

# 2007 Australian Masters Rowing Championships



**Sydney International Regatta Centre, Penrith, NSW  
Friday 1 June to Sunday 3 June, 2007  
BULLETIN 3**



## ***IT'S A WHOPPER! THE BIGGEST ENTRY EVER***

Thank you to all of those who have entered the 2007 Australian Masters Rowing Championships at the Sydney International Regatta Centre, Castlereagh Road, Castlereagh (Penrith), NSW.

### **THE VENUE :**

The City of Penrith is located approximately 60 kms west of the Sydney CBD and is situated on the Nepean River and the foothills of the famous Blue Mountains.

### **THE CLIMATE :**

Penrith is currently experiencing "perfect" weather conditions for rowing – no wind and sunny days. The average temperature range for this time of the year is 5°C to 20.5°C.

### **TRAVEL :**

Penrith is easily reached by road via the Great Western Highway or the Western Freeway from the Sydney CBD as well as the Freeway network when travelling from the south or north. Those competitors travelling by air can access trains from the airport to Sydney Central and then on to Penrith.

### **ACCOMMODATION :**

A wide range of accommodation is available in the Penrith area and surrounding areas. The Penrith Valley Visitors Information Centre will happily provide information – Tel: 1300 736 836 or try the direct link to their website accommodation area - [www.penrithvalley.com.au/index.asp?id=129](http://www.penrithvalley.com.au/index.asp?id=129)  
Email: [pentour@penrithcity.nsw.gov.au](mailto:pentour@penrithcity.nsw.gov.au).

### **REGATTA OFFICE :**

Ground Floor – Finish Tower, 6.30 am – 5.30 pm each regatta day – Thursday, 8.00 am to 5.00 pm.

### **THE DIARY :**

**Thursday, 31 May**

**Training:** From 6.30 am

**Umpires Seminar:** 2.00 pm Seminar Room above boatshed 5.

**Competitor Briefing:** 3.00 pm Grandstand

**Rowing Australian Masters Sub-Committee Meeting:** 4.00 pm Seminar Room above boatshed 5.

**Friday, 1 June**

**Regatta commences – 7.30 am**

**5.00 – 7.00 pm "Happy Hour"**

**Sally Street Jazz**

**Regatta Kitchen and Bar**

**Saturday, 2<sup>nd</sup> June**

**Regatta commences – 7.30 am**

**12 noon – 2.00 pm**

**5.00 – 7.00 pm "Happy Hour"**

**Sally Street Jazz**

**Regatta Kitchen and Bar**

**The Competition Lake will NOT be open for training at any time on regatta days.**

## **VENUE HOURS :**

The venue is open from 6.30 am to sunset each day. Security staff are on duty overnight every night.

Access gates to the venue are closed at sunset but those clubs expecting to arrive with trailers after the gates close should contact the Venue Management office on 02 4730 0000 to arrange access.

All trailer access is through Gate A – spectator parking entry through Gate B.

## **ON ARRIVAL –**

### **CAR PARKING :**

Access to the venue and car parking will be free to competitors and spectators. All competitors and spectators should enter the venue via GATE B and park as directed by the marshals. A shuttle bus will operate from the parking areas on the south side of the course to the grandstand and boatshed area – also free of charge from 6.30 am each day.

Only vehicles with an accredited vehicle pass will be permitted to park on the Island. There will be no exceptions.

### **TRAILER PARKING :**

Due to the high level of entries to this regatta, special provisions are required to accommodate the number of boats and trailers on site. Please pay close attention to the arrangements put into place, viz –

- Each entrant club has been issued with one accredited vehicle pass which will entitle them to park in the Island Car Park.
- Clubs have a choice of unloading their trailer and placing ALL their boats (bar single sculls) on the existing racks NORTH of the boatsheds, in which case the trailer MUST be removed from the island to the trailer storage area in Car Park 5 on the southern side of the course -  
OR -  
Clubs may leave their trailer as boat storage in the boat park in areas marked and as directed by the marshals.
- No motor vehicles are to be left in the boat park after depositing trailers including vehicles carrying boats or equipment.

