



ELK LAKE SPRING 2022 REGATTA PACKAGE

Version: 2022-02-12

COVID-19 EVENT SAFETY PLAN

Please visit [Regatta Central](#) for the COVID-19 Event Safety Plan. Questions regarding the COVID-19 Event Safety Plan can be directed to the COVID-19 Safety Officer.

REGISTRATION

Racing Dates

March 5-6, 2022

Regatta Site

Elk Lake Boathouse, 5100 Patricia Bay Highway, Victoria BC

Your Hosts

This regatta is hosted by the Victoria City Rowing Club.

Eligibility

All athletes must be registered members of their provincial sports organization and Rowing Canada Aviron (RCA). American entries must be registered with USRowing.

Entries

All entries must be made online on [Regatta Central](#).

Important Dates

Refer to Regatta Central for dates and deadlines.

Scratches

Scratches without penalty fees will be accepted until 11:59pm PST on February 25, 2022.

Entry Fees

Entry fees need to be submitted to complete a registration. Rowing BC and Rowing Canada Aviron seat fees will be added to each event.

	Standard Cost	Late Cost
Single	\$15	\$30
Double/Pair	\$30	\$60
Quad/Four/ Coxed Four/ Coxed Quad	\$60	\$120
Eight	\$120	\$240

There will be no refund of entry fees should weather conditions cause cancellations of races as all expenses for the regatta are incurred prior to the event. Details regarding refunds due to COVID-19 can be found on the COVID-19 Safety Event Plan.

Categories

Category	Edibility
Open	Open to all competitors.
Junior A	Classified as an U19 competitor until the 31 st of December of the year in which they reach the age of 19.
Junior B	Classified as an U17 competitor until the 31 st of December of the year in which they reach the age of 17.
Junior C	Classified as an U15 competitor until the 31 st of December of the year in which they reach the age of 15.
Novice	A Novice is a competitor who has never competed in any regatta prior to September 1, 2021
Masters	Masters will race in appropriate categories as per RCA Rules of Racing .
Mixed Masters	Mixed Masters crews must have at minimum 50% women in the crew.
Lightweight	Maximum weight of any one crew member is 73.5k for men, 60kg for women. Weigh-ins will be on an honorary basis.
Para	Para athletes will race in appropriate categories as per RCA Rules of Racing .

Events

Category	Boat Class
M/W Open	1x, 2x, 2-, 4x, 8+
M/W Open Lightweight	1x, 2x, 4+
M/W Adult Novice	4x, 4+, 8+*
M/W Junior U19	1x, 2x, 2-, 4x, 4+, 8+
M/W Junior U17	1x, 2x, 4x, 4+, 8+
M/W Junior U15	2x, 4x, 8+
M/W Junior Novice	4x, 4+, 8+*
M/W Masters	1x, 2x, 4x, 8+
Mixed Masters	2x, 4x
M/W Para	PR1 1x, PR2 1x

*Experienced coxswains only

RACE SCHEDULE

Please visit [Regatta Central](#) for the race schedule. The race schedule is subject to change depending on entries.

Progression System

Less than 7 entries: straight final

Greater than 6, less than 13 entries: heats → finals

Greater than 12 entries*: time trial → semis → finals

*Athletes will race a time trial, with the top 12 progressing to 2 semi-finals and then to Finals A and B. The remainder will progress to Finals C, D, E... if necessary.

RACE DAY

Coach/Coxswain Meetings

There will be a coach/coxswain safety meeting one and a half (1.5) hours before racing commences each day. All other communications will be done through the [Elk Lake Spring 2022 WhatsApp](#).

Weigh-In Notes

Weigh-ins will be on an honorary basis.

Hot Seating – Report Departure

Umpires will release a bow number in the appropriate situation where hot seats are needed. The expectation is that when the bow marker is switched, the old bow marker be returned to control commission and the time that the crew left the dock be reported to the umpire at control commission. This enhances safety in case of emergency as it enhances knowledge of who is on the water.

Trailer Parking

Please notify us of your estimated arrival time to allow us to meet you and help you park your trailer safely. Please do not park on the lower grassy plain as the water table is high and your trailer will get stuck. Should you go your trailer stuck, extraction and grass repair are at your club's cost. Please text Jess Phillips at 250-888-2199 to let her know your day and time of arrival.

Registration Packages

This is a paperless event. Training and racing maps will be posted beside the boathouse on the way to the launch.

Training Flow Pattern

All Elk Lake regattas follow the same training flow pattern once the course is in and open. Lane 1 is closest to the Patricia Bay Highway, and lane 6 is closest to the boathouse and docks. Crews will use lanes 6 and 5 to row to the start line. Lanes 4 and 3 are neutral for safety boats. Lanes 2 and 1 row to the finish line. Please consult the maps posted on the side of the boathouse. Please read the signage at the top of the dock to determine whether the training course is open.

See the training flow pattern online [here](#).

Racing Flow Pattern

All crews will launch from the docks ensuring they avoid the submerged stumps marked by orange buoys just off the dock. They will head for the warmup flow pattern which is marked by 2 large buoys around which they will row in a clockwise fashion. Racing then proceeds down the lanes under umpire direction.

See the racing flow pattern online [here](#).

RULES & LOGISTICS

Equipment

All shells must be fitted with heel tie-downs, single hand release of shoe closures, proper bow balls, and bow clips. All equipment will be checked by Control Commission and must be deemed acceptable before launching.

Rules of Racing

Rowing Canada Aviron's Rules of Racing shall apply. See the RCA Rules of Racing online [here](#).

Racing Distance

Adult, Junior, Para: 1850m

Masters: 1000m

Uniforms

It is expected that members of any one club will have matching uniforms as per the [RCA Rules of Racing](#). Should weather conditions pose a problem, these rules will be relaxed where logical after consultation with the Chief Umpire.

Medical Services

St. John's Ambulance will be provided on site for all competitors. For serious medical cases we will dial 9-1-1.

RESULTS & AWARDS

Results

All results can be found on [Regatta Data](#).

Awards

The top 3 in each event will be awarded. Awards will be handed out following the completion of each final.

Feedback

All regattas depend on feedback to continue to increase the quality of the event. Please provide your feedback on the [Rowing BC website](#).

CONTACT

Event Contact Information

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Email or text message is preferred.