

# La Régate ERA 1-2 juillet 2017 / ERA Regatta July 1st-2nd 2017

## LISTE ET NUMÉROS DES COURSES / LIST AND NUMBER OF EVENTS

### SAMEDI / SATURDAY

12:00	1	Test event M1x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate
12:10	2	Test event W4x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate
12:20	3	Test event M8+ Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate
14:10	4	Test event W8+ Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate
14:20	5	Test event M4x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate
14:30	6	Test event W1x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birthdate

### DIMANCHE / SUNDAY

12:10	7	M2X Master 21+
12:20	8	W2X Master 21+
12:30	9	M1X JC/CG
12:31	10	M1X U23 LWT
12:32	11	M1X U23
12:33	12	M1X SR LWT
12:34	13	M1X SR
13:00	14	W1X JC/CG
13:01	15	W1X U23 LWT
13:02	16	W1X U23
13:03	17	W1X SR LWT
13:04	18	W1X SR
13:30	19	M2- JC/CG
13:31	20	M2- U23 LWT
13:32	21	M2- U23
13:33	22	M2- SR LWT
13:34	23	M2- SR
13:50	24	W2- JC/CG
13:51	25	W2- U23 LWT

13:52	26	W2- U23
13:53	27	W2- SR LWT
13:54	28	W2- SR
14:10	29	W4- SR LWT
14:11	30	W4- SR
14:20	31	M4X JC/CG
14:21	32	M4X SR LWT
14:22	33	M4X SR
14:40	34a	M1X Master 21+
14:45	34b	M1X Master 50+
14:50	35a	W1X Master 21+
14:55	35b	W1X Master 50+
15:00	36	M4- SR LWT
15:01	37	M4- SR
15:10	38	W2X JC/CG
15:11	39	W2X SR LWT
15:12	40	W2X SR
15:40	41	W8+ JC/CG
15:41	42	W8+ SR
15:50	43	M8+ JC/CG
15:51	44	M8+ SR
16:00	45	M2X JC/CG
16:01	46	M2X SR LWT
16:02	47	M2X SR
16:30	48	W4X JC/CG
16:31	49	W4X SR LWT
16:32	50	W4X SR

### HORAIRE DÉTAILLÉ / DETAILED SCHEDULE

	Event #	SAMEDI / SATURDAY
7:00- 8:15		ENTRAÎNEMENT – TRAINING
6:30-8:00	selon métro	Pesée des rameurs poids légers / Weigh-in for lightweight rowers Premier métro à confirmer /First metro to be confirmed
09:00	9-10-11-12-13	M1X C-L-M / T.T. (Limite de 48 inscriptions / Limit 48 entries) 18 best times to semis, 19-24 in D. 25-30 in E, 31-36 in F, 37-41 in G and 42-48 in H finals

09:45	14-15-16-17-18	W1X C-L-M / T.T. (Limite de 48 inscriptions / Limit 48 entries) 18 best times to semis, 19-24 in D. 25-30 in E, 31-36 in F, 37-41 in G and 42-48 in H finals
10:30	19-20-21-22-23	M2- C-L-M / T.T. (Limite de 18 inscriptions / Limit 18 entries) 12 best times to semis, others to C finals
11:00	24-25-26-27-28	W2- C-L-M / T.T. (Limite de 18 inscriptions / Limit 18 entries) 12 best times to semis, others to C finals
11:30		PAUSE / BREAK
12:00	1	Test event M1x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
12:10	2	Test event W4x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
12:20	3	Test event M8+ Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
12:30	9-10-11-12-13	FGM1X
12:40	9-10-11-12-13	FFM1X
12:50	9-10-11-12-13	FEM1X
13:00	9-10-11-12-13	FDM1X
13:10	19-20-21-22-23	FCM2-
13:20	14-15-16-17-18	FGW1x
13:30	14-15-16-17-18	FFW1x
13:40	14-15-16-17-18	FEW1x
13:50	14-15-16-17-18	FDW1x
14:00	24-25-26-27-28	FCW2-
14:10	4	Test event W8+ Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
14:20	5	Test event M4x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
14:30	6	Test event W1x Final Open to recreational / U15, U17, provincial seat races, etc. No weigh-in, no proof of birth
14:40	45-46-47	Heat 1 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
14:50	45-46-47	Heat 2 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
15:00	45-46-47	Heat 3 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
15:10	45-46-47	Heat 4 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
15:20	45-46-47	Heat 5 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C. PAUSE / BREAK
15:50	38-39-40	Heat 1 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
16:00	38-39-40	Heat 2 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
16:10	38-39-40	Heat 3 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
16:20	38-39-40	Heat 4 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.
16:30	38-39-40	Heat 5 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.

