



113th Annual NWIRA Championship Regatta

Rabbit Lake, Kenora, Ontario, Canada

Friday & Saturday, August 19 & 20, 2016

**The coaches meeting begins at 6:00 p.m. CT on Thursday, August 18, 2016
at the Kenora Rowing Club, 110 Birchwood Crescent, Kenora, ON P9N 4K7**

NWIRA Registration Process

Entries are due by **Friday, August 12, 2016**.

NWIRA association clubs and guest clubs can submit their entries at the Regatta Central website - www.regattacentral.com starting on Monday, July 18, 2016. The online registration will close at 12:00 a.m. Midnight (Central Time) on **Friday, August 12, 2016**. Entries will not be visible in Regatta Central until after close of registration.

From **Friday, August 12, 2016** until **Monday, August 15, 2016** at **5:00 p.m. Central Time**, clubs can submit name changes and/or scratches to the NWIRA Secretary, stock041@tc.umn.edu at no cost. The Secretary will not accept any new entries after the August 12 deadline.

The NWIRA Secretary will publish the event schedule and heat draws by **Wednesday, August 17, 2016**.

You will need the following information to prepare your club 2016 NWIRA entries in Regatta Central:

- Competitor list which includes first and last name of rowers and coxswains
- Competitors' birthdates
- Crew entries, including crew names, coxswain, if needed, event #, event name, boat ID (i.e. A, B, C).

You are not required to enter alternates for each boat entry.

All US competitors should be either an individual member of USRowing or a member of an USRowing-member institution. All Canadian competitors should be a member of Rowing Canada Aviron (RCA).

Please contact the NWIRA Secretary, Charlie Stockwell, (stock041@umn.edu / 651-602-0758) with questions about the NWIRA registration process.

2016 NWIRA Championship Regatta is a test event for the 2017 Canada Summer Games

To prepare hosting the rowing competition for the 2017 Canada Summer Games, Rowing Canada Aviron and Kenora Rowing Club are jointly using this year championship as a test regatta. The rowing competition for the Canada Games runs from Friday, July 28, 2017 through Thursday, August 3, 2017. For this year’s Championship Regatta, Kenora will be testing out new infrastructure and hosting special dignitaries, RCA technical staff, and Niibin, the Mascot for the 2017 Canada Games.

NWIRA Fees Schedule

Exchange rate (1.00 USD = 1.33 CAD)

Based on 6 Month Weighted Average from January 2016 thru June 2016 (Source: Bank of Canada)

	US Dollars	Canadian Dollars
Entry Fees		
Singles	\$20	\$27
Doubles / Pairs	\$40	\$54
Fours / Quads	\$60	\$80
Eights	\$80	\$106
Scratch Fees *		
Singles	\$20	\$27
Doubles / Pairs	\$40	\$54
Fours / Quads	\$60	\$80
Eights	\$80	\$106
NWIRA Club Membership Dues (Required)	\$100 per club	\$133 per club
Guest Club Fees (Required)	\$50 per club	\$66 per club
Regatta Fees (Required) **	\$25 per person	\$33 per person

* Any scratch fees NOT paid at the regatta will be subject to an administration fee (\$50 USD \$66 CAD).

** All rowers, including coxswains, competing in the championship regatta are required to pay the regatta fee (\$25 UD / \$33 CAD) in addition to boat entry fees and guest clubs fees or club membership dues. This regatta fee covers regatta expenses (e.g. banquet, insurance, entertainment, and equipment rental).

Non-rowers (parents, coaches, family members and friends) that wish to attend the awards banquet may do so at (\$25 USD / \$33 CAD) per person. Clubs may enter the number of non-rowers attending the award banquet in the Registration Form in Regatta Central (see image below). After submitting the number in Regatta Central, clubs are responsible for the number of people expected to attend. There will be no refund for those who are unable to attend the banquet.

Additional Information and Options

Regatta Fee: \$25 for Rowers & Coxswains and \$25 for Non-Rowers planning to attend the Awards Banquet

* Number of Rowers & Coxswains in your entries that you will be paying for @ \$25/athlete Choose... ▼

Number of Non-Rowers planning to attend the Awards Banquet @ \$25/person Choose... ▼

Participating clubs are to turn in one payment at the coaches meeting on Thursday, August 17, 2016, at 6:00 p.m. (Central Time) at the regatta site for the following:

- Entry Fees. The Secretary will calculate total entry fees based on entries and changes submitted as of 5:00 p.m. (Central Time) Monday, August 15, 2016.
- Scratch Fees, if applicable.
- NWIRA Club Membership Dues, if applicable.
- Guest Club Fees, if applicable.
- Regatta Fees for individuals (rowers and non-rowers) attending the awards banquet.

