

# BC Championships Challenge/West Regatta 2015

July 10<sup>th</sup>, 11<sup>th</sup> and 12<sup>th</sup>, 2015

Victoria City Rowing Club, Elk Lake, Victoria

## Important Dates and Deadlines

June 1 <sup>st</sup>	Registration Opens
June 26 <sup>th</sup> Midnight	Entry Deadline
July 3 <sup>rd</sup>	Preliminary Regatta Schedule posted
July 6 <sup>th</sup>	Scratch fees (\$20/boat, includes GST) apply
July 7 <sup>th</sup> Midnight	Deadline for late entries
July 8 <sup>th</sup>	Updated Regatta Schedule posted

VCRC's goal is to run an athlete-centred regatta that provides Junior, Senior and Masters athletes with good racing opportunities in a friendly, relaxed atmosphere. The Regatta Committee and Umpires work together to ensure that decisions are made on the basis of fairness and safety, asking always: *"What is in the best interest of athletes?"*

**Contact:** Please direct all inquiries to [vcregattas@gmail.com](mailto:vcregattas@gmail.com)

## Racing Information

All information and updates will be posted on [Regatta Central](#).

### Eligibility

The regatta is open to any participant who is registered with RCA, USRA or another National Rowing Federation.

### Classifications

JR A	Participants born 1997-1998 (U19)
JR B	Participants born 1999-2000 (U17)
JR C	Participants born 2001 or later (U15)

VCRC supports RCA's Long Term Athlete Development plan which recognizes that children develop physically at different rates. Junior athletes may race one year down from their birth year, even if this places them in a different age class. This is to allow children who are "late developers" physically to train and race with athletes of similar developmental age.

**Junior Varsity:** A JV category for some Junior boat classes allows athletes to get meaningful races by competing against boats of similar speed. The Regatta Committee encourages coaches to enter athletes in the category they think will provide the best race experience for their athletes. You CANNOT enter an athlete in both JV and Varsity for the same event, however an athlete may race JV in one event and Varsity in a separate event.

SR B	Participants born 1993-1996 (U23).
SR A	Open

\*FAMILY Parent/child or master/junior combination.



MASTER	AA	average age 21-26	E	average age 55-59	J	average age 80 or over
	A	average age 27-35	F	average age 60-64		
	B	average age 36-42	G	average age 65-69		
	C	average age 43-49	H	average age 70-74		
	D	average age 50-54	I	average age 75-79		

A rower becomes eligible to compete as a Master in the year in which he/she reaches the ages of 21.

No current members of any nation's National Team may compete as a Master.

Coxswains are excluded from the age restriction and from calculation of average crew age.

A Masters athlete (age 21 and over) may compete in both Open (Sr A) and Masters events.

MIXED Mixed crews must include at least 2 women (excluding the coxswain, who may be of either gender).

NOVICE MASTER Masters in their first two years of rowing.

LW Lightweight Women - maximum weight 59 kg

LM Lightweight Men - maximum weight 72.5 kg

*There is no weight average for a crew. All rowers in a lightweight crew must be at or under the maximum weight.*

*All participants racing in lightweight events must weigh-in on the day of their event.*

\*Fees from the Family Event go into a fund to which VCRC Juniors may apply for financial support to attend Junior National Team events. There is a separate entry fee (\$30/boat) for this event, all of which will go to the athletes. If you are a Master who does not have a child who rows, or are a junior without a parent that rows, let us know and we will match you up for this fun race!

### Regatta Events

JR C	W/M	2X
JR C	W/M	4X
JR B	W/M	1X, 2X, 4X
JR B - JV	W/M	2X, 4X
JR A	W/M	1X, 2X, 4X, 2-, 4+
JR A - JV	W/M	1X, 2X, 4X, 4+
SR B	W/M	1X, 2X, 2-
SR B	LW	1X, 2X
SR B	LM	1X, 2X, 2-
SR A	W/M	1X, 2X, 4X, 2-, 4-
SR A	LW	1X, 2X
SR A	LM	1X, 2X, 2-
OPEN	W/M	8+ <b>(*all age categories are encouraged to enter)</b>
OPEN/ADAPTIVE	Mixed	4+ <b>(1000m, both Adaptive and Able bodied entries are encouraged)</b>
NOVICE MASTERS	W/M	2X
NOVICE MASTERS	Mixed	2X, 4X
MASTERS	W/M	1X, 2X, 4X
MASTERS	Mixed	2X, 4X
FAMILY	Adult/Jr	2X [500m]
ADAPTIVE	W/M	Specific events will be based on number and type of entries received. Please indicate classification and boat class on entry form.

