

RCA Canadian Masters Championships

Introduction

*** Information in this Regatta Package is subject to change. Please check our website frequently for updates. ***

Victoria City Rowing Club would like to invite all crews and guests to the 2009 Canadian Masters Rowing Championships (CMC) at Elk Lake from August 21st to the 23rd. This is the third time in the past seven years that VCRC has had the honour of hosting the rowing community to a weekend of championship rowing and social events. This year participants will see some of our old traditions, including a welcome BBQ on the lake site, a regatta souvenir and great racing, as well as some new ones.

The 2009 CMC is again going Green. In the spirit of caring for our natural resources and preserving the beauty of Elk and Beaver Lake Regional Park, we are committed to making this event eco-friendly. Throughout the regatta you will see various initiatives focused on taking care of the lake and surrounding environment. Help us create a tradition of eco-friendly regattas and stop by the Hospitality Tent for information on how you can help.

Entry Information

Entry Deadline: Friday, July 31, 2009 at noon.

All entries will be run through Ronin Regatta Registration. Stayed tuned to our website www.vcrc.bc.ca for a go live date in early June.

Any incomplete entries will not be accepted. Incomplete entries include entries without regatta fee payment or entries with missing information. Regatta fees are non refundable.

Regatta Fees: \$140.00 CAD

Entry fees include:

- Participation in as many events as time allows
- Welcome BBQ
- A regatta souvenir
- Rowing BC levy of \$2.00 per person per day.

Additional BBQ Dinner Tickets: \$15.00 CAD

Late Entry Fee: \$170.00 CAD

Quick Facts

Entry Deadline: Friday, July 31 at noon.

Regatta Fees: \$140.00 CAD

A Draft Draw will be available online August 14, 2009, final draw available at registration



Late Entries will be accepted until 6:00 pm the day preceding the event and only if there is lane space available, without creating a new race.

Scratch Fees: \$25.00 per Boat

Any Club with scratches after the Entry Deadline or no-shows at the start line will be charged a scratch fee.

Clubs are required to bring or arrange their own equipment; there will not be a boat pool available.

Crew changes

Changes to crews or age handicaps will be accepted until 6:00 pm Wednesday, August 5. Only 50% of the crew submitted is allowed to be changed. Crews making changes after the cut-off, will still be allowed to race but as exhibition only, unless for proven medical reasons.

Mixed Events

Boats racing in the Mixed Event Categories must have even number of men and women. The coxswain may be either gender.

International crews

International crews may enter in any event provided competitors are registered members of their national rowing association, and crews abide by the RCA Rules of Racing.

Racing Information

Eligibility

A rower becomes eligible to compete as a Master in the year in which he/she reaches the age of 27. Participants from the age of 21 to 26 may race in the AA category. This age restriction does not apply to coxswains. No current members of their Nation's National Team may compete as a Master.

Race Events

The following events shall be offered:

Men Open	1X, 2X, 4X, 2-, 4-, 4+, 8+
Men Lightweight	1X, 2X, 2-
Women Open	1X, 2X, 4X, 2-, 4-, 4+, 8+
Women Lightweight	1X, 2X, 2-
Mixed	2X, 4X, 4+, 8+
Adaptive	LTA, TA, A

(LTA = Legs, trunk and arms; TA = Trunk and arms; A = Arms only)



In the following age classes:

- AA. 21 - 26 years
- A. 27 - 35 years (average)
- B. 36 - 42 years (average)
- C. 43 - 49 years (average)
- D. 50 - 54 years (average)
- E. 55 - 59 years (average)
- F. 60 - 64 years (average)
- G. 65 - 69 years (average)
- H. 70 and over years (average)

*Participants 21 to 26 years may race ONLY in the AA category

Race Schedule

Where there are two (2) entries in an event, a race will be held for the two entries. If lanes are available, other age class entries will be combined with the same race. For example, a race may have one "A", two "B", two "C" and one "D" categories of participants.

In this instance, there would be the potential to award a total of three gold medals, namely the "Bs" race for 1 medal; the "Cs" race for one medal. "A" and "D" race for one medal with the handicap applied as per the Rules of Racing (2.8). Regatta officials will endeavour, in races like this, to place the crews racing for the single medal in adjacent lanes. Further to the above example, if there was no "A" entry, "D" would be offered a lane to compete in against the "B" and "C" crews, but without being handicapped.

The racing will take place from 1pm to 5pm Friday, 7 am to 6 pm on the Saturday and 7 am to 4 pm on the Sunday, on seven minute race centres. The regatta schedule will depend on the number of entries in each event. Where heats are necessary, they will be held in the mornings of the scheduled race, or on the Friday afternoon. Races will not be delayed for crews that are late to the start line for any reason, nor will any participants be shuttled to the start line by any motor boat.

A Draft Draw will be available online on August 14, 2009, with a final draw available at registration.

