

La Régate ERA 30 juin-1er juillet 2018 / ERA Regatta June 30th-July 1st 2018

LISTE ET NUMÉROS DES COURSES / LIST AND NUMBER OF EVENTS

SAMEDI / SATURDAY

- 1 4x Open / Recreational. Numéro RCA seulement / RCA number only
- 2 8+ Open / Recreational. Numéro RCA seulement / RCA number only Pas de pesée / No weigh-in
- 3 1X U13 ouvert /open (CJQ) 1000 m départ flottant / floating start
- 4 1X U15 filles / girls (CJQ) 1000 m départ flottant / floating start
- 5 1X U15 garçons / boys (CJQ) 1000 m départ flottant / floating start
- 6 1X U17 filles / girls (CJQ) 1000 m départ flottant / floating start
- 7 1X U17 garçons / boys (CJQ) 1000 m départ flottant / floating start
- 8 2X U13 ouvert / open (CJQ) 1000 m départ flottant / floating start
- 9 2X U15 ouvert / open (CJQ) 1000 m départ flottant / floating start
- 10 2X U17 filles / girls (CJQ) 1000 m départ flottant / floating start
- 11 2X U17 ouvert / garçons (CJQ) 1000 m départ flottant / floating start

DIMANCHE / SUNDAY

- 12 M2X Master 21+ (Comstock trophy points)
- 13 W2X Master 21+ (Comstock trophy points)
- 14 M1X U19 (CJQ) (Comstock trophy points)
- 15 M1X U23 LWT (Comstock trophy points)
- 16 M1X U23 (Comstock trophy points)
- 17 M1X SR LWT (Comstock trophy points)
- 18 M1X SR (Comstock trophy points)
- 19 W1X U19 (CJQ) (Comstock trophy points)
- 20 W1X U23 LWT (Comstock trophy points)
- 21 W1X U23 (Comstock trophy points)
- 22 W1X SR LWT (Comstock trophy points)
- 23 W1X SR (Comstock trophy points)
- 24 M2- U19 (CJQ) (Comstock trophy points)
- 25 M2- SR LWT (Comstock trophy points)

- 26 M2- SR (Comstock trophy points)
- 27 W2- U19 (CJQ) (Comstock trophy points)
- 28 W2- SR LWT (Comstock trophy points)
- 29 W2- SR (Comstock trophy points)
- 30 W4- SR LWT (Comstock trophy points)
- 31 W4- SR (Comstock trophy points)
- 32 M4X U19 (CJQ = filles permises / girls accepted) (Comstock trophy points)
- 33 M4X SR LWT (Comstock trophy points)
- 34 M4X SR (Comstock trophy points)
- 35 M1X Master 21+ 1000 m départ flottant / floating start (Comstock trophy points)
- 36 M1X Master 50+ 1000 m départ flottant / floating start (Comstock trophy points)
- 37 W1X Master 21+ 1000 m départ flottant / floating start (Comstock trophy points)
- 38 W1X Master 50+ 1000 m départ flottant / floating start (Comstock trophy points)
- 39 M4- SR LWT (Comstock trophy points)
- 40 M4- SR (Comstock trophy points)
- 41 W2X U19 (Comstock trophy points)
- 42 W2X SR LWT (Comstock trophy points)
- 43 W2X SR (Comstock trophy points)
- 44 W8+ SR (Comstock trophy points)
- 45 M8+ SR (Comstock trophy points)
- 46 M2X U19 (Comstock trophy points)
- 47 M2X SR LWT (Comstock trophy points)
- 48 M2X SR (Comstock trophy points)
- 49 W4X U19 (Comstock trophy points)
- 50 W4X SR LWT (Comstock trophy points)
- 51 W4X SR (Comstock trophy points)

HORAIRE DÉTAILLÉ / DETAILED SCHEDULE

	Event #	SAMEDI / SATURDAY
7:00- 7:45		ENTRAÎNEMENT – TRAINING
6:00-8:00		Pesée des rameurs poids légers / Weigh-in for lightweight rowers Premier métro à confirmer /First metro to be confirmed
08:30	14-15-16-17-18	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, 37-42 in G and 43-48 in H finals
09:30	19-20-21-22-23	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, 37-42 in G and 43-48 in H finals