\*LOC reserves the right to make a separate event for juniors, seniors and masters should entries warrant it. This breakout will appear in the preliminary schedule and all affected coaches will be notified.

### Progression System

Three (3) or more entries are required to run an event and award medals. Events with fewer than 3 entries may be combined.

Where Masters events have to be combined (i.e. when there are fewer than 3 entries per age category), handicaps will be applied.



### (1) Time Trials

Time trials will be used to seed all JR A, SR B, SR A 1Xs and 2-'s, and SR B, SR A 2X's, including LM and LW, into 6 boat finals (e.g., 1-6 to Final A, 7-12 to Final B etc). The regatta committee reserves the right to cap the number of finals. Time trials will be run on the morning of the scheduled final. If you are not able to stay for the event finals, you can race exhibition and your time will be recorded, however you will not be seeded into a final. If you scratch or do not show up for your final you will be assessed a \$60 scratch fee. This respects fellow athletes: "No shows" affect the quality of the finals and take up a spot that could have been used by another athlete. The scratch fee also reflects the effort involved in running time trials and organizing the 6 boat finals.

The intent of the time trial progression system is to create high quality, meaningful races for all competitors, based on boat speed, rather than age, as recommended by RCA Competition Review and Long Term Athlete Development Plan.

The first 8 spots in each time trial event will be seeded. Please enter a seeding time in the space provided on the entry form.

### **Athletes may not enter more than one time trial event on each day.**

Medals will be awarded for the winner of each event (e.g., JR A M 1X, SR B M 1X, SR A M 1X) as well as for the overall winner in each boat class (1X, 2X, 2-).

Instructions on how time trials will be run will be posted on [Regatta Central](#).

### (2) Heats

For all other events, heats will be used to seed boats into an A Final only. Semi-finals may be added if the number of entries warrants it.

### **Race Schedule**

#### Preliminary Schedule:

Friday	10:00 a.m. – 7:00 p.m.
Saturday	6:30 a.m. – 7:00 p.m.
Sunday	6:30 a.m. – 3:00 p.m.

#### Flow of Events:

Friday: Friday Heats, Saturday heats, Friday Finals, Saturday Semi-Finals.

Saturday: Time Trials, Sunday Heats, TT Finals (C,B,A Finals in each event, followed by E-H), Saturday Finals, Sunday Semi-Finals

Sunday: Time Trials, Sunday Finals, TT Finals (C,B,A Finals in each event, followed by E-H)

The final race schedule will depend on the number of entries in each event. The Preliminary Draw will be posted July 3<sup>rd</sup>.

### **Training Times on the course**

The course will be open for practice 9 am Friday and will close one hour before the first scheduled race. Coaches are asked to provide Safety Boat coverage (please see the Safety Co-ordinator or VCRC Club Manager, Brenda Taylor).

The race course will be open for practice for 1 hour following the last scheduled race on Friday and Saturday.

The race course will **not** be open for training on Saturday or Sunday morning.

### **Coaches and Coxswains Meeting**

Meetings will occur one hour before first scheduled race/time trial on Friday, Saturday and Sunday, in front of the boathouse.

### **Weigh Ins**

Scales will be open 90 minutes before the first scheduled race/ time trial on each day and will close 30 minutes prior to the start of the first scheduled race/time trial each day. All participants racing in lightweight events must weigh-in on the day of their event.

Coxswains are not required to weigh in.

### **Race Course and Distances**

The course will be set up as 6 lanes with 4 lines of buoys (i.e., 2 boats will race between each line of buoys). The finish line will be in the same place for all events. PLEASE consult the course and traffic flow maps (posted on [Regatta Central](#) and the [VCRC Regattas](#) website and at the boathouse) before launching. Crews deviating from the designated flow pattern may be eliminated.

