



# BULLETIN 2 – MARCH 2021



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## IMPORTANT DATES

Entries Close:	11:59pm AEDT Monday 8 March 2021
Withdrawals Without Penalty:	up to 11:59pm AEDT Thursday 11 March 2021
Final entry payments must be received by:	11.59pm AEDT Tuesday 16 March 2021 <i>Any entry that has not been paid by this time may not be accepted.</i>
Venue Opens for Boat Trailer Parking:	7:00am AEDT Friday 19 March 2021
Course Opens for training:	7:00am AEDT Saturday 20 March 2021 <i>Subject to light conditions. Accreditation for venue entry is not required until Monday 22 March</i>
Accreditation collection (in Sheffield) begins from:	9:00am AEDT Saturday 20 March 2021 <i>Please note: only clubs/schools where all athletes and team staff have completed the online induction will be able to collect accreditation at this time.</i>
Team Tents may be erected from:	9:00am AEDT Saturday 20 March 2021
Athletes, Coaches and Team Managers Briefing:	3:00pm AEDT Sunday 21 March 2021
Racing Begins:	8:00am AEDT Monday 22 March 2021
The Drive Extended... Live:	5:30pm AEDT Wednesday 24 March 2021

## LIVE WEBCAST

A live webcast of racing will be accessible via both the ARC website ([arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)) and Rowing Australia's Facebook page.

## COMPETITION INFORMATION

### REGATTA RULES

The Australian Open and Schools Rowing Championships, Sprint and Interstate regattas will be conducted according to the Rowing Australia rules and by-laws of racing. Please note that there is also a summary of changes to rules to assist in identifying recent changes. A copy can be found at [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au)

The full indicative race schedule is available via [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au). The final race schedule will be released following the close of entries. A Summary of Events - which event is on what day - is attached to this Bulletin and available via [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au).

## AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

The events listed below will be contested at the Australian Open Rowing Championships:

Under 17 Men (U17M)	1x	2x	4x+				
Under 17 Women (U17W)	1x	2x	4x+				
Under 19 Men (U19M)	1x	2x	2-	4x	4-	4+	8+
Under 19 Women (U19W)	1x	2x	2-	4x	4-	4+	8+
Under 21 Men (U21M)	1x	2x	2-	4x	4+		
Under 21 Women (U21W)	1x	2x	2-	4x	4+		
Under 21 Lightweight Men (U21LM)	1x						
Under 21 Lightweight Women (U21LW)	1x						
Under 23 Men (U23M)	1x	2x	2-	4x	4-	8+	
Under 23 Women (U23W)	1x	2x	2-	4x	4-	8+	
Under 23 Lightweight Men (U23LM)	1x	2x	2-	4-			
Under 23 Lightweight Women (U23LW)	1x	2x	2-				
Open Men (OM)	1x	2x	2-	4x	4-	8+	
Open Women (OW)	1x	2x	2-	4x	4-	8+	
Open Lightweight Men (OLM)	1x	2x	2-	4x	4-	8+	
Open Lightweight Women (OLW)	1x	2x	4x				
Club Men (CM)	2x	4-	8+				
Club Women (CW)	2x	4-	8+				

The **Para-Rowing** events to be contested are:

Men's Para-Rowing 3 (PR3)	1x	Mix2x	2-	Mix4+
Women's Para-Rowing 3 (PR3)	1x		2-	
Men's Para-Rowing 2 (PR2)	1x	Mix2x		
Women's Para-Rowing 2 (PR2)	1x			
Men's Para-Rowing 1 (PR1)	1x	Mix2x		
Women's Para-Rowing 1 (PR1)	1x			

*Please note that all Para-Rowing events are to be conducted over 2000m.*

## AUSTRALIAN OPEN SCHOOLS ROWING CHAMPIONSHIPS

The following events will be contested at the Australian Open Schools Rowing Championships:

AUSTRALIAN  
OPEN  
SCHOOLS  
ROWING  
CHAMPIONSHIPS

Under 17 Schoolboy (U17SB)	8+			
Under 17 Schoolgirl (U17SG)	8+			
Schoolboy (SB)	1x	4x+	4+	8+
Schoolgirl (SG)	1x	4x+	4+	8+

## THE KING'S AND QUEEN'S CUPS INTERSTATE REGATTA

The below events will be contested at the King's and Queen's Cups Interstate Regatta:

KING'S &  
QUEEN'S  
CUPS INTERSTATE  
REGATTA

Men's	PR3 1x	1x	L4-	Youth 8+	8+
Women's	PR3 1x	1x	L4x	Youth 8+	8+

## AUSTRALIAN ROWING CHAMPIONSHIP 500M SPRINTS

The below events will be contested as 500m Sprints, with a significantly reduced seat fee of \$11 (inc GST).

University Men's	4x	8+
University Women's	4x	8+
Schoolboy	4x+	8+
Schoolgirl	4x+	8+
Open Men's	4x	8+
Open Women's	4x	8+
Para Rowing (combined gender and classification)	1x	

*Sprint events will be subject to an entry cap of 16 crews per event. Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.*

*If circumstances require racing to be rescheduled for championship events, sprint racing may be cancelled.*

*If sprint racing is cancelled, it will not be rescheduled or refunded.*

## CLUB POINT SCORE

A 'club point score' will be in operation in addition to the medal table, for all events within the Australian Open Rowing Championships (not Open Schools Championships). The points score will be published on the event website - points will be awarded on the following basis:

Boat	First	Second	Third
Eight (8+)	24	18	12
Fours (4-/+)/Quad (4x)	16	12	8
Pairs (2-)/Doubles (2x)	12	9	6
Singles (1x)	8	6	4

*Points will not be allocated where there is only one crew in an event.*

## SCHOOL POINT SCORE

A 'school point score' will be in operation in addition to the medal table, for all events within the Australian Open Rowing Championships and Open Schools Championships. Points will only be allocated to crews racing under the name and in the colours of their school (i.e. a school crew representing a club will not accrue points for this trophy). The points score will be published on the event website.

