



COMMUNITY CORPORATE ROWING CHALLENGE

Friday, May 21/10

Hello Rowing Teams! (PLEASE ENSURE ALL OF YOUR TEAM MEMBERS RECEIVE THIS INFORMATION):

Congratulations! Your crew has nearly completed 7 weeks of technical and racing instruction. Now you're ready to test your skills against other corporate crews this week and at the Championship Regatta. This package should answer all of your questions as you enter the final week. Please ensure that all of your rowing team members receive this information.

Below are a couple of points to draw to your attention.

- **Race Day Package:** Please read all information carefully – The more people informed the better! Please ensure that your team is on the race schedule twice.
- **Race Schedule:** Please make sure your team is on the schedule twice (Round 1 & 2). At this point, we will no longer be updating team name changes to the schedule.
 - **Race schedule times are for your GUIDANCE only. PLEASE ARRIVE AT LEAST ONE HOUR BEFORE YOUR SCHEDULED FIRST RACE AND CHECK-IN WITH YOUR COACH UPON ARRIVAL**. The announcer will inform crews of when they need to be ready to race. There will be no make-ups for missed races.
- **Pledge Drive for Youth at Risk:** Please remember to collect pledges in support of the Dynamic Opportunities for Youth and **submit them at the Championship Regatta**. We hope to announce the total at the awards ceremony. All donations of \$20 or more will receive a tax receipt. Pledge Forms are available on the website at www.rowrowrow.ca.
- **Continuing Programs:** We sincerely hope that you have enjoyed the Community Corporate Rowing Challenge program. If you would like to continue rowing, there is a program for you! Please contact your Rowing Centre for details!

We are looking forward to seeing you on Saturday. Enjoy your last week of practices. Please contact us if you have any questions.

Race Committee

GO Rowing & Paddling Association of Canada
Program Producer, Community Corporate Rowing Challenge
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www.rowrowrow.ca



COMMUNITY CORPORATE ROWING CHALLENGE

CHAMPIONSHIP REGATTA – MAY 29, 9AM TO 4PM (APPROX)



Gorge Rowing and Paddling Centre
2940 Jutland Road at the Waterfront

Many thanks to our sponsors!



Produced by:





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CONTENTS

Location, Itinerary, Race Format, Race Schedule, Parking, On Land Activity, Site Map

LOCATION

The Championships Regatta will take place at the **Gorge Rowing & Paddling Centre** (GRPC), at 105-2940 Jutland Road, Victoria BC, Canada. It is located within the award winning Selkirk Waterfront Community, five minutes north of downtown Victoria. *See page four of this package for detailed directions.*

SCHEDULE OF EVENTS

7:00 a.m.	Site opens
8:00 a.m.	Mandatory Coaches Meeting
8:30 a.m.	1 st crews marshall and launch (races 1, 2, 3, 4)
9:00 a.m.	1 st race
3:30 p.m.	Last race (approx)
4:00 p.m.	Awards presentations (approx)

NOTE: PLEASE BE AWARE THAT RACES MAY RUN AHEAD OR BEHIND SCHEDULE. PLEASE ARRIVE AT LEAST ONE HOUR BEFORE YOUR SCHEDULED FIRST RACE. WE STRONGLY RECOMMEND CHECKING-IN WITH YOUR COACH UPON ARRIVAL. BE PREPARED TO BE ON SITE FOR THE DAY.

RACE INFORMATION & GUIDELINES

The goal of the Championship Festival is to group teams who have shown to be of similar speed. Each race should be very close, allowing everyone to experience the thrill of racing!

