



South Niagara Rowing Club 2016 High School Invitational Regatta Package



General Information

Host: South Niagara Rowing Club **Dates:** May 21st - 22nd, 2016

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

Address: 270 Colborne St, Welland, ON

Phone : (905) 734-7815

To Register Your Entry

1. Enter your events at Regatta Central
2. Make your payments online, using Peloton or credit card
3. Save your Alpha List as a PDF and E-mail to: alphalist@rowsnrc.ca

4. Entry Deadlines:

Standard Registration Opens	April 13, 2016 06:00 PM EDT (GMT-0400)
Standard Registration Deadline	May 16, 2016 11:59 PM EDT (GMT-0400)
Late Registration Deadline	May 19, 2016 11:59 PM EDT (GMT-0400) Late fee will apply
Boatings/Line-Ups Due	May 19, 2016 11:59 PM EDT (GMT-0400)
Payment Due	May 20, 2016 11:59 PM EDT (GMT-0400)
Alpha Lists Due	May 20, 2016 NOON EDT (GMT-0800)

Timezone: **Canada/Eastern**

Alpha Lists

A certified school attendance list (alpha list) with Date of Birth of all athletes that will compete and those that may be used as substitutes, produced on School Letterhead signed by the School Principal or Head Master must accompany the entry fees that must be RECEIVED by May 20, 2016 at 12 noon. E-mail to: alphalist@rowsnrc.ca

Waiver

The SNRC High School Invitational Regatta does not require you to submit waiver forms for each athlete. You must submit an alpha list prior to the regatta draw on May 18, 2016 at 12 noon.

Entry Regulations

- It is HIGHLY recommended that athletes race only 2 events per day, however under the discretion of the school head coach, athletes may race more than 2 events per day. Please be aware that the distance from the boat house to the start is 4000 meters.
- Composite crews are permitted in Club Events only.
- All members of competing crews excluding coxswains must be of the same sex and all must wear the school racing uniform except in designated mixed events
- Mixed double must have one female and one male rower. Mixed 8 must have 4 female rowers minimum.
- 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 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).
- Substitutes will only be accepted from your School's Alpha List. The maximum number of substitutes that can be use from the alpha list are:
4 for an eight; 2 for a four/quad and 1 for a pair/double. No substitutes are allowed in a single.
A \$5.00 Canadian fee per name change will be charged for each change made to an entry.



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Age Categories

- Senior – under the age of 19 before January 1 of the current year
- Junior – under the age of 16 before January 1 of the current year

Regatta Fees

Entry Fees (CAD)	Entry	Fees	Late Fees
	Singles	\$35.00 + 13% HST = \$39.55	\$25.00
	Doubles/Pairs	\$45.00 + 13% HST = \$50.85	\$25.00
	Fours/Quads	\$55.00 + 13% HST = \$62.15	\$25.00
	Eights	\$70.00 + 13% HST = \$79.10	\$25.00
	Administration Fee/Team	\$35.00 + 13% HST = \$39.55	

- * Each school must also include a \$35 administration fee with its entries
- * Any payments or Alpha Lists not received will result in disqualification.
- * **All outstanding prior year fees must be paid in full in order to race this year.**

Scratch/No Show Fees:

All crews entered in a draw will be assessed a \$50 fee for a “no show” or “scratch”, payable at the Registration Desk during the regatta in the white portable during the registration hours (See the table on Page 2).

Name Change Fee:

All crews entered in a draw will be assessed a \$5.00 fee for each name change, payable during the regatta at the Registration Desk in the white portable during the registration hours.

Name Change Deadlines:

- Name changes for Saturday events must be made no later than Saturday at 8:00 a.m.
- Name changes for Sunday events must be made no later than Saturday at 6:00 p.m.

Regatta Office Hours

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

Day	Hours
Friday	5:00 p.m. to 8:00 p.m.
Saturday	5:45 a.m. to 11:00 a.m. 4:00 p.m. to 6:00 p.m.



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Racing

All events will be 2000 meters straightaway in two to six lanes.

In order to allow the greatest opportunity for all races to be completed in cases of inclement weather conditions that prevent side by side sprint racing, the regatta MAY opt to change to a time trial format if deemed appropriate by Chief Umpire and if weather conditions allow. Time trials would be conducted with a running start, with timing for 1500 meters – from the 500 meter mark to the finish line.

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 toward the next year's SNRC High School Invitational if more than 50% of the Regatta is cancelled.

Start Time

The first race of the day will start at 8:00 a.m. on both Saturday and Sunday.

Sunday racing could begin as early as 7:00 a.m. if races are delayed from Saturday.

Marshalls

Dock Marshalls

- There will be one **Launch Dock Marshall** who will assign launch dock space and manage the launch procedure and timing.
- There will be one **Return Dock Marshall** (on a return dock) who will assign return dock space in association with the Boat Alignment Marshall and will manage the crew return procedure and timing.
- All crews and coaches are expected to immediately follow the directions of these Marshalls and respect their decisions.