## BOB BLAKE SHIELD

The Bob Blake Shield will be awarded to the State with the most points awarded for Para Events.

# Entries	1st	2nd	3rd	4th	5th	6th
6	6	5	4	3	2	1
5	5	4	3	2	1	
4	4	3	2	1		
3	3	2	1			
2	2	1				
1	1					

## THE ROWING AUSTRALIA CUP

The Rowing Australia Cup will be presented to the Member Association which secures the highest overall score for events conducted in the Interstate Regatta. States shall be awarded points in each event on the following basis:

- **First place:** 8 points
- **Second place:** 6 points
- **Third place:** 5 points
- **Fourth place:** 4 points
- **Fifth place:** 3 points
- **Sixth place:** 2 points
- **Seventh place:** 1 point

## ELIGIBILITY TO COMPETE

Entry into the 2021 Australian Open Rowing Championships and Australian Open Schools Rowing Championships is open to all competitors who are authorised to compete by their affiliated Member Association and who are eligible under the Rowing Australia Rules and by-laws of racing.

A **School** competitor is one who qualifies as Under 21 (Youth) under the provisions of the RA rules and is attending a secondary school as a full time student. Entrants in the Australian Open Schools Rowing Championships must represent their school. The school must be affiliated with the state rowing association. Where an entry for a school competitor is made by a club, confirmation of the school the athlete will represent and that the school endorses the entry must be provided to [aevals@rowingaustralia.com.au](mailto:aevals@rowingaustralia.com.au) by 9am Friday 12 March 2021.

A **University** competitor is one who qualifies as a University Competitor according to the Australian University Sport Guidelines. Rule 18.5 reads “No competitor may race for more than one Club, Institute or School at the same regatta but a competitor may represent their State and their Club and their School or University (where they are representing their University in a University Event) at a Regatta.” For the avoidance of doubt, a competitor may represent their university in a university event even if they might otherwise be a competitive member of another club.

**Overseas crews** are welcome to compete in the Australian Open Rowing Championships. School crews from outside of Australia may compete in the Australian Open Schools Rowing Championships. Participation of overseas crews depends on border restrictions.

A rower or coxswain's age shall be taken at 31 December 2021. As an example, a rower or coxswain shall be classified as an **Under 21 (Youth)** rower until 31 December of the year in which the rower reaches the age of 20.

For **para rowers** to be eligible to compete, athletes must be formally classified by a full RA or National Federation / FISA equivalent Classification Panel and be granted an eligible sport class, and sport class status. Athlete sport class and sport class status are usually published in the NF or World Rowing Classification Master lists.

Athletes who do not have a national or international sport class status, or have been given a sport class status of ineligible, are not eligible to compete at the Australian Open Rowing Championships.





## COXSWAINS

The minimum weight for a coxswain (wearing racing uniform) is 55kg for all coxswains. The weighing scales shall indicate the weight of the coxswain to 0.1kg.

**Coxswains must be weighed wearing racing uniform not less than one hour and not more than two hours before their first race in which they are competing, on each day of the regatta.** Where two regattas are conducted at the same venue on the same day (for example the Australian Open Rowing Championships and King's and Queen's Cups Interstate Regatta), a coxswain who has weighed for the first race is not required to weigh for the second race if at the first race he/she weighed in at the required weight.

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## LIGHTWEIGHT ROWERS

Lightweight competitors must be weighed wearing racing uniform not less than one hour and not more than two hours before their first race on each day of the regatta.

The average weight of a men's lightweight crew (including the Interstate Regatta) excluding the coxswain shall not exceed 70kg. No individual may weigh more than 72.5kg. A male single sculler shall not weigh more than 72.5kg.

The average weight of a women's lightweight crew (including the Interstate Regatta) shall not exceed 57kg. No individual may weigh more than 59kg. A female single sculler shall not weigh more than 59kg.

Lightweight rowers may have their weights carried forward for subsequent lightweight events on that day as long as the crew's average weight in accordance to the above requirements is not exceeded.

## CONDITIONS OF ENTRY

- Competitors agree that they may be filmed and/or photographed during racing which may be published online.
- Competitors must be able to swim 50 metres and tread water unaided for 3 minutes.
- Competitors will be liable for any costs for ambulance transport required as a result of sickness/injury at the event.
- Competitors must have their emergency contact details listed in Rowing Manager, or these must be held by their team manager at the event.
- Competitors and Team Staff must comply with COVID-19 safety regulations.
- All competitors and team staff must complete an online induction (available 9 March).

### The following conditions of entry apply to the **Australian Open Rowing Championships**:

- Under 21 (with the exception of the 2-) and Club events are restricted to crews consisting of representatives of one club or school only, including coxswains.
- Athletes entering in Club events must not have been a member of a National Senior A or Under 23 team in the previous year, but may have been a member of a National Junior or Under 21 team in the previous year.
- Athletes entering Club events must not be nominating for a National Senior A or Under 23 team in 2021 as at 31 January 2021 (adjusted to 5 February for 2021), but may be nominating for a National Junior or Under 21 team in 2021.
- Composite crews will be allowed in Under 17, Under 19, Under 23 and Open events and the male and female Under 21 Pair (2-). Athlete's competing in composite crews must wear the registered uniform of their club or school.

### The following conditions of entry apply to the **Australian Open Schools Rowing Championships**:

- School events are restricted to crews consisting of representatives from one school only, including coxswains.
- Rowers must represent their school.
- Schools must be registered with the state association.
- Where an entry is made by a club, confirmation of the school to be represented and that the school endorses the entry must be provided to [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au) by 9am Friday 12 March 2021.

### The following conditions of entry apply to the **King's and Queen's Cups Interstate Regatta**:

- All eligibility rules according to the RA Rules of Racing must be followed.
- Each state may only enter one crew in each event.

### The following conditions of entry apply to the **500m Sprints**:

- Open, University and School competitors should comply with the eligibility rules as above.

