

Australian Masters Rowing Championships

Australian Masters Rowing Championships
Nagambie Lakes, Victoria
May 19-21, 2006

2006

Bulletin two - March 2006

Rowing Victoria extends a warm welcome to all masters rowers as we host the 2006 Australian Masters' Rowing Championships and Interstate Regatta to be held at the Nagambie Lakes Regatta Centre, Nagambie, Victoria, commencing Friday May 19th 2006 and concluding Sunday May 21st 2006.

The venue:

Nagambie Lakes is situated in the Shire of Strathbogie 100km north of Melbourne. The lake is of international standard and has hosted several National Championship events. The regatta course is a viewable from the main street in Nagambie. The regatta centre is 3 mins drive from the town centre.

Climate

The Strathbogie region has a moderate and stable temperature in May. Mornings will be cool as low as 7 degrees (bring the woollies) with expected top temperate of around 20 degrees. Winds are light if any and rainfall is unlikely.

Entries: \$27.50 (inclusive of GST) per seat

Entries open: 27 March 06

Entries will be completed online via ROMS by your club 'Super User'. If your club does not have a ROMS Super User, contact your state rowing association.

ROMS: www.rowingaustralia.com.au/portal

Clubs will be invoiced for entry fees once entries close. It is then the responsibility of the club to collect entry fees for entries made by that club. Composite crew entries will be billed to the primary club (one making the entry.)

Entries close: 7pm, Sunday 30 April 06

Events: see attached list for order of events or view at www.rowingvictoria.asn.au

It is anticipated that the regatta will commence at 8am on Friday 19 May.

Heat, where required, will be held at the commencement of each session in each day's program. A race list with times of event will be published as soon as possible after entries close.

Pre-event training:

Warm-up areas and pre-regatta training times will be specified in Bulletin 3.

Masters' regatta rules:

Rules, including age specifications and handicaps, are attached.



2006 Australian Masters' Rowing Championships

Feature events:

Champion of Champions Scull Race will be raced for both the men and women categories just before lunchbreak on the Sunday. Winners of each sculling age group will compete to be named the Australian Champion of Champions.

The interstate events included are the quads and eights for men and women and are raced either side of the lunchbreak on Saturday. State Associations will enter these crews and there are no entry fees payable for any of these feature events.

Event contacts:

Regina Kennedy, Event Coordinator, regina@rowingvictoria.asn.au, ph: 03 8608 3022

Grant Cosgrif, Sponsorship/Marketing, grant@rowingvictoria.asn.au, ph 03 8608 3020

Zoe Ryan, Communications/Website, zoe@rowingvictoria.asn.au, ph 03 8608 3021

Brian Vear, Chairman, Organising Committee, bvear@bigpond.net.au

Travel:

Melbourne is accessible by air from all capital cities and major centres.

Qantas: www.qantas.com.au

Virgin Blue: www.virginblue.com.au

Jetstar: www.jetstar.com.au

The Nagambie Lakes Regatta Centre is accessed via a 90 minutes drive from the Melbourne CBD or Melbourne Tullamarine airport. A map detailing the region and directions from the airport/Melbourne will accompany Bulletin 3.

Car Hire

Rowing Victoria has secured a special hire car rate with Europcar for all masters competitors with Europcar.



Europcar offers:

- Over 200 locations available throughout Australia & New Zealand
- Latest model vehicles including 4WDs, minibuses and trucks
- Competitive rate program saving \$\$'s on all passenger and commercial vehicles!

To book your special member rates simply call 1300 13 13 90 and quote CD# CCC10582 for your discounted rate or visit www.europcar.com.au

"Terms and Conditions apply"

Accommodation:

A range of accommodation is available in the township of Nagambie and the surrounding region. Accommodation options include local towns such as Locksley, Murchison, Gray-

For information on accommodation call

Nagambie Lakes Visitor Information Centre

145 High Street, Nagambie, Victoria, 3608

Telephone 1800 444 647



2006 Australian Masters' Rowing Championships

Car parking:

There is ample parking on site and it is free to competitors and spectators.

Boat trailer parking:

There is ample parking space available on the regatta peninsula onsite, and this area will have overnight security from Thursday May 18th at 7.00pm. Competitors will be requested to unload the boats onto the boat racks supplied and park the trailers away from the boat park as directed. See map in Bulletin 3.

Event program:

Free to competitors upon presentation of competitor pass. Updates and draw sheets available with gold coin donation.

Catering on site:

A range of coffee and hearty and healthy will be available for you to purchase. There will also be an on-site bar for a wine or two at the end of racing.