If you are not paying by credit card at Regatta Central, please make your check payable to North Western International Rowing Association (NWIRA) in the currency of the country of your club. **To avoid processing fees and keep entry fees affordable, we strongly encourage clubs to make payments by check.**

Club with outstanding balance on the first day of the regatta will not be allowed to compete until the balance is paid in full or other arrangement has been made.

Submit list of all coxswains competing in the regatta

Please submit a list (first and last name, date of birth, and club) of all coxswains that will be competing in the regatta to the NWIRA Secretary, Charlie Stockwell, at stock041@umn.edu by **Friday, August 15, 2016**. Be sure to include alternates. Officials need this information for weigh-in purposes.

Entry Rules

- Double and Pair events limit to four entries per club

Each club may submit up to four entries for each double and pair event. This includes the following events:

02. Junior Women 2-	31. Junior Men 2x	44. Light Weight Women 2x
07. Open Women 2-	32. Junior B Men 2x	45. Open Women 2x
11. Junior Men 2-	35. Master Women 2x	50. Open Men 2x
15. Master Men 2-	39. Master Men 2x	51. Light Weight Men 2x
16. Master Women 2-	40. Junior Women 2x	52. Mixed Master Double 2x
20. Open Men 2-	41. Junior B Women 2x	

The purpose of this rule to reduce the number of heats needed to race these events.

- An event with one or more entries from only one club after close of registration

If an event has one or more entries from only one club after close of registration, the event will stay on the schedule. At the coaches' meeting, clubs will have opportunity to submit entries to the event. Clubs submitting entries will pay normal entry fees for that event.

If the event does not receive entries from any other clubs at the coaches' meeting, NWIRA will cancel that event and refund the entry fees to the club with the entries.

- Individuals are eligible to row only for one club during the Championship regatta and that must be the Club that the rower competed for after June 15th of the current year.

- Composite crews are not allow in this Championship Regatta.

Rower Classifications

Junior B	An individual who will be 16 or under on December 31, 2016.
Junior	An individual who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. An individual ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.
Open	All individuals are eligible for Open events. Individuals rowing in Open events cannot row in Master's events.
Masters	An individual who has attained or will attain the age of 27 or older on December 31, 2016. An individual age is determined as of December 31, 2016. Crew's average age is rounded down to the nearest whole number. Masters will be age handicapped based on the United States Rowing Association's Handicap System. All masters entering master's events can only row Master events, Dashes, and Open 8+ events.
Lt. Weight Women	No crew member shall be over 130 lbs – 59.0 kg.
Lt. Weight Men	No crew member shall be over 159.8 lbs – 72.5 kg.

A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain. A female rower shall not compete in events for men, and a male rower shall not compete in events for women.

With the exception of the Junior 8+ events, all Master, Junior B, Junior, and Open rowers may row in any 8+ events.

NWIRA Association Clubs

NWIRA is an association of rowing clubs in the United States and Canada. Current association club members are:

- Winnipeg Rowing Club (WNPG), Winnipeg, Manitoba, Canada
- Minneapolis Rowing Club (MPLS), Minneapolis, Minnesota, USA
- Minnesota Boat Club (STPL), St Paul, Minnesota, USA
- Duluth Rowing Club (DULT), Duluth, Minnesota, USA
- Kenora Rowing Club (KENR), Kenora, Ontario, Canada
- Thunder Bay Rowing Club (TBAY), Thunder Bay, Ontario, Canada
- Regina Rowing Club (RGNA), Regina, Saskatchewan, Canada
- Saskatoon Rowing Club (SASK), Saskatoon, Saskatchewan, Canada
- Pinawa Rowing and Sailing Club (PINW), Pinawa, Manitoba, Canada
- Rochester Rowing Club (ROCH), Rochester, Minnesota, USA
- Long Lake Rowing Crew (LLRC), Long Lake, Minnesota, USA

NWIRA Volunteer Duty

Each NWIRA association club needs to provide two volunteers per day to work at the regatta. Several people can divide this duty among themselves - as long as there are two volunteers from each club at all times for the duration of the event. Please contact Stephanie Gillis of the Kenora Rowing Club at [KRC 2017 Venue Chair <kenorachair@canadagames2.ca>](mailto:kenorachair@canadagames2.ca).