## ANTI-DOPING

Sports Integrity Australia (SIA) is likely to conduct drug testing at the 2021 Aon Australian Rowing Championships. It is the responsibility of each competitor to know and understand their responsibility in regard to anti-doping. Competitors and coaches are urged to take note of the current SIA regulations in respect of banned substances for therapeutic use and act accordingly in achieving exemptions as required – <https://www.sportintegrity.gov.au/resources/check-your-substances-global-dro>

Athletes and Coaches are advised that WADA has recently released the 2021 Prohibited List, which came into effect on 1 January 2021. The new list can be viewed here - <https://www.wada-ama.org/en/content/what-is-prohibited>

Finally, SIA have updated their online education platform for anti-doping. We strongly encourage coaches, athletes, parents and support staff to undertake the online courses available.

**They can be found here** – <https://www.sportintegrity.gov.au/what-we-do/education>

Sport Integrity Australia's Education Team plan to be on site in the Regatta Village - we encourage everyone to stop by and chat to them.



**Athlete's can be tested  
ANYWHERE, ANYTIME.  
MAKE SURE YOU ARE READY!**

- 1** Download the Sport Integrity App and use it to make your way through the following steps. 
- 2 TAKING A MEDICATION?**  
Use the 'Check a Medication' tab to access Global DRO to make sure your medication isn't banned in sport. 
- 3 TAKING A BANNED SUBSTANCE FOR MEDICAL PURPOSES?**  
Use the Therapeutic Use Exemption Checker to see if you need a TUE, and complete the paperwork if required. 
- 4 USING SUPPLEMENTS?**  
Use the 'Check a Supplement' tab to check the risk of your product. Supplements are the leading cause of inadvertent positive tests in Australia. 
- 5 NEVER BEEN TESTED?**  
Experience a real life test through VR on your phone. 
- 6 KNOW THE RULES?**  
A positive test is only one way to be banned from sport. Read up on the 11 Anti-Doping Rule Violations. 
- 7 COMPLETED YOUR EDUCATION?**  
Access the Sport Integrity Australia online courses by clicking on the Get Educated tab. 
- 8 TRAIN AND COMPETE CLEAN!** 

**SPORT INTEGRITY AUSTRALIA**

**FOR MORE INFORMATION**  
Please visit our website [sportintegrity.gov.au](https://www.sportintegrity.gov.au), contact us at [education@sportintegrity.gov.au](mailto:education@sportintegrity.gov.au), or phone 1800 027 332

## ENTRIES

The cost to enter the Australian Open and Australian Open Schools Championships is **\$55.00 (incl. GST)** per seat, **including** coxswains.

The cost to enter the 500m Sprint events is **\$11.00 (incl GST)** per seat including coxswains.

Entries into the King's and Queen's Cups Interstate Regatta is free for State Associations.

All entries for the Australian Open Rowing Championships, Australian Open Schools Rowing Championships, Interstate Regatta and Sprint events must be made through Rowing Manager.

**Entries close at 11:59pm on Monday 8 March 2021.** Crews may be withdrawn without penalty up until 11:59pm on Thursday 11 March 2021. Final entry payments must be received by 11:59pm on Tuesday 16 March 2021.

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## RESTRICTIONS TO ENTRIES

Entry capping will be in place on all Australian Open Rowing Championship events and Australian Schools Championship events. No more than 4 entries from any one club/school in any one Australian Open Rowing Championship event; and no more than 3 entries from any one school in any one Australian Schools Championships event.

Entries into Australian Rowing Championships 500m Sprints is limited to no more than 16 entries in any event; no more than 2 entries from any one club or school.

Any entries over these amounts will be placed on a waiting list. After entries close, crews on the waiting list will be added to the crew entry lists at the discretion of the regatta organisers. Waitlisted crews will be updated in Rowing Manager if their entry is accepted.

Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.

## COMPETITOR / COACH / TEAM MANAGER BRIEFINGS

Australian Open Rowing Championships: 3.00pm  
Sunday 21 March  
Outside the Reeconian's Centre

Australian Open Schools Rowing Championships: 5.00pm  
Wednesday 24 March  
Outside the Reeconian's Centre

### **It is compulsory for all competitors and coaches to complete the online induction.**

Accreditations will be withheld until this requirement has been met.

The Competitor/Coach/Team Manager Briefing will complement the online induction and will be important as it is the first time the Australian Rowing Championships have been held outside Sydney since 2012.

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## EMERGENCY CONTACTS

### **All clubs must provide RA with a mobile number for emergency contact during the event.**

This person should be travelling with the clubs' team and be able to disseminate information as needed in case of emergency or other situations as required. This contact name will be required at the point of entry on Rowing Manager (once per club).

It is a condition of entry that all athletes competing in the regatta have emergency contact details complete in Rowing Manager. It is the responsibility of the club to ensure that this is in place. The person travelling with each team is also required to carry emergency contacts for all athletes with them.

### **Please note the only phone coverage on site is Telstra on the 4G 700Mhz (Band 28) service.**

Most recent phones will work on this band but some older phones will not.

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## THE DRAW

The draw for all events will be conducted after the Competitors Briefing to be held on Sunday 21 March and will be uploaded into the event website approximately two hours after the completion of the briefing.

All State Team Managers are requested to confirm the names of their crews for the Interstate Regatta at Athlete Services no later than 4.00pm on Saturday 27 March.

