

Head of Four Bridges Regatta

October 1st, 2011

Hosted by the
Fredericton Rowing Club

Regatta Registrar: Dion Durnford (durnford@unb.ca)

ENTRY INFORMATION:

1. All entries **MUST** be in the hands of the regatta registrar (durnford@unb.ca) no later than midnight on **September 25th, 2011**.
2. **Registration forms must be completed in full. Entries must include RCA numbers and ages for all athletes, including spares. After September 26th, any additions, deletions or changes will be charged a fee of \$10 in addition to the registration fee of \$35 per rower.**

The entry forms include room to list spares. There are no spares for singles, one spare for pairs and doubles, two spares for fours and quads, and four spares for eights. If extra spares are listed, only the first ones will be accepted.

3. RCA memberships are required for all participants. Registration will be verified through the RCA offices and participants not registered with RCA will NOT be allowed to participate.
4. The registration fee is \$35 per rower, and provides the opportunity to race 2 times (in each of 2 flights). **ONLY CHEQUES MADE PAYABLE TO THE FREDERICTON ROWING CLUB WILL BE ACCEPTED. Fees will be collected at the safety meeting at 7 pm on Friday September 30th. Athletes that have not paid will not be permitted to race.** A hot meal after the race is included in the registration fee.
5. This is an open-event regatta; athletes may enter any boat (1x, 2-/x, 4+/-/x, 8+) in the following categories:
 - **Junior B (Under 17):** A rower is classified as an Under 17 competitor until the 31st of December of the year in which he or she reaches the age of 16. After that date, the rower shall be classified as a Junior rower.
 - **Junior (Under 19):** A rower who is no longer an Under 17 competitor shall be classified as a Junior competitor until the 31st of December of the year in which he or she reaches the age of 18. After that date the rower shall be classified as an Under 23 rower.

- **Under 23:** A rower who is no longer a Junior shall be classified as Under 23 until the 31st of December of the year in which he or she reaches the age of 22. After that date, the rower shall be classified as Senior.
- **Senior:** A rower who is 23 years or older during the calendar year in which he or she is competing.
- **Master:** A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.
- **Novice:** This year is their first season of racing

In the case of mixed gender crews, the GMS will be weighted according to the proportion of each gender in the boat. In the case of mixed-aged crews, the boat will compete at the fastest GMS category of the crew (ie. a 2x comprised of a 20- and 30-year old will race at the Senior standard.

6. GMS percentages for those entering a Masters category will be adjusted based on age; 1% will be added to the Junior GMS for every 5 years over 35. For Junior B categories 5% will be added to the Junior GMS. Please include date of birth for any athlete registering in the Masters/U23/Junior/Junior B category.
7. A ranking will be established using Rowing Canada's Canadian Gold Medal Prognostic Times (GMS). **First, second and third place medals will be awarded for each flight.**

Rationale for the GMS format:

- Setting entry categories is limiting, and often leaves crews without someone to race. This is especially true where clubs have niche programs or boats (eg. the only Masters Men's 8+ in the Maritimes and therefore have no one to race). With this format, everyone has a race!
- This method generates a fair method of comparison ranking. All crews can identify where they stand across gender, age and boat classes.

RACING AND COURSE INFORMATION:

Each entry will be assigned to one of 2 flights, with the intent of grouping the same/similar boat classes into the same flight.

Flight 1: 7:30 AM

Flight 2: 10:00 AM

From the FRC docks, is typically a 4 km warm-up to the beginning of the course (plan for 25 – 35 min, depending on experience/weather).

UNDER NO CIRCUMSTANCES WILL LATE CREWS BE PERMITTED ON COURSE.

We are hoping to use the same 4.1 km course (Princess Margaret Bridge to the FRC Clubhouse) we have used in the past. However, construction on the PM Bridge is in its second year and the course may have to be altered, but the length of the race will be the same. Clubs will be contacted during the week prior to the regatta of changes as necessary.

- The races will be conducted in head-race style, with a staggered start and chase-racing.
- Boats will be started at 20-second intervals and should be at full speed when passing through the start line. A run-up zone will be indicated.
- At finish line, crews must continue rowing until they have left the finish area to prevent any collisions or interference with other crews.

Coaches:

Please ensure that any boat and athlete conflicts are identified (same boat required for different athletes). Makes planning a lot easier!

PROTESTS/APPEALS:

Any protests must be received within 90 minutes of race, and appeals must be received within 24 hours. A fee of \$150, payable to the Fredericton Rowing Club, must be submitted with any protest or appeal and will be returned if the protest/appeal is successful.

REGATTA SAFETY:

1. For the safety of the regatta, there will be a check of boats to ensure that heel ties as well as bow balls are in place. Failure to meet to the RCA safety restrictions for racing shells may result in disqualification.
2. There will be a coaches and officials meeting Friday October 1st at **7:00 PM at the Small Craft Aquatic Center meeting room**. At this meeting the major rules of the regatta, the final race schedule, and any other administrative details will be discussed. An arial map will also be provided at this time. **NO NEW ENTRIES WILL BE ACCEPTED AT THIS MEETING.**
3. Security has been arranged for boat trailers at FRC for Friday night before the regatta.