Merchandise and rowing paraphernalia:

Row-shop will be open on the peninsula so between races you have the chance to purchase clothing and the latest boat equipment and accessories from manufacturers from around Australia.

Crew photos:

Photographers will be on site to photograph crews and medallists; details about the purchase of these photos will be available in Bulletin 3.

Boat/crew register:

Rowing Victoria have requested of their member clubs and schools that we establish a list of boats for lease and transport options for interstate/overseas visitors. Crews requiring members or members requiring crews are also listed.

Check RV website at www.rowingvictoria.asn.au, 'Masters 06' section.

Club tents:

Clubs wishing to erect marquees are welcome to do so in the designated areas overlooking the peninsula. There is ample room for club tents and positions will be decided on a 'first come, first served' basis.

Pets:

Please leave them at home! Nagambie Lakes is a reserve and so pets are not allowed on the peninsula at any time.

Mobile phones:

Standard Australian mobile networks all have coverage at the regatta centre at Nagambie.



Rowing Victoria, Level 2, 436 St Kilda Road, Melbourne, 3004
Phone: 03 8608 3022 Fax: 03 8608 3030



2006 Australian Masters' Rowing Championships

Restaurants:

Nagambie and the local area have a number of award winning restaurant. For further information and bookings, please refer to the websites listed below or the brochures that accompany this bulletin.

Wineries:

The region has a number of excellent wineries and we plan to showcase these at the regatta with possible cellar door sales. More information will follow in Bulletin 3.

Short holidays in Victoria:

The following web sites will assist you with your planning:

Strathbogie Ranges region: www.mcmedia.com.au/nagambie

Nagambie region: www.nagambielakestourism.com.au

Goulburn region: www.shepparton.vic.gov.au

Victoria: www.visitvictoria.com

Melbourne: ww.thatsmelbounre.com.au



Rowing Victoria, Level 2, 436 St Kilda Road, Melbourne, 3004
Phone: 03 8608 3022 Fax: 03 8608 3030



2006 Australian Masters' Rowing Championships

Appendix 1 Events

Friday	Saturday	Sunday
1. MI 2-	42. MD 2-	85. MA 1x
2. MD 2x	43. WC 2x	86. WA 8+
3. WC 4+	44. MG 4+	87. ME 4x
4. MG 8+	45. WF 4x	88. WD 2x
5. WF 1x	46. MA 8+	89. MH 4+
6. MA 2-	47. WA 1x	90. WGH 2-
7. WA 2x	48. ME 2x	91. MB 2-
8. ME 2-	49. WD 2-	92. WB 2x
9. WD 4x	50. MH 4x	93. MF 8+
10. MH 1x	51. WGH 4+	94. WE 4+
11. WGH 8+	52. MB 1x	95. MI 4x
12. MB 4x	53. WB 8+	96. MC 2x
13. MF 1x	54. MF 2-	97. WC 2-
14. WB 2-	55. MC 4x	98. MD 8+
15. MC 4+	56. MI 4+	99. MG 4x
16. MC 4-	57. WE 2-	100. WF 2x
17. WE 8+	58. MixFH 8+	101. MixFH 4+
18. MixFH 4x	59. MixD 2x	102. MixD 4x
19. MixC 8+	60. MixAB 4x	103. MixAB 2x
20. MixE 4+	61. IWD 4x	104. W CofC 1x
	62. IMD 8+	105. M CofC 1x
Break	Break	Break
21. MD 4+	63. IWD 8+	106. MA 4+
22. MD 4-	64. IMD 4x	107. WE 2x
23. WC 1x	65. MG 1x	108. MI 8+
24. MG 2x	66. WF 2-	109. MD 4x
25. WF 8+	67. MA 2x	110. MG 2-
26. MA 4x	68. WA 4+	111. WF 4+
27. WA 2-	69. ME 8+	112. WA 4x
28. ME 1x	70. WD 1x	113. ME 4+
29. WD 4+	71. MH 2-	114. ME 4-
30. MH 8+	72. WGH 2x	115. WD 8+
31. MB 8+	73. MB 4+	116. MH 2x
32. WGH 1x	74. WB 4x	117. WGH 4x
33. WB 1x	75. WE 1x	118. MB 2x
34. MF 4+	76. MI 1x	119. WB 4+
35. WE 4x	77. MC 2-	120. MF 2x
36. MC 1x	78. MF 4x	121. WC 4x
37. MI 2x	79. WC 8+	122. MC 8+
38. MixD 8+	80. MD 1x	123. MixD 4+
39. MixE 2x	81. MixFH 2x	124. MixC 2x
40. MixC 4x	82. MixAB 8+	125. MixE 8+
41. MixAB 4+	83. MixE 4x	
	84. MixC 4+	

Champion of Champions Scull Race: winners of each age group compete to be named Australian Champion Masters' sculler. Offered for both men and women.

Interstate events are highlighted in red.



2006 Australian Masters' Rowing Championships

Appendix 2 Regatta Rules

1. A rower may compete as a Master rower from the beginning of the calendar year during which he or she reaches the age of 27.
2. Year is defined as from January 1 to December 31.
3. A Masters rower will be placed in the age category corresponding to the age which he or she attains during the current year.
4. Age categories are:
 - A. Minimum age:27 years
 - B. Minimum Average age:36 years
 - C. Minimum Average age:43 years
 - D. Minimum Average age:50 years
 - E. Minimum Average age:55 years
 - F. Minimum Average age:60 years
 - G. Minimum Average age:65 years
 - H. Minimum Average age:70 years
 - I. Minimum Average age:75 years
 - J. Minimum Average age:80 years
5. The average age of a crew (excluding the coxswain) will be calculated by dividing the total number of years of age of the crew by the number of members of the crew rounded down to the nearest whole number.
6. Each competitor will be responsible for their own health and fitness.
7. Masters rowers must be in a position to prove their age by production of a copy of their birth certificate or such other proof acceptable to the Organising Committee of the event in which they are to compete.
8. Mixed crew events may be held for Masters crews in which half of the crew excluding the coxswain, will be women and half will be men. The coxswain may be of either gender.
9. Composite crews are permitted without reference to State Associations. There are no restrictions to the number of clubs represented in a composite crew.
10. Alterations to crews are permitted subject to:
 - Substitutions are to be reported to the Regatta Secretary on the official substitution form 1 hour prior to the race.
 - Should the average age of the changed crew be younger than the original crew entered, the altered crew can be placed in a younger category event if lanes are available and the race has not already been conducted.
11. Crews not intending to race must advise the Regatta Secretary on the official form 1 hour prior to the start time of the event.
12. Coxswains:
 - i. Coxswains may be of either gender.
 - ii. Coxswains are not subject to an age limit and their age does not effect the average age of the crew.
 - iii. Minimum weight for coxswains is:
 - iv. 50 kilograms for women's crews, or
 - v. 55 kilograms for men's crews, or
 - vi. 50 kilograms for mixed crews.
 - vii. If a coxswain weighs less than the minimum weight for the crew, weights must be carried to make up the difference.
 - viii. Coxswains must be weighed in racing uniform by a person authorized by the Organising Committee conducting the regatta at least 1 hour prior to the advertised starting time of their first race.
 - ix. A regatta Organising Committee may require the coxswain of any crew, with the weights carried by that person, to be weighed by an authorized person immediately after their race. If the coxswain does not weigh in at the required weight at such re-weighing, the coxswains crew will be disqualified.
13. There must be no less than 2 rescue boats on course for the duration of the regatta. Each crew of two must be qualified first aid people. All rescue boats should be equipped with soft bag ventilators and a small first aid kit.
14. Regatta Organising Committees are expected to conduct safety checks on boats and equipment used by competitors during the regatta.



2006 Australian Masters' Rowing Championships

15. Rowing Australia Masters Championships will be held over three days on a Friday, Saturday and Sunday, subject to clause 17.

16. When heats are required they must be conducted as required at the commencement of the half day session in which the final for that event is placed, subject to clause 17.

17. Progression arrangements from heats must provide for at least two crews to proceed to the next race in any event. For a race in which there is a large number of entries this may require semi finals to be conducted. Should this occur heats in that event may be held on Thursday afternoon prior to the main regatta with semi finals held at the time that would otherwise be used for heats prior to the half day session in which the final for that event is scheduled.

18. Umpire boats are not permitted to follow races on the course.

19. An umpire with an amplifier is to be stationed on shore or in a moored boat at the 500m mark.

20. A Champion of Champions event will be conducted on Sunday at end of session 1 for the winners of each single sculling category in the regatta. RA handicaps will be used in this event. Medal presentation will immediately follow this race.

21. Interstate races for women's and men's D4x and D8+ will be conducted at the end of session 1 and start of session 2 on Saturday. Medal presentations will immediately follow each race.

22. Medals will be presented for each age category of Men's and Women's Championship events on the following basis. Mixed events will receive non championship medals also on the same basis.

- Two entries: First place medal only.
- Three entries: First and second place medals.
- Four or more entries :First, second and third place medals.

