

Alberta Open Regatta

Saturday July 15th, 2017

Dear Coaches,

This is the regatta package for the 2017 Alberta Open Rowing Championships to be held on Glenmore Reservoir in Calgary, Alberta on Saturday, July 15th.

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. 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

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

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 at office@calgaryrowing.com

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, Sunday, July 9th, 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.

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 World Wide Web at 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.

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 (cash). We also expect that a food truck (veggietruckyyyc.com) will be at the regatta site.

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



Racing Categories

Junior: Athletes born in 1999 or later.

Novice: Athletes who started rowing after September 1, 2016.

Junior Novice: Athletes born in 1999 or later *and* who started rowing after September 1, 2016.

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, 2017. Contrary to the RCA rules, we will allow athletes to compete in both masters and non-masters events. When making entries in masters events please state crew average ages using ages that will have been attained on December 31, 2017.

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 1000m time trials—competitors will be compared using



Rowing Canada gold medal standards for para-rowing events. Please contact Amelie Schumacher (office@calgaryrowing.com) 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.

If two or more clubs request a JW8+ race, we will add it to the schedule. The same applies for the JM8+.

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 14th, 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 last 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 12th and a final draw and schedule will be produced after the coaches' meeting on the evening of Friday, July 14th.



Process for Making Entries

This year we would like each club to make its entries by filling in a Microsoft Excel spreadsheet file. A copy of this file will be available for download from www.calgaryrowing.com by the week of July 2nd.

There is single sheet in the file, with four areas labeled General Info, Junior Entries, Senior Entries, and Masters Entries. Please use the General Info area to enter your club name and contact information.

Then use the other three areas to list your entries. For each event you wish to enter, replace the 0 in the # of Entries cell with the appropriate number, then use the cells to the right to list the names of the strokes for each boat. In the Masters Entries area, please also enter the crew age in the cell underneath the stroke's name.

The next page has an example showing how to fill in the Masters Entries sheet.

Master's Handicap Information

Masters handicaps will be based on the Garrett-Zezza table found on page 144 of the 2013 RCA Rules of Racing, with handicaps multiplied by 1.5 to account for the 1500m race distance. When making entries in masters events please state crew average ages using ages that will have been attained on December 31, 2017.



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Category	Boat Type	# of Entries	Last Name(s) of Stroke(s)		
MW	1x	3	Smith	J. Jones	M. Jones
age Dec. 31, 2017:			37	41	52
MW	2x	1	Smith		
avg. age Dec 31, 2017:			44.5		
MW	4x	0			
avg age Dec 31, 2017:					
MM	1x	0			
age Dec. 31, 2017:					
MM	2x	0			
avg. age Dec 31, 2017:					
MM	4x	1	Brown		
avg. age Dec 31, 2017:			47.25		
M Mixed	2x	0			
avg. age Dec 31, 2017:					
M Mixed	4x	1	Smith		
avg. age Dec 31, 2017:			33.5		

The Junior and Senior sheets are similar but simpler, because age information is not needed for Junior and Senior events.

If you would like to enter a JW8+ or JM8+ event, please change the word NO to YES in the appropriate cell(s) on the Junior Entries sheet.

Please send the completed file as an email attachment to steve.norman.rower@gmail.com

Preliminary 2017 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-
Para-Rowing	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
BREAK		
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
gap for 2x hot-seating		
29	2:30 PM	W 2x
30	2:40 PM	M 4x
31	2:50 PM	JM 2-



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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+