



## Championship Information:

Welcome back to the Nancy Storrs Ontario Indoor Rowing Championships (formerly the Ontario Ergometer Championships). Nancy was one of the original founders of this championship back in the 1980's, making our event one of the oldest indoor rowing events. We very much miss her vision, dedication and leadership and couldn't think of a better way to honour her than to name an event that meant so much to her, for her. We are excited to be back at the Ridley College Fieldhouse for the 2025 edition. Rowers can be entered under their school, club or unaffiliated, to continue to allow all to participate. After the last 2 years' successes we are excited to announce that we will continue to include U13 and U15 500m races to allow the next generation of rowers to experience the fun of indoor rowing!

Entry Fees: Junior and Senior High School: \$30 + \$6.35 RCA and RO seat fees

Masters: \$30 + \$6.35 RCA and RO seat fees

Open: \$30 + \$6.35 RCA and RO seat fees

U13/U15: \$15 + \$6.35 RCA and RO seat fees

### **Entries Close Friday February 21 2025 at 11:59pm**

**All Competitors:** Please bring indoor shoes. We want to keep the warmup and race area as dry and clean as possible.

**Headphones:** As per RCA Indoor rowing rules of racing, NO HEADPHONES will be permitted during the races

**Weigh Ins:** All weight category athletes must weigh in at least 1 hour prior to race time. A practice scale will not be available, but athletes are allowed to test weight on official scales. If weight limit is exceeded the athlete will still be allowed to race at their scheduled time, but their result will be placed in the appropriate category in the final results, and they will be ineligible for Top 10 t-shirts. Please make sure to enter the appropriate weight category so all athletes will have a chance at the coveted Top 10 t-shirts sponsored by RegattaSport and Hudson Boat Works

**Erg Purchase:** We have purchased 35 brand new Concept2 RowErgs for this championship that are available for purchase. This year's price is \$1400 CDN. Please email [ridleygraduateboatclub@gmail.com](mailto:ridleygraduateboatclub@gmail.com) if you are interested in purchasing an erg.

**What events are there:** There are 6 Junior High School 2000m events for gr 9/10 students (lightweight: 135lbs for women, 150lbs for men, midweight: 145lbs for women, 165lbs for men, and open women and men).

We next have 2 Masters 2000m races for men and women 30 years old and older.

Back this year will be Under-13 and Under-15 500m sprints for men and women.

The afternoon starts with 6 Senior High School 2000m events for men and Women in gr 11/12, with the same weight categories as the Junior High School events.

The day finishes with 4 open events for those 19 years old and older (lightweight: 135lbs for women, 165lbs for men and open women and men).

Ages are based on competitor's age as of December 31, 2025

**Where is the event?** We are grateful to Ridley College for once again giving us a great venue to host the Championships in their large athletics fieldhouse. Address: **2 Ridley Rd. St Catharines, ON L2R 7C3**

## **Race Day Procedure:**

Ridley College has completed the renovations of their Field House and have offered the event more space! This means race day procedures will look a little different compared to past years.

**Entrance:** The Field House is the most western building on the Ridley campus. Enter the parking lot through the first entrance off of Ridley Rd. The field house is the big brick building in front of you. Enter through the sliding doors.

Spectators can continue on to the left, past the arena and enter the race gym through the doors on the right.

Athletes and coaches take a slight right through the main doors and enter the lobby between the 2 gyms, that is where all racers will check in and weight class athletes will weigh in.

See site plan on next page

**Athlete Check In and Weigh In:** All racers must check in at the lobby between the two gyms (see site plan on next page). Like past years, we will not be issuing racers race slips, but will confirm with racers their event, race time and erg number. All scratches can also be given to the check in desk.

All athletes racing in weight class events (135lbs and 145lbs for high school women, 155lbs and 165 lbs for high school men, 135lbs for open lwt women and 165lbs for open lwt men) must weigh in at least 1 hour prior to the race time. Weigh ins are located behind the check in desk and will open at 7:30am. You can weigh in multiple times if needed.

**Medical:** We will have medical services available, staffed by professional healthcare providers. Medical will be located to the left of the race screen in the southeast corner of the large gym. **Please speak with medical PRIOR to your race if you have any medical condition that could be aggravated by racing.**

**Warm Up:** The warm up area will be located in the smaller gym to the right of the check in area. **THIS IS AN ATHLETES AND COACHES ONLY AREA.** Ergs will be available for warm up/cool down, along with space for dynamic warm ups, stretching or just a quieter area to prepare for racing. We ask that all athletes be ready to race and in the warm up gym 10min prior to their race time.

