



# CASCADIA COASTAL CHAMPIONSHIPS

## BEACH SPRINTS REGATTA

14 September, 2024

Welcome to the Second annual Cascadia Coastal Championships, Beach Sprints Regatta.

### EVENT INFORMATION

The event will take place from Saturday, September 14, 2024.

Day	Crew Captain/ Athlete Meeting	Training / Practice Time	Racing
Saturday, Sept 14	8:00 am	8:30am - 9:30am	10:00 am – 4:00 pm
Sunday, Sept 15			CANCELLED

Race intervals are 7 minutes.

Note: These times are approximations only. Please check the draw sheets for more accurate time.

### VENUE

Jericho Sailing Centre, Vancouver, BC

[Jericho Sailing Centre](#)

The Beach Sprint will take place on the West side or East side of the Jericho Pier in front of the Jericho Sailing Centre depending on the weather.

See the appendices for maps.



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### REGISTRATION

All entries must be made through Regatta Central. Early registration is encouraged as entry numbers to this regatta may be capped.

If cancellation of the regatta is unavoidable due to inclement weather or for any reason beyond the control of the Organizing Committee (OC), no refunds will be offered.

Registration opens: @12:00 am, Saturday, August 17, 2024

Registration closes: @ 11:59 pm, Friday, September 6, 2024

Late registration and scratch deadline: @ 11:59 pm, Sunday, September 8, 2024

A \$25 per entry late fee will be added to registrations received after September 8, 2024. Scratch fees after September 8, 2024 are equal to the registration fee.

### EVENTS OFFERED

#### Beach Sprints

	U19	Senior	Masters	Novice
<b>Solo</b>				
Womens	✓	✓	✓	
Mens	✓	✓	✓	
Mixed				
<b>Double</b>				
Womens	✓	✓	✓	✓
Mens	✓	✓	✓	✓
Mixed	✓	✓	✓	✓

\*\*\*Novice will be offered to new participants to rowing, restricted to the doubles and requires an experienced rower in bow\*\*\*



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### ENTRY FEES

#### Beach Sprint

\$65/seat + RBC/RCA seat fees (Includes \$25 seat fee boat rental)

#### Seat Fees

RegattaCentral will be collecting \$3.85 at the time of registration on behalf of Rowing Canada Aviron and \$3.50 on behalf of Rowing British Columbia per seat. All athletes who are participating in Canadian regattas, including coxswains, will be charged this fee. These fees cover the development of event infrastructure, including online registration and insurance, and support domestic programs like coach and umpire education and training.

### COMPETITOR ELIGIBILITY

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise noted in official event information.

- All participants must be registered members in good standing with their national governing organization, i.e. Rowing Canada Aviron, US Rowing.
- Upon request, every competitor must be able to provide proof of age and identity by producing government issued documentation with photo, or other acceptable form of identification.
- All competitors, regardless of nationality are eligible for championship medals.
- A competitor to compete as U19 must be 18 years or younger until December 31, 2024.
- Composite crews are welcome provided they are identified at the time of regatta registration. Individuals may represent only one club at the regatta.
- Members of the same crew shall compete wearing uniform clothing (tops only). Each member of a composite crew shall wear his/her own club singlet.
- The blade of all club oars and sculls need not be painted in club colours.



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### AGE CATEGORIES

U19: Ages 15 - 18

Senior: 19+

Masters: 21+ *(If there are not enough entries the masters and senior categories will be combined, there are no age adjustments)*

### MEANINGFUL COMPETITION

The Cascadia Organizing Committee seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four competitors in the event. This ensures that each award represents a well-earned result for the top three positions.

### CREW CAPTAIN / ATHLETE MEETING

A compulsory pre-regatta meeting for all athletes will be held at the regatta site west of Jericho Pier next to the Jericho Sailing Centre prior to the start of the first race. At this meeting the Chief Umpire and Regatta Chair will review and provide details regarding the course, regatta rules, start and finish procedures and penalties. Athletes not in attendance will be excluded from the event.

### SAFETY AND FITNESS

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise noted in official event information.

Every athlete or coxswain participating in the regatta is responsible to ensure that the crew and boat are in fit condition to race.

### Emergency Facilities

First Aid will be provided by the Jericho Sailing Centre

Nearest Pharmacy IDA Pharmacy, 4307 W 10th Ave, Vancouver, BC

Nearest Hospital Vancouver General Hospital, 899 W 12th Ave, Vancouver, BC



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### WEATHER and TIDE CHARTS

The weather for the event will be provided by Mother Nature herself. The LOC does not have control and as such if you have any questions or qualms take it up with her. If you are looking for the weather for the event, look out the window or we will be using the following apps: windy.com, weather.gc.ca, accuweather.com, theweathernetwork.com