## HOW TO MAKE THE FINAL

**Australian Open Rowing Championships** - EIGHT Lane Progression System to determine Finalists

### AUSTRALIAN ROWING CHAMPIONSHIPS 8 LANE PROGRESSION

Crews	Race Type	No Crews	Progression
<b>1..8</b>	1 Heat	Up to 8	Selection events: Compulsory Preliminary Round as outlined on Day Sheets
	1 Final		All other events: First and Final
<b>9..12</b>	2 Heats	4 to 6	1..2 -> Final A, Rest Repechage
	1 Rep	5 to 8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 2 Finals	Finals of up to 8	
<b>13..16</b>	2 Heats	6 to 8	1..2 -> Final A, Rest Repechage
	2 Reps	4 to 6	1..2 -> Final A, Rest Eliminated (or Final B)
	Up to 2 Finals	Finals of up to 8	
<b>17..20</b>	3 Heats	5 to 7	1..4 -> Semi A/B, Rest Repechage
	1 Reps	5 to 8	1..4 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	up to 3 Finals
<b>21..24</b>	3 Heats	7 or 8	1..4 -> Semi A/B, Rest Repechage
	2 Reps	4 to 6	1..2 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
<b>25..28</b>	4 Heats	6 or 7	1..3 -> Semi A/B, Rest Repechage
	2 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	4 to 6	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	
<b>29..32</b>	4 Heats	7 or 8	1..2 -> Semi A/B, Rest Repechage
	4 Reps	5 or 6	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	



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Crews	Race Type	No Crews	Progression
<b>33..37</b>	6 Heats	5 to 7	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated
		5 to 8	1..2 -> Semi A/B, Last to Final E, Rest to Semi C/D
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 5 Finals	Finals of up to 8	
<b>38..46</b>	6 Heats	5 to 8	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D or Final E/F)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	7 or 8	1..4 -> Final C, Rest Final D
	2 Semis E/F	4 to 8	1..4 -> Final E, Rest Final F (1..3 -> Final E for 40 and 41 entries)
		up to 6 Finals	Finals of up to 8
<b>47..64</b>	8 Heats	5 to 8	1 -> Quarter Finals, Rest Repechage
	8 Reps	5 to 7	1..3 -> Quarter Finals, 4,5 to Semi E/F (or elim), Rest Eliminated
	4 Quarters	8	1..4 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	8	1..4 -> Final C, Rest Final D
	2 Semis E/F	8	1..4 -> Final E, Rest Final F
		up to 6 Finals	Finals of up to 8

## NOTES:

- The Fairness Commission may alter the progression at any time. In such cases ample notice will be given to competitors.
- The Technical Delegate(s) in consultation with the Organising Committee & President of the Jury will determine the Progression system to apply to each event/category.
- The Australian Open Schools Rowing Championship events will use an exhaustive finals progression – B, C, D etc.
- **Race for Lanes / Preliminary Races** will not be conducted at the regatta for any events where an event has less than 9 entries, with the exception of School Events and Under 19 events and events which are being used for selection purposes (U21 1x, U21 LW1x, U21 2-, U23 1x, U23 LW1x, U23 2x, U23 LW 2x and U23 2-, U23 LW 2-). For these selection events, the race for lanes will be compulsory; if you do not row in the race for lanes you will not be allocated a lane in the final.

## RESULTS

'Live Results' will be available on the event website throughout competition. Printed daily results will be available approximately 2 hours after the conclusion of each day's racing and on the following day.

## ATHLETE & COACH ACCREDITATION – COLLECT IN SHEFFIELD

**Accreditations must be collected from the Supper room at the Sheffield Town Hall, 66 High Street, Sheffield.**

Accreditation (or tickets) will be required for entry to the venue from Monday 22 March 2021)

All Athlete and Team Staff accreditations will be available for collection from the Accreditation Office, situated in Sheffield, from 9:00am AEDT Saturday, 20 March, 2021 until 5pm Wednesday 24 March\* if their induction requirements have been met.

All entered athletes will receive event accreditation. Clubs and schools will receive Team Official/Staff accreditation (coaches, managers, drivers, etc.) on a pro rata basis based on the number of athletes entered from the club/school in the regatta. No accreditations will be given outside of these numbers. Any additional passes required for team staff should be purchased as General Admission tickets.

Athletes entered from club/school	Team staff accreditations given
1 to 5	1
6 to 10	2
11 to 15	3
16 to 20	4
21 to 25	5
26 to 30	6

\* Clubs and Schools wishing to collect accreditation from Thursday 25 March onwards must collect from the venue.





## CAR PARKING

**All car parking at ARC will be free of charge.** Please follow the directions of all venue parking staff and volunteers.

**A shuttle bus** will operate between the Weeks Flat carparks on Saturday 27 and Sunday 28 March.

**Spectator, Athlete and team drop off and pick-up will be permitted.** Cars and Vehicles will be directed to the drop-off zone.

**Para athletes with a legal Disability Parking Permit will have access to Disability Parking**, in marked and allocated Disability Parking spaces.

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## DRONES

**Drones will not be permitted to be used by coaches, athletes or spectators at the venue under any circumstances.**

Rowing Australia will be using a drone for its live streaming. Athletes should be aware that there will be a drone in use during the event for broadcast and photographic purposes and should they have any issues, please contact Alice Evans [aevens@rowingaustralia.com.au](mailto:aevens@rowingaustralia.com.au)

## COMPETITOR INFORMATION

### VENUE OPENING HOURS AND TRAINING TIMES

**The course opens for official training from 7.00am from Saturday 20 March.**

**From Saturday 20 March, the venue will close at 7.30pm.**

All competitors and spectators must vacate the venue prior to the venue closing.

No boats will be allowed on the water for unrestricted training prior to 7:00am on any day (subject to light conditions). All boats must be off the competition course 15-minutes prior to the start of the first race e.g. off the course by 7:45am for an 8:00am first race. Boats with training bow numbers will be permitted to remain on the water but must use the “During Competition” traffic patterns and must have cleared the competition course as described above.

The course will reopen for unrestricted training approximately 15 minutes after the last race of the day. Crews will be permitted to access the boating pontoons and beach launching area 5 minutes after the last race commencing and must be off the water by 7:00pm. Rescue will also finish at 7:00pm. Crews will not be permitted to depart the outgoing pontoons or beach launching area after 6:20pm.

Training will be allowed in a loop around the course during competition times but must carry a “Training Bow Number” which will be available adjacent to the Athletes Services Office. A limited number of Training Bow Numbers will be available for use and must be booked in advance crews training during competition will be required to boat and return via the beach launching area and will not be permitted to

use the pontoons during competition periods.

Only boats with a valid competition or training bow number will be allowed on the water during competition times.

Training bow numbers must be used by para crews when using para training lanes.

Changes to training times may be made at the discretion of the Technical Delegate.

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## ON-WATER TRAFFIC RULES

On-water traffic rules and maps for training and competition are available on the ARC website under the competitors tab [arc.rowingaustralia.com.au/competitors/maps](http://arc.rowingaustralia.com.au/competitors/maps). In addition, traffic maps will be available at various locations around the course, particularly in the Boat Park and next to launching pontoons.

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## WARM UP ERGOS

Warm up ergometers will be available for athlete use during the regatta. These will be located in the Kentish Rowing Club boat shed as marked on the venue maps.

Athletes are asked to wipe ergos after use with the sanitiser and wipes provided.

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## BIKES

There is no bike path along the course and no bike hire available at this regatta.

Bikes may be ridden around parts of the venue at walking pace only.

Cyclists must be conscious of shared roadways and keep a look out for pedestrians.

Helmets must be worn by all cyclists.

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## ATHLETE AND BOAT WEIGHING

### Athlete Weighing

Athlete weighing will take place behind the Kentish Rowing Club. Test scales will be available from the start of official training on 20 March. Check the changed rules in regards to [coxswain weighing](#).

### Boat weighing

Boat weighing will take place adjacent to the Kentish Rowing Club. It is the responsibility of the crew to ensure that their boat is on weight in accordance with the Rowing Australia Rules of Racing. Random checks of boat weight may be carried out at any time during the regatta.

Scales will be available from the start of training on 20 March.

Boats will access the weighing marquee from the southern (finish line) end and exit via the northern

(start line) end.

Follow the directions of officials who will assist with boat weighing.

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## PARA-ROWING STRAPPING AND EQUIPMENT CHECKS

It is the responsibility of the athlete to ensure their equipment and strapping is compliant for racing.

Please refer to the Rowing Australia website for a full list of Competition Regulations which are available here: <https://rowingaustralia.com.au/ra-rules-of-racing-and-related-by-laws>.

Rowing Australia staff and volunteers will be on hand at the regatta to assist where required. If there are any points in this (or anything in regards to para rowing) requiring further clarification please contact:

**Gordon Marcks - Rowing Australia Para Rowing Head Coach**

**Email:** [gmarcks@rowingaustralia.com.au](mailto:gmarcks@rowingaustralia.com.au)

**Mobile:** +61 (0)407 787270

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## PRESENTATIONS

Please be aware that presentations will be conducted immediately after each A final.

Athletes and Coaches should ensure that their entry and seating order is accurate prior to racing as there will be no provision to alter the announcements (seating order) for presentation following the race.

Adjustments to composition of crew and seating order can be made at Regatta Administration.

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## MEDIA INTERVIEWS

Athletes and coaches should be aware that Rowing Australia will be filming and photographing throughout the week for its media channels and, there may be corporate media attending the event. Competitors should be aware that they may be asked to undertake video interviews during the course of the week and specifically post-finals on Sunday 28 March. Should you have any queries on this, please email RA Communications Manager, Lucy Benjamin on [lbenjamin@rowingaustralia.com.au](mailto:lbenjamin@rowingaustralia.com.au)

## COMPETITOR FACILITIES

### TEAM TENTS

Team tent spaces will be available in three sections at the venue in 2021:

- All tent sites are \$220
- Clubs/Schools are required to select a preferred location for their tent ([available on the venue map](#))

Tents are also available for hire, please contact:

**Weeding Hire** (our preferred supplier)

[info@weedinghire.com.au](mailto:info@weedinghire.com.au)

03 6326 6577

**Peppermint Parties**

[info@peppermintparties.com.au](mailto:info@peppermintparties.com.au)

03 6423 5457

Bookings for sites must be made through [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au) and are currently open.

Payment for the tent spaces must be made at time of booking.

- Tent spaces will be allocated on a first-in, best-dressed system.
- When booking your tent site please indicate the size of your site required; spaces have a maximum size of 9m x 3m.
- Tents must be able to fit within these spaces.
- Please be aware that the tent sites in Area C are sloped.
- Tent sites in Area A are on asphalt.
- It is the responsibility of the club/school to ensure that their tent is securely weighed down, and random checks will be made to control this during the regatta.
- No refunds will be offered for sites and hired tents that are not used.
- Team tents may not be erected until 9am Saturday 20 March.
- Team tents must not access event generators to supply power to them.
- Full Terms of Registration of team tents are available on the tent site booking form.

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### ICE BATHS

There is currently no provision for ice baths at the venue, please contact [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au) for more information.

## ATHELETE SERVICES AND INFORMATION

Athlete Services is located on the southern (finish line) end of the Reeconians Centre.

- All athlete/crew substitutions and withdrawals must be notified to this location no later than two hours prior to the start of the particular race.
- Any crew who does not start in an event they are listed to compete in without a withdrawal in sufficient time is liable for a fine of \$250 according to the Rules of Racing.

Draws and results will be posted for athletes outside the Athlete Services Office.

Limited collated results and following day draws will be available from the Athlete Services Office as soon as practical after the end of racing.

Draws, results and live racing, will be available via [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au).

A spectator information booth will be located near the entrance to the venue.

Medical Substitutions / Withdrawals must be submitted at Athlete Services. The regatta doctor will not do this on behalf of athletes.

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## BOAT STORAGE AND TRAILERS

Boat storage is provided by way of racks located adjacent to the launching pontoons and beach.

Boat trailer access to the venue will open at 7.00am Friday 19 March, and will be controlled for both unloading and loading. Unloaded trailers will be relocated to a parking area adjacent to Tasmazia which is located at the top of the hill and will be directed by event volunteers. There will be overnight security at the trailer parking area.

Clubs and Schools with trailers that are planning on arriving prior to 7am Friday 19 March, will be directed to leave their loaded trailers in the car parking area (as directed by event staff). These trailers will then be expected to be unloaded by Saturday 4pm and the empty trailer moved to the trailer parking area. If you are intending on arriving before Friday, please indicate this on the trailer registration form (details below).

Trailers will have limited access to the loading/unloading area north east of the boat park during competition days between 9.00am and 4.00pm, however only a limited number at any time will be allowed access; there may be a wait at peak times.

**All clubs and schools are required to enter their trailers registration details and their estimated arrival time by completing the registration form to which can be found on [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)**

Dedicated para-rowing racks will be located near launching pontoon 1. Pontoon 1 will be prioritised for para crews during para rowing events.

## MEDICAL & PHYSIOTHERAPY ARRANGEMENTS

Athlete First Aid will be located in the Reeconian's Centre

Emergency medical care for spectators and competitors during racing is located in Davies Bay Lodge located directly behind the Finish Tower. The regatta doctor will be located here along with emergency paramedics.

Rescue services will be active on the water throughout racing and official training sessions. The nearest hospitals are: Mersey Community Hospital, 35 km from Lake Barrington

The nearest 24 hour emergency departments are at North West Regional Hospital (Burnie) and the Launceston General Hospital.

Physiotherapy will be provided at cost to athletes and will be located at the Sam LeCompte building. Physio and Sports Massage services will be provided by PhysioTas - [www.physiotas.com.au](http://www.physiotas.com.au)

\*please bring your own towel for physio / massage

For further information, contact Alice Evans: [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)

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## COVID-19

The novel coronavirus is a matter which Rowing Australia has taken seriously in the planning for the 2021 Australian Rowing Championships. We have a detailed COVID-10 Safety Plan which has been approved by Tasmanian Health. This is available on request ([aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)). We continue our regular contact with Commonwealth and State Health Authorities regarding our planning and preparation for the event. It is important that everyone in attendance at the event follows the most up-to-date advice provided by health bodies prior to, during and following the event.

Like all other viruses, the best defense is to ensure good hand hygiene, covering the mouth when coughing or sneezing, avoiding contact with people who are unwell and maintaining a healthy lifestyle. Hand hygiene is key and we strongly encourage competitors, coaches and all at the regatta to have a personal hand sanitizer with them at all times.

More information can be found at the AIS website by searching "AIS coronavirus and exercise" or by clicking [here](#).

There is a risk that COVID-19 may be brought to the event, it is the responsibility of all attendees to ensure they follow the measures that are put in place at the event and follow instructions from event staff as necessary. Masks may be required in certain spaces where social distancing cannot be maintained, hand sanitizer will be available at the venue but all attendees are expected to ensure they bring their own as well.

It is important that all teams are staying at COVID safe accommodation and follow the guidelines at all times whilst in Tasmania. Behaviour outside the event will impact the event and RA's objective to host a fun, and safe event for everyone.

If you are feeling unwell or are suffering from any COVID-19 symptoms, please stay home, do not attend the event and get tested. If you notice a friend or teammate who seems unwell, tell your coach immediately.

COVID-19 testing centres in Tasmania can be found here:

<https://coronavirus.tas.gov.au/keeping-yourself-safe/testing-for-covid19>

Tasmanian Public Health Hotline: 1800 671 738

## MEDICAL SUBSTITUTIONS

Substitutions or withdrawals for medical reasons must be signed off by the official regatta doctor located at the Medical Centre at Davies Bay Lodge.

Athletes that have been withdrawn for medical reasons will not be permitted to race again until the official regatta doctor has deemed that rower fit to race.

## EXCEPTIONS TO RULES DUE TO COVID

Athletes wishing to be substituted due to COVID-19 symptoms are able to do so under the medical substitution rules however the athlete is **not** to attend the course to meet with the Regatta Doctor. They will be able to be reinstated into the crew following a negative COVID test. The test result must be provided to [aevens@rowingaustralia.com.au](mailto:aevens@rowingaustralia.com.au) before reentry to the venue.

Where a crew is not able to compete in a round of the event due to COVID-19 symptoms (and a substitute cannot be made), they will be treated as if they came last in that round and will be permitted to progress to the next round (subject to the athlete returning a negative test and being fit to row. (For example if they are not able to row the heat, they may progress to the repechage). This situation is only possible for COVID medical substitutions.

Where an appropriate substitute is available in the initial round of racing they must be used.

If the rower is not able to compete in the following rounds, a substitute will be permitted.

The medical substitution due to COVID symptoms must be stated on the substitution form.

COVID testing sites in the vicinity can be [found here](#).

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## CHANGING ROOMS, SHOWERS AND TOILETS

These facilities are provided around the venue.

The showers on site are coin operated and required 2 x \$1 coins for 4 minutes.

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## FOR YOUR SAFETY

No bare feet	Wear shoes, sandals, scuffs when walking around the venue. If parked in the overflow parking area in Weeks Flat, solid shoes must be worn.
Keep hydrated	Sip, sip, sip and then sip some more.
Keep your head covered	Wear a hat.
Block out the sun	Apply sun screen and re-apply every two hours.
Stay off your feet	Limit the amount of walking you do.
Sanitise & Social Distance	Make sure you sanitise and wash your hands regularly to help prevent the spread of COVID-19. Remember to wear a mask if you're not able to social distance at the venue.

## THE DRIVE EXTENDED... LIVE

This year will see Rowing Australia bring to life our highly successful Drive Extended video series with a special night for all our school competitors!

Set to be held on Wednesday 24 March, from 5:30pm, this FREE event will see attendees hear from some of Rowing Australia's top staff and coaches who feature in The Drive Extended episodes as well as from some of Australia's top elite athletes.

The event is a fantastic opportunity for school athletes, coaches and parents to attend and ask questions to the panel about developing and supporting athletes in their rowing journey. We hope those rowers who attend will be inspired to continue on the rowing pathway and will maybe join one of National Training Centres in the years to come!

To find out all about the Drive Extended and watch the videos please [click here](#).

There will be giveaways from 776BC as well as everyone who comes to the event will receive a FREE USB and stretching booklet! Spaces are limited so [click here](#) to register now!