How the regatta will work

The regatta is the same format as last year, a double round robin. Each team is guaranteed two races (**weather permitting**) and the combined times of both races will rank each team within their category. The *top three ranking teams* in each category will race a third race, the Championship Final, at the end of the day. The objective of this race format is to rank all crews and to get the fastest crews racing each other in the Championship Final. **Teams must remain on site until the end of the second round to see if they've qualified for the Championship Final**

Please note: It is important to row hard for the duration of the race, no matter where you are placed because you want to get the best time possible in both races for your ranking. ***Please refer to the race schedule to see when you are racing. Please make sure your team is on the schedule twice.***

Race Course

The race distance will be approximately 500 meters with 3 or 4 boats in each race. Buoys along the outside of the course and Course Marshals will assist the crews from start to finish. The race will be fast, lasting only 1½ to 2 minutes, depending on the boat class, weather conditions, water current, and physical condition and experience of the crew. ***Please refer to the race map online for more detail.***

Course Marshals

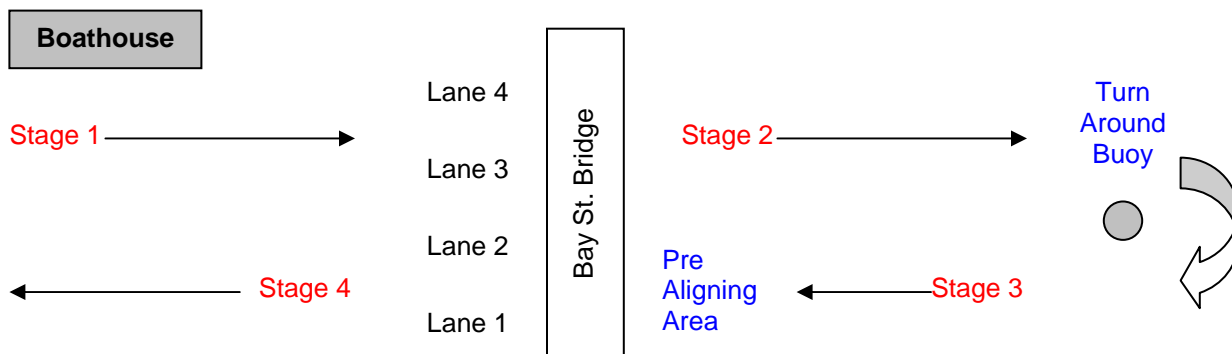
Highly skilled marshals will be assigned to each race. The course marshals' responsibility is to take the teams safely through the following 4 stages:



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4 stages on the water:



All stages follow an 8-minute interval. Due to the speed of Stage 4, Stage 1 will be allotted more time.

Stage 1 - From the dock to the Bay St. Bridge

This stage requires teams to get into their respective boats, set their feet, and get past the Bay St. Bridge so that crews in Stage 3 can move up to the start line. This is the most critical stage of the “on-water experience” and ultimately, the success of the event hinges on this stage. Please be as fast as possible while boating in & out on the dock. Races on time create a great event!

Please note – The rigger heights in each boat will be set high enough for everyone. Seat pads will be provided to allow for adjustments.

Stage 2 - The warm up stage

This stage will allow for each team to do a series of hard stroke pieces (ex. 3 sets of 10 strokes). The course marshal will attempt to keep all boats close together; teams must stay within hailing distance (approx. 100 meters) of the marshal boat.

Stage 3 - Starts and lining up

This stage should include a couple practice starts before lining up in the proper order (lane 4 on the boathouse side, lane 1 on the Esquimalt side, with 2 & 3 in the middle). Boats will sit and wait about 100 meters behind the start line until called up by the starter.

Stage 4 - The race

Teams will advance to the start when instructed to do so by the starter. The marshal will space crews and ask them to slowly move to the start.

As the boats approach the starting line, the starter will quickly stop the crews, align them by asking bow pair to take some light strokes, and then calls.... “I HAVE ALIGNMENT”..... “ATTENTION”..... “GO”. Expect this procedure to be extremely fast! *It is your responsibility to have your boat pointed in the right direction.*

Awards

Medals will be awarded to the top three placings of the Championship Final, as well as a trophy for the Champion crew of each final. The awards will be presented immediately after the last race. We will make our best effort to announce the results of the pledge drive at the awards ceremony.