### **Race distances**

Junior & Senior: 1850m, Masters: 1000m, Adaptive: 1000m, Family: 500m, Time Trials: 1750m, Open 8+: 1850m

### **Rules of Racing**

Except where already noted, RCA Rules of Racing will be applied during this regatta.

[http://www.rowingcanada.org/sites/rowingcanada/files/rules\\_combined2.pdf](http://www.rowingcanada.org/sites/rowingcanada/files/rules_combined2.pdf)



## Safety

All rowing boats going on the water must follow all safety rules including being equipped with a secure bow ball and heel restraints (ties no more than 7.0 cm) or quick release mechanisms. All boats will be inspected prior to launching.

## Entries and Fees

**Registration Opens:** Monday June 1<sup>st</sup>, 2015

**Registration Online through [Regatta Central](#):** All boats must be populated with athlete names for registration to be considered complete. If you do not know the composition of crews at the time of registration, please contact the Registration Coordinator: [vcrcregattas@gmail.com](mailto:vcrcregattas@gmail.com).

**Entry deadline:** Friday June 26, 2015, midnight. *Entries must be complete by deadline, including payment, or late fees will apply.*

**Entry fee:** \$70/athlete (includes 5% GST). Entry fee includes RBC fee of \$4/day and entry into unlimited events (excluding the Family 2x)

**Entry fee for Family 2x:** \$30/boat (GST included) (*The Regatta Committee reserves the right to limit entries in this fundraiser event.*)

**Late entry fee:** Starting June 27, 2015. \$90/person (if athlete is not already entered in other events) or \$20 per additional late event (if athletes are already registered in other events by the June 26 deadline). Late entries will be accepted up until midnight on Tuesday, July 7th, providing there is lane space available.

**Scratch Fees:** Scratch fees of \$20 per boat (includes 5% GST) will apply starting Monday July 6<sup>th</sup>. Crews that scratch from or do not show for a FINAL will be assessed a \$60 (includes 5% GST) fee. This increased fee is meant to reflect the effort involved in creating the draw and to respect other athletes whose races are affected by late scratches.

**Bow Markers:** Time Trial participants who fail to return their bow marker by noon on the day of the event will be assessed a \$10 (GST included) replacement fee.

**Change Fees:** Changes to Masters crews that affect the age handicaps will be accepted without charge until midnight Monday July 6<sup>th</sup>. After July 6<sup>th</sup> a \$20 (includes 5% GST) athlete change fee applies to each change request that affects the age handicap in a Masters event, unless the replaced athlete is being replaced for medical reasons.

**Payment:** Fees can be paid electronically through Regatta Central at time of registration. All payment must be received by Regatta Central by midnight June 26<sup>th</sup> to avoid paying late entry fees (**NO exceptions**).

## Regatta Site

### Boat Storage

Boats may be stored on the grassy area behind the boathouse. Security will be on-site Friday and Saturday nights.

### Trailer Parking

Trailers must be parked in the designated areas, there is NO trailer parking in the main parking lots. There will be volunteers available Friday to direct trailers to designated parking areas. Do not drop off trailers prior to 10 am on Thursday. Please contact the LOC with any questions ([vcrcregattas@gmail.com](mailto:vcrcregattas@gmail.com)).

### Vehicle Parking

There are two parking lots at the regatta site available for vehicles other than trailers. Additional parking is available at the north end of the lake at Hamsterly Beach (Sayward Rd. exit off Pat Bay Highway), a 15 minute walk from the regatta site, or south of the lake at Jennings Lane (before Haliburton Rd) or at Beaver Lake, a 30 minute walk from the regatta site.

No vehicles may use or park on the gravel service road to the boathouse or in the motor boat launch area.

Parking on the Pat Bay Highway is not allowed. Be warned that vehicles parked on the Highway have a high risk of being towed and/or ticketed without warning by the Saanich Police.

### Medical Services

First Aid will be available for on-site for emergencies.

