



VICTORIA CITY
ROWING CLUB

CHALLENGE WEST 2024 REGATTA PACKAGE

Version: 2024-05-16

REGISTRATION

Racing Dates

July 5-7

Regatta Site

Elk Lake Boathouse, 5100 Patricia Bay Highway, Victoria BC

Your Hosts

This regatta is hosted by the **Victoria City Rowing Club**.

Concession

The VCRC Junior Parent Group will be offering **delicious and nutritious food** all weekend long. Proceeds from the concession will go towards the VCRC Junior Rowing Program. Cash and card payments will be accepted.

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](#). Entry deadline without penalty of late fees is 11:59 pm PDT June 27th, 2024.

Important Dates

Refer to [Regatta Central](#) for dates and deadlines.

Scratches

Scratches without penalty fees will be accepted until 11:59 pm PDT on July 1, 2024. After this deadline, the scratch fee will be equal to the original entry fee.

Entry Fees

Entry fees need to be submitted to complete a registration. Rowing BC (\$3.50) and Rowing Canada Aviron (\$4.00) seat fees will be added to each event.

	Standard Cost
Single	\$60
Double/Pair	\$80
Quad/Four/ Coxed Four/ Coxed Quad	\$90
Eight	\$100

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.
U19	Classified as an U19 competitor until the 31 st of December of the year in which they reach the age of 18.
U17	Classified as an U17 competitor until the 31 st of December of the year in which they reach the age of 16.
U15	Classified as an U15 competitor until the 31 st of December of the year in which they reach the age of 14.
Novice	A Novice is a competitor who has never competed in any regatta prior to September 1, 2023
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 happen in accordance with RCA's Rules of Racing.
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, 4-, 8+
M/W Open Lightweight	1x, 2x, 2-
M/W Adult Novice	1x, 2x, 4x,
M/W Junior U19	1x, 2x, 2-, 4x, 4-, 8+
M/W Junior U17	1x, 2x, 4x, 4-, 8+
M/W Junior U15	1x, 2x, 4x
M/W Junior Novice	1x, 2x, 4x
M/W Masters	1x, 2x, 4x, 8+
Mixed Masters	2x, 4x, 8+
M/W Para	PR1 1x, PR2 1x

Event List

Saturday Finals	
1	M PR1 1x
2	W PR1 1x
3	W U19 4x
4	M U15 1x
5	M Jnr Novice 4x
6	M Open 2x
7	M Open Lwt 2-
8	M U19 2-
9	W U17 2x
10	W U19 1x
11	M U17 4x
12	W Open 4-
13	M Jnr Novice 1x
14	W Jnr Novice 2x
15	W U17 8+
16	M Open 4x
17	Mix Masters 2x
18	W Masters 4x
19	M Masters 2x
20	W U19 4-
21	W Open 2-
22	W Open Lwt 2x

23	M U19 2x
24	M Open 8+
25	W U15 2x
26	M U17 4-
27	M U15 4x
28	W Adult/Open Novice 2x
29	M Adult/Open Novice 1x
30	W Masters 1x
31	M Masters 8+
32	M U19 8+
33	M Open Lwt 1x
34	W Open 1x
35	M U17 1x
36	M Adult/Open Novice 4x
37	Mix Masters 8+
Sunday Finals	
38	M PR2 1x
39	W PR2 1x
40	M U19 4x
41	W U15 1x
42	W Jnr Novice 4x
43	W Open 2x
44	W Open Lwt 2-
45	W U19 2-
46	M U17 2x
47	M U19 1x
48	W U17 4x
49	M Open 4-
50	W Jnr Novice 1x
51	M Jnr Novice 2x
52	M U17 8+
53	W Open 4x
54	Mix Masters 4x
55	M Masters 1x
56	W Masters 2x
57	M U19 4-
58	M Open 2-

59	M Open Lwt 2x
60	W U19 2x
61	W Open 8+
62	M U15 2x
63	W U17 4-
64	W U15 4x
65	M Adult/Open Novice 2x
66	W Adult/Open Novice 1x
67	M Masters 4x
68	W Masters 8+
69	W U19 8+
70	M Open 1x
71	W Open Lwt 1x
72	W U17 1x
73	W Adult/Open Novice 4x

RACE SCHEDULE

Please visit Regatta Central for the race schedule. The race schedule is subject to change depending on entries.

Daily Racing

- Some heats and time trials for Saturday finals will be run on the Friday
- Some heats and time trials for Sunday finals will be run on the Saturday

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
- Events with 3 or fewer entries may be combined with another event for better racing and/or to condense the racing day.

*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 at 7 pm the night before the first race day via Zoom, July 4th, 2024.

Weigh-In Notes

Weigh-ins will happen in accordance with RCA's Rules of Racing. Athletes must weigh in in racing gear.

- Coxswain: The minimum coxswain weight for Junior events is 45 kg and for all other events is 55 kg.
- Lightweight events: The maximum weight for lightweight Men's events is 73.5 kg and for Women's events 60 kg.

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 get your trailer stuck, extraction and grass repair are at your club's cost. Please email Sierra Inglis at regattachair@vcrc.bc.ca 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

Sierra Inglis
Challenge West Regatta Chair
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VCRC Administration
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