

REGATTA BULLETIN #1

IMPORTANT UPDATES

Row Ontario previously announced a revised regatta format for the 2024 RowOn Championship Regatta. This revised event list and race format were implemented to improve the quality of race experience for all athletes participating in the regatta. Under the new format, seeded Finals based on Time Trials, combining categories within each boat class, allows crews to race head-to-head against other crews of like-speed, increasing the level of competition within each Final. This format also guarantees athletes two races per event, by giving all crews a seeded final and eliminating straight final events.

Recognizing that this new format imposes equipment constraints on Clubs, particularly in the 2x and 4x events which are highly subscribed across all categories, Row Ontario has made slight changes to the event list. The 2x and 4x events will now be split into two events per gender, with U17 and U19 crews racing in one event, and U23, U23 Lightweight, Open, and Open Lightweight crews racing in another event. Hopefully this revision alleviates some of the constraints on shared equipment, while maintaining a higher quality of racing across all events.

As with the initially posted event list, all 2- events are scheduled before 2x events, and all 4x events are scheduled before 4- events, on both Saturday and Sunday, in order to minimize the need to re-rig boats back and forth when being shared between boat classes. The new event list is as follows:

- 1) Men's 2- [U19, U23, Open, Open Lwt]
- 2) Women's 1x [U17, U19, U23, U23 Lwt, Open, Open Lwt, Para]
- 3) Senior Men's 4x [U23, Open, Open Lwt]
- 4) Women's 2- [U19, U23, Open, Open Lwt]
- 5) Men's 4+ [U17, U19, Open]
- 6) Senior Women's 4x [U23, Open, Open Lwt]
- 7) Men's 1x [U17, U19, U23, U23 Lwt, Open, Open Lwt, Para]
- 8) Junior Women's 4x [U17, U19]
- 9) Senior Men's 2x [U23, U23 Lwt, Open, Open Lwt, Inclusion]
- 10) Women's 4+ [U17, U19, Open]
- 11) Junior Men's 4x [U17, U19]
- 12) Senior Women's 2x [U23, U23 Lwt, Open, Open Lwt]
- 13) Men's 4- [U23, Open, Open Lwt]
- 14) Junior Women's 2x [U17, U19]
- 15) Men's 8+ [U17, U19, U23, Open, Open Lwt]
- 16) Women's 4- [U23, Open, Open Lwt]
- 17) Junior Men's 2x [U17, U19]
- 18) Women's 8+ [U17, U19, U23, Open, Open Lwt]
- 19) U15 Men's 1x
- 20) U15 Women's 1x



RowOn Championship Regatta

Saturday, July 20th, 2024 & Sunday, July 21st, 2024



Please note that, under this new format, any athletes racing in more than two events will face increased physical demand, and their ability to do so will be heavily influenced by the busy event schedule. There are no “one-race” events this year, so coaches need to ensure that the athletes are physically prepared to race multiple times each day, particularly where there are tight turnarounds between races.

If you have any questions, please contact Kate Savage by email (kate@rowontario.ca) or phone (905-321-5025).