Guest clubs are exempt from this duty.

Please provide volunteer contact information to Stephanie Gillis at [KRC 2017 Venue Chair <kenorachair@canadagames2.ca>](mailto:kenorachair@canadagames2.ca). Contact information should include volunteer name, date and time they are available, their email address and phone number. Volunteers will be contacted a week before the regatta on their role at the regatta.

Chief Referee

The chief referee for the 2016 NWIRA Championship Regatta is Glenn Bailey, RCA. RCA Rules of Rowing will govern this regatta.

Weather Contingency Plan

To ensure the safety of the athletes, officials, regatta personnel and volunteers, officials and LOC may shorten, reschedule, or cancel races due to deteriorating weather conditions or other unforeseen events. When such situations occur, the Chief Referee, NWIRA Executive Committee, and LOC Regatta Chair will jointly assess the situation, outline alternations to the race schedule or competition, and inform the participating clubs of the alternations. Such announcements will be made over the on-site sound system and, if needed, ad-hoc meeting with coaches and club representatives.

Depending on the situation during the regatta, such alternations may include one or more of the following:

- Shorten the race from 2000 meters to 1000 meters or shorter if the weather conditions deteriorates enough to cause choppy waters or the regatta is seriously behind schedule.
- Postpone or reschedule races to different time to allow thunderstorm, lightening or other severe weather conditions to pass through.
- Shorten or cancel finals if severe weather condition occurs in the afternoon. If finals are canceled, all finishing times from heats for an event determines finish order.
- Rearrange races so that the big boat events (4-,4+, and 8+) are conducted first following a passing thunderstorm. Conduct the small boat events (1x, 2x, 2-) as conditions improved.
- Cancel one day of competition all together if severe weather condition lingers throughout the day. Run the second day of competition as scheduled if condition improves.

Officials, NWIRA Executive and LOC Regatta Chair may also consider other alternations not listed. Regardless of alternations implemented, the safety of the athletes, officials, regatta personnel, and volunteers is top priority under any severe weather situation or unforeseen events.

Club are responsible for staying updated on announced schedule and/or competition changes.

There will be no refund of entry fees, scratch fees, regatta fees, and association dues for canceled races due to deteriorating weather conditions or other unforeseen events.

Course and Event Distance

The course is a 2000 meter, 7-lane, fully buoyed course with stakeboats. Crews must be able to back into a stakeboat. All races will start from the starting line at the west end of the lake. See course map.

Event distances are as follow:

Event	Distance
Dashes	400 meters
Master	1000 meters
Junior & Open	2000 meters

Waiver

Waiver is not required in this championship regatta.

Maximum Number of Events

Rowers may compete up to six events that he or she is eligible to row. Dashes are not included in this limit. If a rower violates this limit, the rower shall forfeit all medals won. In addition, the boat in violation will forfeit its medals, and any points earned by the offending crew.

Lane Assignments

Lane assignment for heats and final only are randomly drawn. Lane assignment for rowers advancing from heats are seeded base on place and time and assign from middle lanes out.

NWIRA Progression System

# of Entries	Heats	Advance
1 – 7	0	Final Only
8 – 14	2	Top 3 finishers in each heat advance to Final
15 – 21	3	Top 2 finishers in each heat advance to Final
22 – 28	4	Top finisher in each heat and next 2 fastest finishers by time overall advance to Final
29 – 35	5	Top finisher in each heat and next fastest finisher by time overall advance to Final

Coxswains

- Coxswains must not weigh less than 120 lbs – 54.4 kg for men’s boats, 110 lbs – 49.9 kg for women’s boats, and 110 lbs – 49.9 kg for mixed boats. Coxswains must weigh in ONCE for the entire regatta.
- Coxswains who weigh less than the required minimum MUST carry weight. Coxswains are responsible for picking up weights at the weigh-in station or for securing their own weights.