Boat Alignment Marshall

- There will be a Boat Alignment Marshall in a boat located about 150 yards off the end of the docks to provide direction to all returning crews so as to guide them to the next available dock location and/or hold them in place pending the availability of open dock space.
- FAILURE TO COMPLY WITH THE DIRECTIONS OF A MARSHALL MAY RESULT IN THE ISSUANCE OF A YELLOW CARD TO A CREW OR COACH BY THE CONTROL COMMISSION UMPIRE.

Hot Seating Protocol

- All crews who need to hot seat are expected to use the hot seat dock located on the west side of the canal between the two bridges. This dock is provided as a courtesy only. Crews use the hot seat at their own risk. Races will not be held for crews delayed at the hot seat dock.
- It is the responsibility of the coach to bring athletes to the Control Commission with identification and pick up a bow number prior to proceeding to the Hot Seat Dock.
- The Hot Seat Umpire's rules must be adhered to or crews will be assessed a "Yellow Card".



South Niagara Rowing Club 2016 High School Invitational Regatta Package



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

Day	Start Time	Finish Time
Friday	3:00 p.m.	7:00 p.m.
Saturday	5:30 a.m.	6:30 a.m.
	6:00 p.m.	7:30 p.m.
Sunday	5:30 a.m.	6:30 a.m.

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

Weigh-In Times and Regulations*

Day	Start Time	End Time
Saturday	6:30 a.m.	9:30 a.m.
Sunday	6:30 a.m.	9:30 a.m.

1. All coxswains, lightweight and midweight competitors must weigh in **each day** they race.
2. Athletes must weigh in as a crew and be accompanied by a coach during weigh-in.
3. There is only one try at weigh in.
4. In the case of any dispute the clerk of the scales will communicate **only** with the crew's coach or school official.
5. All rowers and coxswains will weigh-in wearing the same school rowing uniforms. No one will be weighed in wearing more or less clothing.
6. Official scales will be available at 6:00 a.m. for practice weigh-ins.
7. All weights for coxswains requiring extra weight will be supplied at the scales and will be the only weights recognized by weigh-in officials.

A \$5.00 FEE WILL BE ASSESSED FOR EACH COXSWAIN'S WEIGHTS AND MUST BE PAID TO THE CLERK OF THE SCALES BEFORE LEAVING THE WEIGH-IN TENT.

8. During the official weigh-in periods, testing scales or checking weights will not be permitted.
9. Crew changes will not be accepted in the weigh-in tent. Any change must be approved by the Registration Desk in the white portable **before weigh-in** in accordance with the Name Change Deadlines listed in this package.
10. If crew changes have been made, please bring copies of your Name Change forms with you to the weigh-in tent.
11. The minimum weight for coxswains is 45 kg for male and 45kg for female.



South Niagara Rowing Club 2016 High School Invitational Regatta Package



Weigh In Procedures

HAVE PHOTO IDENTIFICATION READY.

1. Report only when all crew members are in attendance. If you are called and the entire crew is not present, you will not be allowed to proceed to the scales. **A coach or school official must accompany each crew.** When you reach the scales, please line your crew up from bow to stern. **Have each crew member's photo identification ready.**
2. Weigh-in will **always** occur on a first come first served basis.

	Lightweight Men	Midweight Men	Lightweight Women	Midweight Women
Maximum Allowable Weight	66kg	72kg	59kg	63kg

COMPETITORS MAY WEIGH NO MORE THAN THE MAXIMUM ALLOWABLE WEIGHT.

Progression to Finals

# of Entries	Heats	Crews Advancing to Final
2 to 6	0	Final
7 to 12	2	1 st place in each Heat + Next 4 Fastest Overall
13 to 18	3	1 st place in each Heat + Next 3 Fastest Overall
19 to 24	4	1 st place in each Heat + Next 2 Fastest Overall
25 to 30	5	1 st place in each Heat + Next Fastest Overall
31 to 36	6	1 st place in each Heat

ALL DECISIONS MADE BY THE REGATTA COMMITTEE ARE FINAL

Coach & Coxswain Meetings

- A mandatory meeting for all Coaches, Coxswains, and bow persons (sculling) will be held Saturday and Sunday morning at 6:30 a.m.
- All crews will be responsible for knowing the information delivered at the meeting.



South Niagara Rowing Club 2016 High School Invitational Regatta Package



Photo Identification

- School photo identification is required for all crews and **may** be randomly checked for any event during HEATS.
- School photo identification is required for all crews advancing to the finals and **will** be checked at the Control Commission prior to the crews checking in.

Medal Presentations

- Medals will be awarded for First, Second, and Third place crews.
- Medals will be presented by the pavilion once official results from the finals have been published.

The South Niagara Championship Awards for Rowing Excellence

The South Niagara High School Invitational Regatta will present Championship Awards for:

- Men's Rowing Excellence
- Women's Rowing Excellence
- Overall Rowing Excellence

Each Divisional Trophy is presented to the high school that achieves the highest point total for performance in event finals of the respective division.

