

# BC Championships Challenge/West Regatta

July 8-10 2016

Victoria City Rowing Club (VCRC)

Elk Lake, Victoria

## Important Dates and Deadlines

May 30	Registration Opens
June 27 Noon (PDT)	Entry Deadline. *Scratch fees (\$30/entry) and late fees apply after this date
July 1	Preliminary Regatta Schedule posted
July 4 Noon (PDT)	Deadline for Late Entries (\$25/entry premium includes GST) apply
July 6	Updated Regatta Schedule and Draw Posted

\*no scratch fee will be charged if scratch is necessary because of scheduling conflict created by elimination of events or placement of heats

VCRC's goal is to run an athlete-centered 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 inquires to [vcrcregattas@gmail.com](mailto:vcrcregattas@gmail.com)

## Racing Information

All information and updates will be posted on [VCRC Website \(www.vcrc.bc.ca\)](http://www.vcrc.bc.ca) and [Regatta Central](#).

### Eligibility

The regatta is open to any registered member of an RCA rowing club. Foreign competitors must be members of a rowing club, which is a member of it's National Rowing Federation, recognized by FISA.

### Classification

*U15 (Jr C)	14 or under as of Dec. 31 of the current year
*U17 (Jr B)	16 or under as of Dec. 31 of the current year
*U19 (Jr A)	18 or under as of Dec. 31 of the current year
U23	22 or under as of Dec. 31 of the current year
SENIOR	no age class
**JV	Junior Varsity
***FAMILY	Parent/Child or Master/Junior combination

*\*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. An athlete may race JV in one event and Varsity in a separate event.



Lwt W Lightweight Women - maximum weight 59 kg  
 Lwt M 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.*

*Lightweight athletes must weigh-in on the day of their event.*

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

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.  
 Master athletes (age 21 and over) may compete in both Open (SENIOR) and Master events.

MIXED: Equal number of both genders (excluding the non-gender specific coxswain).

NOVICE MASTER: Masters in their first two years of rowing.

\*\*\*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

U15	W/M	2X
U15	W/M	4X
U17	W/M	1X, 2X, 4X
U17 - JV	W/M	2X, 4X
U19	W/M	1X, 2X, 4X, 2-, 4+
U19 - JV	W/M	1X, 2X, 4X, 4+
U23	W/M	1X, 2X, 2-
U23	Lwt W	1X, 2X
U23	LM	1X, 2X, 2-
SENIOR	W/M	1X, 2X, 4X, 2-, 4-
SENIOR	Lwt W	1X, 2X
SENIOR	Lwt M	1X, 2X, 2-
OPEN	W/M	8+ ( <b>*all age categories</b> )
OPEN/PARA	Mixed	4+ ( <b>1000m - all age categories and PARA</b> )
NOVICE MASTERS	W/M	2X
NOVICE MASTERS	Mixed	2X, 4X
MASTER	W/M	1X, 2X, 4X
MASTER	Mixed	2X, 4X

*We will consider running up to 4 additional Masters events, if there is sufficient interest. Please email [vcrcregattas@gmail.com](mailto:vcrcregattas@gmail.com) to indicate what event(s) you would be interested in entering and the # entries. Options: M/W/Mx 8+, M/W/Mx 4+.*

PARA W/M Specific events will be based on number and type of entries  
 Please indicate classification and boat class on entry form.



## Special Events

Registration for the following events will be accepted at the Registration table only up until noon on the day of the event. Check RegattaCentral and VCRC website for additional details.

FAMILY 2x	2X (500m)	(2 members of same family)
DYNASTY QUAD	4x (500m)	(at least 3 rowers from one family)
DA\$H FOR CA\$H Mixed	8+ (500m)	(4 U19, 4 Open; 4 men, 4 women)

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

### 1. TIME TRIALS (TT)

The following events will be grouped by boat class with athletes seeded into 6 boat finals based on time trial results. The first **16 spots** in each group will be seeded. Please enter a seeding time (2k water time) in the space provided on the entry form.

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. Medals are awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in the group (e.g., W1x), as well as in each category (e.g., U19 W1x). For example, if the top U19 woman places 3<sup>rd</sup> in Group 2 (W1x), she would be awarded 3<sup>rd</sup> place overall and 1<sup>st</sup> place in the U19 1x. Final placing by event is based on ranking not on times. For example, if U19 athlete "Jones" places 6<sup>th</sup> in Final A in a time of 7:30 and U19 athlete "Smith" places 1<sup>st</sup> in Final B in a time of 7:25, Jones is ranked higher and so is declared the winner of the U19 1x.

Group 1 Mens 2x	(U23, Sr, U23 Lwt, Sr Lwt)
Group 2 Womens 2-	(U19, U23, Sr)
Group 3 Womens 1x	(U19,U23, Sr, U23 Lwt, Sr Lwt)
Group 4 Womens 2x	(U23, Sr, U23 Lwt, Sr Lwt)
Group 5 Mens 2-	(U19, U23, Sr, U23 Lwt, Sr Lwt)
Group 6 Mens 1x	(U19, U23, Sr, U23 Lwt, Sr Lwt)

The Time Trial will be run on the morning of the scheduled finals for that group. The regatta committee reserves the right to cap the number of finals and to make 7 boat finals if necessary (e.g., to avoid 2 boat finals). 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 \$30 scratch fee.

**Athletes may only enter ONE time trial event each day.**

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

### 2. HEATS/SEMI-FINALS

For all other events, heats and semi-finals will be used to progress to Finals.

