



RowOn Beach Sprint Championships

Saturday, August 19th – Sunday, August 20th, 2023



REGATTA BULLETIN #2

Hosted at Ashbridges Bay Park Beach, Toronto, ON

REGATTA INFORMATION

Co-hosted by Row Ontario and Hanlan Boat Club, the inaugural RowOn Beach Sprint Championships is an exciting opportunity for new and veteran coastal rowing athletes. Taking place at Ashbridges Bay Park Beach, this event is very spectator-friendly and a great chance to showcase coastal rowing and the discipline of beach sprints.

ORDER OF EVENTS

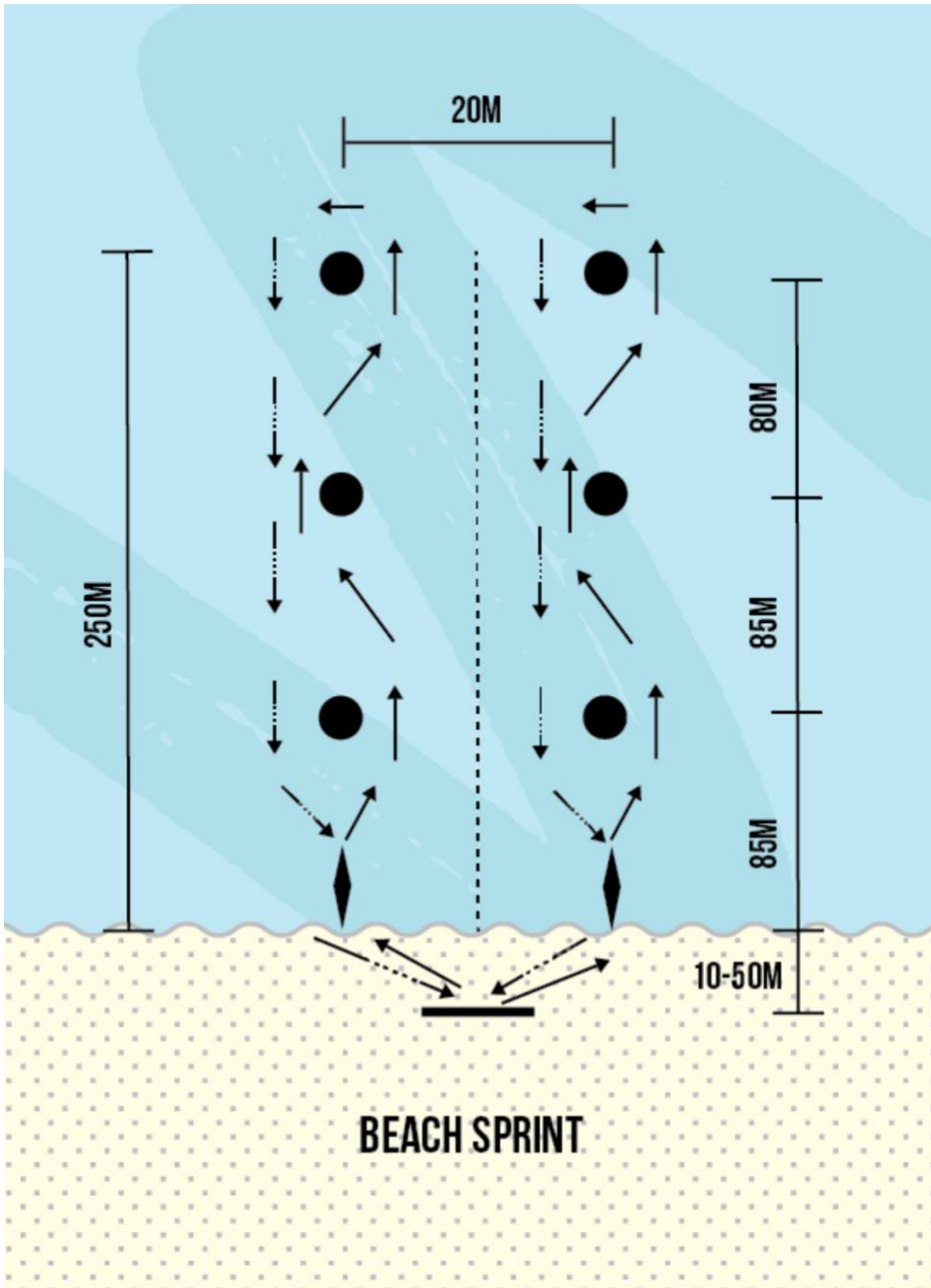
Saturday	Sunday
1. Open Women's Solo	5. Open Mixed Double
2. Open Men's Solo	6. U19 Women's Double
3. U19 Women's Solo	7. U19 Men's Double
4. U19 Men's Solo	8. U19 Mixed Double