Point Awards

Schools win points according to the type of event they enter and how they place in that event's final. For instance, a school that finishes first in a Pairs event final earns 15 points. A school that finishes fifth in an Eights event final earns 6 points. No points are awarded for heats.

The following table shows points awarded by type of event and order of finish.

Championship Points Awards for Placement in Finals						
Categories	First	Second	Third	Fourth	Fifth	Sixth
Singles, 1x	10	5	4	3	2	1
Doubles, 2x	15	8	5	4	3	2
Pairs, 2	15	8	5	4	3	2
Fours, 4, 4+	20	10	8	6	5	4
Quads, 4x	20	10	8	6	5	4
Eights, 8+	25	12	10	8	6	5



South Niagara Rowing Club 2016 High School Invitational Regatta Package



Efficiency Rating

A school's efficiency rating is the ratio of the total points a school wins in an event to the total points it might have won. If a school places third in a 2x final, it earns 5 points out of a possible 15 points it might have won for a first-place finish.

Event	Potential Points	School's Finish	Points Won	Ratio of Points Won to Potential Points	Efficiency Rating
Doubles, 2x	15	Third	5	5 / 15	33.3%
Pairs, 2	15	Fifth	3	3 / 15	20.0%
Total / Overall	30		8	8 / 30	26.7%

A school's **overall efficiency rating** is the ratio of the total points a school wins in all the events it enters to the total points it might have won in all those events. The school in the table above placed third in a Doubles final and fifth in a Pairs final. It won 8 out of a possible 30 points for an efficiency rating of 26.7%.

If a school enters **two crews in an event**, its potential points for that event equal the sum of the points for a first-place finish and a second-place finish, since the best the school's two crews could place would be first and second.

Basic Eligibility Rules

Four basic eligibility rules help ensure that the Rowing Efficiency competition is fair to all schools. To win the Championship Award for Overall Rowing Excellence, a school must **enter a minimum of:**

1. 4 finals
2. 14 rowers
3. 1 sculling event
4. 1 rowing event.

All the best in your school's bid to win one of the Championship Awards!

Parking

- Trailers must enter through the parking lot entrance by the boathouse at the West side of the canal, via Colborne Street.
- Parking will be restricted at the boat house to trailers, car-top boat carriers, and the vehicles of regatta officials, vendors and regatta committee volunteers.
- Parking is prohibited on the east side of the racing course, along Forks Road and along the east side of the canal at the launch area

Available Parking

- John Deere parking lot: \$5.00 (Volunteer donation) across Canal Banks Road from Boathouses
- VIP parking near the Finish Tower on the west bank of the canal: \$10.00
- Colborne Street Parking Lot north of the train bridge on the west side of the canal: \$5.00

Coaches will be given coaches parking passes in their registration packages. These are for use in the John Deere and Colborne St. lots and also in the 15 Minute Coaches' parking on the east side of the Forkes Rd. Bridge.



South Niagara Rowing Club 2016 High School Invitational Regatta Package



Bus Parking

All buses should be parked at the at the Boathouse area in the designated bus area. The Boathouse Area needs to remain free for trailer parking.

No Tents are Permitted in the Trailer Parking Area due to safety concerns.

Team Tents will be permitted in designated areas.

See Regatta Web Site for designated locations.

Athlete Drop off Areas

- The main Athlete Drop off Area is at the John Deere Parking Lot where they can cross Canal Banks Road, at either of the two designated crosswalks, and walk to the Boathouse area.
- Alternatively, athletes can be dropped off at The Colborne Street Parking Lot and then take the free shuttle service to the boathouse area. However, it should be noted that there is only limited shuttle service in this area and there may be delays during busy periods.

Shuttle Service

A **free shuttle service** will transport individuals between the Boat House parking lot and the Colborne Street Parking Lot area on a regular basis throughout the day Saturday and Sunday and also between the John Deere parking lot and the Forkes Rd. Bridge.

If you or your athlete needs to get to the Boathouse area quickly, you are strongly encouraged to use the athlete drop off area at the John Deere Parking Lot.

Watching Races

- Following races by motorized vehicles along the Kingsway (on the east side of the race course) is **strictly prohibited** and may result in the **disqualification of the crew** being followed.
- Viewing areas are available along the course in the finish area, including the grandstand.
- We encourage you to bring a bike and use the Welland Canal Trail that follows the course on the west side.

Welland Canal Trail

The Welland Canal trail begins in Port Colborne and runs along the west bank of the rowing course. You may bring bicycles or roller blades to use on the trail.

THERE WILL BE NO VEHICLE ACCESS TO THE KINGSWAY FOR NON-RESIDENT TRAFFIC DURING THE HOURS OF THE REGATTA For Questions Please Contact: [Email: hsi@rowsnrc.ca](mailto:hsi@rowsnrc.ca)

Event List is posted on Regatta Central.