



Thunder Bay Sprints Regatta

Saturday, June 29, 2024

The Thunder Bay Rowing Club is pleased to host the *Thunder Bay Sprints* on Saturday, June 29, 2024

Regatta Site:

The Thunder Bay Rowing Club is located at 755 Dock Street just upstream of the Kaministiquia River Heritage Park. The 2024 *Thunder Bay Sprints* features a **1250 metre** course (as opposed to 1000 m of recent years) and a 500 metre straight course on the Kaministiquia River, both with floating starts. Buoys will mark the outer and inner limits of the course but individual lanes are not marked.

Contact information:

- Regatta Co-Chairs: Janet Neil and Stephanie Chow tbayrowing@hotmail.com
- Regatta entries : RegattaCentral www.regattacentral.com

Fees:

- Regatta entry fee is \$45 + 13 % HST (= \$50.85) per athlete plus seat fees of \$6.66 for each event in which an athlete registers (i.e. \$2.35 + HST Row Ontario seat fee and \$4.00 Rowing Canada seat fee).
- Fee includes banquet after regatta for athletes and coaches.
- Support persons other than coaches (e.g. family members, friends, etc.) will be asked to pay an additional \$15/person for the banquet.
- All fees are in Canadian dollars.
- Please pay by one club cheque at TBRC clubhouse prior to coaches' meeting the morning of the regatta. PLEASE DO **NOT** USE THE *Pay Now* OPTION ON REGATTA CENTRAL. Select instead the *Pay Later* option.

Dates:

- Entry deadline: 11:59 pm Eastern Daylight Time, Saturday, June 22, 2024
- Schedule/draw: 11:59 pm Eastern Daylight Time, Tuesday, June 25, 2024 - posted on RegattaCentral
- *Late entries: Late entries will be accepted up to 7 am the morning of the regatta as long as they do not create a heat in the event.*
- Results will be posted on Regatta Central by Tuesday, July 2, 2024.

Regatta Rules:

- The 2022 **RCA Rules of Racing** will apply, with the following exceptions, as permitted in *Rule 1.6*:
 - *Rule 2.4 – Coxswains*: There will be no age restrictions for coxswains.
 - *Rule 2.6 - Weighing Coxswains*: There will be no weigh-ins.
- **Masters races** will use the Henley age-adjusted time system using age categories outlined in *Rule 2.7*. Any rower born in 2003 or earlier may compete as a Masters.
- **Masters** may also compete in Open races (without handicaps).
- **U17** means a rower under the age of 17 at the end of 2024 (i.e. born 2008 or later).

- **U19** means a rower under the age of 19 at the end of 2024 (i.e. born 2006 or later).
- **Bow balls and quick release foot stretchers:** all boats shall have bow balls and quick release shoe stretchers as in *Rules 3.3* and *3.5*.
- **Bow markers:** all boats shall have bow marker holders for affixing a boat number. Clubs are expected to bring their own bow numbers.
- **Club Colors:** all competitors shall wear their club colors on the water as in *Rule 6.2*.
- **Each competitor may be entered in a maximum of four (4) events.**
- Entry in **back-to-back races will not be permitted.**
- **Heats:** where there are more than 6 entries in an event, the fastest 3 in each of 2 heats or the fastest 2 in each of 3 heats will progress to the final.
- **Schedule/ draw** will be posted on Regatta Central on Tuesday, June 25 and at the TBRC boathouse.
- **Practice time:** designated practice period is from 4:00 - 6:00 pm Friday, June 28, 2024, using racecourse and traffic patterns. Coach of practicing athletes must be on water in coach boat.
- **Coaches and coxswains meeting** will be 7:00 am on Saturday, June 29, 2024 at the boathouse. Additional copies of the schedule will be made available at this meeting.
- **Traffic Patterns:** all boats shall follow the traffic patterns indicated on the maps below.
- **Boat Trailers:** boat trailers shall park in the areas assigned for their club.

Other:

- **Safety & First Aid:** Francie Sweitzer is the Safety Officer. Stephanie Chow is the Medical First Aid Officer and a staffed St. John Ambulance van will be on site.
- **Boat Trailer Route:** the CPR underpass has insufficient clearance for some boat trailers, so boat trailers should instead access the regatta site via Duncan Street, which crosses over the 5 sets of railroad tracks.
- **Parking:** Vehicles other than boat trailers are to park in the Kaministiquia River Heritage Park.
- **Spectating:** There is a fine view of the course from the Kaministiquia River Heritage Park boardwalk.
- **Water:** A water-bottle refill station is located outside the clubhouse.
- **Concession:** Various snacks and clothing items will be available for purchase at the concession table.
- **Awards/Banquet:** There is an awards ceremony and banquet at the Clubhouse for competitors, coaches and support persons. Please indicate on Regatta Central the number of persons attending the banquet.
- **Lodging:** There are many good hotels within 10 minutes' drive from the Boathouse.
- **Camping:** Camping is not allowed on the lawn area surrounding the Club. Closest campgrounds are:
 Fort William Historical Park (15 minutes away): <https://fwhp.ca/visit-us/rvs-a-camping>
 Chippewa Park (17 minutes) or Trowbridge Falls (20 minutes) campgrounds:
<https://www.thunderbay.ca/en/recreation/book-a-campsite.aspx>
 HappyLand Campground (25 minutes): <http://happylandpark.com/>
 Thunder Bay KOA (25 minutes): <https://koa.com/campgrounds/thunder-bay/>
 Kakabeka Falls campgrounds (30 minutes): <https://www.ontarioparks.com/park/kakabekafalls>

Thunder Bay Sprints Regatta - Events List			
Saturday, June 29, 2024			
1	Open Women 2-	<i>Break - 30 minutes</i>	
2	U17 Women 1x	17	Open Women 1x dash
3	Open Men 2-	18	Open Men 1x dash
4	U17 Men 1x	19	U17 Women 2x
5	U19 Women 2x	20	U19 Men 4x
6	Master Women 4+/-	21	U19 Women 1x
7	Master Men 2x	22	Open Men 2x
8	Open Men 1x	23	Open Women 4x
9	U19 Men 2x	24	Master Men 1x
10	U19 Women 4+/-	25	U17 Women 4x
11	Open Women 2x	26	Master Women 2x
12	U17 Men 2x	27	U19 Women 4x
13	U19 Men 4+/-	28	Open Women 1x
14	Master Women 1x	29	U17 Men 4x
15	Open Mixed 2x	30	U19 Men 1x
16	Master men 4+/-	31	Open Mixed 4x

1250 m Course Map



Site Map

