

Alberta Open Regatta

Saturday June 26th, 2010

Dear Coach,

This is the regatta package for the 2010 Alberta Open Championships to be held on Glenmore Reservoir in Calgary, Alberta on Saturday, June 26th.

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 Blair Rasmussen; he is usually reachable during normal office hours.

phone: 403 249 2880

fax: 403 240 9823

email for general enquiries: calrow@telusplanet.net

email for entries and questions about entries: steve.norman.rower@gmail.com

We look forward to seeing you in Calgary on race day!

Steve Norman

President, Calgary Rowing Club

Entries and Schedule Coordinator, 2010 Alberta Open Regatta

General Information

The entry deadline is 1:00pm MDT, Sunday, June 20th, 2010.

Entry fees are \$40 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. Exception: Fees for entrants in high school novice events are \$20 per athlete.

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 federal 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.

Following the completion of racing, there will be an awards presentation and catered dinner in the banquet room at the top level of the boathouse building. The dinner is free for all competitors and coaches, and costs \$20 for anyone else wishing to attend. There will be a cash bar at the dinner.

Racing Categories

Junior: Athletes born in 1992 or later.

Novice: Athletes who started rowing after September 1, 2009.

High School Novice: Novices who have been participants in high school rowing programs organized by Alberta rowing clubs. Athletes who enter High School Novice events may not enter any other events in the regatta. (This category is new this year, in response to a request from people running high school rowing programs in Edmonton. Once we have some experience running events in this category we'll consider opening them up to out-of-Alberta schools in 2011.)

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, 2010. Contrary to the RCA rules, we will allow athletes to compete in both masters and non-masters events. Handicaps of 1.5 seconds per year of crew average age will be applied in masters events. When making entries in masters events, please state crew average ages using ages that will have been attained on December 31, 2010.

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
High School Novice Women: HSW4x

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
High School Novice Men: HSM4x

Masters Mixed: MMix2x, MMix4x

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.

If two or more visiting 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

There will be a meeting of coaches and officials at 8:00pm on Friday, June 25th, in the hall on the top floor of the Calgary Rowing Club boathouse.

We expect to start heats for events with seven 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, June 23rd, and a final

draw and schedule will be produced after the coaches meeting on the evening of Friday, June 25th.

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 June 14th.

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, contact information, and numbers of athletes, coaches, and number of extra dinner tickets needed.

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.

Here is an example showing how to fill in the Masters Entries sheet:

Category	Boat Type	# of Entries	Last Name(s) of Stroke(s)		
MW	1x	3	Smith	J. Jones	M. Jones
age Dec. 31, 2010:			37	41	52
MW	2x	1	Smith		
avg. age Dec 31, 2010:			44.5		
MW	4x	0			
avg age Dec 31, 2010:					
MM	1x	0			
age Dec. 31, 2010:					
MM	2x	0			
avg. age Dec 31, 2010:					
MM	4x	1	Brown		
avg. age Dec 31, 2010:			47.25		
M Mixed	2x	0			
avg. age Dec 31, 2010:					
M Mixed	4x	1	Smith		
avg. age Dec 31, 2010:			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

Coaches wanting to make entries into the High School 4x events may do so by sending an email to steve.norman.rower@gmail.com, listing the entries that you are requesting by school name and gender.

Preliminary 2010 Regatta Schedule: Projected Start Times for Finals

Event #	Projected Start Time	Event Class
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-
gap for 1x hot-seating		
10	10:40 AM	M 1x
11	10:50 AM	NovM 2x
12	11:00 AM	LM 2-
13	11:10 AM	JM 4-
14	11:20 AM	W 1x
15	11:30 AM	JW 2x
16	11:40 AM	MM 1x
17	11:50 AM	MW 4x
18	12:00 PM	JM 2x
19	12:10 PM	LM 1x
20	12:20 PM	HSW 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	HSM 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-
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+