16:45-18:00

ENTRAÎNEMENT – TRAINING

**DIMANCHE / SUNDAY**

7:00-8:00

ENTRAÎNEMENT - TRAINING

6:00-7:30

Selon météo

Pesée des rameurs poids légers / Weigh-in for lightweight rowers  
Premier météo à confirmer /First metro to be confirmed

8:20-9:50

Pesée des barreaux / Weigh-in for coxswains

08:30	9-10-11-12-13	SF1M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
08:40	9-10-11-12-13	SF2M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
08:50	9-10-11-12-13	SF3M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
09:00	14-15-16-17-18	SF1W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
09:10	14-15-16-17-18	SF2W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
09:20	14-15-16-17-18	SF3W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.
09:30	19-20-21-22-23	SF1M2- 1st and 2nd plus two fastest times in A Final . 7th to 12th times in B.
09:40	19-20-21-22-23	SF2M2- 1st and 2nd plus two fastest times in A Final . 7th to 12th times in B.
09:50	24-25-26-27-28	SF1W2- 1st and 2nd plus two fastest times in A Final . 7th to 12th times in B.
10:00	24-25-26-27-28	SF2W2- 1st and 2nd plus two fastest times in A Final . 7th to 12th times in B.
10:10	29-30	Heat 1 W4- : 1st and 2nd plus two fastest times in A Final. No B Final.
10:20	29-30	Heat 2 W4- : 1st and 2nd plus two fastest times in A Final. No B Final.
10:30	31-32-33	Heat 1 M4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.
10:40	31-32-33	Heat 2 M4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.
10:50	41-42	Heat 1 W8+ : 1st and 2nd plus two fastest times in A Final. No B Final.
11:00	43-44	Heat 2 W8+ : 1st and 2nd plus two fastest times in A Final. No B Final.
11:10	36-37	Heat 1 M4- : 1st and 2nd plus two fastest times in A Final. No B Final.
11:20	36-37	Heat 2 M4- : 1st and 2nd plus two fastest times in A Final. No B Final.
11:30	48-49-50	Heat 1 W4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.
11:40	48-49-50	Heat 2 W4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.
11:50	43-44	Heat 1 M8+ : 1st and 2nd plus two fastest times in A Final. No B Final.
12:00	43-44	Heat 2 M8+ : 1st and 2nd plus two fastest times in A Final. No B Final.

**FINALES**

12:10	7a	Mmaster 2x 21+ Youngest boats
12:15	7b	Mmaster 2x 21+ Oldest boats
12:20	8a	Wmaster 2x 21+ Youngest boats

12:25	8b	Wmaster 2x 21+ Oldest boats
12:30	9-10-11-12-13	FCM1X
12:40	9-10-11-12-13	FBM1X
12:50	9-10-11-12-13	FAM1X
13:00	14-15-16-17-18	FCW1X
13:10	14-15-16-17-18	FBW1X
13:20	14-15-16-17-18	FAW1X
13:30	19-20-21-22-23	FBM2-
13:40	19-20-21-22-23	FAM2-
13:50	24-25-26-27-28	FBW2-
14:00	24-25-26-27-28	FAW2-
14:10	29-30	FAW4-
14:20	31-32-33	FBM4X
14:30	31-32-33	FAM4X
14:40	34a	Mmaster 1x 21+ Youngest boats
14:45	34b	Mmaster 1x 50+ Oldest boats
14:50	35a	Wmaster 1x 21+ Youngest boats
14:55	35b	Wmaster 1x 50+ Oldest boats
15:00	36-37	FAM4-
15:10	38-39-40	FCW2X
15:20	38-39-40	FBW2X
15:30	38-39-40	FAW2X
15:40	41-42	FAW8+
15:50	43-44	FAM8+
16:00	45-46-47	FCM2X
16:10	45-46-47	FBM2X
16:20	45-46-47	FAM2X
16:30	48-49-50	FBW4X
16:40	48-49-50	FAW4X

17:10

**PRÉSENTATION DU TROPHÉE COMSTOCK / PRESENTATION OF THE COMSTOCK TROPHY**

**RÈGLEMENTS / RULES (English below)**

Toutes les courses sont disputées en format NRCs :  
des équipages JR ou SR poids légers pourraient participer à une finale avec des athlètes SR.