IMPORTANT UPDATES

- WhatsApp** – Please join the 2023 RowOn Beach Sprints community on WhatsApp. Updates will be shared via WhatsApp before and during the event. You can join using [this link](#) or [QR Code](#).
- Equipment** – Boats are provided by the Organizing Committee. They will be set on the World Rowing official rig span of 158 cm. This is fixed and cannot be changed. Only foot stretcher length can be adjusted (not foot height or angle). Rowers are encouraged to bring seat pads. Rowers can bring their own sculls, or they will have the option of borrowing from a pool of shared sculls. Oars can be adjusted.
- Coach/Participant Meeting** – A Course Overview Meeting will be held on Friday, August 18th at 7:00pm at Ashbridges Bay Park Beach. The Friday meeting is not mandatory. Mandatory Coach/Participant Meetings will be held at 7:45 am on both Saturday, August 19th and Sunday, August 20th at the Start/Finish Line. **ALL** clubs are required to have at least 1 representative at the Coaches/Participants Meeting on Saturday, for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2022 RCA Rules of Racing.
- Race Intervals** – Races will be run on 5-minute centres, to allow all rounds of racing to be completed as efficiently as possible. Woodbine Beach can become very busy with beachgoers on the weekends, and the aim will be to complete most of the racing before the beach gets too busy on either day.