Progression System

# of Boats Entered	Random Draw For...	Advancing in Each Heat	Advancing in Each Semi
2-7	Final		
8-12	2 Heats	3 to Final	
13-18	3 heats	2 to Final	
19-24	4 Heats	3 to Semi Final (2)	3 to Final
25-36	6 Heats	2 to Semi Final (2)	3 to Final
37-54	9 Heats	2 to Semi Final (3)	2 to Final

Weight Categories

The maximum weight for lightweight rowers is 72.5 kg for men and 59 kg for women.

There is no weight average for a crew. All rowers in a lightweight crew must meet the criteria for lightweight.

The minimum weight for coxswains is 50 kg for women's events and 55 kg for men's events.

Rules of Racing

RCA Rules of Racing will be employed during this regatta.

http://www.rowingcanada.org/member_services/policies

Where applicable, handicapping will be applied upon completion of the race. VCRC will endeavor to ensure results are posted as promptly as possible so those in handicapped races can see how they did as soon after their race as possible. Thank you for understanding in advance for any delays that may occur in this area.

Safety

All rowing boats going on the water must follow all safety rules including being equipped with a secure bow ball and heel restraints to allow 'hands-free' release (ties no more than 7.5 cm) or quick release mechanisms. All boats are subject to safety inspections by the Regatta Staff at anytime.

Regatta Site Information

Location

Victoria City Rowing Club is housed on Elk Lake on Vancouver Island, BC. Elk Lake is located next to the Patricia Bay Highway (Hwy #17). It is centrally located with only a 15 minute drive north from Downtown Victoria, or a 15 minute drive south from the Victoria International Airport and the Swartz Bay Ferry Terminal.

Registration Table

A club representative may collect the registration packages after 10am Friday at the regatta site. The registration table will be located at the entry to the boathouse.

Hospitality Table

There will be a hospitality table at the regatta, volunteers will be able to answer any questions you might have about Victoria, our Green initiative at the regatta and provide information about the 2009 RCA Canadian National Masters.

Race Course

The course will be a 6 lane, 1000 m buoyed course. Traffic maps and rules will be posted online and at the regatta site. Please consult the map for racing and practice flow pattern before going on the water. Crews creating any deviations from the designated flow pattern on the Friday, Saturday or Sunday will be penalized, and may be banned from racing.

Practice Schedule

The course will be open for practice Friday August 21 between 7am and 12 noon. Due to the long racing days, there will be no practice times on the Saturday or Sunday. Any additional practice times will be posted on site.

Parking

Parking at Elk Lake can be challenging during high traffic times such as during regattas. At the regatta site, there are two parking lots available for all vehicles, other than the trailers.

Trailers must be parked in designated trailer spots starting at 8am Friday, August 21st. Additional parking is available a 15 minute walk away, at the north end of the lake. (Pat Bay HWY & Sayward Road)

Parking on Pat Bay Hwy is not allowed. Be warned that vehicles parked along the highway have a high risk of being ticketed and/or towed. As well there is no parking on the service road to the boathouse.

Boat Storage

Boat storage will be located on the grassy area behind the boathouse. Please bring your own stretchers. There will be a security patrol on the ground Friday night to Sunday night.

Medical Services

All participants are responsible for their own health and medical needs. First Aid will be available on-site for emergencies. However, all hospitalization and medical costs in hospital are borne entirely by the participant. The Regatta Committee or VCRC cannot be held responsible for any damage sustained by the boats and oars due to accidents or meteorological events.

Food Services

A Kiosk will be located at the regatta site to provide beverages, light snacks and lunch items. Hours of Operation will be 1pm – 5pm Friday, 7am to 5pm Saturday and 7am to 3pm Sunday.

Sponsors

A selection of sponsors will be on site for your information. To inquire about sponsor space, please contact Michelle Boss at mbooss@rowingcanada.org.

Other Information

Awards Presentation

Gold, Silver and Bronze medals shall be presented to the first, second and third place finishers respectively. Medals will not be awarded to the last place boat in a race, regardless of the number of entries. For example, a race may include two “A”, three “B” and two “C” categories of participants. In this instance, 3 gold medals and one silver would be awarded; namely a gold medal for each age category (A, B & C) and one silver medal for the second place finisher in the B category.

The awards will be presented throughout the regatta.

Welcome BBQ

On the Friday night, VCRC will host a Welcome BBQ for all race participants. For athletes, the cost of the BBQ is included in the registration fee. Additional BBQ tickets are available for \$15 CDN.

Local Accommodation

Club Members, B&B

Make your weekend even more memorable by renting a room from a member of the Victoria rowing community. Cost is \$40 per person, per night, space is limited so reserve early. Email Audrey Van Eerden at vaneer@shaw.ca

All other accommodation options can we seen at www.tourismvictoria.com

Special Notes

A 10 hp engine restriction will be in place and enforced during this regatta to minimize boat wake.

Please bring your own reusable water bottle; we will have water stations at the regatta site.

Inclement weather

The organizing committee has a protocol to deal with weather delays and concerns. Cancellations due to weather will not result in refunds.

Thanks to our sponsors, make sure to visit them during the regatta.

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