Catégories en 1x et 2- : JC, U23, U23-L, SR et SR-L hommes et femmes (20 catégories).  
Mis à part les Maîtres, tous les 1x et 2- doivent compléter un contre-la-montre (CLM) le samedi.

Catégories en 2x et 4x : JC, SR et SR-L pour hommes et femmes (12 catégories)  
Catégories en 4- : SR et SR-L pour hommes et femmes (4 catégories)  
Catégories en 8+ : JC et SR pour hommes et femmes (4 catégories)  
Maîtres : 1x (21+ et 50+) et 2x (21+) hommes et femmes (6 catégories)

AUCUN participant dans deux courses séparées par moins de 40 minutes.  
AUCUN bateau utilisé dans deux courses séparées par moins de 40 minutes.  
AUCUN changement d'horaire.  
Les clubs DOIVENT ABSOLUMENT prévoir leur horaire de bateaux et équipages.

Points pour le trophée Comstock  
6 Bateaux ou plus : 1er, 6 pts; 2e, 5 pts; 3e, 4 pts; 4e, 3 pts; 5e, 2 pts et 6e, 1 pt.  
5 Bateaux : 1er, 6 pts; 2e, 4 pts; 3e, 3 pts; 4e, 2 pts et 5e, 1 pt.  
4 Bateaux : 1er, 6 pts; 2e, 3 pts; 3e, 2 pts et 4e, 1 pt.  
3 Bateaux : 1er, 6 pts; 2e, 2 pts et 3e, 1 pt.  
2 Bateaux : 1er, 6 pts et 2e, 1 pt.  
Les points sont multiplies par 1,25 en 2x et 2-; par 1,5 en 4x et 4- et par 2 en 8+.

Les clubs peuvent faire des points avec un seul bateau par catégorie.  
Dans toutes les épreuves, un bateau doit absolument battre au moins un bateau de sa catégorie pour accumuler des points et mériter une médaille.  
Dans toutes les épreuves, les 2<sup>e</sup>, 3<sup>e</sup>, 4<sup>e</sup>, etc. bateaux d'un club ne peuvent faire de points Comstock, mais peuvent repousser les bateaux des autres clubs au classement.  
Si six skiffs d'un même club obtiennent les six premiers rangs, le club amasse six points et les autres clubs, aucun point.

Frais d'inscriptions  
Skiffs 40\$  
Deux de couple et de pointe 50\$  
Quatre de couple et de pointe 70\$  
Huit 120\$

Dates et délais

Date limite pour un rabais de 10 pourcent : Lundi 19 juin, 23h59.

Date limite : Lundi 26 juin, 23h59.

Les inscriptions doivent être payées avant la première course de la régata. Chèques au nom du Club d'aviron Terrebonne.  
Aucun remboursement.

Paiement comptant le jour même si couloirs disponibles.

Enregistrement via RegattaCentral.

Règlements de course de Rowing Canada Aviron

Jeux du Canada (JC) : né en 1997 ou après (preuve de date de naissance à la commission de contrôle)

U23 : né en 1995 ou après (preuve de date de naissance à la commission de contrôle)

Maîtres 21+ : né en 1996 ou avant (preuve de date de naissance à la commission de contrôle)

Maîtres 50+ : né en 1967 ou avant (preuve de date de naissance à la commission de contrôle)

Poids légers hommes : maximum 72,5 kg

Poids légers femmes : maximum 59 kg

Barreur en huit masculin : minimum 55 kg (sauf pour les courses 3 et 4)

Barreur en huit féminin : minimum 50 kg (sauf pour les courses 3 et 4)

Il y aura des travaux majeurs dans les îles tout au long de l'été, mais le stationnement P2 sera accessible (22\$).

Il est quand même suggéré de garer vos voitures au métro Longueuil et de venir au bassin en métro.

Bénévolat et "ti-bout-de-papier"

Pour chaque tranche de deux heures de bénévolat, vos membres ou supporters recevront un "ti-bout-de-papier".

Rôles à remplir : teneurs de bateaux; quai de mise à l'eau (souliers); quai de retour au sol (numéros de proue).

Et croyez-nous : vous voudrez un précieux "ti-bout-de-papier" !

Indice 1 : une massothérapeute professionnelle sera présente pour traiter les athlètes et...