Points to consider

- **Know your lane number!** While we will always try to use the personal approach and call your team by name before and during the race however, we may sometimes need to use lane numbers when addressing your team



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- Crews should move slowly toward the start line using only bow pair in the eights, and bow person in the quads. Everyone else should be in the ready position and await further instructions from the starter.
- **Substitutions** - please try to limit those rowing on your team to those initially registered.
- **Protests will not be allowed.**
- **Do not count on being able to leave the site between races, as scheduling often changes at only a moment's notice.**

ON-LAND ACTIVITY

PARKING

Please note parking **in the area is extremely limited**, and we are asking teams to maximize carpooling or consider other transportation alternatives (bus, taxi, drop off). Please see Selkirk Waterfront Site Map.

- **Robbin's Parkade - 401 Garbally Road (#1 on Map):** All rowers participating in the Community Corporate Rowing Challenge are requested to park in the parkade at 401 Garbally Road at the Selkirk Waterfront Community to reduce parking congestion (the parkade is marked #1 on the site map). Parking will be provided to rowers free of charge. A commissionaire will be at the parkade to let you in and out from 8am until 4:30pm. **ANY VEHICLES LEFT AFTER 4:30PM WILL BE TOWED.** Also, please note that approximately 40 stalls in the parkade will be marked with signs saying RESERVED. These are for the use of employees and tenants at Selkirk and are not to be used by rowers.
- **Street Parking:** The City of Victoria will not be monitoring time limited parking restrictions in the area. However, please be aware that there may be some enforcement of parking on yellow lines or other areas that may create safety hazards.
- **Robbin's Surface Parking Lots (see attached map):** There are select Robbin's lots in the area that will not be enforced. The Dunnedin Lot (#4 on map), Arc Building Lot behind 2957 Jutland (#6 on Map). All other lots, to our knowledge, will be enforced – Follow signage & payment instructions.

Please note: All of Waterfront Crescent will be blocked for the Selkirk Waterfront Festival, run by the Burnside Gorge Community Association. Please do not park on waterfront crescent as your vehicle will be towed. See *Selkirk Waterfront Festival note on next page.*

Check In: Please check in with your coach as soon as you get to the site. **PLEASE ARRIVE AT LEAST ONE HOUR BEFORE YOUR SCHEDULED FIRST RACE**

Athlete's Tent Village (Lot #9 on map): In order to serve you better the Robbins lot at 2940 Jutland Road at the water will be the new athlete's village (former Selkirk Waterfront Festival Site). Here you can set up tents/crew area for the day (tents will not be provided). There is ample room for stretching and warm up routines. **Teams are not permitted to set up before 7:00AM. Team are limited to one (1) 10'X10' tent. We want to ensure all teams can fit in this area – please be courteous and help make room for everyone!**

Please Note: Please protect your belongings. The event is not responsible for lost and/or stolen items.

Marshal Area: The marshalling area will be in front of the GRPC rowing bays, on the lower deck. This is where you will go when you are called for your race. You will line up behind your lane number and will wait until you are called to go to your boat. There will be a volunteer there to help direct you.



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Please note – You will be called to the marshalling area approximately 30 to 45 minutes before your race, so please listen carefully for when your team is called. Racing may be running ahead of schedule so please make sure you are on site well before you expect your team to be marshalled.

Results Board: The results from the races will be posted in the athlete's village at the Robbin's sign.

First Aid: Medi-Van will be on site for the duration of the event.

Washrooms: A row of portable toilets will be set up inside the Athletes' Village. **Washroom located in the Gorge Fitness are for Gym members only.**

Viewing: The GRPC provides numerous observation points to catch the action at any point during the length of the race! The race course follows the shore line, where ample boardwalks and decks provide spectacular and up close viewing points. Stand and watch the excitement of the start, cheer the teams as they push through the middle or celebrate with them as they cross the finish line.

DYNAMIC OPPORTUNITIES FOR YOUTH PLEDGE DRIVE

This is the **final week** in our pledge drive for the kids. Don't miss out on your chance to make a difference in your community. This is a fantastic program that reaches out to youth in need and gets them involved in a learn to row program that teaches them teamwork, social skills, and the joys of an active lifestyle. We are really trying to make a difference and with your help more youth will benefit from this program.

