

Head of Four Bridges Regatta and Row To Oromocto Tour

Fredericton Rowing Club, Fredericton, NB

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September 8, 2008

**RE: 2008 HEAD OF 4 BRIDGES & ROW2OROMOCTO, hosted by the
Fredericton Rowing Club, to be held on the St. John River in Fredericton, NB on
OCTOBER 4th, 2008.**

The following is a list of guidelines to comply with for the regatta:

ENTRY INFORMATION:

1. All entries **MUST** be in the hands of the regatta registrar (frederictonrowing@yahoo.ca) no later than **midnight on September 24th, 2008.**
2. **Registration forms for all clubs must be completed in full. E-mail entries must include completed forms as attachments in an easily printable format.**

The entry forms include room to list spares. There are no spares for singles, one spare for pairs and doubles, two spares for fours and quads, and four spares for eights. If extra spaces than allowed are listed only the first ones that are listed will be accepted.

3. RCA memberships of all participants are required. Registration will be verified through the RCA offices and participants not registered with RCA will NOT be allowed to participate.
4. There is a regatta registration fee of \$25.00 for the head race on Saturday. If crews wish to participate in the Tour to Oromocto, the total fee for both events will be \$40. ONLY CHEQUES MADE PAYABLE TO THE
FREDERICTON ROWING CLUB WILL BE ACCEPTED and can be paid as

late as the morning of October 4^h. Athletes will not be permitted to race if they have not paid at this time.

5. This is an open-event regatta; coaches may enter any boat in the following categories:
 - Junior (Under 19 in this calendar year)
 - Under23/Varsity (Under 23 in this calendar year and full-time university student)
 - Senior/Open
 - Lightweight (Offered in U23 and Senior only)
 - Masters
 - Novice
6. Lightweight categories are 165 lbs for men and 135 lbs for women. Weigh-ins will be conducted 1 hour before racing begins at the Small Craft Aquatic Centre Meeting Room.
7. A ranking will be established using Rowing Canada's Canadian Gold Medal Prognostic Times 2006-2008 also referred to as GMS (see attached document). GMS is the predicted fastest possible speed of each respective boat class. GMS has been calculated by detailed extrapolation of several decades of data collected from World Championship gold medal performances and world's fastest times*. For our purposes each crew's time will be compared to the GMS via percentage relative to the boat's potential fastest speed. Rank order of every boat entered in the regatta will be possible and a winner determined!

*Rationale for this format:

1. Setting entry categories is limiting, and often leaves crews without someone to race. This is especially true where clubs have niche programs or boats (eg. the only Masters Men's 8+ in the Maritimes and therefore have no one to race). With this format everyone has a race.
2. This format eliminates complaints of event dilution or concentration (eg. "It's not fair, the single had 12 really good entrants while the Varsity 2- only had two weak entrants; they shouldn't get a medal").
3. This method generates a fair method of comparison ranking. All crews can identify where they stand across gender and boat classes.

RACING AND COURSE INFORMATION

Saturday: 4.1 km race

Flight 1: 8:00 AM

Flight 2: 10:00 AM

Sunday: 20 km row to Oromocto

Start time: 8:00 AM

SATURDAY

From the FRC docks, there will be a 4 km warmup to the beginning of the course (plan for 25 – 35 min, depending on experience/weather).

NOTE: UNDER NO CIRCUMSTANCES WILL LATE CREWS BE PERMITTED ON COURSE.

4.1 km course - Start: Princess Margaret Bridge
 Finish: buoys just past FRC

* Crews should row in the natural lane outside of the channel markers. Small yellow channel markers will guide crews past hazards, though there will be no marked lane.

- Boats will be staggered in 20-second intervals and should be at full speed when hitting the start line. A run-up zone will be indicated.
 HINT: Use the middle of the Princess Margaret bridge span and aim stern at the brick apartment building on south side of river.
- At finish line, please maintain speed past finish line to prevent any collisions or interference with other crews.

PROTESTS/APPEALS

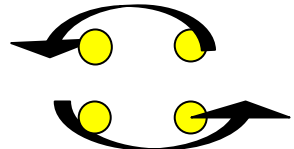
Any protests must be received within 90 minutes of race, and appeals must be received within 24 hours. A fee of \$150, payable to the Fredericton Rowing Club, must be submitted with any protest or appeal and will be returned if the protest/appeal is successful.

