



Head of the **RED** Regatta Saturday, September 23, 2017

The Winnipeg Rowing Club (WRC) is once again hosting a Head of the Red on Saturday, September 23, 2017. The event is open to novice, junior, senior and masters competitors. A number of different events will be offered -- to suit all rowers' abilities!

The race is a 5000 meter head race.

All participants are invited and encouraged to stick around the club for awards presentation and a post racing meal, and which is included as part of your registration cost.

Events:

9:30	Open Men's 1x
9:40	Master's Men's 1x
9:50	Open Women's 2x/2-
10:00	Master Women's 2x/2-
10:10	Junior Women's 4x
10:20	Junior Men's 1x
10:30	Novice 4x (men, women or mixed)
11:00	Open Men's 4x
11:10	Master Men's 4x
11:20	Open Women's 1x
11:30	Master Women's 1x
11:40	Junior Women's 1x
11:50	Junior Men's 2x/2-
12:00	Mixed 2x (any age)
12:30	Open Women's 4x
12:40	Master Women's 4x
12:50	Master Men's 2x/2-
13:00	Junior Men's 4x
13:10	Junior Women's 2x/2-
13:20	Novice 2x (men, women, mixed)
14:00	Lunch

Eligibility and Entries

Junior: 18 years or younger as of December 31, 2017.

Master: Over 21 as of December 21, 2017

Novice: began rowing after June 1, 2017

Mixed: Mixed crews should be equal male and female rowers.*

Handicaps: Master's races will be follow RCA Rules of Racing.

Entry Fee: \$30 Cdn, includes post regatta lunch. Registration fees due at the registration table by the 8:30 a.m. Saturday, September 23, 2017. All cheques payable to Winnipeg Rowing Club. Composite crews welcome!

To Register for the Regatta

Email registrations to head.of.the.red@winnipegrowingclub.ca with subject "HOTR Registration" and please include Master's average crew ages for handicap calculations. **Entries are due by Tuesday, September 19.**

Schedule of Events

- 7:30 a.m. Officials Meeting
- 8:00 a.m. Registration table opens
- 8:30 a.m. Officials/Coaches & Athletes Meeting
- 8:45 a.m. Dock opens for crew push off
- 9:30 a.m. Start of races
- 2:30 p.m. Awards Presentation and Lunch

Each crew should arrive at the Winnipeg Rowing Club at least 60 minutes prior to push off. All crew members must register at the check-in desk before racing and pick up their assigned bow marker.

The course is approximately 5000 meters in length on the Red River racing from the St. Vital bridge to the finish line in front of the Winnipeg Rowing Club. Crews must keep course buoys on their starboard side throughout the full 5000 meter race course. Any missed buoys will result in a 60 second time penalty.

Parking, registration, launching, food and awards are located at the Winnipeg Rowing Club, 20 Lyndale Drive.

All races are a running start with 20 second intervals. All races will be officiated by certified Rowing Canada Officials.

A canteen will provide snacks and coffee at a minimal charge starting at 8:30 am. All athletes receive a ticket for lunch. Awards will be presented on the tarmac during lunch.

Rules of Racing

1. Good sportsmanship is expected at all times.
2. The ability to accomplish effective and safe passing is an important aspect of successful racing.

The following are the basic responsibilities of scullers and crews in these situations:

(i) The boat overtaking (Passer) has the right of way to pass (on the side of its choice) if a safe pass can be accomplished. Generally this will be the shortest line that gives an advantage. If passing cannot be accomplished safely, the Passer must be prudent and delay the act of passing until the pass can be accomplished without incident. The wise sculler or crew knows that more time can be lost by pressing a situation rather than slowing down and waiting for the right moment to pass.

Communicate effectively during racing with other crews on the water.

(ii) The boat being overtaken must yield and give suitable room to the Passer (on the side chosen by the Passer) if a safe pass can be accomplished. Failure to yield to the Passer is a serious infraction of competitive conduct. Crews and scullers must be alert to possible upcoming passing attempts and promptly yield when there is adequate room and time. Crews must be prepared to miss a few strokes to allow the Passer to pass safely and without interference. Communicate effectively during racing.

(iii) Respect for the safety of other competitors and their equipment must be observed at all times.

In the event a crew does not yield to a Passer, they will be assessed a penalty of 30 seconds.

3. Shortcutting on the wrong side of buoys will incur a 60 second penalty.

4. Have fun and safe rowing!