

# Alberta Open Regatta

## Saturday July 7th, 2018

Dear Coaches,

This is the regatta package for the 2018 Alberta Open Rowing Championships to be held on Glenmore Reservoir in Calgary, Alberta on Saturday, July 7th.

The package contains important information about regatta procedures, race events, entry fees and deadlines. This regatta information (and any needed updates) can be found by visiting the Calgary Rowing Club's website, [www.calgaryrowing.com](http://www.calgaryrowing.com). Should you have any questions or comments after reviewing the material, please do not hesitate to contact the Calgary Rowing Club. The club manager is Amelie Schumacher

email for general enquiries: Amelie Schumacher, [office@calgaryrowing.com](mailto:office@calgaryrowing.com)

Amelie's phone: 403 249 2880 (Email contact is preferred, but phone calls might make sense, for example, for visitors calling from the day before the regatta).

email for entries and questions about entries: [steve.norman.rower@gmail.com](mailto:steve.norman.rower@gmail.com)

There *may* be a *limited* number of Calgary RC boats available for loan or rent to clubs not able to bring their own equipment. Please email enquiries about this to Amelie Schumacher.

We look forward to seeing you in Calgary on race day!

Christina Fuller and Steve Norman  
Regatta Co-Chairs

## General Information

The entry deadline is 9:00pm MDT, Monday, July 2nd, 2017.

Entry fees are \$35 per athlete, regardless of how many events an athlete competes in. Fees are due before the start of racing on the day of the regatta. In addition to the per-athlete fee, a Rowing Canada fee of \$3.25 per seat will be charged. Fees should be paid through Regatta Central.

All races will be 1500m straight on a six lane buoyed course, with a floating start. Coaches are advised to make sure all of their rowers and coxes have had practice in maneuvering and aligning boats for floating starts.

All competitors must be registered with Rowing Canada Aviron (RCA) or their corresponding national rowing association.

RCA Rules of Racing will apply, with a few exceptions that will be made later in this race package. The complete RCA rules can be found on the web at [www.rowingcanada.org](http://www.rowingcanada.org). Coaches, please make sure your rowers and coxes are familiar with race procedures, as described in Part 10 of the RCA Rules of Racing.

Medals for winning crews will be handed out immediately following each final race.

## Low Water Levels in 2018

Due to construction work on the Glenmore Dam, water levels will be lower than usual. Despite that, our race course is in very good shape and can be used just as it has been in past years. *However, be aware that in 2018 (1) there will be changes to traffic patterns for travel to the start and (2) boats will need to stop quickly after crossing the finish line.* Details will be explained in the coaches' meeting.

## Food, Drinks, and Merchandise

Unlike in some past years, there will be *no banquet after the regatta*. This has allowed us to reduce fees and reduce the burden on some of our volunteers. Water, sports drinks, coffee, and snacks will be available for purchase throughout the regatta. We also expect that a food truck ([madefoods.com](http://madefoods.com)) will be at the regatta site—all menu items will be nut-free and gluten-free options will be available.

There will be a cash-only merchandise tent selling regatta T-shirts and other souvenirs.

## Racing Categories

**Junior:** Athletes born in 2000 or later.

**Novice:** Athletes who started rowing after September 1, 2017.

**Junior Novice:** Athletes born in 2000 or later *and* who started rowing after September 1, 2017.

**Lightweight:** Male athletes 73.5kg (162.0 lbs) or less; female athletes 60kg (132.3 lbs) or less. (Note that these limits are 1kg above the RCA limits for lightweights.)

**Masters:** Athletes who will be at least 27 years old by December 31, 2018. Contrary to the RCA rules, we will allow athletes to compete in both masters and non-masters events.

**Open:** Open to all competitors.

## List of Events

Open Women: W1x, W2x, W4x, W2-, W4-, W8+  
Lightweight Women: LW1x, LW2x, LW4x  
Junior Women: JW1x, JW2x, JW4x, JW2-, JW4-  
Masters Women: MW1x, MW2x, MW4x  
Novice Women: NW2x, NW4x  
Junior Novice Women: JNW4x

Open Men: M1x, M2x, M4x, M2-, M4-, M8+  
Lightweight Men: LM1x, LM2x, LM2-, LM4-  
Junior Men: JM1x, JM2x, JM4x, JM2-, JM4-  
Masters Men: MM1x, MM2x, MM4x  
Novice Men: NM2x, NM4x  
Junior Novice Men: JNM4x

Masters Mixed: MMix2x, MMix4x

Para-Rowing: Event(s) to be determined based on interest expressed by competitors and coaches. These will be time trials—competitors will be compared using Rowing

Canada gold medal standards for para-rowing events. The distance will be 1500m or less, to be determined by consensus between coaches of para-rowing athletes. Please contact Amelie Schumacher if you are interested in entering any athletes in Para-Rowing events at the Alberta Open.