### Race Schedule (Expected)

Friday	10:00 am – 7 pm
Saturday	6:30 am – 7 pm
Sunday	6:30 am – 3 pm

### Flow of Events

**Timing of Semi Finals:** Scheduling of Semi Finals (for events that require them) will be determined as part of the Preliminary Schedule; they will be held either the same day as the Heats or the same day as the Final.

**Friday:** Friday Heats, Saturday heats, Friday Finals, (Saturday Semi-Finals- tentative)

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

**Sunday:** Time Trials, (Sunday Semi-Finals- tentative) 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 Schedule will be posted July 1.

## Training Times on the course

The course will be open for practice 9am Friday and will close 1 hr hour before the first 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 hr following the last race on Friday and Saturday.

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

## Coaches/Coxswains Meeting

One hour before first scheduled race/time trial each day 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. Lightweight athletes must weigh-in on the day of their event. Coxswains are not required to weigh in.

## Race Course and Distances

Six lanes with four 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](#), the [VCRC website](#) and at the boathouse) before launching. Crews deviating from the designated flow pattern will receive a yellow card.

### Race distances

Junior & Senior: 1850m, Master: 1000m, PARA: 1000m, Family, Dynasty and Dash for Cash: 500m, Time Trials: 1750m, Open 8+: 1850m

### Rules of Racing

Except where already noted [RCA Rules of Racing](#) will be applied during this regatta.

### Safety

All shells must be equipped with a secure bow ball and heel restraints (ties no more than 7cm) or quick release mechanisms. All shells will be inspected prior to launching. Crews must adhere to safety protocols (flow pattern etc).

## Entries and Fees

**Registration Opens:** Monday May 30, 2016

**Register Online through [Regatta Central](#).** All entries must indicate crew complement. If you do not know crew composition during registration, please contact the Registrar [vcrcregattas@gmail.com](mailto:vcrcregattas@gmail.com).

**Entry deadline:** Monday June 27, 2016, noon. *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, Dynasty 4x and Dash for Cash). Athletes wishing to row only a single event may pay \$40 (includes 5% GST).

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

**Entry fee for Dynasty 4x:** \$60/boat (GST included)

**Entry fee for DA\$H for CA\$H:** \$80/boat (GST included)

**Late entry fee:** (submitted after the entry deadline) \$90/person (if athlete is not already entered in other events) and \$25 per additional late event (if athletes are already registered in other events by the June 27 deadline). Late entries will be accepted up until noon on Tuesday, July 4, providing there is lane space available.

**Scratch Fees:** Scratch fees of **\$30 per boat** (includes 5% GST) will apply after the entry deadline. Crews that scratch from or do not show for a FINAL will be assessed a \$30 (includes 5% GST) fee. **This fee is meant to reflect the effort involved in creating the draw and to respect other athletes whose races are affected by late scratches.**

*Scratch fees are assessed at the discretion of the Registrar and typically will not be assessed if the scratch is necessary because of a scheduling conflict created by elimination of events or placement of heats.*



**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 Master crews that affect the age handicaps will be accepted without charge until **noon June 27**. After then a \$20 (includes 5% GST) athlete change fee applies to each change request that affects the age handicap in a Master event, unless the replaced athlete is being replaced for medical reasons (medical certificate required).

**Payment:** Fees must be paid electronically through Regatta Central at time of registration. All payment must be received by Regatta Central by noon June 27 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 ([vccregattas@gmail.com](mailto:vccregattas@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.

Sat. TT: Pick up bow markers before 7pm on Fri and return to registration desk by noon on Sat.

Sun. TT: Pick up bow marker noon-5pm on Sat and return to registration desk before noon on Sun.

### **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.

Mixed Open/PARA 4+ (Event #2)- is open to all age categories and PARA 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	G4	W	SR,U23, SRLwt, U23Lwt	2X
2	MX	OPEN/PARA	4+				
3	M	U19 -JV	4x				
4	MX	NOV MA	2X	G5	M	SR,U23,SRLwt, U23Lwt, U19	2-
5	W	U19 -JV	4+				
6	MX	MA	4X				
<b>Saturday Finals</b>				G6	M	SR,U23, SRLwt, U23Lwt, U19	1x
*G1	M	SR, U23, SRLwt, U23Lwt	2X				
*G2	W	SR, U23, U19	2-				
*G3	W	SR,U23, SRLwt, U23Lwt,U19	1x	29	W	U17	4X
7	MX	NOV MA	4X	30	M	U19 -JV	1X
8	M	U17	4X	31	W	U15	4X
9	W	U19 -JV	1X	32	M	U17 - JV	2X
10	M	U15	4X	*33	M	SR	4-
11	W	U17 -JV	2X	34	W	U17	1X
*12	W	SR	4-	35	W	MA	4X
13	M	U17	1X	36	W	U19	2x
14	M	MA	4X	*37	M	U19	4+
15	M	U19	2X	38	M	U17	2X
*16	W	JR A	4+	39	M	MA	1X
17	W	U17	2X	40	W	SR	4X
18	W	MA	1X	41	M	U19 - JV	4+
19	W	U19 -JV	4X	42	M	NOV MA	2X
20	M	U19 -JV	2X	43	W	U17 - JV	4X
21	M	SR	4X	44	W	MA	2X
22	W	NOV MA	2X	45	M	PARA	
23	M	U17 - JV	4X	46	W	JR A -JV	2X
24	M	MA	2X	47	W	U19	4X
25	W	PARA		48	M	U15	2X
26	M	U19	4X	49	M	OPEN	8+
27	W	U15	2X	Special B	M/W/MX	Family Fun	2X
28	W	OPEN	8+	Special C	M/W/MX	Dynasty	4x
Special A	MX	Dash for Cash	8+				