

South Niagara Rowing Club

HEAD OF THE WELLAND FIVE BRIDGES FALL CLASSIC Regatta Package



General Information

Host: South Niagara Rowing Club

Date: As posted on Regatta Central Website

Location: Welland International Flatwater Centre, North Course, Welland, ON.

Address: 16 Townline Rd., Welland, ON

Phone: (905) 734-7815

To Register Your Entry

1. Enter your events at Regatta Central
2. Make your payments online
3. Entry Deadlines: as posted on Regatta Central

Entry Regulations

- All rowers must be currently registered with RCA and their local provincial or territorial rowing association or with RowUSA or their relevant national rowing agency to race, including virtual clubs.
- It is HIGHLY recommended that athletes race only 2 events, however under the discretion of the head coach, athletes may race more than 2. Please be aware that the distance from the launch to the start is 5.2km.
- Composite crews are permitted.
- All members of competing crews excluding coxswains and mixed events must be of the same sex and all must wear similar racing uniforms.
- Mixed Events - there must be a minimum of 50% female rowers, but there may be more women than men; there must be a minimum of 1 man
- Two or more entries required in each event to ensure a race
- Competitors must be named to a boat; all boats must have full crews
- Each school/club shall be responsible for provision of its equipment as well as conduct & physical fitness of all its competitors. Uni-suits must be up at all times and/or a t-shirt must be worn.
- Name Changes must be made at the regatta office (see times below).
- The maximum number of substitutes that can be made are:
 - 4 for an eight; 2 for a four/quad and 1 for a pair/double. A single sculler who is entered and falls ill or is injured may, after the entry deadline and on production of a medical certificate, be replaced before their first race provided that the substitute is a member of the same club or school.
 - A \$10.00 Canadian fee per name change will be charged for each change made to an entry.

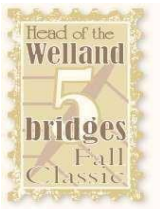
Entry Fees (CAD)

AS POSTED ON REGATTA CENTRAL

* Any payments not received will result in exclusion from the race.

Should weather conditions become unsafe for racing, the Chief Umpire will delay or cancel the regatta.

Due to the costs of preparing and hosting this regatta, it is impossible for the club to offer refunds in case of cancellation due to weather. We will, however, offer a credit of 10% of your total entry fees



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toward the next year's SNRC Head of the Welland 5 Bridges Fall Classic if more than 50% of the Regatta is cancelled.

Scratch/No Show Fees:

All crews entered in a draw will be assessed a \$50 fee for a "no show" or any non-medical, non-verifiable "scratch", payable at the Registration Desk during at the regatta office. If not paid, the club will be invoiced and will be expected to pay before any entries will be accepted in future SNRC races.

Name Change Fee:

All crews entered in a draw will be assessed a \$10.00 fee for each name change, payable during the regatta at the Regatta Office during the registration hours.

Name Change Deadlines:

Substitutes can be made up to 2 hours before a race is scheduled to start.

Regatta Office Hours

The Regatta Office will be open for race information and name changes at the following times:

Friday 5:00 p.m. to 7:00 p.m.

Saturday 7:00 a.m. to 2:00 p.m.

Classes

Adaptive

- As per RCA Classifications

Master - A rower may compete as a Master from the beginning of the year during which s/he attains the age of 21.

Under 15 - A rower or coxswain may compete as an Under 15 competitor until the 31st of December of the year in which s/he reaches the age of 14.

Under 17 - A rower or coxswain may compete as an Under 17 competitor until the 31st of December of the year in which s/he reaches the age of 16

Under 19 - A rower or coxswain may compete as an Under 19 competitor until the 31st of December of the year in which s/he reaches the age of 18.

Open— A rower or coxswain of any age may compete in an Open event.

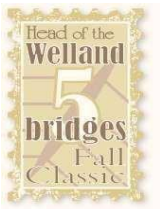
Composite Crews:

Composite Crews will be allowed.

Age Adjusted Times

Master's events will be age adjusted for any event that combines multiple age categories in a single event, either by design (e.g., Masters 8+) or where there are insufficient entries in an age category and different age categories are placed together in one race (e.g., combining one Masters D 1x with the Masters E 1x) .

Age adjustment is determined per RCA age category based on average age of the crew, not including coxies using the Garrett Masters Age Adjusted Time System



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Racing

Please see the Events List and Schedule online. Every effort will be made to keep to the published events schedule; but race times are subject to change. Two (2) entries are required to run an event. For Master's events with one entry; entry will compete with next available age classification and age adjustment will be applied accordingly.

Event Times

All entries MUST row only when the event they are entered in is scheduled and raced. Systematic timing and results posting requires entries to be in the proper order and event. No boats will be permitted to race at any other time in the schedule (e.g., a U17 4x will not be permitted to race when the Women's Masters 2x's are racing or at any other time except during the Junior 4x's event).

Lunch

There will be a break for lunch, starting approximately midday; actual time is dependent on final draw.

Boat and Trailer Storage

Security-patrolled, overnight shell storage will be available on the grounds of the North Course of the Welland International Flatwater Centre. See Regatta Site Layout for trailer and vehicle parking. Parking can begin any time on Friday. All shells will be placed in slings on the grass near the waterway and launch docks. No trailers will be permitted on the grass. All trailers are to park on the Flatwater Centre Service Road (east shoulder – closest to the waterway) - access from Shaw Street or in designated section of the parking lot- access from Humberstone Rd. Security will patrol the area.

Start Time

The first race of the day will start at 9:00 a.m. on Saturday.

Medical:

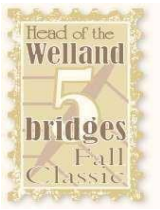
The Chief Medical Officer or his/her staff have the authority to refuse any athlete the usage of the course if in their opinion the athlete is unfit to row.

Unsportsmanlike Conduct which includes but is not limited to foul, abusive, or profane language and/or arm or hand gestures WILL NOT be permitted at the Regatta Site before, during or after any racing by Competitors or Team Officials, and such Conduct may result in immediate exclusion from the Race or future Races at the Discretion of the Regatta Chair and/or the Chief Umpire.

Practice Times

Friday 3:00 p.m. to 7:00 p.m.

ALL ATHLETES MUST BE ACCOMPANIED BY COACH-OPERATED SAFETY BOATS AT ALL TIMES DURING PRACTICE TIMES – SEE SNRC HEAD COACH TO CONFIRM THAT COVERAGE IS AVAILABLE.



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Coach & Coxswain Meetings

A meeting for all Coaches, Coxswains, and bow persons (sculling) will be held Saturday morning at 7:30 a.m. at the timing tower. All crews will be responsible for knowing the information delivered at the meeting.

Weigh Ins

There will be no weigh-ins for coxswains. All lightweight rowers must be weighed in a minimum of 2 hours prior to their race at the base of the timing tower. The following maximum weights are recognized for weight restricted events:

1. Men 75kg
2. Women 62 kg

Crews who do not meet the weight restrictions will be permitted to race as an exhibition entry and will receive a time but will not be eligible for a medal.

Penalties

BRIDGE VIOLATIONS

- Passing under any bridge improperly, as noted below, will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so

ROWING UP TO THE START

- Boats will row to the start line, north along the waterway's west bank (to the coxswain's left, scullers right). Boats rowing to the start will always stay in the up lane. The up lane is the western most lane, clearly divided on the waterway by large orange buoys (the port side of the course looking North and the west bank). Passing another boat in the up lane to the start line is permitted except when under bridges. Boats in transit to the start may also be charged a penalty for crossing the buoys into the racecourse.
- ****Crews are not permitted to go beyond the marshalling area at the start. This includes boats launching from the Community Boat House. The penalty for this is 20 seconds. ****

DURING THE RACE

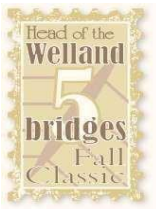
- Faster crews have the right-of-way in safe passing zones of the course; therefore all slower crews MUST yield to faster crews; failure to do so may result in a penalty or exclusion at the discretion of the judges. All coaches and athletes must familiarize themselves with the course to identify safe passing zones.

BUOY VIOLATIONS

- Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing.

FINISH

- All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty.



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INTERFERENCE

- Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a one-minute time penalty or be excluded, at the discretion of the officials.

