

SYDNEY AUSTRALIAN
ROWING
CHAMPIONSHIPS
18 - 24 MARCH 2024



2024 Team Manager's Manual

2024 AUSTRALIAN ROWING CHAMPIONSHIPS REGATTA
TEAM MANAGERS MANUAL

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GENERAL INFORMATION

Important Telephone Numbers

Sydney International Rowing Centre:	02 4730 000
Event Site Office	0487 753 163
Nepean Hospital:	02 4734 2000

Emergency Services

If urgent medical assistance is required while you are in the venue please let your nearest event staff person know, or call the Event Site Office and medical assistance will be sent to you. If an external ambulance is required to be called it will be done via event medical staff.

Team Managers' Information

The Regatta Administration is located in the Boatshed closest to the boat park (bay 1) (see the map of the Venue) and will be open at all times that the Venue is officially open for training and competition. An information booth will also be located within the Regatta Village next to the Grandstand.

GENERAL PROGRAM

Official Opening of the Regatta Venue

The Regatta Venue is officially open on Sunday 17 March 2024 from 7.00am. Racing then commences for the 2024 Australian Open Rowing Championships on Monday 18 March at 8.00am. Training times on the course are as following.

Sunday 17	- 7.00am to 6.30pm
Monday 18	- 6.45am to 7.45am* and following last race as detailed below
Tuesday 19	- 6.45am to 7.45am* and following last race as detailed below
Wednesday 20	- 6.45am to 7.45am* and following last race as detailed below
Thursday 21	- 6.45am to 7.20am* and following last race as detailed below
Friday 22	- 6.45am to 7.45am* and following last race as detailed below
Saturday 23	- 6.45am to 7.15am* and following last race as detailed below
Sunday 24	- 6.45am to 7.15am*

*Training prior to the start of racing shall be allowed up to 15min prior to the start of the first race of the day, with the condition that they have crossed over the Finish Line and are heading back to the warm-up lake by that time. Crews training after the completion of the day's racing will be allowed to enter the water at the start time of the last race of the day, with access to the competition lake being allowed once the course is set up for training - approximately 15 minutes after the last race. Outgoing boating pontoons will close at 6.20pm and all crews must be off the water by 7.00pm each day.

The venue shall be open for athletes and accreditation holders from 6.00am, and all other ticket holders at 7.00am. The Venue will be closed at 7.30pm.

Team Managers Meetings

The Team Managers, Coaches and Competitors briefings will take place as follows:

- Sunday 17 March at 3.00pm outside the finish tower for Australian Open Rowing Championships
- Wednesday 20 March, 5.00pm in the breezeway between boatsheds 3 and 4 for Australian Open Schools Rowing Championships

Induction

Information about the Induction for coaches and athletes can be found here:

<https://arc.rowingaustralia.com.au/competitors/athlete-and-coach-induction/>

This has been emailed to all athletes and coaches listed in Rowing Manager and must be completed online. Club Administrators can view a list of who has or has not completed their induction on the regatta entry page of Rowing Manager.

Team staff not listed as coaches can complete a paper version of the induction at the Accreditation Centre.

Lean and Load Sessions

Registers for the Learn and (carbo) Load session on Wednesday 20 March from 5.30pm -7.00pm where you can learn from Australia's top performance staff while you load with a pasta dinner.

This will be a great opportunity for all athletes involved in rowing to hear first-hand how they can excel in their rowing career- and maybe one day become one of our Australian Rowing Team members as well.

More information and registration can be found on the arc website

Attendance is free however places are limited and need to be registered via

<http://arc.rowingaustralia.com.au>

TRAINING AND COMPETITION ON THE COURSE

See MAPS on the ARC website for the following:

1. Venue Map
2. Traffic maps – Training
3. Traffic maps – Competition
4. Traffic maps – Sunday Races

Boating

Please ensure that "In" and "Out" pontoons are used as signed.

Crew Changes

Crew Substitution Forms and Crew Withdrawal forms must be completed and submitted at the Regatta Administration no later than 2 hours prior to the start of the first race of the event. Crew changes after the heats must be registered by the regatta doctor (located at the medical centre on site). Failure to complete a substitution or a withdrawal may result disqualification in or a fine.

See "Medical Provisions" regarding medical substitutions

Bow Numbers

The bow numbers will be distributed from the eastern end of Boatshed 4. Please ensure that all bow numbers are returned as soon as possible after racing.

Uniform

All athletes are required to wear the registered uniform of their club/school/state. For clarity, members of a composite crew shall still wear the uniform of their club/school, regardless of how many other clubs/schools are represented in the crew.

Boat Weighing

Boat weighing will take place the bay closest to the boat park - see the plan of the venue. The scales will be available for test weighing from Sunday 17 March and will be operational during all competition days. It is the responsibility of the crew to ensure that the boat is within accepted weights.

