

# WESTERN INVITATIONAL REGATTA PACKAGE

Date: September 14th 2019

Location: Doug Wells Rowing Centre (1424 Clarke Road) on Fanshawe Lake

Entry Deadline: Monday, September 9th

## *SCHEDULE OF EVENTS*

**Weigh-ins open at 6:30 a.m. - closed at 8:30AM**

**Coaches' Meeting 6:45AM in 3M Lounge**

**Races are called 40 minutes prior to race time**

**First time trial starts at 8:00AM. Finals follow the last time trial (~11:50AM). Schedule will be compressed if some events do not require time trials (<7 entries).**

Time Trials		Finals (A&B Only)	
8:00AM	Para Events	11:50AM	Para Events
8:10AM	Men's Heavy 2-	12:00PM	Men's Heavy 2-
8:20AM	Women's Heavy 2-	12:15PM	Women's Heavy 2-
8:30AM	Women's Light 1x	12:30PM	Women's Light 1x
8:40AM	Men's Light 1x	12:45PM	Men's Light 1x
8:50AM	Women's Heavy 2x	1:00PM	Women's Heavy 2x
9:00AM	Men's Heavy 2x	1:15PM	Men's Heavy 2x
9:10AM	Women's Light 8+	1:30PM	Women's Light 8+
9:20AM	Men's Light 8+	1:45PM	Men's Light 8+
9:30AM	Women's Height 4+	2:00PM	Women's Height 4+
9:40AM	Men's Heavy 4+	2:15PM	Men's Heavy 4+
9:50AM	Women's Light 2x	2:30PM	Women's Light 2x
10:00AM	Men's Light 2x	2:45PM	Men's Light 2x
10:10AM	Women's Heavy 1x	3:00PM	Women's Heavy 1x
10:20AM	Men's Heavy 1x	3:15PM	Men's Heavy 1x
10:30AM	Women's Light 4+	3:30PM	Women's Light 4+
10:40AM	Men's Light 4+	3:45PM	Men's Light 4+
10:50AM	Women's Heavy 8+	4:00PM	Women's Heavy 8+
11:00AM	Men's Heavy 8+	4:15PM	Men's Heavy 8+
11:10AM	Men's Light 2-	4:30PM	Men's Light 2-
11:20AM	Women's Light 2-	4:45PM	Women's Light 2-

- Entry fees per event (does not include seat fees and applicable taxes)  
8+: \$65/4+: \$55/2- or 2x: \$45/1x: \$35
- Late entries will be accepted at the coaches' meeting only. Payment must be received (cheque made out to Western University or cash) at the coaches' meeting for late entries to be accepted.
- Coaches must bring enough equipment for their crews to race on time. Hot seating will be accommodated by the dock marshals at their discretion, and where scheduling and safety permit.
- In the event of a straight final (6 or less entries), the crews will be randomly seeded into lanes for the final.
- In events with exactly 7 entries, the single boat in the B Final will be excluded and no B Final will be run. They will be assigned an overall placement of 7th for the regatta.