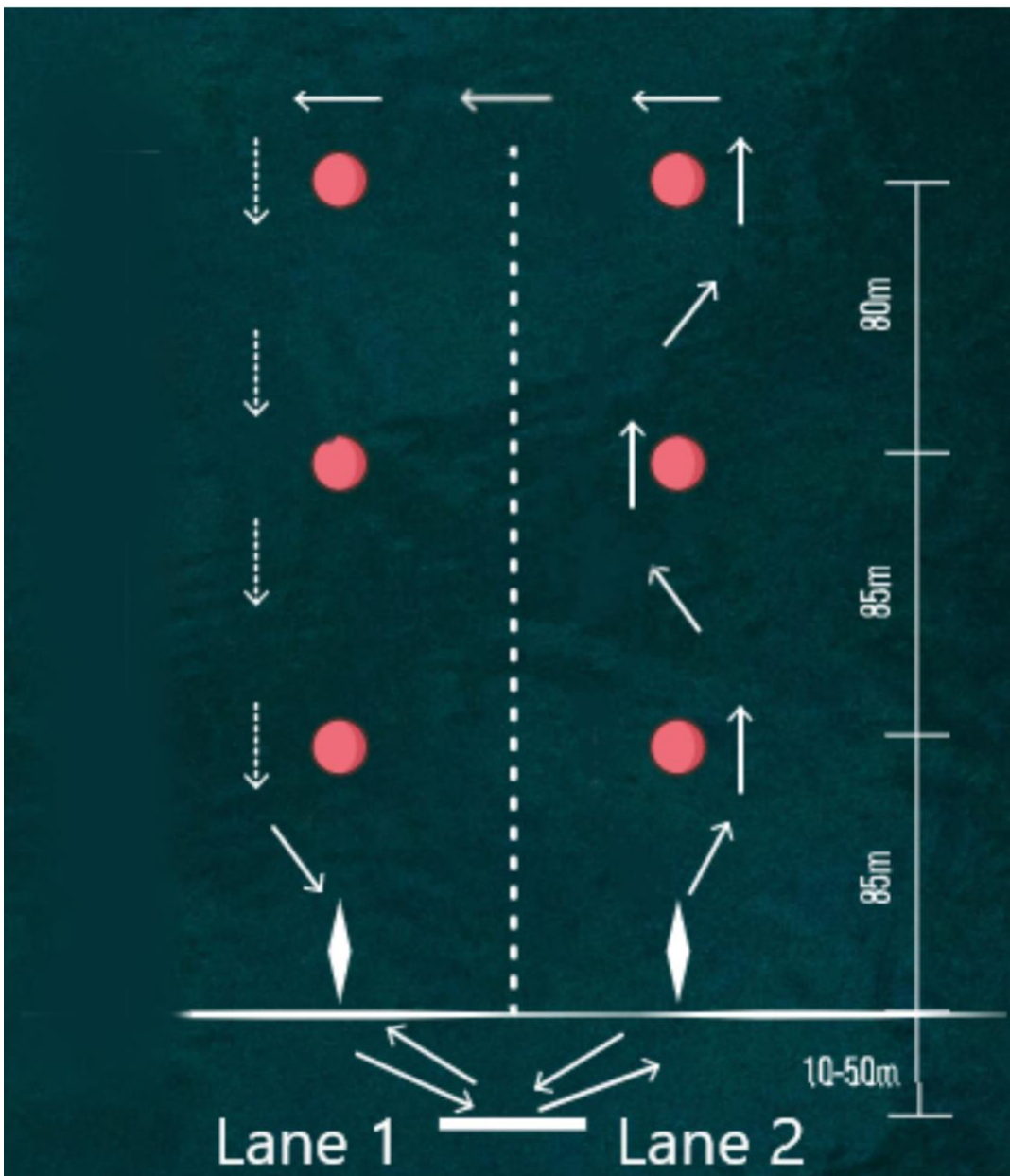
5. **Parking & Site Map** – Please familiarize yourself with the [site map](#), and make note of the parking area, west of the beach, prior to arriving on-site. The beach will be busy with a beach volleyball event taking place, in addition to regular beachgoers, so please plan ahead accordingly.

6. **Race Course Map**



7. Training Traffic Rules

- Boats are allowed to use the course to train, using Lane 2 (right lane) in slalom and Lane 1 (left lane) in a straight line to the beach. See the image below.
- Boats are not allowed to row in the “inner zone” between Lanes 1 and 2.
- There must be no stopping until the course has been completed in full, unless in an emergency.
- There will be a separate controlled area on the right-hand (west) side of the course to practice entries and exits; all boats must stay in their lane, and all turns must be to port.





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8. What to Bring as an Athlete:

- Clothing suitable for rowing and being in and out of the water
- Water shoes or neoprene socks
- Sun screen and/or sun shirts
- Hats
- A change of dry clothes
- Bar/gel pack snacks
- Water bottle
- Anything you think you should bring for a day on the beach

9. Practice Times – There will be a training session on Friday, August 18th from 4:00pm to 7:00pm for competitors to come out and try the boats. There will also be short training sessions on Saturday, August 19th and Sunday, August 20th from 7:00am to 8:30am. Equipment is shared, so training will be limited. Athletes may have to wait a few minutes for a boat to become available, before launching for practice.

10. Race Day – The registration table will be open from 7:00am onwards on both days of racing. Schedule, draw, and progression information will be available there, and a member of the Timing & Progression Team will be happy to answer any questions about the schedule and progressions.

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