CREWS THAT ARE BEING PASSED MUST YIELD TO THE OVERTAKING CREW BY MOVING TO THE EAST SIDE OF THE COURSE AS LONG AS IT IS SAFE TO DO SO. PASSING CREWS SHOULD USE THE WEST SIDE OF THE COURSE TO PASS (CENTRE OF THE WATERWAY).

Passing is permitted along the entire racecourse EXCEPT FOR THE AREA BETWEEN THE MAIN AND DIVISION ST BRIDGES. Passing another boat should only be done if necessary. If a crew passes another boat in the no-pass zone, their action may result in exclusion.

THE COURSE

The racecourse for the Head of the Welland presents an exciting challenge to experienced and novice competitors alike, with excellent opportunities for passing and coxswaining to be able to win. With its gentle bends and string of five bridges, the 3-mile (5.2 km) course, navigated through buoys, boats and bridges is a fantastic trip. At the Head of the Welland, every stroke is critical and one wide pass or buoy violation could cost a crew a medal.

Start

Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers at 0730 at the timing tower and may be confirmed at 8:00 am in the Launch Dock area. Bridges will be clearly marked and Bridge Diagrams and Course Maps clearly lay out the up lane versus racing lane. The Start Line itself is marked by two buoys (one orange and one white). There is a 100m start queue. Please enter the start queue on time, following the directions of the Marshall at the Start, and in numerical bow order.

****Crews are not permitted to go beyond the marshalling area at the start. This includes boats launching from the Community Boat House. The penalty for this is 20 seconds. ****

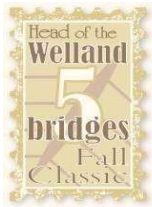
Approach the start line from within the queue and power up so you will be at full speed when you are signaled with a "GO" from the Starter.

Racecourse Description

The Racecourse begins just north of the old Thorold Road Boat Launch (end of Thorold Rd) and starts with a 1.5 km open water stretch. It then proceeds through 5 (five) bridges through the heart of the City of Welland to the Finish Line on the North Course of the Welland International Flatwater Centre.

BRIDGE 1 Main St. Bridge, there is only one way to pass under the bridge, under the main span.

BRIDGE 2, the Division St. Bridge, is just 150 m away. There are 2 alternate passages under this bridge within the buoyed course and either passage may be used when one passage appears congested. Please follow the traffic signs posted on each bridge. The Bridge's East Shore is out of bounds (as navigation is too tight).



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After this bridge is a potential hazard from a stage located by the east shore, then about 700 meters of open water.

BRIDGE 3, the Lincoln St. Bridge has 2 alternate passages under this bridge within the buoyed course and either passage may be used.

BRIDGE 4, Railway Swing Bridge. There is only one way to pass under the bridge, under the left span.

BRIDGE 5, Broadway Bridge. There are 2 alternate passages under this bridge within the buoyed course and either passage may be used when one passage appears congested. Please follow the traffic signs posted on each bridge.

The waterway then immediately enters the North Course of the WIFC and competitors have approximately 1.2 km remaining to make their move!

- **See Regatta Central for Diagrams of Racecourse and Bridge Navigation.**
- **Passing under any bridge improperly will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so.**

The Racecourse is bounded by a continuous line of orange buoys to the right (west side, middle of waterway) of the coxswain and an intermittent line of yellow buoys on the coxswain's left, marking diversions away from the shoreline. Where there are no buoys, the shoreline of the waterway is the left side boundary of the course.

All coxswains in the club events and coxswains who have never raced in the regatta are strongly advised to attend the Coxswains' and Coaches' meeting at 7:30 am in the Office area.

Bridge Traffic Diagrams are available online at Regatta Central.

Bow and Back Numbers

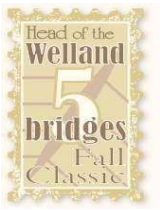
Bow and back numbers will be distributed at registration in the race packet. Bow numbers must be returned at the conclusion of racing to the Regatta Office. All bow numbers from a club must be returned in the original envelope at one time. A charge of \$10.00 will be assessed if the bow numbers are not returned. All shells must have bow clips to race.

Back numbers must be worn on the back of the bow rower.