Indice 2 : encore cette année, les bières La Barreuse et La Rameuse seront servies à la cafétéria...

## **RÈGLEMENTS / RULES**

All races on NRC format meaning a JR or SR lwt boat can end up in an A final against SR boats.

Categories in 1x and 2- CG, U23, U23 lwt, SR and SR lwt for both men and women total 20.

Except for Masters, all singles and pairs MUST complete a time trial on Saturday morning.

Categories in 2x, 4x : CG, Sr and SR lwt for both men and women total 12 categories

Categories in 4- SR and SR lwt for both men and women total 4 categories  
Categories in 8+ CG and SR for both men and women total 4 categories  
Masters 1x (27+ and 50+) and 2x (27+) Men and Women total of 6 categories.

Absolutely NO rowers in events separated by less than 40 minutes.  
Absolutely NO use of the same boat in events separated by less than 40 minutes.  
Absolutely NO schedule changes.  
All clubs MUST figure out an efficient strategy with this schedule.

Points for Comstock trophy

6 Boats or more in the category : 1st gets 6 pts; 2nd, 5 pts; 3rd, 4 pts; 4th, 3 pts; 5th, 2 pts; 6<sup>th</sup>, 1pt.  
5 Boats in the category : 1st gets 6 pts; 2nd, 4 pts; 3rd, 3 pts; 4th, 2 pts and 5th, 1 pt.  
4 Boats in the category : 1st gets 6 pts; 2nd, 3 pts; 3rd, 2 pts and 4th, 1 pt.  
3 Boats in the category : 1st gets 6 pts; 2nd, 2 pts and 3rd, 1 pt.  
2 Boats in the category : 1st gets 6 pts and 2nd, 1 pt.  
Points are multiplied by 1,25 for 2x and 2-; by 1,5 for 4x and 4- and by 2 for 8+.

Clubs can make points with only one boat per event.  
In all events, a boat must beat at least one boat in its category to make points and get a medal.  
In any event, the second, third, fourth, etc. boats from a club can't make points but can push other clubs lower in the rankings and points.  
If six singles from a club take the first six places in a category, the club makes 6 points and all other clubs make 0 point.

Entry fees

Singles 40\$  
Pairs and Doubles 50\$  
Fours and quads 70\$  
Eights 120\$

Entry deadline for a 10 percent discount : Monday June 19th, 11:59 pm.  
Entry deadline : Monday June 26th, 11:59 pm.  
All fees must be paid before the first race of the regatta. Cheques to Club d'aviron Terrebonne.  
No refunds for scratches.  
Cash registration on day of regatta if empty spots available.  
Registration through RegattaCentral.



#### RCA rules of racing

Canada Games (CG) : born in 1997 or after (Proof of birthdate at Control commission)

U23 : born in 1995 or after (Proof of birthdate at Control commission)

Masters 21+ : born in 1996 or before (Proof of birthdate at Control commission)

Masters 50+ : born in 1967 or before (Proof of birthdate at Control commission)

Lightweight men : max. 72,5 kg

Lightweight women : max. 59 kg

Coxswain men's eight : min. 55 kg (no weigh-in for events 3 and 4)

Coxswain women's eight : min. 50 kg (no weigh-in for events 3 and 4).

There will be major construction on the islands, but parking P2 will be available (22\$).

It is recommended to park your cars at the Longueuil metro station and come by metro (cheaper and faster anyway !).

Volunteering for a "little-piece-a-paper".

For every 2-hours volunteering, your members and fans will get a "little-piece-a-paper".

Tasks : boatholders; outgoing dock (shoes); in-coming dock (bowmarkers), safety boat driving, etc.

Believe us : you want to get a "little-piece-a-paper" !

Clue 1 : a professional massage therapist will be there to take care of athletes and...

Clue 2 : once again, we will have "La Barreuse" and "La Rameuse" Beer at the cafeteria...

#### Suggested hotels

Downtown Montreal and one metro station :

Hôtel Gouverneurs place Dupuis <http://www.gouverneur.com/en/hotel/montreal>

Downtown Montreal McGill University summer accomodation

<https://www.mcgill.ca/accommodations/summer>

On the South shore and one metro station :

Sandman métro Longueuil <http://www.sandmanhotels.ca/fr/hotels/montreal-longueuil/>

Ontario clubs : to avoid échangeur Turcot,

take highway 30, cross the St. Lawrence River in Valleyfield and take Jacques-Cartier Bridge from Longueuil to Montreal.