- **Submit your pledges** at the Championship Regatta on **May 29** at the Gorge Fitness Centre, above the rowing centre **between 9a.m. and 1p.m.** Pledge sheets can still be downloaded from www.rowrowrow.ca under the pledge drive section.
- **All pledge drive proceeds will stay local and support the Victoria Chapter of the program. Please make all cheques payable to Dynamic Opportunities for Youth!**

Food Concession and Vendors: This year we are happy to provide a multitude of food opportunities to satisfy your every hunger need. There will be event vendors, including **Hot House Pizza and event Concession**. Local businesses, including **Sol Food** and **Glo Euro Pub**, will be open.

Awards: The awards ceremony will be held in front of the Chiropractic office & Glo Pub. There will be awards for the top three placings of each category Final. The Team Spirit Award will also be presented (announcer's choice), so bring your enthusiasm!

NEW LOCATION! Selkirk Waterfront Festival: The Burnside Gorge Community Centre is running this annual Festival at 355 Waterfront Crescent (in the Selkirk Waterfront). Visit www.burnsidegorge.ca.

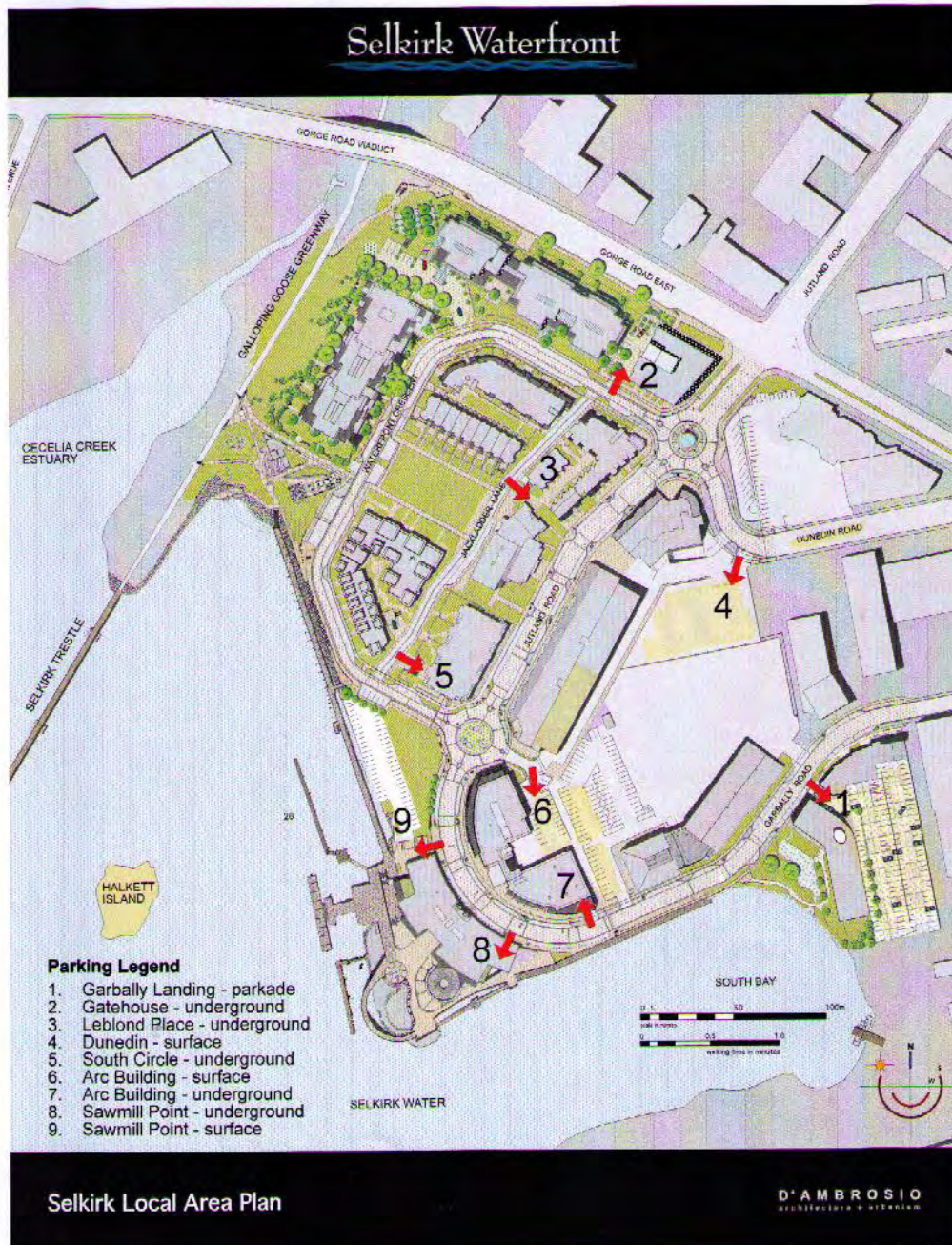
Hug a volunteer! Volunteers are a key component to making this event work. If you have an opportunity to thank a volunteer, it would be appreciated. You can't miss them in their volunteer shirts!