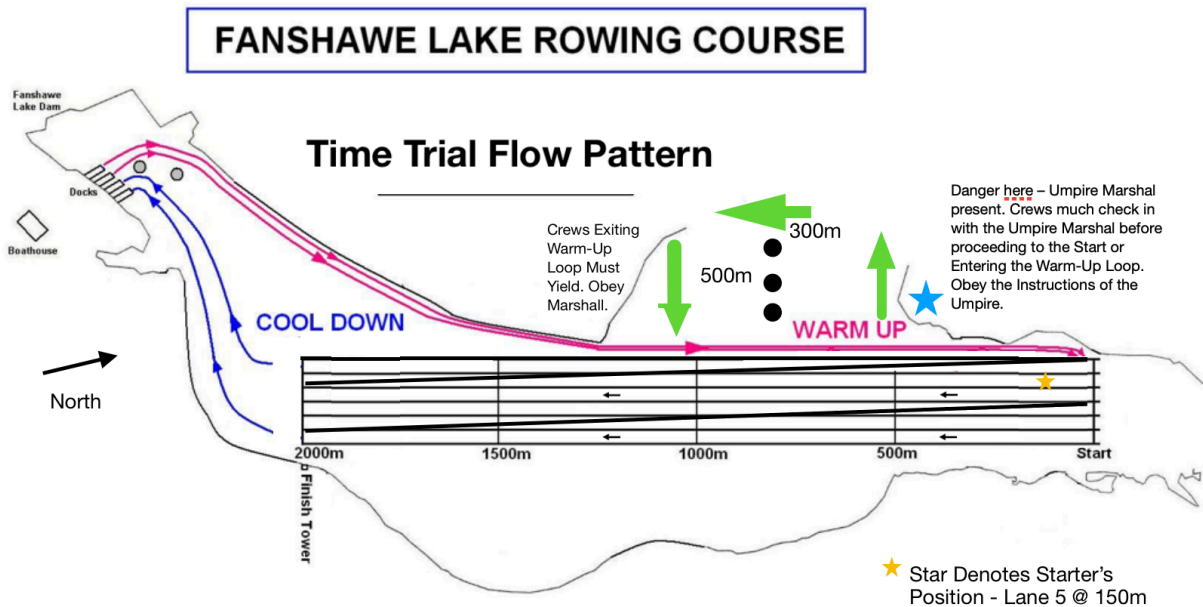
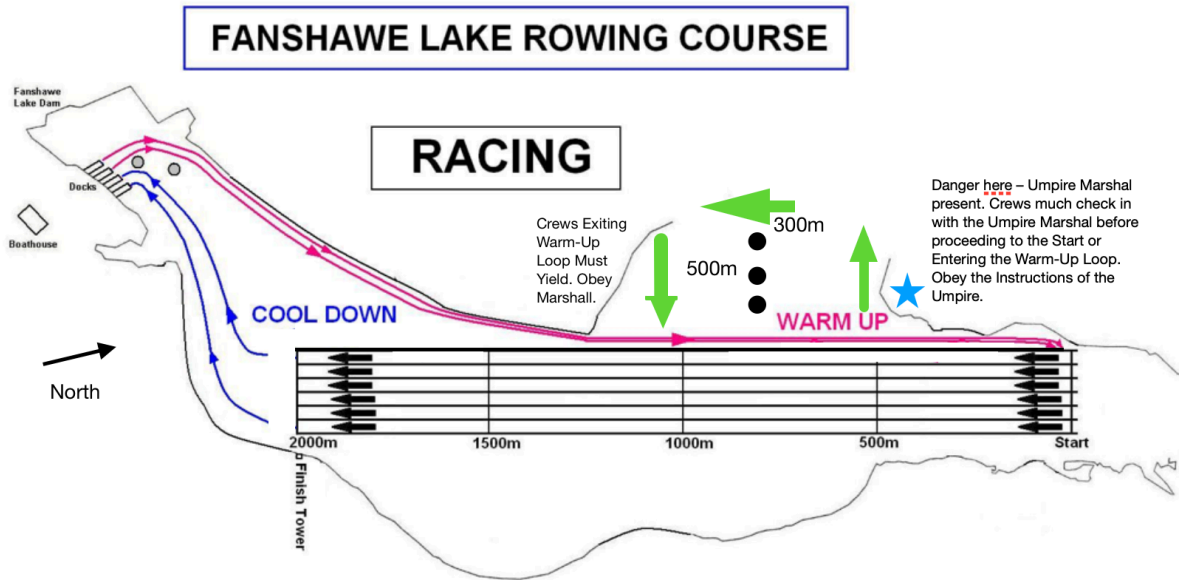
# Parking and Trailing

Drivers are not allowed to park in the designated trailer areas unless a trailer is attached to their vehicle or shell(s) are strapped to a car. Only tow and shell transport vehicles may enter the boat park.



## Practice and On-Water Flow Patterns

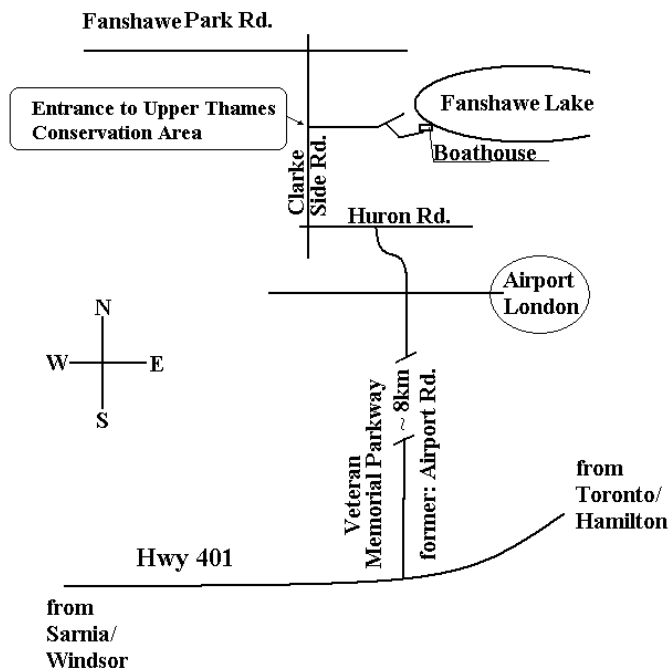
The course will be open for practice between 3PM and dusk on Friday, September 13th. A coach must accompany their crew on the water in a safety boat or the course will remain closed.