### Registration Table

Registration packages may be picked up at the registration table Friday 8 am - 7 pm or Saturday morning starting at 6am.

### Time Trials

Bow numbers for time trials **MUST** be picked up the **day before** the Time Trial event.



Saturday time trial: Pick up bow markers before 7 pm on Friday and return to registration desk by noon on Saturday.

Sunday time trial: Pick up bow marker between noon and 5pm on Saturday and return to registration desk before noon on Sunday.

### **Location**

Victoria City Rowing Club is located at Eagle Beach on Elk Lake, adjacent to Pat Bay Highway (Hwy #17) in Victoria, BC. The club is a 15-minute drive north from Downtown Victoria, a 25-minute drive south from the Swartz Bay Ferry Terminal and a 15-minute drive south from the Victoria International Airport.

### **Special Notes:**

- A 10 hp engine restriction will be in place and enforced during this regatta to minimize boat wake.
- VCRC is making an effort to reduce the amount of waste produced at the regatta. Please help us by using the designated recycling and composting bins and bringing your own reusable water bottle. Victoria tap water is great to drink!

### **Order of Events on next page!**



## Order of Events

\*Indicates BC Championships events, for which 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place will receive BC Championship medals. For other events, winners receive Challenge West medals, and 2<sup>nd</sup> and 3<sup>rd</sup> place receive ribbons.

**Change for 2015: W 2- are on Saturday, M 2x are on Sunday.**

**Mixed Open/Adaptive 4+ (Event #2)- is open to both able bodied and para (adaptive) athletes and will be raced over 1000m.**

Indicates events that will be seeded by Time Trial

Event #	Gender	Event	Boat		Event #	Gender	Event	Boat
<b>Friday Finals</b>					<b>Sunday Finals</b>			
1	MX	MA	2X		*42	W	SR A	2X
2	MX	OPEN/AD	4+		*43	W	SR B	2X
3	M	JR A -JV	4x		*44	LW	SR A	2X
4	MX	NOV MA	2X		*45	LW	SR B	2X
5	W	JR A -JV	4+		*46	M	SR A	2-
6	MX	MA	4X		*47	M	SR B	2-
					*48	LM	SR A	2-
<b>Saturday Finals</b>					*49	LM	SR B	2-
*7	M	SR A	2X		*50	M	SR A	1X
*8	M	SR B	2X		*51	M	SR B	1X
*9	LM	SR A	2X		*52	LM	SR A	1X
*10	LM	SR B	2X		*53	LM	SR B	1X
*11	W	SR A	2-		*54	M	JR A	1X
*12	W	SR B	2-		*55	W	JR B	2X
*13	W	JR A	2-		56	M	JR A -JV	1X
*14	M	JR A	2-		57	W	JR C	4X
*15	W	SR A	1X		58	M	JR B - JV	2X
*16	W	SR B	1X		59	M	SR A	4-
*17	LW	SR A	1X		60	M	JR B	1X
*18	LW	SR B	1X		61	W	MA	4X
*19	W	JR A	1X		*62	W	JR A	2x
20	MX	NOV MA	4X		63	M	JR A	4+
*21	M	JR B	2X		64	M	JR B	4X
22	W	JR A -JV	1X		65	M	MA	1X
23	M	JR C	4X		66	W	SR A	4X
24	W	JR B -JV	2X		67	M	Jr A - JV	4+
25	W	SR A	4-		68	M	NOV MA	2X
26	W	JR B	1X		69	W	JR B - JV	4X
27	M	MA	4X		70	W	MA	2X
*28	M	JR A	2X		*71	M	AD	
29	W	JR A	4+		72	W	JR A -JV	2X
30	W	JR B	4X		73	W	JR A	4X
31	W	MA	1X		74	M	JR C	2X
32	W	JR A -JV	4X		75	M	OPEN	8+
33	M	JR A -JV	2X		76	MX	Family Fun	2X
34	M	SR A	4X					
35	W	NOV MA	2X					
36	M	JR B - JV	4X					
37	M	MA	2X					
*38	W	AD						
39	M	JR A	4X					
40	W	JR C	2X					
41	W	OPEN	8+					