Questions? For more information, please contact Go Rowing and Paddling Association of Canada by email at info@gorowandpaddle.org or call 1-866-658-6333 or 658-6333 (Victoria)



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CHAMPIONSHIP REGATTA - MAY 29 -RACE SCHEDULE V2

RACE	Description	Time	Lane1	Lane2	Lane3	
1	Defender 4X	R1 H1	9:00 AM	Stantec - Stantec 3	St. Michaels University School - SMOARS	
2	Defender 8+	R1 H1	9:08 AM	Gloary Sweepers	Central Victoria Veterinary Hospital -	
3	Defender 4X	R1 H2	9:16 AM	Ministry of Energy Mines & Petroleum Resources - Sustainable Energiz-OARS	Tower Ready-Mix - Death Row -	
4	Defender 8+	R1 H2	9:24 AM	Victoria City Rowing Club - One for All	Saanich School District #63 - Kelsat Middle School	Pacific Christian School - Row Models
5	Challenger 4X	R1 H1	9:32 AM	AME Group - The Four AMEGos	Black Press / usedvictoria.com -	MCFD1 - Blew-By-You
6	Challenger 8+	R1 H1	9:40 AM	Ministry of Community & Rural Development - Moat-Oar-Boatin'	R.A. Malatest & Associates - Malatest Monkeys	ASL Environmental Services - Sea Them Row
7	Challenger 4X	R1 H2	9:48 AM	Peninsula Co-op - 1	West Shore RCMP - Pork Oars	Public Affairs Bureau -
8	Challenger 8+	R1 H2	9:56 AM	KPMG -	VIHA Queen Alexandra Centre	Custom House -
9	Defender 4X	R1 H3	10:04 AM	AECOM - AECOM	Office of the Information & Privacy Commissioner - PYP	Camosun College - ProfessOARS
10	Defender 8+	R1 H3	10:12 AM	Bold Moves Fitness -	Geric Construction Ltd. - Rowed Kill	Cordova Bay Elementary - Oar Else
11	Defender 4X	R1 H4	10:20 AM	Ministry of Environment - Scullery Maids	Stantec - Stantec 2	Payne's Marine Supply Group - gROWING PAINS
12	Defender 8+	R1 H4	10:28 AM	CBI Health - Rehabitatoars	Hughes Clothing Ltd. - Hughe's Prima donnas	Victoria City Rowing Club - Red Hot Stokers
13	Challenger 4X	R1 H3	10:36 AM	Ministry of Housing and Social Development -	District of Saanich - Four Glee's in a Quad	WildPlay Ltd - WildPlay-OARS
14	Challenger 8+	R1 H3	10:44 AM	Ministry of Health -	Gateway Church-	Megson Fitzpatrick - MFI Blue Streaks
15	Challenger 4X	R1 H4	10:52 AM	LULULEMON ATHLETICA VICTORIA - Groovey Lemons	Peninsula Co-op - 2	Horne-Coupar -
16	Defender 4X	R1 H5	11:00 AM	MCFD3 - Heave-Ho's	BC Cancer Agency - Medic-8-Oars	Ministry of Health -
17	Challenger 4X	R1 H5	11:08 AM	Roxanne Brass Real Estate Corporation -	MCFD2 - 4play	Megson Fitzpatrick -
18	Defender 4X	R1 H6	11:16 AM	Cowland Paterson & Co - Two Plus Two	(A Group of Friends) - A Fine Balance	Stantec - Stantec 1
19	Challenger 4X	R1 H6	11:24 AM	MCFD-4 - Children at Heart	BC Government Workforce Planning - Strong & Bronee	Peninsula Co-op - 3



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CHAMPIONSHIP REGATTA - MAY 29 -RACE SCHEDULE V2

RACE	Description	Time	Lane1	Lane2	Lane3	
20	Defender 4X	R2 H1	12:00 PM	Office of the Information & Privacy Commissioner - PYP	Ministry of Energy Mines & Petroleum Resources - Sustainable Energiz-OARS	
21	Defender 8+	R2 H1	12:08 PM	Gloary Sweepers	Victoria City Rowing Club - Red Hot Stokers	
22	Defender 4X	R2 H2	12:16 PM	Camosun College - ProfessOARS	Stantec - Stantec 3	Stantec - Stantec 2
23	Defender 8+	R2 H2	12:24 PM	Saanich School District #63 - Kelset Middle School	Bold Moves Fitness -	Central Victoria Veterinary Hospital -
24	Challenger 4X	R2 H1	12:32 PM	District of Saanich - Four Gleees in a Quad	Peninsula Co-op - 1	MCFD1 - Blew-By-You
25	Challenger 8+	R2 H1	12:40 PM	VIHA Queen Alexandra -	R.A. Malatest & Associates - Malatest Monkeys	Ministry of Health -
26	Challenger 4X	R2 H2	12:48 PM	LULULEMON ATHLETICA VICTORIA - Groovey Lemons	Roxanne Brass Real Estate Corporation -	MCFD-4 - Children at Heart
27	Challenger 8+	R2 H2	12:56 PM	Ministry of Community & Rural Development - Moat-Oar-Boatin'	KPMG -	Gateway Church -
28	Defender 4X	R2 H3	1:04 PM	AECOM - AECOM	BC Cancer Agency - Medic-8-Oars	
29	Defender 8+	R2 H3	1:12 PM	CBI Health - Rehabilitoars	Cordova Bay Elementary - Oar Else	Victoria City Rowing Club - One for All
30	Defender 4X	R2 H4	1:20 PM	St. Michaels University School - SMOARS	MCFD3 - Heave-Ho's	(A Group of Friends) - A Fine Balance
31	Defender 8+	R2 H4	1:28 PM	Hughes Clothing Ltd. - Hughe's Prima donnas	Pacific Christian School - Row Models	Geric Construction Ltd. - Rowed Kill
32	Challenger 4X	R2 H3	1:36 PM	West Shore RCMP - Pork Oars	Black Press / usedvictoria.com -	BC Government Workforce Planning - Strong & Bronee
33	Challenger 8+	R2 H3	1:44 PM	ASL Environmental Services - Sea Them Row	Megson Fitzpatrick - MF1 Blue Streaks	Custom House -
34	Challenger 4X	R2 H4	1:52 PM	MCFD2 - 4play	Peninsula Co-op - 2	Public Affairs Bureau -
35	Defender 4X	R2 H5	2:00 PM	Ministry of Environment - Scullery Maids	Cowland Paterson & Co - Two Plus Two	Tower Ready-Mix - Death Row -
36	Challenger 4X	R2 H5	2:08 PM	AME Group - The Four AMEGos	Ministry of Housing and Social Development -	Peninsula Co-op - 3
37	Defender 4X	R2 H6	2:16 PM	Ministry of Health -	Payne's Marine Supply Group - gROWING PAINS	Stantec - Stantec 1
38	Challenger 4X	R2 H6	2:24 PM	Horne-Coupar -	Megson Fitzpatrick -	WildPlay Ltd - WildPlay-OARS



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CHAMPIONSHIP REGATTA - MAY 29 -RACE SCHEDULE V2

RACE	Description		Time	Lane1	Lane2	Lane3
39	Challenger 4X	Final	3:00 PM			
40	Challenger 8+	Final	3:10 PM			
41	Defender 4X	Final	3:20 PM			
42	Defender 8+	Final	3:30 PM			