The M4- and LM4- events will be merged if the combined number of entries is 6 or fewer. Similarly, the W4x and LW4x events will be merged if the combined number of entries is 6 or fewer.

The NM4x event will be run concurrently with the JNM4x, and a medal will be awarded to the fastest JNM4x entry. The same applies to the NW4x and JNW4x events.

**Coaches:** Please note that in recent years, some 1x and 2x events have had large numbers of entries, requiring numerous races, with hot-seating, in early-morning heats. *In order to help us run a reasonable schedule, and to avoid wearing out rowers before finals even get started, please consider not entering any one rower in multiple 1x events or in multiple 2x events.*

### **Preliminary Regatta Schedule: Outline**

**Coaches' Meeting:** There will be a meeting of coaches and officials at 8:00pm on Friday, July 6th, at the Calgary Rowing Club boathouse.

**Start time:** We expect to start heats for events with eight or more entries at approximately 7:00am on Saturday morning. The exact start time will depend on the number of events that require heats.

Weigh-ins for lightweights will start at 7:00am or one hour before the start of the first heat in a lightweight event, whichever is earlier, and will close at 9:00am.

Projected start times for finals are listed in the table on the next page of this package. If we have to run a large number of heats, the first final may start later than 9:00am, but we will preserve the order of events.

A tentative draw and schedule will be produced by Wednesday, July 4th and a final draw and schedule will be produced after the coaches' meeting on the evening of Friday, July 6th.

**Preliminary 2018 Regatta Schedule: Projected Start Times for Finals**

(Note: Table continues on the next page.)

Event #	Projected Start Time	Event Class(es)
1	9:00 AM	M 4-
2	9:10 AM	LM 4-
3	9:20 AM	JW 1x
4	9:30 AM	MW 2x
5	9:40 AM	W 4-
6	9:50 AM	LW 1x
7	10:00 AM	MM 2x
8	10:10 AM	JM 1x
9	10:20 AM	JW 4-
<b>Para-Rowing</b>	10:30 AM	to be determined
10	10:50 AM	M 1x
11	11:00 AM	NovM 2x
12	11:10 AM	LM 2-
13	11:20 AM	JM 4-
14	11:30 AM	W 1x
15	11:40 AM	JW 2x
16	11:50 AM	MM 1x
17	12:00 AM	MW 4x
18	12:10 PM	JM 2x
19	12:20 PM	LM 1x
20	12:30 PM	NovW/NovJW 4x
<b>BREAK</b>		
21	1:00 PM	W 4x
22	1:10 PM	LW 4x
23	1:20 PM	M 2x
24	1:30 PM	MW 1x
25	1:40 PM	NovM/NovJM 4x
26	1:50 PM	JW 2-
27	2:00 PM	NovW 2x
28	2:10 PM	MM 4x
<b>gap for 2x hot-seating</b>		
29	2:30 PM	W 2x
30	2:40 PM	M 4x

31	2:50 PM	JM 2-
32	3:00 PM	MMix 2x
33	3:10 PM	W 2-
34	3:20 PM	JW 4x
35	3:30 PM	LW 2x
36	3:40 PM	M 2-
37	3:50 PM	JM 4x
38	4:00 PM	LM 2x
39	4:10 PM	MMix 4x
40	4:20 PM	W 8+
41	4:40 PM	M 8+

### Coxwains' Weights

There will be no minimum weight for coxswains. Coxswains are not required to weigh in.

### Master's Handicap Information

Masters handicaps will be based on the Garrett Masters' handicaps for 1000m in Appendix 5 of the 2018 RCA Rules of Racing, with handicaps multiplied by 1.5 to account for the 1500m race distance.

### Making Entries

Entries must be made online by club coaches (not by individual crews or single scullers) at [regattacentral.com](http://regattacentral.com)

### Personal Flotation Devices (PFDs)

The following is new for 2018: The Recreation Department of the City of Calgary requires that there be a PFD for every rower and coxswain on the water during the regatta. Contrary to rules for practices, athletes do not need to wear their PFDs during the regatta.

We will meet the requirement as follows:

- Calgary Rowing Club athletes must have their inflatable PFDs in the bottom of their boats.
- For crews from out of town, PFDs will be carried in officials' boats.