- Towing vehicles may be left on the island, in the island car park, ONLY if they have been allocated an accredited vehicle pass. Otherwise, all towing vehicles must be removed to the car parking on the southern side of the course.
- Clubs that have tools or equipment which they do not wish to leave on site overnight will have to carry this equipment to and from the island/boat park area via a vehicle carrying an accredited vehicle pass.
- The venue is locked and security staff in place overnight.

### **BOAT RACKING :**

**ALL SINGLE SCULLS** not remaining on trailers should be unloaded and placed on the racks at the side of the Warm-up Lake, i.e, those racks on the bank past Boatshed 6, i.e, at the eastern end of the boat park. Competitors are requested to fit two single sculls to each set of rack arms.

We also suggest that ALL BOATS should be tied down to the racks when not in use and oars stored safely.

### **PRE EVENT TRAINING :**

Competitors will be able to access the course and its facilities for training from Thursday, 31 May, 2007. Please refer to the training and racing traffic maps attached.

The Warm-up Lake and Competition Lake will be open on Thursday from 6.45 am to 5.45 pm. The venue may be accessed from 6.30 am each day.

Crews wishing to train prior to Thursday, 31 May may do so by completing a Training Booking Form available from the Sydney International Regatta Centre Management office – 02 4730 000 – situated above boatshed 3 – and payment of a \$6.60 per day/per competitor fee – or by downloading a form from the SIRC website, [www.regattacentre.nsw.gov.au/Training](http://www.regattacentre.nsw.gov.au/Training) and Casual Use. All training use must comply with the venue Training Traffic rules.

Competitors should note that the Start Platform and Tower will be moved into position on the Competition Lake on Wednesday afternoon, 30 May – so that part of the facility may be closed for training during that operation. The Competition Lake will not be open for training at any time on regatta days.

Access to the venue each day will be from 6.30 am until sunset each day.

## TEAM TENTS:

Tent spaces have been allocated on a first-come-first-served basis – a map identifying your club's tent site has already been circulated. Venue Management has identified and numbered the sites to ensure that underground installations are protected. Please be mindful of this when erecting your tent.

## COMPETITOR BRIEFING:

Will take place at 3.00 pm on Thursday, 31 May in the Grandstand.

## COMPETITOR FACILITIES:

The venue provides excellent toilet, shower and change room facilities for all competitors.

Rowperfect ergometers will be situated between the boatshed buildings for warm-up/warm-down.

## FOR YOUR SAFETY –

- Each competitor shall be responsible for his own health and fitness.
- Please ensure you are properly hydrated. Water will not be provided by the Organising Committee at conclusion of each race.
- Paramedics and doctors will be present throughout the regatta. The Medical Centre is located to the west of the Finish Tower. If you do not feel well please feel free to consult the doctor or paramedic on course.
- Follow the traffic rules to the letter – see attached map. This applies to both the Warm-up Lake and the Competition Lake.
- All boats must carry a bow ball as required by RA ByLaw to Rule 31.
- All boats should be equipped with stretchers or shoes that allow the competitor to access a quick release mechanism to get clear of the boat without using their hands and with the least possible delay in the event of a capsized. Heels of shoes must have tie downs in place to enable ease of foot removal if necessary.
- Random checks of safety equipment will be made both on and off the water. Crews found not meeting safety requirements will not be allowed to start.

## THE DRAW:

Is now available on the NSWRA website – [www.rowingnsw.asn.au/masters2007](http://www.rowingnsw.asn.au/masters2007)

## The Way to the Finals:

Please note that a change has been made to the progression for those events with 37+ entries providing for more competitors to progress to semi-finals.

1-9 entries	1 Final
10-18 entries	2 heats, first 4 to Final
19-27 entries	3 heats, first 3 to Final
28-36 entries	4 heats, first 2 to Final
37-54 entries	6 heats, first 4 to Semi Final, 3 Semi Finals, first 3 to Final

The draw for finals will be issued as soon as possible after the completion of heats/semi finals and will be placed on noticeboards around the site.

## Results

Results will be posted to noticeboards at the venue regularly throughout each day's racing. Hard copies of results will be made available on the day following the competition day.

Results will also be displayed on the new scoreboard at SIRC. Draws and Results will be going "live" via the NSWRA website as the regatta progresses. Go to [www.rowingnsw.asn.au](http://www.rowingnsw.asn.au) and follow the prompts.

