MM1x	Masters Men's Single (27 to 49)
	1.06	MM1x	Masters Men's Single (50 to 59)
	1.07	MM1x	Masters Men's Single (60+)
	1.08	W1x	Women's Single
	1.09	VW1x	Varsity Women's Single
	1.10	LW1x	Light Women's Single
	1.11	LVW1x	Varsity Light Women's Single
	1.12	JW1x	Junior Women's Single
	1.13	MW1x	Masters Women's Single (27 to 49)
	1.14	MW1x	Masters Women's Single (50 to 59)
	1.15	MW1x	Masters Women's Single (60+)
	1.16	RM1x	Rec Men's Single (SC)
	1.17	RW1x	Rec Women's Single (SC)
	1.18	AS1x	Adaptive Single (SC)
RACE 2			
Launch: 9:30	2.01	JM8+	Junior Men's Eight
Course Open: 10:05	2.02	W8+	Women's Eight
	2.03	MW8+	Masters Women's Eight
Launch Closed: 10:05	2.04	VM2x	Varsity Men's Double
Race Start: 10:35	2.05	JVM2x	Junior Varsity Men's Double
Finish: 11:30	2.06	JVW2x	Junior Varsity Women's Double
	2.07	LVM2x	Varsity Light Men's Double
	2.08	VW4+	Varsity Women's (coxed) Four
	2.09	LVW4+	Varsity Light Women's (coxed) Four
	2.10	JW4x+	Junior Women's (coxed) Quad (SC)
	2.11	RM2x	Rec Men's Double (SC)
	2.12	RW2x	Rec Women's Double (SC)
	2.13	LTA2x	LTA Double (SC)

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RACE 3			
Launch: 10:45	3.01	M8+	Men's Eight
Course Open: 11:30	3.02	VW2x	Varsity Women's Double
Launch Closed: 11:30	3.03	LVW2x	Varsity Light Women's Double
Race Start: 12:00	3.04	VM4+	Varsity Men's (coxed) Four
Finish: 13:00	3.05	LVM4+	Varsity Light Men's (coxed) Four
	3.06	MM2x	Masters Men's Double
	3.07	MW4+	Masters Women's (coxed) Four
	3.08	JW8+	Junior Women's Eight
	3.09	JVW4+	Junior Varsity Women's (coxed) Four
	3.10	NM8+	(University) Novice Men's Eight (SC)
RACE 4			
Launch: 12:15	4.01	M4+	Men's (coxed) Four
Course Open: 12:55	4.02	VW8+	Varsity Women's Eight
Launch Closed: 13:00	4.03	LVW8+	Varsity Light Women's Eight
Race Start: 13:30	4.05	M2x	Men's Double
Finish: 14:15	4.06	JM2x	Junior Men's Double
	4.07	JVM4+	Junior Varsity Men's (coxed) Four
	4.08	RX8+	Rec Mixed Eight (SC)
	4.09	JM4x+	Junior Men's (coxed) Quad (SC)
RACE 5			
Launch: 13:45	5.01	VM8+	Varsity Men's Eight
Course Open: 14:15	5.02	LVM8+	Varsity Light Men's Eight
	5.03	MM8+	Masters Men's Eight
Launch Closed: 14:15	5.04	W4+	Women's (coxed) Four
Race Start: 15:00	5.05	JM4+	Junior Men's (coxed) Four
Finish: 15:55	5.06	MM4+	Masters Men's (coxed) Four
	5.07	MW2x	Masters Women's Double
	5.08	JW2x	Junior Women's Double
	5.09	NW8+	(University) Novice Women's Eight (SC)
RACE 6			
Launch: 15:15	6.01	MX4+	Masters Mixed (coxed) Four
Course Open: 15:50	6.02	W2x	Women's Double
Launch Closed: 16:00	6.03	JW4+	Junior Women's (coxed) Four
Race Start: 16:30	6.04	XX2X	Mixed Double
Finish: 17:25	6.05	MX2X	Masters Mixed Double
	6.06	RM4+	Rec Mixed Coxed Four (SC)

NOTE: SC refers to Short Course (3Km)