## Time Trial Rules

- Crews will be marshalled into their lanes in the starting area (first 100m of the course). Odd bow numbers in lane 1 and even bow numbers in lane 4.
- Crews will be instructed to go 'on the paddle' which signals that they should begin to get up to speed for their race. They will be verbally warned when they are 'approaching the line.' As they cross the 150m mark, they will be told 'Go!' or hear the sound of a horn. This is the signal that their time has started.
- Crews will be sent every minute within each lane (30 seconds between each start, rotating between lanes 1 and 4).
- All boats being overtaken must move to starboard (lane 1 to lane 2, lane 4 to lane 6).

## Directions to Boathouse



## **Weigh Ins**

1. All lightweight competitors must weigh in. Coxswains are exempt.
2. The official weigh in periods will be from 6:30 a.m. to 8:30 a.m. on regatta day.
3. Athletes must weigh in as a crew. Exceptions to this rule are allowed when members of the crew have already weighed in for an earlier race. Example: Guelph's lightweight female sculler weighs in at 6:30AM for 1x race. She is also entered in the LW8+. She identifies this to the umpire supervising the scales. When her seven teammates arrive and weigh in together at 7AM, she doesn't have to be there.
4. All competitors will weigh in wearing the same school rowing uniforms. No one will be weighed in wearing more or less clothing.
5. Re-weighs will be permitted. In the event that a re-weigh is necessary, crews must exit the weigh-in area and return at the back of the line.
6. During the official weigh in periods testing of scales will not be permitted.
7. Crew changes will not be accepted at the weigh-in room. Changes must be approved by the registrar beforehand in the coaches meeting.
8. An individuals' maximum weight (75kg for men and 61.5kg for women) determines eligibility. There is no averaging of the athletes' weights in the weight class events. The stated weight is the maximum an individual may weigh.
9. Photo IDs and names will not be checked at the weigh-in. All crews are on the honour system that the teams that come to weigh-in are those that will participate in the race. Photo ID will also not be checked at the dock.

## **WEIGH IN PROCEDURES**

1. Any changes to entries must be made at the coaches meeting before you proceed to the scales.
2. Weigh ins will occur on a first come first served basis, based upon when you report with your crew to the weigh in room.
3. Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing.

## **Rules of Racing**

The Rowing Canada Aviron RCA Rules of Racing will apply at this regatta. Exceptions to the RCA rules as allowed under RCA rule 1.6 are summarized as follows:

1. **1. Rule 2.1 Definition of a competitor** - All rowers and Coxswains must attend the same university.

2        **2. Rule 2.3- Categories of Rowers and Proof of Age and Identity-** For university events, the OUA requirements and categories will be used, which vary from the categories in the RCA Rules of Racing.

3        **3. Rule 2.3- Categories of Rowers and Proof of Age and Identity-** Identification will be not checked at weigh-ins or at the docks. Upon request, a photo ID or university student card must be produced.

4        **4. Rule 2.4- Coxswains, 2.5 Coxswains Weights, 2.6 Weighing of Coxswains-** Coxswains will not be weighed at the regatta and therefore, no weight minimum or deadweight are required.

5        **5. Rule 2.10- Lightweight Competitors-** An allowance to the maximums for lightweight competitors will be 2.5kg. Men: No individual rower shall weigh more than 75.0 kg. Women: No individual rower shall weigh more than 61.5 kg

6        **6. Rule 2.11- Weighing of Athletes in Weight Restricted Events-** Lightweight competitors must weigh-in for weight restricted events that they are competing in. Athletes should weigh in as a crew, unless a member of their crew has already weighed in for an earlier race.

7        **7. Rule 2.11 Weighting of Athletes in Weight Restricted events.** Procedures differ from RCA rules and are outlined in the regatta package.

8        **8. Rule 9.3 Progression** - for events with more than 6 entries, placing in time trials determines placement in the A/B Finals. Top six finishers in time trials are seeded into the A Final. Next six are seeded into the B final. Any remaining crews do not progress.

9        **9. Rule 7.2** - The draw will be released a minimum of 2 days before the regatta.