## SUBSTITUTIONS and WITHDRAWALS:

Substitutions into crews entered should be made in writing on the forms provided at least ONE HOUR before the first race of the event. No substitution is permitted for a single sculler.

Withdrawals should be made in writing on the forms provided at least TWO HOURS prior to the scheduled start time for the race. A withdrawal once made is irrevocable.

Substitution and withdrawal forms will be available from the Regatta Office and should be lodged with staff there. Office hours are –

Thursday – 8.00 am to 5.00 pm  
Friday, Saturday and Sunday – 6.30 am to 5.30 pm.

## **BOW NUMBERS :**

Every boat must carry an approved bow number indicating the lane in which the crew has been drawn in each race.

Bow numbers are available from the Regatta Office for a refundable deposit of \$10.

## **COXSWAINS :**

Weigh in for coxswains will commence 24 hours before their first race, i.e, at 8.00 am on Thursday, 31 May, and coxswains must weigh in no later than one hour before the advertised starting time of their first race.

Coxswain weigh in will be conducted in the Finish Tower, Ground Floor.

Coxswains must be weighed in racing uniform. If a coxswain weighs less than the minimum weight for the crew, weights must be carried to make up the difference.

Minimum coxswain weights –

Women's crews	50 kgs
Men's crews	55 kgs
Mixed crews	50 kgs

The Organising Committee may require the coxswain of any crew carrying weights to re-weigh the weight being carried immediately after their race. If the carried weight does not correspond with the initial weigh-in weight, the coxswain's crew will be disqualified.

## **PRESENTATIONS and AWARDS :**

Where possible, presentation of medals will take place on the Presentation Dais upon the clearing of the race by the Judge and Referee. Crews returning to the Presentation Dais should proceed in Lane 10 and be mindful of races in progress. Do not stop on the Finish Line – or row through the Finish Line if there is a race finishing.

We recognise that many competitors have a busy competition schedule and may not be able to participate in a presentation ceremony immediately following their race. In that instance, medals may be collected from the Presentation area immediately in front of the grandstand.

Medals will be presented for each age group as follows:

- Two entries – First place medal only
- Three entries – First and Second place medal only

- Four or more entries – First, Second and Third place medals.

## **SPECTATOR FACILITIES :**

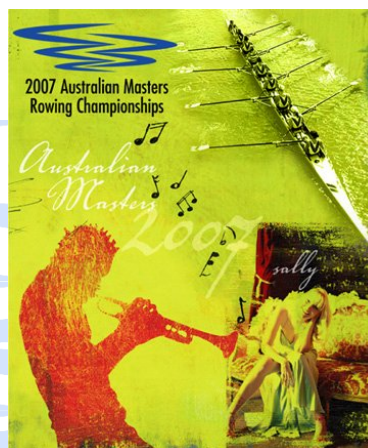
Spectators may take advantage of the excellent grandstand view of the course.

## **CATERING and ENTERTAINMENT :**

SIRC provides a wide range of food and refreshment opportunities for competitor and spectator alike.

Join us at the end of each day in the Regatta Kitchen and Bar, above the finish line at the rear of the grandstand, for our special kind of "Happy Hour".

The Sally Street jazz band will entertain us on Friday and Saturday evenings between 5 pm and 7 pm and on Saturday afternoon between 12 and 2pm.



## **HELP WANTED :**

Any regatta needs the assistance of many volunteers. If anyone has a few spare hours during the regatta to assist us as a volunteer, you'd be more than welcome. Please contact Georgie Lee in the NSWRA office as below or at the venue on regatta days in the Volunteer Room (eastern end of the Grandstand) or in the Regatta Office, Ground Floor, Finish Tower.

## **ENQUIRIES**

NSW Rowing, PO Box 722, Glebe, NSW, 2037  
Tel: 02 8116 9777 Fax: 02 8732 1618  
Events Co-ordinator: Mobile 0417 089 619  
Email: [masters2007@rowingnsw.asn.au](mailto:masters2007@rowingnsw.asn.au)  
Website: [www.rowingnsw.asn.au/masters2007](http://www.rowingnsw.asn.au/masters2007)