23. If less than two entries are received for any age category the event could be combined with an adjacent age category. Organising Committees should not normally combine events of more than two age categories unless it is necessary to make a race.

24. Combined age category events will be conducted on a handicap basis. Handicap tables are set out in Appendix 3.



2006 Australian Masters' Rowing Championships

Appendix 3 Handicaps

Men's Events

1x, 2-

Cat.	Time (seconds)									
A	85	65	51	40	31	22	15	7	2	GO
B	83	63	49	38	29	20	13	5	GO	
C	78	58	44	33	24	15	8	GO		
D	70	50	36	25	16	7	GO			
E	63	43	29	18	9	GO				
F	54	34	20	9	GO					
G	45	25	11	GO						
H	34	14	GO							
I	20	GO								
J	GO									

2x, 4+

Cat.	Time (seconds)									
A	76	57	44	34	26	19	13	7	2	GO
B	74	55	42	32	24	17	11	5	GO	
C	69	50	37	27	19	12	6	GO		
D	63	44	31	21	13	6	GO			
E	57	38	25	15	7	GO				
F	50	31	18	8	GO					
G	42	23	10	GO						
H	32	13	GO							
I	19	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	70	53	42	33	26	19	12	6	2	GO
B	68	51	40	31	24	17	10	4	GO	
C	64	47	36	27	20	13	6	GO		
D	58	41	30	21	14	7	GO			
E	51	34	23	14	7	GO				
F	44	27	16	7	GO					
G	37	20	9	GO						
H	28	11	GO							
I	17	GO								
J	GO									



Rowing Victoria, Level 2, 436 St Kilda Road,
Melbourne, 3004
Phone: 03 8608 3022 Fax: 03 8608 3030

2006 Australian Masters' Rowing Championships

Women's Events

1x, 2-

Cat.	Time (seconds)									
A	94	72	57	45	35	25	17	8	2	GO
B	92	70	55	43	33	23	15	6	GO	
C	86	64	49	37	27	17	9	GO		
D	77	55	40	28	18	8	GO			
E	69	47	32	20	10	GO				
F	59	37	22	10	GO					
G	49	27	12	GO						
H	37	15	GO							
I	22	GO								
J	GO									

2x, 4+

Cat.	Time (seconds)									
A	85	64	50	38	29	21	15	8	2	GO
B	83	62	48	36	27	19	13	6	G O	
C	77	56	42	30	21	13	7	G O		
D	70	49	35	23	14	6	GO			
E	64	43	29	17	8	GO				
F	56	35	21	9	GO					
G	47	26	12	GO						
H	35	14	GO							
I	21	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	79	60	47	37	29	21	14	7	2	GO
B	77	58	45	35	27	19	12	5	G O	
C	72	53	40	30	22	14	7	G O		
D	65	46	33	23	15	7	GO			
E	58	39	26	16	8	GO				
F	50	31	18	8	GO					
G	42	23	10	GO						
H	32	13	GO							
I	19	GO								
J	GO									



2006 Australian Masters' Rowing Championships

Handicaps Mixed Events

2x, 4+

Cat.	Time (seconds)									
A	81	61	47	36	27	20	14	7	2	GO
B	79	59	45	34	25	18	12	5	GO	
C	74	54	40	29	20	13	7	GO		
D	67	47	33	22	13	6	GO			
E	61	41	27	16	7	GO				
F	54	34	20	9	GO					
G	45	25	11	GO						
H	34	14	GO							
I	20	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	75	57	45	35	28	20	13	7	2	GO
B	73	55	43	33	26	18	11	5	GO	
C	68	50	38	28	21	13	6	GO		
D	62	44	32	22	15	7	GO			
E	55	37	25	15	8	GO				
F	47	29	17	7	GO					
G	40	22	10	GO						
H	30	12	GO							
I	18	GO								
J	GO									

Relative Handicaps Between Men, Women and Mixed A to H



Rowing Victoria, Level 2, 436 St Kilda Road,
Melbourne, 3004
Phone: 03 8608 3022 Fax: 03 8608 3030

2006 Australian Masters' Rowing Championships

Handicaps for Older Age Groups (included in tables above)

Seconds Added				
Age Category	Boat	Men	Women	Mixed
I (75+ add to H handicap)	1x, 2-	14	15	
	2x, 4+	13	14	14
	4-, 4x, 8+	11	13	12
J (80+ add to I handicap)	1x, 2-	20	22	
	2x, 4+	19	21	20
	4-, 4x, 8+	17	19	18



Rowing Victoria, Level 2, 436 St Kilda Road, Melbourne, 3004
Phone: 03 8608 3022 Fax: 03 8608 3030