



2008
AUSTRALIAN
ROWING CHAMPIONSHIPS

AND

INTERSTATE REGATTA

Sydney International Regatta Centre, Penrith, NSW

Monday, 3 March to Sunday, 9 March, 2008

BULLETIN 4

IT'S OFFICIAL!
THE LARGEST ENTRY INTO A
NATIONAL CHAMPIONSHIP REGATTA
EVER!

THE BASIC NUMBERS –

89 Events

1227 Crews

1789 Competitors

289 Coxswains

297 Coaches

596 Races

1 Time Trial

The List of Competitors is visible on the NSWRA and RA websites –

See www.rowingsw.asn.au/nationals2008

or on the [2008 National Championships](http://2008.NationalChampionships) website hosted on ROMS

Regatta Contact

NSW Rowing Association

PO Box 722, Glebe, 2037

Tel: 02 8116 9777 Fax: 02 8732 1618

Website: www.rowingsw.asn.au

Email: nationals2008@rowingsw.asn.au

ATTENTION ALL ENTRANTS IN THE CHAMPIONSHIP SCHOOLGIRL SINGLE SCULL

This event has attracted the largest entry into any Australian rowing championship ever –

68 entries

Thank you for your entry

Now the bad news –
Rowing Australia rules provide that where there are 55 or more entries into an event,
the first round of the competition will be by time trial , i.e –
all scullers will start as close as possible to the 2,000 metre start -
in this case, most likely the 1900 metre mark -
each sculler will race down the same lane, starting at 30 second intervals

**ONLY THE FASTEST 63 SCULLERS
WILL PROCEED TO THE NEXT ROUND!**

**FIVE COMPETITORS WILL BE ELIMINATED
THEY WILL NOT GET A RACE**

The fastest nine competitors will go directly to a semi final
Remaining competitors will go to the repechages
and on through the progression system

All 63 competitors will have the opportunity of racing in every round
including the finals on Sunday

In recognition of their commitment to the event
the Organising Committee extends the hospitality of Rowing NSW
to the five scullers eliminated in the
Time Trial for the Championship Schoolgirl Single Scull
and offers them grandstand seats on Saturday, 8th March

Arrangements will be made with the Regatta Secretary on completion of racing on Friday, 7th March

**ENTRY DETAILS ARE NOW VISIBLE ON THE ROWING NSW
AND ROWING AUSTRALIA WEBSITES**

www.rowingnsw.asn.au/national2008
www.rowingaustralia.com.au/about_ra_rules.shtm

The List of Competitors, as required by the Rules, is also available in PDF format, from the Rowing NSW website
Please Note: Where multiple crews have been entered into an event by a club, and did not have an identifying number, the system has applied a number. This is not an attempt by the Organising Committee to rank your crews but rather an attempt to provide easier identification. Please check the program and the draw to ensure which number entrant you are.

The **Indicative Race List** prepared by Rowing Australia may be viewed on both the Rowing Australia and NSWRA websites but may be subject to change. Please refer to the draw which will be published on the evening prior to each day's racing for confirmed race times.

IMPORTANT DETAILS OF RULES AND GUIDELINES

The 2008 Australian Rowing Championships will be conducted in accordance with the Rules and Laws of Boat Racing of Rowing Australia which can be found on the Rowing Australia website at www.rowingaustralia.com.au/about_ra_rules.shtm

Please review the information contained in previous Bulletins and the Supporting Information provided regarding Australian Rowing Championships.

Your particular attention is drawn to Rowing Australia Rules 50 and 51 regarding substitutions and Rowing Australia Rules 44.3 and 44.4 regarding composite crews.
- see www.rowingaustralia.com.au/about_ra_rules.shtm

IMPORTANT ADDITIONAL INFORMATION AND FORMS

may be downloaded from

www.rowingnsw.asn.au/nationals2008

or on the [2008 National Championships](http://2008.NationalChampionships) website hosted on ROMS

QUICK REFERENCE DIARY

Accreditation available from	Saturday, 1 March, 2008 at 8.00 am
Boat Weighing commences	Saturday, 1 March, 2008 at 7.00 am
RA Umpires' Seminar	Sunday, 2 March, 2008 at 12.00 noon
Competitor Briefing 1 – Events 1, 3, 5, 7, 9, 11, 13, 15, 16, 25 and 26	Sunday, 2 March, 2008 at 3.00 pm
Competitor Briefing 2 – All other National Championship events	Monday, 3 March, 2008 at 5.00 pm
Adaptive Competitors' Classification	Tuesday, 4 March, 2008
Competitor Briefing 3 – School events	Friday, 7 March, 2008 at 12 noon

LIVE RESULTS, UPDATES

WILL BE AVAILABLE THROUGHOUT THE REGATTA
ON THE ROWING NSW WEBSITE –

www.rowingnsw.asn.au/nationals2008

GENERAL ADMISSION

All spectators should access the course via Gate B. A parking fee per vehicle will be charged each day according to the table below. Visitors should park as directed by attendants at the gate and take the shuttle bus to the island.

There will be no venue entry fee for General Admission.

THE GRANDSTAND

TICKETS ARE SELLING FAST! DON'T MISS OUT ON THE BEST SEAT IN THE HOUSE

Access to the grandstand reserved seating area will be by ticketed admission from Thursday onward at the rates shown in the table below.

For 2008 we are creating a new experience for spectators at SIRC who are keen to watch the event in style. To achieve this we are setting up

the grandstand to offer premium seating in the lower deck area from Thursday to Sunday.

Premium Grandstand ticket holders will have access to 200 seats on the front lower viewing deck which will be set up with tables and chairs and full catering provided by waiter service from the Regatta Kitchen and Bar. **Premium Grandstand** ticket holders will also have the opportunity to purchase a limited number of island parking passes.

The top two levels of the grandstand will provide approximately 600 seats for standard viewing: this seating will not be reserved but ticketing limited to the number of seats available.

Ticket bookings should be made with the Organising Committee by completing the attached form and emailing or faxing to the addresses quoted in this document.

Tickets will be allocated on a first come/first served basis after receipt of payment.

Ticketing

	Mon	Tue	Wed	Thur	Fri	Sat	Sun	Total
Public Parking	\$10	\$10	\$10	\$10	\$20	\$20	\$20	\$100
Grandstand Seats	Free	Free	Free	\$10	\$10	\$15	\$15	\$50
Grandstand Premium	N/A	N/A	N/A	\$20	\$20	\$30	\$30	\$100
Island car pass option Grandstand Seats	\$15	\$15	\$15	\$15	\$30	\$30	\$30	\$150
Weekly Pass	7 day pass including public parking				Pre regatta sales only			\$100
Grandstand Premium Pass	4 day pass & 7day public parking				Pre regatta sales only			\$150
Grandstand Premium Pass	4 day pass & 7 day island parking				Pre regatta sales only			\$200

RESERVE YOUR TICKETS NOW!

Complete the Ticket Order form located on the NSWRA Website -

www.rowingsw.asn.au/nationals2008

and return it to

NSW Rowing Association

PO Box 722, Glebe, 2037

Tel: 02 8116 9777 Fax: 02 8732 1618

Email: office@rowingsw.asn.au

CAR PARKING

Competitors - Access to the venue and car parking is included in your entry fees. On your first arrival to the venue please identify yourself as a competitor to the venue car park staff. You may be asked for identification following which you will be directed to the competitors' car park at P2. Buses will transport you to the island.

All competitors should collect their ID from their Team Managers.

Visitors and spectators – A vehicle entry/public parking fee will be payable as shown in the above table. All competitor and spectator parking will be located on the southern side of the course. A complimentary shuttle bus will operate between the parking areas and the island.

GUIDELINES ON THE USE OF IMAGES OF CHILDREN

Guidelines have been developed by RA to assist sporting clubs and associations when acquiring and displaying images of children and young people on web sites and in other publications. It is important that clubs, coaches, competitors and parents read these guidelines prior to the submission of entries. NSW Rowing has contracted experienced and reputable photographers to operate at this regatta. For details of the guidelines see www.rowingsw.asn.au/nationals2008

2008 AUSTRALIAN ROWING CHAMPIONSHIPS and INTERSTATE REGATTA

ROWING EXPO

will be located on the area adjacent to the Scoreboard between the Bus Stop and above the Finish Tower

DAILY or WEEKLY PARKING PASSES are available for purchase NOW!

Complete the Ticket Order form located on the NSWRA Website -

www.rowingsw.asn.au/nationals2008

and return it to

NSW Rowing Association

PO Box 722, Glebe, 2037

Tel: 02 8116 9777 Fax: 02 8732 1618

Email: office@rowingsw.asn.au

2008 AUSTRALIAN
ROWING CHAMPIONSHIPS

ATTENTION: ATHLETES AND COACHES

TRAILERS ON ARRIVAL –

ACCESS TO THE VENUE – FRIDAY, 29 FEBRUARY

Access will be limited to the Southern side of the venue until 2.30 pm – Trailers arriving before that time should park as directed by staff and return after 2.30 pm for Island access

ALL TRAILERS SATURDAY and SUNDAY 1 and 2 MARCH

Boats must be unloaded onto racks in the boat park and trailers taken to P7 for parking during each of the regattas on Saturday and Sunday. Staff will be available to direct you. At the conclusion of the regatta, you may then collect your trailer, reload your boats and have a safe trip home.

UNDER NO CIRCUMSTANCES CAN TRAILERS BE LEFT ON THE ISLAND DURING REGATTAS ON 1ST OR 2ND MARCH

NATIONAL CHAMPIONSHIPS

Trailers arriving for the National Championships should report to officials in the boat park and accept their assistance and direction with regard to unloading and storing boats, trailer parking, etc.

Security

The venue is locked overnight – as are the gates to the bridges to the island – and security staff are in place overnight. The venue also has CCTV in place.

ACCREDITATION

All accreditation can be collected by Team Managers from the Accreditation Centre between 8.00 am and 5.00 pm each day from Saturday, 1 March. The Accreditation Centre will be located in the building immediately on the left of Gate A. Team Managers should identify themselves to the attendants at Gate A, park outside the building or as directed by the Gate Attendants and proceed to the Centre.

It is important that all competitors and officials wear their accreditation/ID bands at all times.

ADAPTIVE CLASSIFICATION

All adaptive athletes racing at the 2008 Australian Rowing Championships will be required to hold a valid classification prior to the start of racing. A classification session will be conducted on Tuesday 4 March, 2008 in the Seminar room (above boatshed 5) at the Sydney International Rowing Centre. Athletes requiring classification should contact Matt Bialkowski (mbialkowski@rowingaustralia.com.au – 02 6256 5999) by Wednesday 27 February, 2008 to confirm a time.

BOATS AND EQUIPMENT

Please be assured that all equipment will be checked to ensure it meets the requirements of the Rules particularly in respect of bow balls and shoes being appropriately tied down. A check on safety equipment will also be conducted simultaneously with the weighing of each boat as well as at random throughout the regatta – both on and off the water.

Boat Storage Safety

We recommend that all boats should be tied down on racks when not in use.

BOAT WEIGHING

You are reminded that all boats will be weighed with the fittings essential to their use, in particular with riggers, stretchers and slides but without oars or sound amplification equipment and loudspeakers.

Boats not meeting the safety requirements will not be weighed.

Boat weighing will commence from 7.00 am on Saturday, 1st March and will continue throughout the regatta. **Priority will be given to those boats competing in events commencing on Monday, 3 March.**

BOW NUMBERS

Alpha Numeric bow numbers will be the official numbers to be used throughout this regatta. They will be available after the draw is published for each session from the eastern end of Boatshed 1 – a refundable deposit of \$10 is payable. We urge all competitors to return their bow number as soon as possible after each race.

CATERING and ENTERTAINMENT

A variety of good food and refreshments will be available at the venue throughout the regatta.

An R & R tent for athletes will be located behind the grandstand and Regatta Kitchen and Bar : limited internet access will be available for those wishing to check their progress.

And for fun – on the Car Park side of the Regatta Expo – for your entertainment – **Horizontal Bungee** and **Sumo Suits**. All care taken – no responsibility. Enjoy!

COMPETITOR BRIEFINGS

Three briefings in all will be conducted. Competitors, including coxswains, coaches and team managers are encouraged to attend.

Selection Events & Events Nos 15, 16, 25 and 26 - Sunday, 2 March at 3.00 pm in the Grandstand

Other National Championship Events – Monday, 3 March at 5.00 pm in the Grandstand

School Events – Friday, 7 March at 12 noon in the boatpark adjacent to Boatshed 1.

DRUG TESTING

The Australian Sports Anti-Drug Agency (ASADA) is likely to conduct drug testing at this regatta. Competitors and coaches are urged to take note of the following requirements in respect of Banned Substances for Therapeutic Use and act accordingly in achieving exemptions for appropriate athletes.

All rower, coaches, administrators to acquaint themselves with the requirements for drug testing. If an athlete is unsure of what process they must follow, or have any questions regarding anti-doping, please contact ASADA via their website or Hotline as above.

(http://www.rowingaustralia.com.au/docs/policy_antidoping.pdf) or on The ASADA Hotline 1800 020 506 or ASADA Website (www.asada.gov.au).

FOR YOUR SAFETY

Bicycles and Helmets:

It is a condition of bringing bicycles into the Sydney International Regatta Centre that the rider must wear an approved bicycle safety helmet. This is also a legal requirement, and is enforced from time to time by the NSW Police.

Despite repeated requests and warnings, this requirement has been ignored by a large number of bicycle users at major rowing regattas. We expect coaches to lead by example by wearing safety helmets during this regatta. Failure to do so may incur a penalty of a Yellow Card, equivalent to a false start.

Coaches wishing to follow races will do so on the NORTHERN side of the course only, travelling in a clockwise fashion from 100m above the start to the barrier located 200m from the finish along the “low road” and returning to the start on the “high road”. **NO BICYCLES WILL BE PERMITTED IN THE 200 METRE FINISH AREA** or on the southern bank.

No Bare Feet: Please ensure you wear some form of foot covering when walking around the venue.

Beat the Heat: Be mindful of the old adage “prevention is better than cure”. Refer to information on NSW Website.

Care for the Environment: Please do not throw or allow drink bottles or plastic containers to drift into the lake – dispose of them responsibly and carefully.

MEDICAL SERVICES

Doctors will be in attendance throughout the regatta: paramedic services will be provided by Ambulance Australia.

PRE EVENT TRAINING

The venue will not be accessible between 8.00 am on Wednesday, 27 February until approx 2.00 pm on Friday, 29 February.

The course generally is open from 6.30 am until sunset each day. The competition lake will be available for training up to 30 minutes before racing commences on each day of the regatta and 30 minutes after racing.

A Schoolboy/Schoolgirl/NSWRA regatta will be conducted on the competition lake on **Saturday, 1 March, 2008**. Racing will commence at 8.00 am and conclude at approx 2.30 pm.

A small school regatta will be conducted on the morning of **Sunday, 2 March, 2008**. Racing will commence at 9.00 am and conclude at approx 12.30 pm.

No training will be permitted on the competition lake during either of these regattas – the course will be closed 30 minutes before commencement and until 30 minutes after the last race of each regatta.

An easy reference table for your information is attached to this Bulletin. Your co-operation will be appreciated.

RACING UNIFORM

Competitors in Selection Events may race in their respective Institute/Academy racing uniform.

FOR ALL OTHER NATIONAL CHAMPIONSHIP EVENTS all competitors must wear the registered colours/racing uniform of their club or school. Athletes must comply with Rowing Australia Rule 42.3 – "...Except as provided for composite crews, members of the same crew shall compete in identical clothing." and Rowing Australia Rule 42.5 – "If any members of a crew wears headwear, then the headwear worn by those crew members shall be identical".

The Boat Race Officials will issue appropriate penalties for crews that do not comply with the rules.

TRAFFIC RULES

Adaptive

Special arrangements have been made for adaptive competitor training. A tent and disabled toilet facilities will be located at the 1,000 metre mark. A designated training zone will be available in lanes 9 and 10 from the afternoon training session on Tuesday, 4th March and will be maintained for all training sessions until the completion of adaptive racing. Experienced Arms Only and Trunk and Arms athletes may boat from the back lake pontoons,

however, must train within the designated adaptive training area. Legs, Trunk and Arms athletes who do not require individual assistance, may train within the standard venue traffic flow.

Please note that in all circumstances, slower boats must give way to faster boats in both the adaptive training area and the standard, venue traffic flow.

General Training Traffic Flow

Maps relating to traffic rules during training and racing are attached to this document and on Website Forms – Traffic Rules 1 and 2.

Traffic maps will be located at various locations around the course, particularly in the boat park adjacent to boating pontoons. Additional signage will be in place indicating pontoon usage.

Launch Pontoons

See Traffic maps provided at the venue. There will be additional traffic control signage adjacent to each of the launch pontoons.

Training Prior to Event Arrangements

Competitors requiring access to the course prior to the times specified in the schedule attached should make arrangements with Venue Management on 02 4730 6790. There is a cost of \$6.60 per person per day payable to the Venue Management.

WEATHER and FAIRNESS COMMITTEE

Rowing Australia has expanded the rules regarding Weather and Fairness and the processes to be followed in certain circumstances. In essence, the Weather and Fairness Committee comprises the members of the Jury, the Competition Manager and in the case of Selection Events, the Chairman of the Athletes' Commission.

CODE OF CONDUCT:

Every competitor entering the 2008 Australian Rowing Championships and Interstate Regatta is bound to abide by the Rules and Laws of Boat Racing of Rowing Australia and in particular, its Code of Conduct.

TRAINING and INFORMATION GUIDE

	On course Training	Racing
Friday, 29 Feb	2.30 pm – 6.30 pm	
Saturday, 1 March	6.30 am – 7.30 am 3.00 pm – 7.00 pm	Kings/PLC Sydney/NSWRA Regatta in progress 8.00 am – 2.30 pm
Sunday, 2 March	6.30 am – 8.30 pm 1.00 pm – 7.00 pm	AHIGS-IGSSA Regatta in progress – 9.00 am – 12.30 pm
Monday, 3 March to Saturday, 8 March	6.30 am – 7.30 am 30 minutes after last race - 7.00 pm	Australian Rowing Championship Regatta in progress
Sunday, 9 March	6.30 am – 7.30 am	Australian Rowing Championship Regatta and Interstate Regatta in progress

	Back Lake Training	
Friday, 29 February	2.30 pm to 7.00 pm	
Saturday, 1 March and Sunday March 9	6.30 am to 7.00 pm	

		Athlete and Coxswain Weighing
Test Weighing Saturday, 1 March to Saturday, 8 March	6.30 am to 7.00 pm	Western end of Boatshed 1
Athlete Weigh in Monday, 3 March to Sunday, 9 March	Athletes are required to attend official weigh-in between 2 hours and one hour prior to your first race of the day	Western end of Boatshed 1 A schedule of weigh-in sessions will be provided with Bulletin 4
Coxswains Weigh in Monday, 3 March to Sunday, 9 March	ALL coxswains are required to weigh in between 24 hours and one hour prior to your first race of the regatta	Western end of Boatshed 1
		Boat Weighing
Saturday, 1 March to Saturday, 8 March	7.00 am to 7.00 pm Priority will be given to those boats competing in events commencing on Monday, 3 March	Adjacent to Boatshed 2

	Regatta Secretary, Substitutions, Withdrawals Ground Floor Finish Tower	Regatta Control - Bow Numbers, Competition Information
Sunday, 2 March	7.00 am to 5.00 pm	
Monday, 3 March to Saturday, 8 March	6.00 am to 7.00 pm	6.30 am to 30 minutes after last race – Eastern end Boatshed 1
Sunday, 9 March	7.00 am to 11.30 am	6.30 am to 30 minutes after last race – Eastern end Boatshed 1