

BC Championships/ Challenge West Regatta 2010

July 9th, 10th and 11th, 2010
Victoria City Rowing Club, Elk Lake, Victoria

Important Dates and Deadlines

June 1st	Registration Opens
June 23rd	Entry Deadline
July 1st	Preliminary Regatta Schedule Posted on www.vcrc.bc.ca
July 2 – 8	Late Entries will be accepted provided they do not result in additional races late penalty applies).
July 7th	Updated Regatta Schedule posted on www.vcrc.bc.ca

Contact: Lynn Charman or Brenda Taylor – Ph: 250-658-5331 or Email: vcrcregattas@gmail.com

Racing Information

Eligibility

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

Classifications

JR A	Participants born 1992-1991 (18th birthday on or after January 1, 2010).		
JR B	Participants born 1994-1995 (16th birthday on or after January 1, 2010).		
JR C	Participants born 1996 or later (14th birthday on or after January 1, 2010).		
SR B	Participants born 1988-1991 (must have their 22nd birthday on or after January 1, 2010).		
SR A	Open		
*FAMILY	Parent/Guardian and child combination.		
MASTER	A rower becomes eligible to compete as a Master in the year in which he/she reaches the ages of 27. <i>An exception has been made in this regatta to allow participants aged 21 to 26 (inclusive) to race in the Master category.</i> 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.		
MIXED	Crews with an equal number of men and women (excluding the coxswain, who may be of either gender).		
*NOVICE MASTER	Masters in their first two years of rowing.		
AA	average age 21-26	E	average age 55-59
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 or over
D	average age 50-54		
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.

The **Family Event** is being run as a fundraiser to support VCRC athletes attending Junior National Team Trials. There is a separate entry fee (\$30/boat) for this event, all of which will go to the athletes. If this event is successful, we hope to continue (and perhaps expand it) in future years. (And by the way, did we mention this was a fundraiser for VCRC Juniors going to JNT trials?)

Regatta Events - *New Events

JR C	W/M	2X	250m Sprint
JR C	W/M	4X	1850m
JR B	W/M	1X, 2X, 4X	
JR A	W/M	1X, 2X, 4X, 4+	
SR B	W/M	1X, 2-	
SR B	LW	1X, 2X	
SR B	LM	1X, 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+	(all age categories and mixed teams are encouraged to enter)
*NOVICE MASTERS	W/M	2X	
*NOVICE MASTERS	Mixed	2X, 4X	
MASTERS	W/M	1X, 2X, 4X	
MASTERS	Mixed	2X, 4X	
*FAMILY	Parent/Child	2X	
ADAPTIVE	W/M	Specific events will be based on number and type of entries received. Please indicate classification and boat class on entry form.	

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 are combined, the younger event will be added to the next older event.

(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 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.

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.

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-)

(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

Proposed Schedule:

<u>Friday</u>	4:00 p.m. – 7:00 p.m. Family 2x and Heats for some Saturday Finals
<u>Saturday</u>	8:00 a.m. – 6:00 p.m. Time Trials start at 6:30 a.m.
<u>Sunday</u>	8:00 a.m. – 4:00 p.m. Time Trials start at 6:30 a.m.

The course will open each day one hour before the first scheduled race and will close one hour after the last scheduled race.

The actual race schedule will depend on the number of entries in each event and the **Regatta Committee reserves the right to run heats for some Saturday finals on Friday afternoon and heats for some Sunday finals after Saturday finals are complete.** The Preliminary draw will be posted July 1st, on www.vcrc.bc.ca

Coaches and Coxswains Meeting

One hour before first scheduled race time on Friday, Saturday and Sunday in front of the boathouse.

Weigh Ins

Scales will be open 90 minutes before the first scheduled race on each day and will close at the start of the first scheduled race. 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 at www.vcrc.bc.ca and at the boathouse) before launching. Crews deviating from the designated flow pattern may be eliminated.

The course will open for training **once the course is completely installed.**

Race distances:

Junior and Senior: 1850m Masters 1000m Adaptive: 1000m Family: 500m Jr. C Sprint: 250m Time Trials: 1750m

Open 8+: 1850m

Rules of Racing

RCA Rules of Racing will be applied during this regatta.

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 7.5 cm) or quick release mechanisms. All boats are subject to safety inspections by the Regatta Staff at anytime.

Entries and Fees

Entry deadline: Wednesday June 23, 2010, 4:00 p.m.

Entries must be complete, including payment and all required information.