MASTERS ROWERS/CREWS MAY PICK UP AND RETURN BOW AND BACK MARKERS SEPARATELY IF THEY NOTIFY THE REGATTA CHAIR IN ADVANCE.

Safety Boats

Safety boats will be stationed throughout the course and will be stationed at all bridges. If for any reason, a boat needs to stop, move immediately to the closest shore.



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Launching

Launch/return docks are located along the first 1000m of up lane. Wet launching is possible, but we encourage you to use the docks. There will be 3 docks designated as launch, and 3 for return. Boats should launch 1 hour before the start time of their event giving them plenty of time to warm up and make their way to the start. Please be aware that water levels do change slowly throughout the day so ensure discretion is used when wet launching.

Adaptive Rowers

Launching at the start area may be arranged for Adaptive Rowers but must be pre-arranged through the Regatta Chair.

Crew Conduct

A) Boats will row to the start line, north along the waterway's west bank (to the coxswain's left, scullers right). Boats rowing to the start will always stay in the up lane. The up lane is the western most lane, clearly divided on the waterway by large orange buoys (the port side of the course looking North and the west bank). Passing another boat in the up lane to the start line is permitted except when under bridges.

B) CREWS THAT ARE BEING PASSED MUST YIELD TO THE OVERTAKING CREW BY MOVING TO THE EAST SIDE OF THE COURSE AS LONG AS IT IS SAFE TO DO SO. PASSING CREWS SHOULD USE THE WEST SIDE OF THE COURSE TO PASS (CENTRE OF THE WATERWAY).

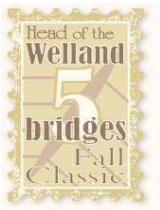
Passing is permitted along the entire racecourse EXCEPT FOR THE AREA BETWEEN THE FIRST AND SECOND BRIDGES.

Passing another boat should only be done if necessary. If a crew passes another boat in the no-pass zone, their action may result in exclusion. PASSING UNDER BRIDGES MAY RESULT IN DAMAGE TO BOATS/OARS. DO SO AT YOUR OWN RISK. See Course Map.

C) Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a 60 second penalty for crossing the buoys into the racecourse.

D) Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a one-minute time penalty or be excluded, at the discretion of the officials.

E) After crossing the finish line, a shell must be prepared to move into the return lane immediately. The shell may then proceed to enter the return/up lane and enter the cool down area. The Marshall at the Finish will insist that crews quickly make their way into the return lane. Coxies and shells are to pay full



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attention to the Marshall at the Finish to avoid interfering with crews coming to the Finish. Shells shall return to the launch and recovery docks, single file, up the return/up lane (west side bank) (on the coxes left, scullers right).

Individual Medals

Gold, silver, and bronze medals will be awarded where there are 4 or more entries in an event. Gold and silver medals only will be awarded where there are 3 entries in an event. Gold medal only will be awarded where there are 2 entries in an event.

Masters Events

The Garrett age adjusted time system will be used for all Master's races.

Masters Singles, there will be a separate race for each category. If there are less than 2 entries in one age category, the categories will be combined with the next category and the Garrett age adjusted time system will be used to determine the medal winners

GENERAL RULES

RCA Rules of Racing apply to all situations other than those exceptions granted in the sanction.

2.6 Weighing of Coxswains - Coxswains will not be weighed in.

2.9 Mixed Events - there must be a minimum of 50% female rowers, but there may be more women than men; there must be a minimum of 1 man

2.10 The following maximum weights will be allowed for weight restricted events:

1. Men 75kg
2. Women 62kg

Crews who do not meet the weight requirements will be permitted to race as an exhibition boat.

If a crew overturns during the race, they are permitted to re-enter the boat and continue racing provided it is safe to do so and no other boat is impeded in their race. Safety boat drivers may prevent a crew from continuing if unsafe to do so (i.e. equipment damage, athlete injury, athlete health/physical condition).

Parking

- Trailers must enter through the Shaw Street entrance at the West side of the canal, via Prince Charles Drive.
- Parking will be available in the main lot for some trailers, car-top boat carriers, and vehicles.
- Car top boat carriers may also park at the end of the course on the grass. Entrance is via Canal Bank Street and there is no parking fee.

Event List is posted on Regatta Central.