Weigh-Ins

- Weigh-ins shall be open for at least one and one-half hours and will end one-half hour before the first light weight race on the first day of the regatta. Weigh-in on first day of the regatta applies for lightweight events on both day of the regatta, Friday and Saturday.
- Crews and Coxswains must be accompanied by their coaches for weigh-ins. Pair and Double teams MUST weigh-in together.
- If a male weighs in more than three pounds or a female weighs in more than two and a half pounds over the maximum weight for lightweights, that individual will be disqualified from the lightweight events for the regatta.
- ALL CREWS AND COXSWAINS MUST BE IN CLUB ATTIRE FOR WEIGH-INS, DRESSED AS TO COMPETE IN A RACE – NO EXCEPTIONS! Athletes who do not dress in racing attire will not be allowed to weigh-in. Athletes have only two attempts only to make weigh on the first day of the regatta, provided they are not over the maximum allowed weight. There will be no “practice weigh-ins”.
- Not making weight results a scratched entry and a scratch fee will be applied.
- There is no average weight for crews.

Club Colors

All competitors must wear their club colors on the water.

Bow Balls and Bowmarkers

All crews are required to have a bow ball on their shell. NWIRA will have standard size bow markers available for shells. Each boat must have a proper lane marker clip on the bow.

Heal Ties

All stretcher shoes must have proper length heel-restraining ties in place. Dock master will inspect shells before they can be launched.

Full Crew at Starting Line

All boats at the starting line must be fill with appropriate number of rowers, and if required, a coxswain. A crew with a missing rower or coxswain, if required, at the starting line will not be allow to start.

Athlete Substitution

Please use the Athlete Substitution / Change form at the end of this packet if you need to make substitutions for an event during the regatta. Turn in your forms to the clerk as soon as possible.

Scratches

Please use the Scratch form at the end of this packet if you need to make scratches during the regatta. Unless waived by the NWIRA President or Secretary, clubs submitting scratches will be assessed scratch fees.

Protest

Once an objection is lodged, a crew wishing to be heard before the Jury may fill out a protest form describing the facts that underlie the protest and the relief that the crew seeks to the Chief Umpire or another race official within one hour after it reaches land. The form is available at the Control Commission. Crew submitting a completed protest form shall pay a protest fee (\$100 USD / \$110 CAD) by cash or check.

If the protest is upheld or it is found by the Jury to be substantially justified, the Jury will return the protest fee to the crew. Otherwise, the NWIRA will keep the protest fee.

On-site Food Service

Kenora Rowing Club will be providing on-site food service at the boat house. Event t-shirt will also be available for purchases.

Awards

- Awards will be given for first place finishes in all events.
- Award ribbons will be given to second and third place finishes in all Junior events.

Aggregate Trophies

Aggregate trophies are awarded to the club scoring the most points for:

- Grand Aggregate NWIRA Championship (Sir Thomas Lipton Cup)
- Men's Division Championship (Con' Riley Trophy)
- Women's Division Championship (Henning Peterson Trophy)
- Junior's Division Championship
- Master's Division Championship
- US / Canada Cup – US Clubs vs. Canadian Clubs
- Efficiency Championship (CAN-AM Shield)

All clubs, including guest clubs are eligible to earn points for the aggregate trophies.

NWIRA Scoring System

Event Types	# of Entries in an event	2000 & 1000 Meter Events						
		Places						
		1st	2nd	3rd	4th	5th	6th	7th

1x	2	10	4					
	3	10	6	0				
	4	10	6	4	0			
	5	10	6	4	2	0		
	6	10	6	4	2	1	0	
	7 or more	10	6	4	2	1	0.5	0

2X/2-/2+	2	15	6					
	3	15	9	0				
	4	15	9	6	0			
	5	15	9	6	3	0		
	6	15	9	6	3	1.5	0	
	7 or more	15	9	6	3	1.5	0.75	0

4X/4-/4+	2	20	8					
	3	20	12	0				
	4	20	12	8	0			
	5	20	12	8	4	0		
	6	20	12	8	4	2	0	
	7 or more	20	12	8	4	2	1	0

8+	2	30	12					
	3	30	18	0				
	4	30	18	12	0			
	5	30	18	12	6	0		
	6	30	18	12	6	3	0	
	7 or more	30	18	12	6	3	1.5	0

# of Entries in an event	Dashes							
	Places							
		1st	2nd	3rd	4th	5th	6th	7th

1x	2	6	2.4					
	3	6	3.6	0				
	4	6	3.6	2.4	0			
	5	6	3.6	2.4	1.2	0		
	6	6	3.6	2.4	1.2	0.6	0	
	7 or more	6	3.6	2.4	1.2	0.6	0.3	0

2X/2-/2+	2	15	6					
	3	15	9	0				
	4	15	9	6	0			
	5	15	9	6	3	0		
	6	15	9	6	3	1.5	0	
	7 or more	15	9	6	3	1.5	0.75	0