Entry fee: \$45/person (includes Rowing BC fee and entry in an **unlimited** number of events)

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

Late entry fee: \$65/person (after June 23rd)

Late entries will be accepted up until 4:00 p.m. on Thursday, July 8th, providing there is lane space available.

**People already registered who wish to add races after the deadline will be assessed a late fee of \$10 per race.*

Scratch Fees: Any crews scratching after the entry deadline or not showing at the start line will be assessed a \$30 scratch fee (per event).

Bow Markers: Time Trials participants who fail to return their bow marker by 4 pm on the day of the time trial will be assessed a \$10 replacement fee.

Payment:

Fees may be paid by cash, VISA, MasterCard, direct debit or cheque. Please make cheques payable to Victoria City Rowing Club. We can process credit card and direct debit payments by phone or in person 9-5 pm Monday-Friday (or at alternate times by arrangement). Payment must be received by 4:00 pm June 23rd to avoid late entry fees.

Regatta Site

Boat Storage Boats may be stored on the grassy area behind the boathouse. There will be security on-site Friday and Saturday nights.

Trailer Parking

Trailers must be parked in the designated grassy areas. **NO** trailer parking in the main parking lots.

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

All participants are responsible for their own health and medical needs. First Aid will be available on-site for emergencies.

Registration Table

Registration packages may be picked up at the registration table Friday afternoon (2-7 pm) or on Saturday morning. **Bow numbers for Time Trials MUST be picked up the day before the Time Trial.**

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.
- The north side of the Elk Lake Boathouse is under construction as part of a major boathouse renewal project to improve facilities and accommodate the current boat storage needs of the four user groups who share the facility. The project is being managed by the Victoria Rowing Society (VRS). For more information, please visit

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As part of efforts to raise funds for the Boathouse Renewal, VRS is holding a Boathouse Raffle with a grand prize CUSTOM BUILT HUDSON SINGLE (or \$6,500 cash instead). Tickets will be available during the regatta for \$20.00 each or contact Sharon Hume (sharonhume@shaw.ca). All funds raised will go towards a new sprinkler system for the boathouse.

Order of Events

Special Event Family 2x: Heat and Finals Friday

SATURDAY FINALS

SUNDAY FINALS

Event	Gender	Event	Boat		Event	Gender	Event	Boat
1	M	SR A	2X		32	W	SR A	2X
2	LM	SR A	2X		33	LW	SR A	2X
3	M	SR A	2-		34	LW	SR B	2X
4	M	SR B	2-		35	W	SR A	2-
5	LM	SR A	2-		36	W	SR B	2-
6	LM	SR B	2-		37	W	JR A	2-
7	M	JR A	2-		38	M	SR A	1X
8	W	SR A	1X		39	M	SR B	1X
9	W	SR B	1X		40	LM	SR A	1X
10	LW	SR A	1X		41	LM	SR B	1X
11	LW	SR B	1X		42	M	JR A	1X
12	W	JR A	1X		43	MX	NOV MA	4X
13	M	JR C	4X		44	W	JR C	4X
14	M	JR B	2X		45	W	JR B	2X
15	W	SR A	4-		46	M	SR A	4-
16	W	JR B	1X		47	M	JR B	1X
17	M	MA	4X		48	W	MA	4X
18	M	JR A	2X		49	W	JR A	2x
19	W	JR A	4+		50	M	JR A	4+
20	W	MA	1X		51	M	MA	1X
21	W	JR B	4X		52	M	JR B	4X
22	MX	MA	2X		53	M	NOV MA	2X
23	M	SR A	4X		54	W	SR A	4X
24	W	NOV MA	2X		55	W	MA	2X
25	M	JR A	4X		56	W	JR A	4X
26	M	MA	2X		57	LM	MA	2X
27	LW	MA	2X		58	M	AD	
28	W	AD			59	M	OPEN	8+
29	W	OPEN	8+		60	MX	MA	4X
30	MX	MA	2X		61	M	JR C	2X
31	W	JR C	2X					

**For event entry form, please fill out the excel spreadsheet:
2010 Challenge West_BC Championships_Entry Form.xls**

BC CHAMPS/CHALLENGE WEST REGATTA 2010

CLUB ENTRY FORM

CLUB:

CONTACT NAME:

PHONE NUMBER:

EMAIL:

ARE YOU BRINING A TRAILER:

NUMBER OF PARTICIPANTS:

TOTAL FEES OWED:

METHOD OF PAYMENT:

Credit Card

 Exp:

Cheque

Cash

DECLARATION

I herby affirm that our athletes are registered members of our club and are eligible to compete in sanctioned events in accordance with current Rowing Canada and Rowing BC regulations.

Signature:

Date: