

2009 Head of the Welland Five Bridges Fall Classic

Saturday, September 26, 2009

REGATTA RULES

1. ENTRIES

To be complete, entries must include payment in full to the South Niagara Rowing Club, completed entry form for each event and any necessary waivers signed by each competitor, parent or guardian. Registration and electronic waivers for US Rowers are online at www.regattacentral.com.

2. ELIGIBILITY

All rowing clubs and scullers are eligible to enter, with the exception of Elite class athletes.

3. CLASSES

Novice

A rower who has not competed until after Canadian Henley in year of race.

Lightweight

In any men's lightweight event no rower shall weigh more than 165 lbs.

In any women's lightweight event, no rower shall weigh more than 135 lbs.

Adaptive

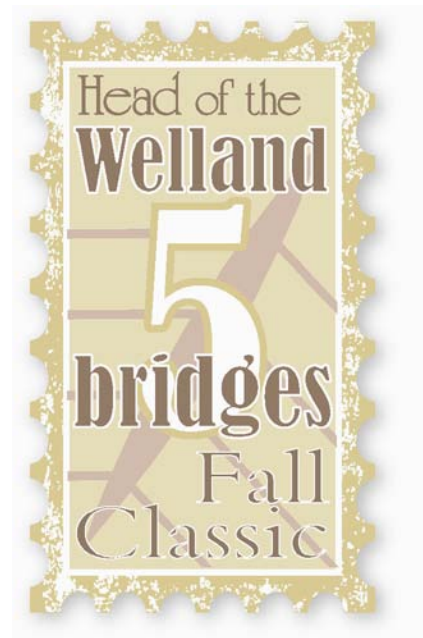
As per RCA Classifications

Master

A competitor who has attained/will attain the age of 27 during the current calendar year.

Open (University/Collegiate)

University and collegiate athletes, and all others not registered as a High School rower. To adhere to NCAA Bylaw 13.11.1.2 Competition Against Prospective Student Athletes no junior aged (high school) athletes are allowed to compete in the Open category.



Junior

A junior is a competitor who in the current calendar year does not attain the age of 19, or who is currently and has been continuously enrolled in secondary school as a full time student seeking a diploma. Age 18 years as of Dec. 31, 2009

4. HANDICAPPING

Master's events will be handicapped. A handicap is awarded per R.C.A. age category based on average age of the crew, not including coxies.

5. EVENTS

Please see the Events List and Schedule, attached, or 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 be handicapped accordingly.

6. EVENT TIMES

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

7. 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. The enclosed map designates trailer and vehicle parking. Parking can begin any time on Friday, September 25, 2009. 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). Security will patrol the area.

Coaches and scullers travelling in large groups can contact the Regatta Chair, Bill Sheldon, to arrange a specific shell area along the banks of the waterway that will hold a club of your size. Contact Bill Sheldon at wsheldon@sympatico.ca with your shell count.

8. PARKING

The North Course is located at 16 Townline Tunnel Rd, closest intersection is Townline Tunnel Rd and Canalbank St in Welland, ON. ALL vehicles are to park in the North Course Parking Lot, entry is gained from the Flatwater Centre Service Rd which will be patrolled by local youth group volunteers. Parking is \$5 for ALL vehicles, with the exception of Tow Vehicles, Volunteers and Officials. Single vehicles with roof rack (shell) may proceed north down the Flatwater Centre Service Road. Proceeds from parking go towards Youth Flatwater Programs. Please respect all parking and traffic rules and regulations for the SAFETY OF ALL.

9. HOSPITALITY TENT AND SPECTATOR VIEWING

Viewing of the Finish is possible on both sides of the waterway. Bleachers will be set up on the west side of the waterway closest to the Finish Tower. Spectators can also watch the race from one of the Five Bridges or follow the race on bike or foot on the paved trail that encompasses the waterway. There are many outstanding views of the race.

Club tents should be set up near your shells on the grass keeping the trail open for movement of athletes, coaches, spectators and officials. PLEASE DO NOT BLOCK THE TRAIL.

The Finish Tower area will host First Aid, Registration, Protests, Referees and Regatta Office.

10. CHECK-IN

All coaches or other parties responsible for each school or club must check in to confirm registration, payment and receive race packages. Check-in for all crews and racers is Saturday AM, on race day, starting at 6:30 AM and running until 10:00 AM.

11. COACHES & COXSWAINS MEETING

A meeting for coaches and coxswains will be held at the Hospitality Tent at 7:00 a.m. on Saturday, September 26, 2009. Attendance at these meetings by all coxswains, coaches and scullers is strongly recommended. Course maps will be available at the Registration Tent and will be in your Race Package.

Please note, CREWS will not be called to launch.

12. WEIGH INS

All lightweight crews are expected to comply with current Rowing Canada Aviron weight limits, but there will be no actual weigh-in. We will be using the honour system. Coxswains will not be weighed.

13. COURSE

The race course for the Head of the Welland is an exciting challenge to experienced and novice competitors alike; with excellent opportunities for passing and coxswaining to be in a position to win. With its gentle bends and string of five bridges, the 3 mile (4.8 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 and a club valuable points.