10:30	3-4-5-6-7	1X U13, U15, U17 Qualifications si nécessaire / Heats if necessary	1000 m
11:15	8-9-10-11	2X U13, U15, U17 Qualifications si nécessaire / Heats if necessary	1000 m
11:30		PAUSE / BREAK	
12:30	14-15-16-17-18	FGM1X	
12:40	14-15-16-17-18	FFM1X	
12:50	14-15-16-17-18	FEM1X	
13:00	14-15-16-17-18	FDM1X	
13:10	19-20-21-22-23	FGW1x	
13:20	19-20-21-22-23	FFW1x	
13:30	19-20-21-22-23	FEW1x	
13:40	19-20-21-22-23	FDW1x	
13:50	1	4x Open / Recreational. No weigh-in, no proof of birthdate	
14:00	2	8+ Open / Recreational. No weigh-in, no proof of birthdate	
14:10	46-47-48	Heat 1 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
14:20	46-47-48	Heat 2 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
14:30	46-47-48	Heat 3 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
14:40	46-47-48	Heat 4 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
14:50	46-47-48	Heat 5 M2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
15:00	3	1X U13 ouvert / open (CJQ) 1000 m départ flottant / floating start	
15:10	4	1X U15 filles / girls (CJQ) 1000 m départ flottant / floating start	
15:20	5	1X U15 garçons / boys (CJQ) 1000 m départ flottant / floating start	
15:30	6	1X U17 filles / girls (CJQ) 1000 m départ flottant / floating start	
15:40	7	1X U17 garçons / boys (CJQ) 1000 m départ flottant / floating start	
15:50	41-42-43	Heat 1 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
16:00	41-42-43	Heat 2 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
16:10	41-42-43	Heat 3 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
16:20	41-42-43	Heat 4 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
16:30	41-42-43	Heat 5 W2X : 1st plus fastest time in A final, 7th to 12th times in B. 13th to 18th times in C.	
16:40	8	2X U13 ouvert / open (CJQ) 1000 m départ flottant / floating start	
16:50	9	2X U15 ouvert / open (CJQ) 1000 m départ flottant / floating start	
17:00	10	2X U17 filles / girls (CJQ) 1000 m départ flottant / floating start	
17:10	11	2X U17 ouvert / garçons (CJQ) 1000 m départ flottant / floating start	
17:30-19:00		ENTRAÎNEMENT – TRAINING	

17:30

PRÉSENTATION DES MÉDAILLES COUPE JEUNESSE QUÉBEC 1X et 2X U13, U15 et U17

DIMANCHE / SUNDAY

7:00-7:45

ENTRAÎNEMENT - TRAINING

6:00-7:30

Selon métro

Pesée des rameurs poids légers / Weigh-in for lightweight rowers

Premier métro à confirmer /First metro to be confirmed

8:20-9:50

Pesée des barreaux / Weigh-in for coxswains

08:30

14-15-16-17-18

SF1M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

08:40

14-15-16-17-18

SF2M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

08:50

14-15-16-17-18

SF3M1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

09:00

19-20-21-22-23

SF1W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

09:10

19-20-21-22-23

SF2W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

09:20

19-20-21-22-23

SF3W1X 1st plus three fastest times in A Final . 7th to 12th times in B. 13th to 18th times in C.

09:30

24-25-26

Heat 1 M2- : 1st and 2nd plus two fastest times in A Final. No B Final.

09:40

24-25-26

Heat 2 M2- : 1st and 2nd plus two fastest times in A Final. No B Final.

09:50

27-28-29

Heat 1 W2- : 1st and 2nd plus two fastest times in A Final. No B Final.

10:00

27-28-29

Heat 2 W2- : 1st and 2nd plus two fastest times in A Final. No B Final.

10:10

30-31

Heat 1 W4- : 1st and 2nd plus two fastest times in A Final. No B Final.

10:20

30-31

Heat 2 W4- : 1st and 2nd plus two fastest times in A Final. No B Final.

10:30

32-33-34

Heat 1 M4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.

10:40

32-33-34

Heat 2 M4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.

10:50

44

Heat 1 W8+ : 1st and 2nd plus two fastest times in A Final. No B Final.

11:00

44

Heat 2 W8+ : 1st and 2nd plus two fastest times in A Final. No B Final.

11:10

39-40

Heat 1 M4- : 1st and 2nd plus two fastest times in A Final. No B Final.

11:20

39-40

Heat 2 M4- : 1st and 2nd plus two fastest times in A Final. No B Final.

11:30

49-50-51

Heat 1 W4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.

11:40

49-50-51

Heat 2 W4X : 1st and 2nd plus two fastest times in A Final. Others in B Final.

11:50

45

Heat 1 M8+ : 1st and 2nd plus two fastest times in A Final. No B Final.

12:00

45

Heat 2 M8+ : 1st and 2nd plus two fastest times in A Final. No B Final.

FINALES

12:10

12

Mmaster 2x 21+ 1000 m départ flottant / floating start

12:20

13

Wmaster 2x 21+ 1000 m départ flottant / floating start

12:30

14-15-16-17-18

FCM1X

12:40	14-15-16-17-18	FBM1X	
12:50	14-15-16-17-18	FAM1X	
13:00	19-20-21-22-23	FCW1X	
13:10	19-20-21-22-23	FBW1X	
13:20	19-20-21-22-23	FAW1X	
13:30	24-25-26	FBM2-	
13:40	24-25-26	FAM2-	
13:50	27-28-29	FBW2-	
14:00	27-28-29	FAW2-	
14:10	30-31	FAW4-	
14:20	32-33-34	FBM4X	
14:30	32-33-34	FAM4X	
14:40	35-36	Mmaster 1x 21+	1000 m départ flottant / floating start
14:50	37-38	Wmaster 1x 21+	1000 m départ flottant / floating start
15:00	39-40	FAM4-	
15:10	41-42-43	FCW2X	
15:20	41-42-43	FBW2X	
15:30	41-42-43	FAW2X	
15:40	44	FAW8+	
15:50	45	FAM8+	
16:00	46-47-48	FCM2X	
16:10	46-47-48	FBM2X	
16:20	46-47-48	FAM2X	
16:30	49-50-51	FBW4X	
16:40	49-50-51	FAW4X	