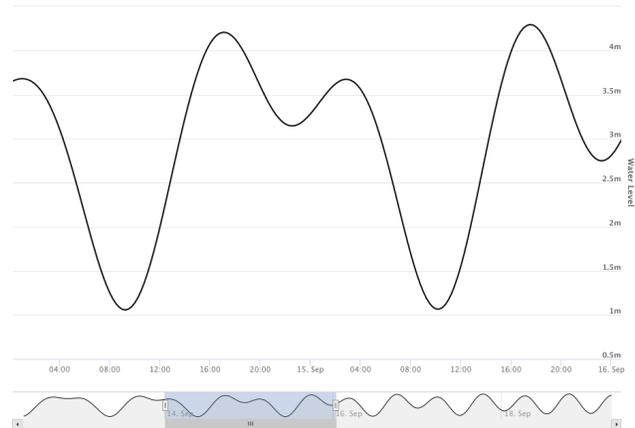
For the tide charts the closest station is [False Creek](#)

#### 2024-09-14 (Sat)

Time PDT	Height (m)	Height (ft)
01:02	3.7	12.1
09:14	1.1	3.5
17:06	4.2	13.8
22:33	3.1	10.3

#### 2024-09-15 (Sun)

Time PDT	Height (m)	Height (ft)
02:51	3.7	12.1
10:10	1.1	3.5
17:32	4.3	14.1
23:14	2.7	9



### GENERAL INFORMATION

#### Boat Pool

For the Beach Sprints, all boats are being provided by the Olympic Peninsula Rowing Association and the costs associated are included in your entry fee. Participants cannot bring their own boat for fairness.

#### Vehicle Parking

There are 3 parking lots near the Jericho Sailing Centre. Overflow parking is available along Locarno Beach.

See Appendix A – Site Venue Map



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### Washrooms

Indoor flushing toilets are available in the Jericho Sailing Centre.

### Eats and Drinks

There will be food and beverages available for purchase at the Jericho Sailing Centre. There is a bar if you want to stay after the event each day and enjoy the spectacular views of English Bay.

### Recommendations

- Booties/water shoes are recommended, there could be small debris on the beach.
- Towels, blankets, umbrella's (rain or sun shade). Participants will have access to the locker rooms and showers provided by the Jericho Sailing Centre. There are also change booths on the west side of the building near control commission.
- Sunscreen
- Beach Chair while you wait and cheer on the crews

### Appendix A – Venue Map

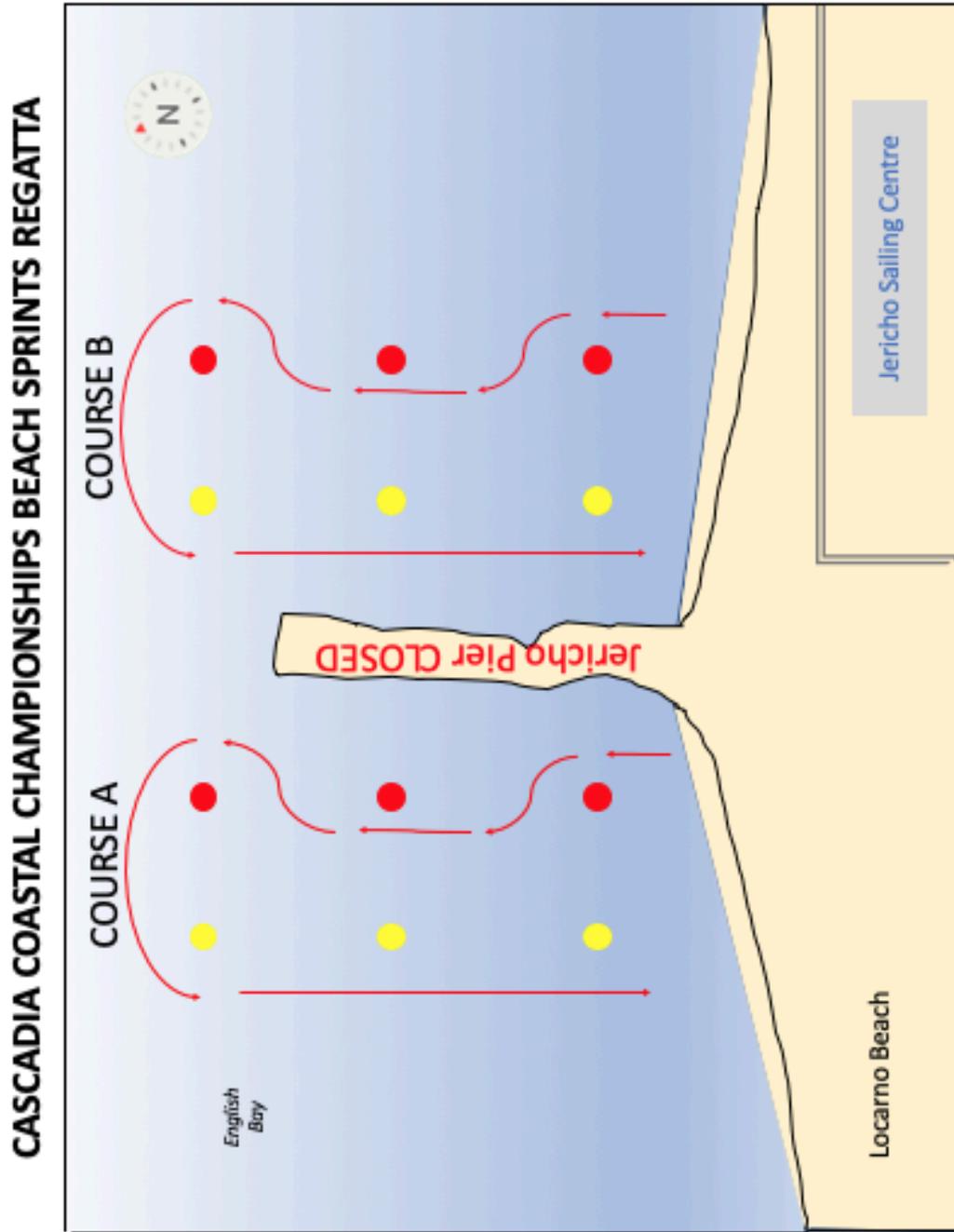
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Jericho Sailing Centre  
1300 Discovery St  
Vancouver BC V6R 4L9