Race Course Description

The Race Course begins just south of the old Thorold Road Boat Launch (end of Thorold Rd) and starts with a naturally scenic 1.5 km open water stretch running beside Merritt Island over the Historic aqueduct to the Civic Square. It then proceeds through 5 (five) bridges through the heart of the City of Welland to the Finish Line 3.3 km south finishing at the Finish Line on the North Course of the Welland International Flatwater Centre.

The first bridge is the Historic Main St. Bridge, with its towering steel frame, with the Division Street Bridge just 150 m away as you pass through the City's Downtown Core. Opening up after the Division St. Bridge the Recreational Waterway then affords you a 750 metre stretch of uninterrupted water before

coming to the Lincoln Bridge. A quick pass under the main columns of the bridge takes you into the community recreation portion of the waterway with another 750 meter stretch of open water before having to navigate the historic Railway Swing Bridge and the Broadway Bridge. The waterway then immediately enters the North Course of the Welland International Flatwater Centre and competitors have approximately 1.2 km remaining to make their move!

The Race Course can be downloaded as a (PDF format). You will need Adobe Acrobat Reader (available free of charge at Adobe) .

There is but one way to pass under the Main St., and Railway Swing Bridge. The Division St., Broadway and Lincoln Bridge provide for alternate passage under each 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 exception being the Division St Bridge's East Shore which is out of bounds (as navigation is too tight). Passing under any bridge improperly will result in a 30-second penalty in addition to any buoy violation penalties incurred by doing so.

The Race Course 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 before raced in the Regatta are strongly advised to attend the Coxswains' meeting prior to racing (7:00 am – Hospitality Tent).

Bridge Traffic Diagrams are available online as well as course mapping and coxswain notes.

14. 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 dockmaster. A charge will be assessed if the bow numbers are not returned. All shells must have bow lips to race. Back numbers must be worn on the back of the bow rower; stern coxswains must wear numbers on their backs (provided in the race packet) and a bow-coxed shell must place its stern bib number on the front of the stroke seat rower.

15. START

Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers. Bridges will be clearly marked and Bridge Diagrams and Course Maps clearly layout the up lane versus racing lane.

The Start Line itself is marked by a 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. Approach the start line from within the queue and you will be signalled with a “GO” from the Starter.

16. SAFETY BOATS

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

17. LAUNCHING

The North Course of the WIFC will be outfitted with docks intermittently along the first 1000m of up lane. Due to the large number of crews anticipated, quick launching is essential. Boats should arrive at the Launch Area 45 minutes before the start time of their event giving them plenty of time to warmup and make their way to the start. Crews will not be called to launch. Please be quick on the docks. You may wet launch at your own site, at your own discretion. There are many great spots to wet launch. Please be aware that water levels do change slowly throughout the day; wet launch at your own risk.

18. HOT SEATING

Races will not be delayed to permit hot seating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. The Dockmaster and Regatta Chair retain the final authority regarding the launch and retrieval order of shells.

Under extenuating circumstances the launch site at Thorold Rd will be open to hot seating provided arrangements are made with the Regatta Chair. The Thorold Rd Launch Site is RESERVED for Adaptive Rowers and is located within 100m of the start and is NOT open for regular launches. The Thorold Rd launch site is for Adaptive Rowers and only prearranged hot seat launching will be allowed as it requires gate access. Hot seat launching from Thorold Rd Launch Site is limited to ONE launch per club.

19. CREW CONDUCT

A. Boats will row to the start line, north along the waterway’s west bank (to the coxswain's left, sculler's right). Boats rowing to the start will at all times 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 for under bridges.

B. The race course is set on the eastern side of the waterway between the east bank and the orange buoys. Passing is allowed on the race course. Boats passing other racing boats shall pass on the more open side as they approach; the overtaken boat will yield to the side not chosen by the overtaking boat. Passing is permitted along the entire race course 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, this may result in exclusion. Please refer to the 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 penalty for crossing the buoys into the race course.

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 1-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 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).

20. PROTESTS & SCRATCHES

Protests regarding the outcome of a race must be made to the Registration Tent / Regatta Office within 60 minutes of the time the results of the race in question are posted. Protests made outside of that time period will not be allowed. Protests must be accompanied by a fee of \$100.00 at the time the protest is submitted to the Regatta Office. The fee will be refunded if a decision is in favour of the protest.

Scratch Fee: \$25.00 for any non-medical, non-verifiable reason.

21. INDIVIDUAL MEDALS

Individual medals will be awarded when race results are confirmed as follows:

Masters Events

More than one participant Gold Medal Awarded

Youth Events

2-3 participants Gold Medal Awarded

Up to 4 entries Gold and Silver Medals Awarded

5 or more entries Gold, Silver and Bronze Medals Awarded

22. GENERAL RULES

RCA Rules of Racing apply to all situations not covered above.

Maps, driving directions, local information can be found at <http://www.regattacentral.com> or at <http://www.southniagararowingclub.ca>