## GENERAL EVENT INFORMATION TICKETING, ACCREDITATION AND CARPARKING

The 2021 Aon Australian Rowing Championships is a ticketed event (from Monday 22 March 2021). Spectator access to the event will be by ticketed admission only – no ticket or accreditation, no entry. Tickets will be available from Ticketmaster via:

- Online at <https://www.ticketmaster.com.au/>
- Phone 13 61 00
- Any Ticketmaster agency
- Venue box office on event days

Please note there is no reserved seating.

### **Spectator Parking is included in the cost of ticket.**

All spectator parking will be on the southern side of the venue and as directed by marshals. There is limited disabled parking for spectators.

### **Athletes with Companion Cards are entitled to a complimentary ticket.**

Due to the current COVID-19 situation we are currently unable to assist with Accessible seating requests via the phone.

If you have accessible booking requirements, including wheelchair and/or companion card requirements please email: [accessibletickets@ticketmaster.com.au](mailto:accessibletickets@ticketmaster.com.au)

This email address is reserved for patrons with accessibility requirements and companion card holders. If emailing, please ensure you include the Event Name, Venue, Date and Time along with your contact details. Please also check out our FAQ's page, by [clicking here](#), for common questions around companion cards.

Current Service Hours: Monday – Friday 9am – 5pm AEDT ONLY.



## TRAVEL TO THE VENUE

The Lake Barrington International Rowing Course is situated a 15 minute drive from the tourist township of Sheffield.

When using a GPS to find the course:

- **Do not use** the location “Lake Barrington” as you will end up on the wrong side of the lake.
- Use “Lake Barrington International Rowing Course” to ensure you are directed to the correct place.

The address is 520 Staverton Road, Promised Land

Google Maps link to the intersection on Staverton Road: <https://goo.gl/maps/GbA7aeZKYr18F8Qj6>

Map Coordinates: -41.428432, 146.203270

Travelling from Devonport we recommend that you choose the route via Sheffield rather than via Nowhere Else Road.

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## FIRST AID

Emergency medical care for spectators and competitors during racing is located in the Reeconian’s Centre and Davies Bay Lodge (adjacent to the southern end of the boat park and behind the finish tower respectively). The Regatta Doctor and emergency paramedics will be located in Davies Bay Lodge.

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## MOBILE COVERAGE

The only phone coverage at the venue is with Telstra using the 4G 700MHz (Band 28) service.

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## EVENT EXHIBITORS, VENDORS & CATERERS

Applications for an exhibitor/trade or catering spaces at the 2021 Australian Rowing Championships are invited from interested parties. Please email [scarnahan@rowingaustralia.com.au](mailto:scarnahan@rowingaustralia.com.au) for more information and registration.

‘The Regatta Shop’ are the official clothing and merchandise suppliers for the event; for more information go to [theregattashop.com.au](http://theregattashop.com.au)

## CENTENARY CELEBRATIONS

In 2021, the Australian rowing community is proudly celebrating another incredible milestone. We will be celebrating the Centenary of women competing alongside the men for the first time in the Interstate Regatta.

Join us for an evening to look back on the history of women's rowing and the fight for equality in our sport earned through the enthusiasm of women who wanted to row and the commitment and support of the men in the clubs to 'allow' them to row early on, to coach them, to make boats available and to provide change rooms, the latter being something that many women and girls in other sports do not have yet.

This year's regatta will also feature an exhibition highlighting the history of women's rowing in Australia - you'll find it in the Reeconian's Centre all week.

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## ALCOHOL

You will be able to purchase alcohol at the venue, however, as it is a ticketed event, you will not be able to bring alcohol into the venue. Random bag checks will be carried out by security marshals. People who have brought alcohol into the venue will have this confiscated: intoxicated people will be asked to leave the venue.

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## CATERING

A variety of food and drink options will be located at the venue.

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## VOLUNTEER AT THE EVENT

While in Tasmania why not give back to the sport we love and become a volunteer? Volunteers gain free access into the event, are given shirts, cap, drink bottle and bag, and meals. We'd love to have you on board! [To find out more please see our volunteer registration portal – click here.](#)



## VISITORS AND SPECTATOR ACCOMMODATION

Whilst much of the accommodation in the immediate north-west of Tasmania is booked out, a list of the major centres in the vicinity of Lake Barrington and travel times are detailed [here](#)

TASMANIAN

DISCOVER TASMANIA

[www.discovertasmania.com.au](http://www.discovertasmania.com.au)



Rowing Australia's preferred travel agent is always willing to assist, contact Elin Rees at Corporate Travel Management [elin.rees@eventsctm.com](mailto:elin.rees@eventsctm.com)

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## CONTACT DETAILS AND MORE INFORMATION