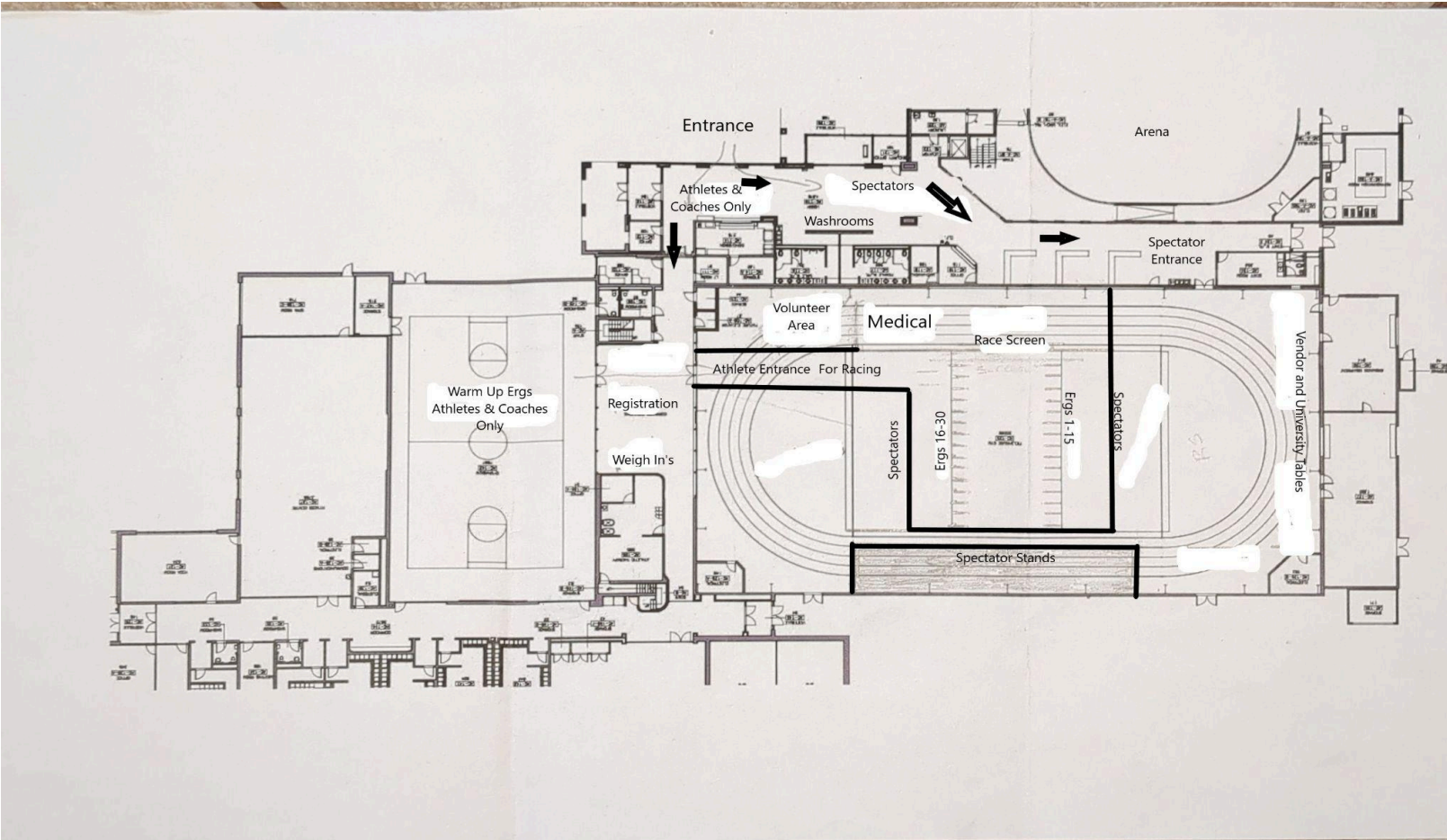
**Race Time:** A marshall will be in the warm up gym and will announce what race is next to go. Athletes will then be ushered from the warm up gym across the lobby to the race gym at least 5 min prior to race time. All races will occur in the large gym. Please approach your erg from the back of the machine to not disrupt the wiring connecting the ergs to the race system. Follow the instructions on the erg screen for when to sit ready to race. Good Luck!

**Post Race:** Athletes can return to the warm up gym for a cool down if needed. Results will be posted around the venue approx 30min after the entire category has finished. We will also post results on the Ridley Grad Boat Club instagram and Facebook page. Final results will be posted on Regatta Central event page a few days later and emailed out to coaches.