SUNDAY


Crews will depart from the FRC docks at 8:00 AM and row to Two Rivers Rowing Club in Oromocto (approximately 20 km). Co-ordination of trailers to pick up boats at the Two Rivers Club will be necessary. A BBQ will be held at noon for all participants.

MISCELLANY

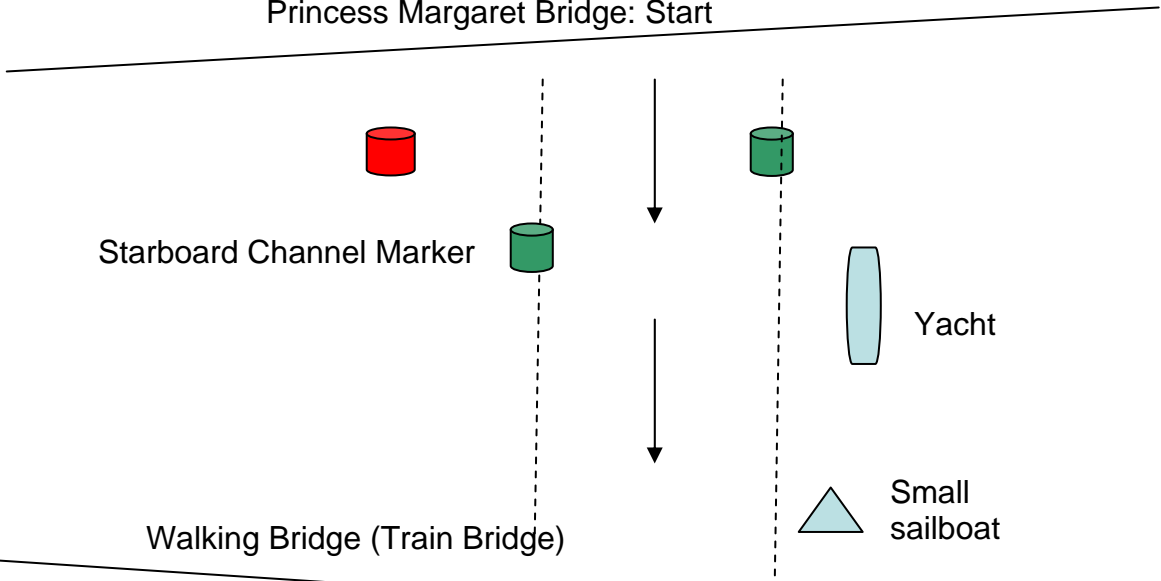
8. For the safety of the regatta, there will be a check of boats to ensure that heel ties as well as bow balls are in place. Failure to meet to the RCA safety restrictions for racing shells may result in disqualification.
9. There will be a coaches and officials meeting the Friday night before the regatta at **7:30 PM at the Small Craft Aquatic Center meeting room**. At this meeting, the major rules of the regatta, the final race schedule, and any other administrative details will be discussed. **NO NEW ENTRIES WILL BE ACCEPTED AT THIS MEETING.**
10. Security has been arranged for boat trailers at FRC for Friday night.



Warm-up area: Follow flow pattern

Pooling cue 

Princess Margaret Bridge: Start



Starboard Channel Marker

Yacht

Walking Bridge (Train Bridge)

Small sailboat

Shoals: Do NOT ROW HERE!

Abutments of



City marina



Westmorland Street Bridge

Buoyed Finish Line



Small island

FRC



ENTRY FORM

Club Name: _____

Category: _____

Crew Members:	Athlete Name	RCA No.	2Km Erg
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____
5.	_____	_____	_____
6.	_____	_____	_____
7.	_____	_____	_____
8.	_____	_____	_____
Cox:	_____	_____	_____

Spares:	1.	_____	_____	_____
	2.	_____	_____	_____
	3.	_____	_____	_____
	4.	_____	_____	_____
	Cox:	_____	_____	_____

Endorsement of Club Coach or Club Official:

_____ Signature

Phone Number: _____

Return entry information by **September 20th, 2008** to: frederictonrowing@yahoo.ca