Australian Rowing Championships

Alice Evans

c/- Rowing Australia

P.O. Box 7147, YARRALUMLA ACT 2600

**Email:** [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)

**Website:** [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)





## APPENDICES

Event #	Event	Mon 22/3	Tue 23/3	Wed 24/4	Thu 25/3	Fri 26/3	Sat 27/3	Sun 28/3
OPEN EVENTS								
101	OW1X	Heat	Rep	Semi	Final			
102	OW2X	**	Heat	Rep		Final		
103	OW4X				**	**	Final	
104	OW2-	**	Heat	Rep	Final			
105	OW4-		**	Heat	Rep	Final		
106	OW8+				**	**	Final	
107	OM1X	Heat	Rep	Semi	Final			
108	OM2X	**	Heat	Rep		Final		
109	OM4X			**	Heat	Rep	Final	
110	OM2-	**	Heat	Rep	Final			
111	OM4-			**	**	Final		
112	OM8+				**	**	Final	
113	OWL1X	Heat	Rep	Semi	Final			
114	OWL2X	**	Heat	Rep		Final		
115	OWL4X				**	**	Final	
116	OML1X	Heat	Rep	Semi	Final			
117	OML2X	**	Heat	Rep		Final		
118	OML4X			**	Heat	Rep	Final	
119	OML2-		**	**	Final			
120	OML4-				**	**	Final	
121	OML8+			**	**	Final		
UNDER 23 EVENTS								
122	U23W1X	Heat	Rep	Semi	Final			
123	U23W2X	**	Heat	Rep		Final		
124	U23W4X				**	**	Final	
125	U23W2-	Heat	Rep		Final			
126	U23W4-			**	**	Final		
127	U23W8+				**	**	Final	
128	U23M1X	Heat	Rep	Semi	Final			
129	U23M2X	**	Heat	Rep		Final		
130	U23M4X				**	**	Final	
131	U23M2-	Heat	Rep		Final			
132	U23M4-			**	**	Final		
133	U23M8+				**	**	Final	
134	U23WL1X	Heat	Rep	Semi	Final			
135	U23WL2X	**	Heat	Rep		Final		
136	U23WL4X				**	**	Final	
137	U23WL2-	**	Heat	Rep	Final			
138	U23ML1X	Heat	Rep	Semi	Final			
139	U23ML2X	**	Heat	Rep		Final		
140	U23ML2-	**	Heat	Rep	Final			
141	U23ML4-			**	**	Final		



Event #	Event	Mon 22/3	Tue 23/3	Wed 24/4	Thu 25/3	Fri 26/3	Sat 27/3	Sun 28/3
<b>UNDER 21 EVENTS</b>								
142	U21W1X	Heat	Rep	Semi	Final			
143	U21W2X	**	Heat	Rep		Final		
144	U21W4X			**	Heat	Rep	Final	
145	U21W2-	Heat	Rep		Final			
146	U21W4+		Heat	Rep		Final		
147	U21M1X	Heat	Rep	Semi	Final			
148	U21M2X	**	Heat	Rep		Final		
149	U21M4X			**	Heat	Rep	Final	
150	U21M2-	Heat	Rep	Semi	Final			
151	U21M4+		Heat	Rep		Final		
152	U21WL1X	Heat	Rep	Semi	Final			
153	U21ML1X	Heat	Rep	Semi	Final			
<b>UNDER 19 EVENTS</b>								
154	U19W1X	Heat	Rep	Semi	Final			
155	U19W2X	Heat	Rep	Semi		Final		
156	U19W4X-			Heat	Rep	**	Final	
157	U19W2-	Heat	Rep	Semi	Final			
158	U19W4-	**	Heat	Rep		Final		
159	U19W4+	**	Heat	Rep		Final		
160	U19W8+			Heat	**	Rep	Final	
161	U19M1X	Heat	Rep	Semi	Final			
162	U19M2X	Heat	Rep	Semi		Final		
163	U19M4X-			Heat	Rep	Semi	Final	
164	U19M2-	Heat	Rep		Final			
165	U19M4-	**	Heat	Rep		Final		
166	U19M4+	**	Heat	Rep		Final		
167	U19M8+			Heat	**	Rep	Final	
<b>UNDER 17 EVENTS</b>								
168	U17W1X	Heat	Rep	Semi	Final			
169	U17W2X	Heat	Rep	Semi		Final		
170	U17W4X+			Heat	Rep	Semi	Final	
171	U17M1X	Heat	Rep	Semi	Final			
172	U17M2X	Heat	Rep	Semi		Final		
173	U17M4X+			Heat	Rep	Semi	Final	
<b>CLUB EVENTS</b>								
174	CW2X				Heat	Rep	Semi	Final
175	CW4-				**	Heat	Rep	Final
176	CW8+				**	Heat	Rep	Final
177	CM2X				Heat	Rep	Semi	Final
178	CM4-				**	Heat	Rep	Final
179	CM8+				**	Heat	Rep	Final



Event #	Event	Mon 22/3	Tue 23/3	Wed 24/4	Thu 25/3	Fri 26/3	Sat 27/3	Sun 28/3
<b>PARA EVENTS</b>								
181	PR1W1x					Final		
182	PR1M1x					Final		
183	PR1Mix2x				Final			
184	PR2W1x					Final		
185	PR2M1x					Final		
186	PR2Mix2x				Final			
187	PR3W1x		Heat	Rep	Final			
188	PR3W2-					Final		
189	PR3M1x		Heat	Rep	Final			
190	PR3M2-					Final		
191	PR3Mix2x					Final		
192	PR3Mix4+						Final	
<b>SCHOOL EVENTS</b>								
201	SG1X				Heat	Rep	Qtr & Semi	Final
202	SG4X+				Heat	Rep	Semi	Final
203	SG4+				Heat	Rep	Semi	Final
204	SGU17 8+				**	Heat	Rep	Final
205	SG8+				Heat	Rep	Semi	Final
206	SB1X				Heat	Rep	Semi	Final
207	SB4X+				Heat	Rep	Semi	Final
208	SB4+				Heat	Rep	Semi	Final
209	SBU17 8+				**	Heat	Rep	Final
210	SB8+				Heat	Rep	Semi	Final
<b>INTERSTATE REGATTA</b>								
301	ISWPR31X							Final
302	ISMPR31X							Final
303	ISW1X							Final
304	ISM1X							Final
305	ISWL4X							Final
306	ISML4-							Final
307	ISWY8+							Final
308	ISMY8+							Final
309	ISW8+							Final
310	ISM8+							Final
<b>SPRINT EVENTS</b>								
401	PR1W1x						H&F	
402	PR1M1x						H&F	
403	PR2W1x						H&F	
404	PR2M1x						H&F	
405	PR3W1x						H&F	
406	PR3M1x						H&F	
407	UW4X						H&F	
408	UW8+						H&F	
409	UM4X						H&F	
410	UM8+						H&F	
411	SG4X						H&F	
412	SG8+						H&F	
413	SB4X						H&F	
414	SB8+						H&F	
415	OW4X						H&F	
416	OW8+						H&F	
417	OM4X						H&F	
418	OM8+						H&F	

\*\* indicates where racing will occur if more than expected entries are received.