4X/4-/4+	2	20	8					
	3	20	12	0				
	4	20	12	8	0			
	5	20	12	8	4	0		
	6	20	12	8	4	2	0	
	7 or more	20	12	8	4	2	1	0

8+	2	30	12					
	3	30	18	0				
	4	30	18	12	0			
	5	30	18	12	6	0		
	6	30	18	12	6	3	0	
	7 or more	30	18	12	6	3	1.5	0

2016 NWIRA Championship Regatta - Schedule of Events

Dashes (400 Meters) Master (1000 Meters) Junior & Open (2000 Meters)

Lunch Break are scheduled at around noon on each day

Each event will go through its entire progression on the same day. Heats will take place in the morning and Finals in the afternoon.

Friday – August 19, 2016	Saturday – August 20, 2016
1. Master Men 4x	29. Women 8+
2. Junior Women 2-	30. Master Men 4-
3. Master Women 1x under 50	31. Junior Men 2x
4. Master Women 1x 50 and over	32. Junior B Men 2x
5. Junior Men 4x	Break
6. Junior B Men 4x	33. Light Weight Women 1x
7. Open Women 2-	34. Open Men 4-
8. Light Weight Men 1x	35. Master Women 2x
9. Open Men 1x	36. Junior Women 4+
10. Mixed Master 4x	37. Junior Men 8+
11. Junior Men 2-	38. Open Women 4-
12. Junior Women 8+	39. Master Men 2x
13. Open Women 1x	Break
14. Open Men 4x	40. Junior Women 2x
15. Master Men 2-	41. Junior B Women 2x
Break	42. Men 8+
16. Master Women 2-	43. Master Women 4-
17. Open Women 4x	Break
18. Junior Women 1x	44. Light Weight Women 2x
19. Junior Men 4+	45. Open Women 2x
20. Open Men 2-	46. Junior Men 1x
21. Master Women 4x	(10 min to switch lines)
22. Master Men 1x under 50	47. Dash Men 1x
23. Master Men 1x 50 and over	48. Dash Light Weight Men 1x
Break	49. Dash Women 8+
24. Junior Women 4x	Break
25. Junior B Women 4x	50. Open Men 2x
(10 min to switch lines)	51. Light Weight Men 2x
26. Dash Women 1x	52. Mixed Master 2x *
27. Dash Light Weight Women 1x	
28. Dash Men 8+	

* Local Organizing Committee Special Event

NWIRA Banquet and Award Ceremony

Kenora Recreation Center, 200 5th Street South, Kenora, ON P9N 1E3

NWIRA attendees are to enter to the East side door to walk directly onto the arena floor right across from Parking Lot #6. Attendees can park their vehicles in Parking Lot #6



Banquet Dress: Kenora Dinner Jacket (i.e., plaid lumberjack shirt)
In other words, it is casual.

7:30 PM Banquet
8:30 PM Award Ceremony

Hotel Accommodations in Kenora

Best Western Lakeside Inn & Conference Centre (www.bestwestern.com/Ca/Lakesideinn)

470 1st Avenue S, Kenora, Ontario P9N 1W5

Phone: (807) 468-5521

Comfort Inn (www.choicehotels.ca/Cn272)

1230 Highway 17 East, Kenora, Ontario P9N 1L9

Phone: (807) 468-8845

Days Inn (www.daysinn.ca)

920 Highway 17 East, Kenora, Ontario P9N 1L9

Phone: (807) 468-2003

Kenora Inn Motel (www.kenorainnmotel.com)

1429 River Drive Kenora, Ontario P9N 1K6

Phone: (807) 468-3071

Super 8 Motel (www.super8.com)

240 Lakeview Drive, Kenora, Ontario P3N 3W7

Phone (807) 467-2700

Southview Inn & Bistro (www.southviewinn.ca)

Highway 17 West PO Box 776 Keewatin, Ontario P0X 1C0

Phone (807) 547-2471

Travelodge Kenora (www.travelodge.com)

800 Highway 17 East, Kenora, Ontario P9N 1L9

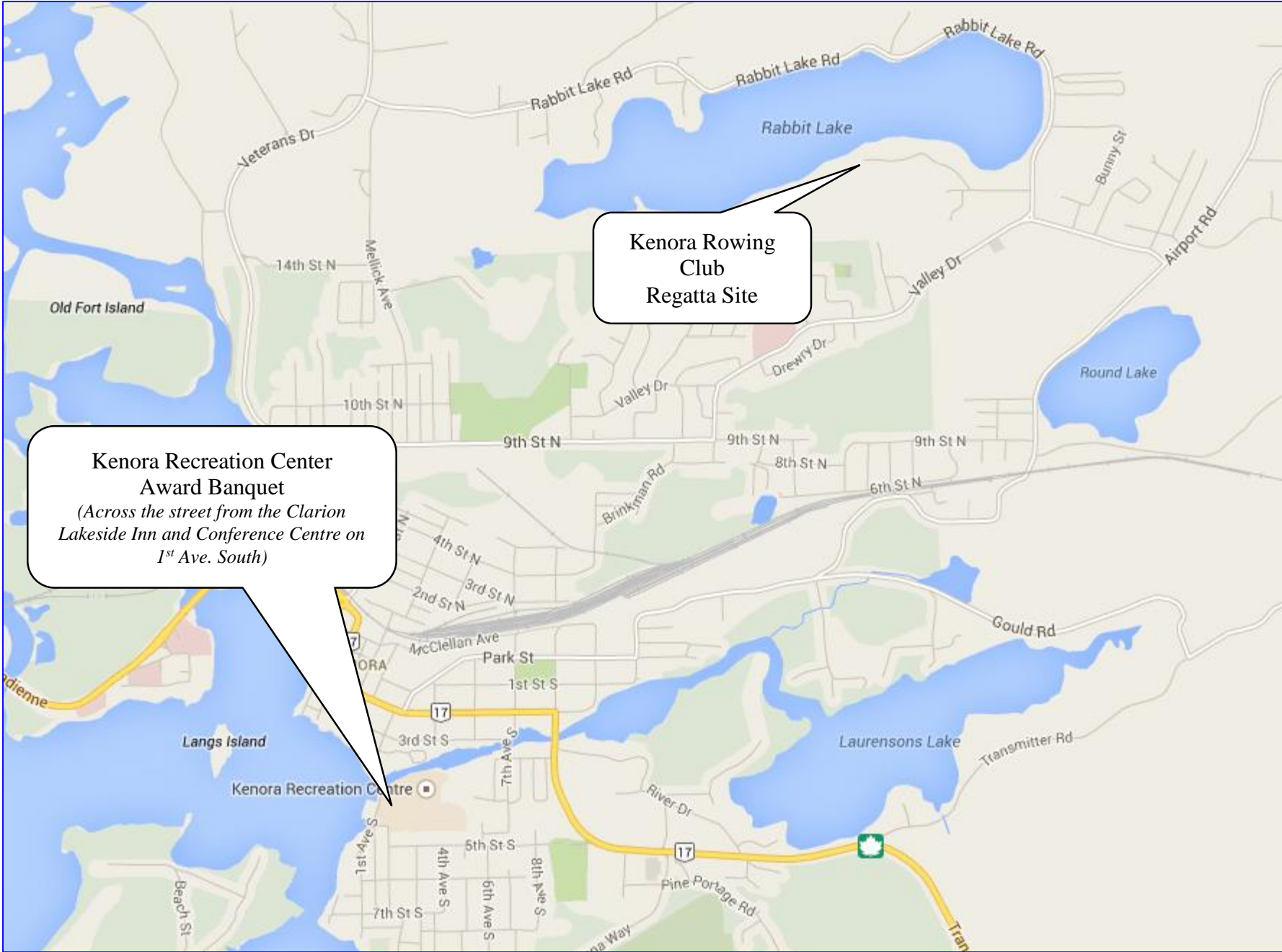
Phone: (807) 468-3155

Camping

Andy Lake Resort (www.andylake.com) 807-543-4051

Anicinabe Park (www.anicinabepark.ca) 807-467-2700

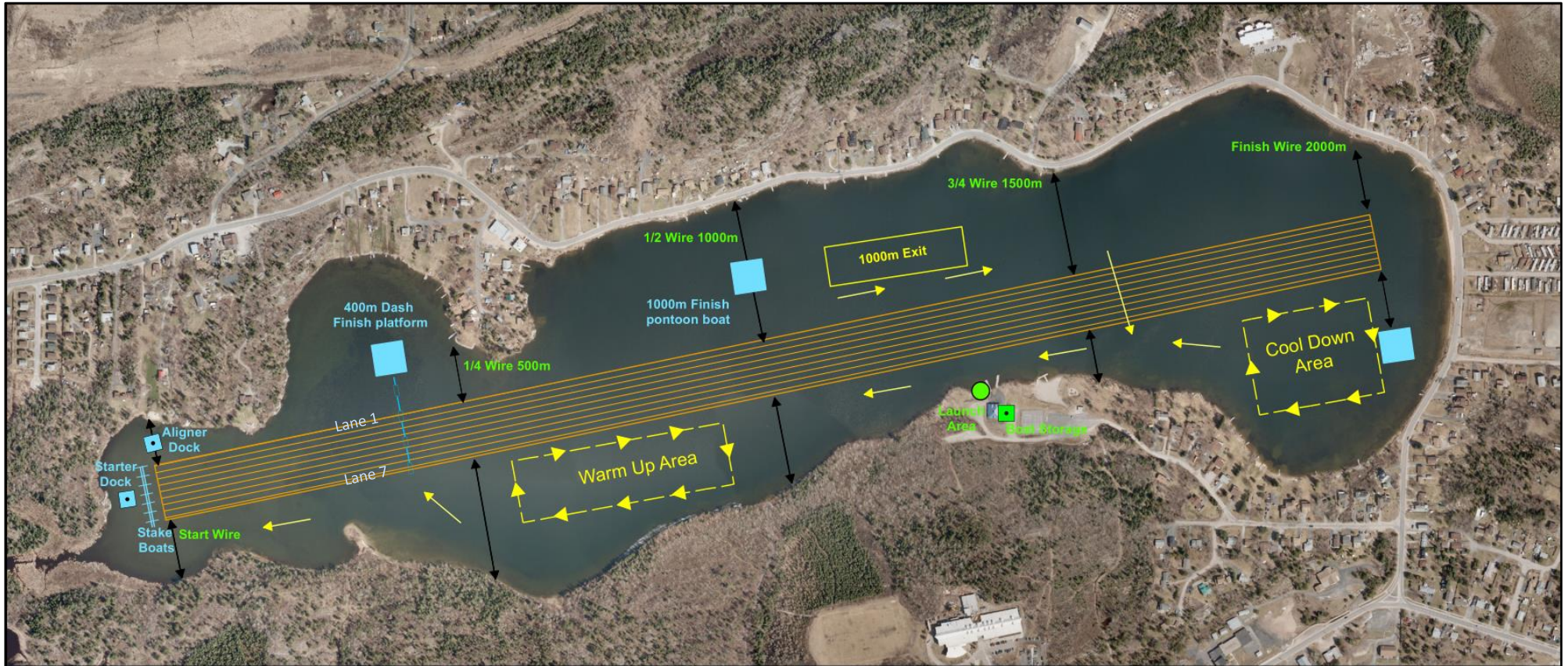
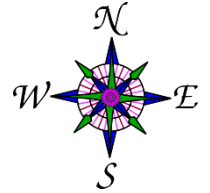
More information about the City of Kenora, visit: www.kenora.ca.



Kenora Rowing Club
Regatta Site

Kenora Recreation Center
Award Banquet
*(Across the street from the Clarion
Lakeside Inn and Conference Centre on
1st Ave. South)*

Kenora Rowing Club Rabbit Lake Race Course

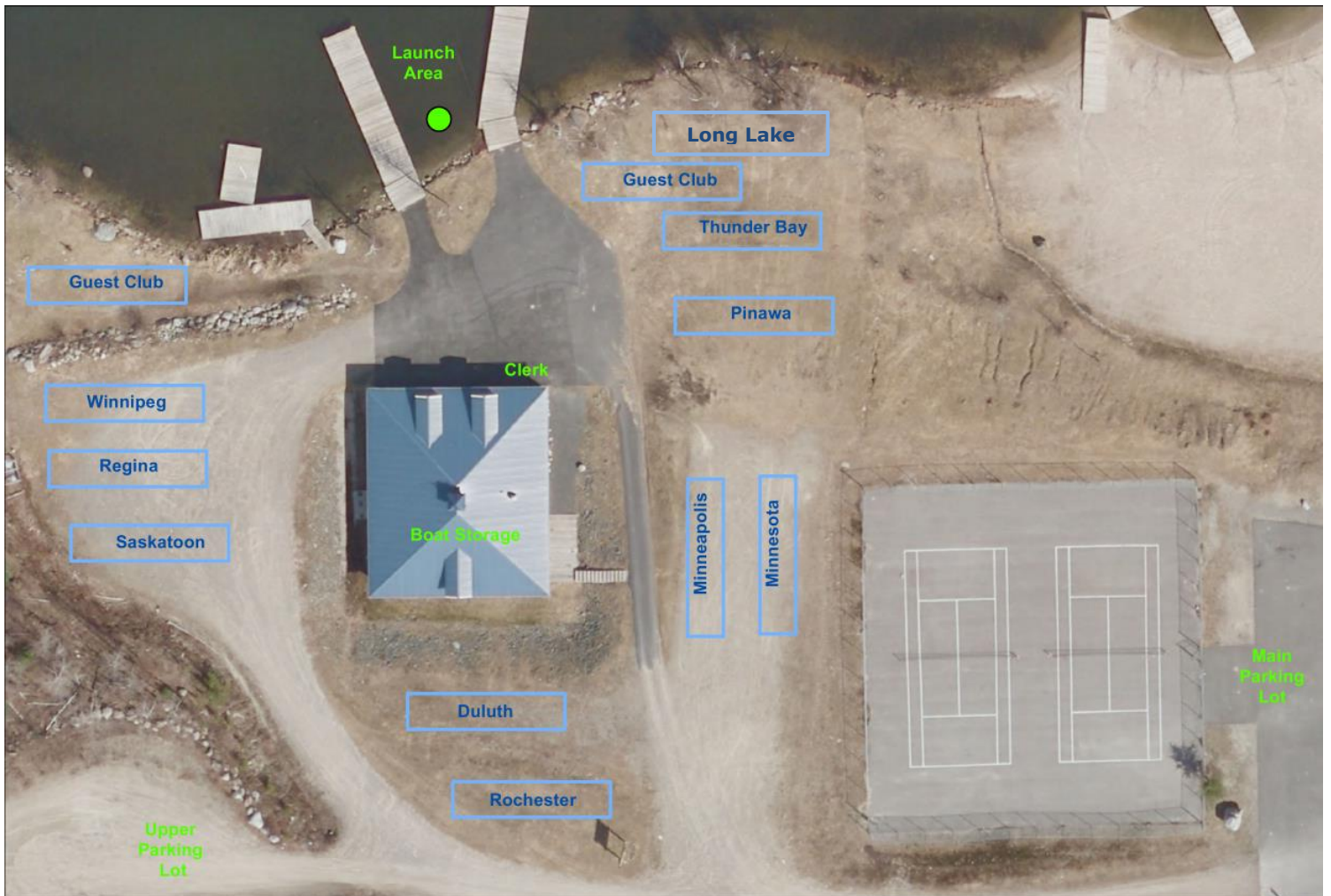


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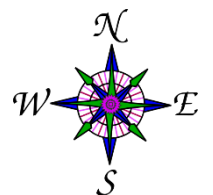
Lane 1 is on the north side of lake (between shoreline and first buoy line). Lane 1 through 7 go from the north side to the south side (regatta site side)

Kenora Rowing Club Regatta Site

- The regatta will operate from the Kenora Rowing Club boathouse.
- Vehicles with boat trailers arriving at the regatta site are to drive to their designated area. (See aerial photos below of the boat launch area, designated sites for boat trailers).
- Be sure to bring plenty of shade tents to keep athletes, coaches, and parents in the shade to reduce the risk of sun overexposure.
- Observe posted speed limit along the road leading to the regatta.



Scale 1:550





2016 CHAMPIONSHIP REGATTA

ATHLETE SUBSTITUTION / CHANGE FORM

Club: _____

Event # : _____ Event: _____

Current Athlete Name (s) in Boat: _____ New Athlete (s) in Boat: _____

ALL NEW ATHLETES MUST BE LISTED ON CLUB ROSTERS

Change(s) made by: _____ Date / Time: _____

Signature: _____

Reason for Change: _____



2016 CHAMPIONSHIP REGATTA

SCRATCH FORM

Scratch fees are equal to the entry fee and they are due when submitting this form. Fees requiring collection after the regatta will be subject to a \$50 USD / \$66 CAD administration fee per item. Fees are payable in the currency of the regatta site.

Club: _____

Event #: _____ Event: _____

Athlete Name (s) in Boat:

Scratch made by: _____ Date / Time: _____

Signature: _____

Reason for Scratch: _____

Scratch Fee:	Singles	\$20 USD / \$27 CAD
	Doubles / Pairs	\$40 USD / \$54 CAD
	Fours / Quads	\$60 USD / \$80 CAD
	Eights	\$80 USD / \$106 CAD