**Awards Presentations:** 1st place medals and our iconic Top 10 Tshirts will be presented as results are posted (approx 30min after the category has finished racing). Listen for announcements in the large gym. All awards will be presented in the large gym.

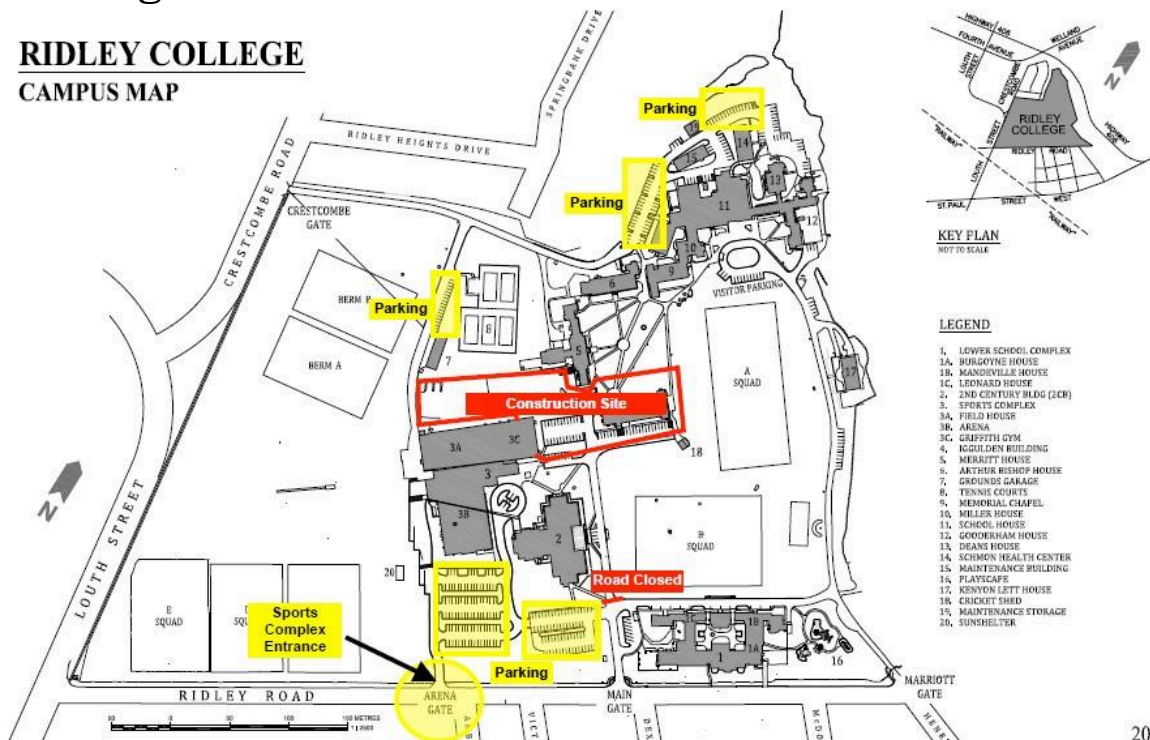
Thank you to RegattaSport and Hudson Boat works for once again sponsoring the Top 10 T-shirts! Thank you to Fluidesign for sponsoring our volunteer T-shirts!

# Ridley College Field House Site Plan



## Parking

### RIDLEY COLLEGE CAMPUS MAP



- KEY PLAN**  
NOT TO SCALE
- LEGEND**
- 1. LOWER SCHOOL COMPLEX
  - 1A. BURGUYNE HOUSE
  - 1B. MANVILLE HOUSE
  - 1C. LIONARD HOUSE
  - 2. 2ND CENTURY BLDG (2CF)
  - 3. SPORTS COMPLEX
  - 3A. FIELD HOUSE
  - 3B. ARENA
  - 3C. GRIFFITH LODG
  - 4. EGULDEN BUILDING
  - 5. MERRITT HOUSE
  - 6. ARTHUR BISHOP HOUSE
  - 7. GROUNDS GARAGE
  - 8. TENNIS COURTS
  - 9. MEMORELL CHAPEL
  - 10. MILLES HOUSE
  - 11. SCHOOL HOUSE
  - 12. GOODERMAN HOUSE
  - 13. DEANS HOUSE
  - 14. SCHMON HEALTH CENTER
  - 15. MAINTENANCE BUILDING
  - 16. PLAYScape
  - 17. KENYON LETT HOUSE
  - 18. CRICKET SHED
  - 19. MAINTENANCE STORAGE
  - 20. SUNSHELTER