V E N U E M A P

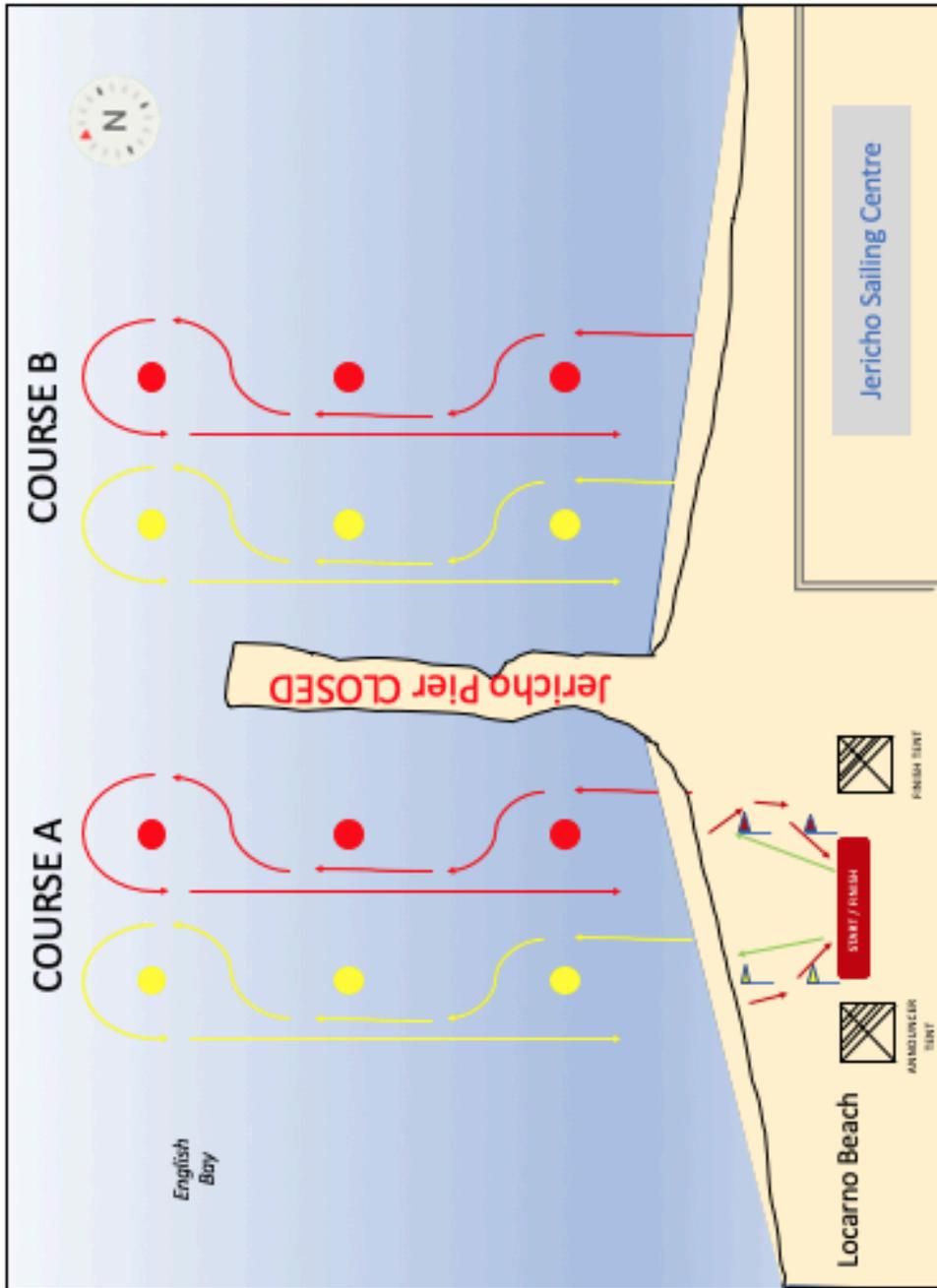
Appendix B - Beach Sprint Practice Map



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Appendix C - Beach Sprint Race Map

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BEACH SPRINT MAP