16:40 **PRÉSENTATION DES MÉDAILLES COUPE JEUNESSE QUÉBEC 1X, 2- et 4X U19**
17:10 **PRÉSENTATION DU TROPHÉE COMSTOCK / PRESENTATION OF THE COMSTOCK TROPHY**

RÈGLEMENTS / RULES (English below)

À l'exception des courses U13, U15, U17, et Masters, 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 : U19, U23, U23-L, SR et SR-L hommes et femmes (10 catégories).

À l'exception des U13, U15, U17 et Maîtres, tous les 1x doivent compléter un contre-la-montre (CLM) le samedi.

Catégories en 2-, en 2X et en 4X : U19, SR-L et SR hommes et femmes (18 catégories)

Catégories en 4- : SR et SR-L pour hommes et femmes (4 catégories)

Catégories en 8+ : SR pour hommes et femmes (2 catégories)

Maîtres : 1x (21+ et 50+) et 2x (21+) hommes et femmes (6 catégories)

Au total : 40 catégories pour le trophée Comstock et 10 catégories pour la Coupe Jeunesse Québec

Toutes les courses Coupe Jeunesse Québec (CJO) sont ouvertes aux participants de l'extérieur du Québec, mais seulement les participants du Québec peuvent y accumuler des points.

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 multipliés 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^e, 3^e, 4^e, 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 (incluant les frais RCA-AQA)

Skiffs U13, U15, U17 et Maîtres 30\$

Doubles U13, U15, U17 et Maîtres 30\$

Skiffs 45\$

Deux de couple et de pointe 60\$

Quatre de couple et de pointe 90\$
Huit 120\$

Dates et délais

Date limite pour un rabais de 10 pourcent : Lundi 18 juin, 23h59.

Date limite : Lundi 25 juin, 23h59.

Inscriptions et paiements à l'avance via RegattaCentral.

Aucun remboursement.

Paielement comptant le jour même si couloirs disponibles.

Règlements de course de Rowing Canada Aviron

U13 : né en 2006 ou après (preuve de date de naissance à la commission de contrôle)

U15 : né en 2004 ou après (preuve de date de naissance à la commission de contrôle)

U17 : né en 2002 ou après (preuve de date de naissance à la commission de contrôle)

U19 : né en 2000 ou après (preuve de date de naissance à la commission de contrôle)

U23 : né en 1996 ou après (preuve de date de naissance à la commission de contrôle)

Maîtres 21+ : né en 1997 ou avant (preuve de date de naissance à la commission de contrôle)

Maîtres 50+ : né en 1968 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 la course 2)

Barreur en huit féminin : minimum 50 kg (sauf pour la course 2)

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.

RÈGLEMENTS / RULES

Except for U13, U15, U17 and Masters races, 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 : U19, U23, U23 lwt, SR and SR lwt for both men and women total 10 categories.

Except for U13, U15, U17 and Masters, all singles MUST complete a time trial on Saturday morning.

Categories in 2-, 2x, 4x : U19, Sr and SR lwt for both men and women total 18 categories

Categories in 4- SR and SR lwt for both men and women total 4 categories
Categories in 8+ SR for both men and women total 2 categories
Masters 1x (21+ and 50+) and 2x (21+) Men and Women total of 6 categories.

Total : 40 categories for the Comstock Trophy and 10 categories for the Coupe Jeunesse Québec

Coupe Jeunesse Québec (CJQ) are open to all, but only Québec rowers can make points.

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; 6th, 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 (RCA and AQA fees included)
Singles U13, U15, U17 and Masters 30\$
Doubles U13, U15, U17 and Masters 30\$
Singles 45\$
Pairs and Doubles 60\$
Fours and quads 90\$
Eights 120\$

Entry deadline for a 10 percent discount : Monday June 18th, 11:59 pm.

Entry deadline : Monday June 25th, 11:59 pm.
Registration and payments through RegattaCentral
No refunds for scratches.
Cash registration on day of regatta if empty spots available.

RCA rules of racing

U13 : born in 2006 or after (Proof of birthdate at Control commission)
U15 : born in 2004 or after (Proof of birthdate at Control commission)
U17 : born in 2002 or after (Proof of birthdate at Control commission)
U19 : born in 2000 or after (Proof of birthdate at Control commission)
U23 : born in 1996 or after (Proof of birthdate at Control commission)
Masters 21+ : born in 1997 or before (Proof of birthdate at Control commission)
Masters 50+ : born in 1968 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 event 2)
Coxswain women's eight : min. 50 kg (no weigh-in for event 2).

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 !).

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.