Athlete Weighing

COXSWAINS

The minimum weight for a coxswain (wearing racing uniform) is 55kg for all coxswains. The weighing scales shall indicate the weight of the coxswain to 0.1kg.

Coxswains must be weighed wearing racing uniform not less than one hour and not more than two hours before their first race in which they are competing, on each day of the regatta. Where two regattas are conducted at the same venue on the same day (for example the Australian Open Rowing Championships and King's and Queen's Cups Interstate Regatta), a coxswain who has weighed for the first race is not required to weigh for the second race if at the first race they weighed in at the required weight.

LIGHTWEIGHT ROWERS

Lightweight competitors must be weighed wearing racing uniform not less than one hour and not more than two hours before their first race on each day of the regatta.

The average weight of a men's lightweight crew (including the Interstate Regatta) excluding the coxswain shall not exceed 70kg. No individual may weigh more than 72.5kg. A male single sculler shall not weigh more than 72.5kg.

The average weight of a women's lightweight crew (including the Interstate Regatta) shall not exceed 57kg. No individual may weigh more than 59kg. A female single sculler shall not weigh more than 59kg.

Lightweight rowers may have their weights carried forward for subsequent lightweight events on that day as long as the crew's average weight in accordance to the above requirements is not exceeded.

A test scale will be available from Sunday 17 March and be operational during all competition days.

Medals

Medals will be awarded based on the following formula

Four or more starters	1 st , 2 nd and 3 rd place medals will be awarded
Three starters	1 st and 2 nd place medals will be awarded
Two starters	1 st place medal only will be awarded
One starter	1 st place medal only will be awarded following a row-over

TEAM FACILITIES AND SERVICES

Boat Storage

There are no rack reservations for boats. Please ensure that boats are only placed onto the appropriately marked rack size only.

Trailers

Permission to access the Island is granted subject to the following:

1. The tow vehicle remains attached to the trailer while on the Island.
2. Access will only be given when there is sufficient people power available from the boat owning clubs/schools for loading and unloading.
3. **Boat trailers will have access to the SIRC/the island from 4.00pm on Saturday 16 March 2024**
4. On Sunday 17 March 2024 boat trailers will not have access to the Island prior to 7.00am
5. After unloading, trailers will be taken immediately to the trailer parking area in P6, as marked on maps (south side of the course)
6. Please follow all volunteer and staff instructions while unloading boats, and only unload onto correctly marked boat racks.
7. All trailers must be kept in trailer parking area (P6) throughout the regatta. No trailers are to be parked on the island.
8. Due to the high demand on space at the end of the regatta for trailer loading, clubs and schools are encouraged to load boats progressively throughout the regatta, please contact the Boat Park team in the boat park to arrange a suitable time to do this. Arrangements for unloading can be made after racing each day. .
9. Trailers arriving after 7.30pm on any evening should contact aevens@rowingaustralia.com.au to arrange trailer drop off.

Boat Washing

No chemical detergents or other sources of environmental pollution should be used during boat washing.

Ergometers

Ergometers for training and warming up, or cooling down, will be provided in boatsheds 6.

Changing Rooms

The changing rooms are situated at the ground floor of the boathouse building.

Sanitary Facilities

Besides the permanent sanitary facilities in the boathouse building, additional temporary toilets are provided throughout the venue.

Team Tents

- Only teams who have booked and paid for a tent site shall be able to erect a tent on the Island at the venue.
- Team tents will be able to be erected from 9.00am on Sunday 17 March.
- All team tents must be securely pegged and/or weighted against strong wind.
- Tents must be lowered each night and covers removed or completely pulled down.

Coaches viewing – roads, cycling, and bike hire.

During training the traffic flow for those following crews on cycles will be to proceed to the start on the northern side of the competition lake and return to the finish on the southern side.

During racing, coaches may only cycle on the southern side of the competition lake and **MUST** be wearing a safety helmet. As a reminder NSW Road Safety Laws state that helmets must be worn while riding a bicycle. NSW Police are informed of our event and may be present at the regatta.

Bicycles can be hired from the tent to the east of Boatshed 6 from Monday 18 March through 'Bike Hire @ Sydney Olympic Park' – standard prices below and are subject to change. Helmets are included in the hire:

Duration Mountain, Comfort or Hybrid Bike

Hire Period	Geared Bikes	Additional Helmet Hire
0-1 hour	\$20.00	\$5/hour
1-2 hours	\$30.00	
2-4 hours	\$40.00	
4-8 hours	\$45.00	
8-24 hours	\$50.00	
Additional Day	\$30.00	

Photo ID and credit card (Visa or MasterCard only) required for all hires.

It is a requirement of the SIRC (Regatta Venue) and of NSW Police that all cyclists must wear a helmet.

The Draw and Results

The draw will be performed after the Athlete and Coaches Briefing on Sunday 17 March at 3.00pm and shall be published by 6.00pm that evening on Rowing Manager and the ARC website.

Race results shall be posted as soon as possible after each event at Athlete Services. Live racing and all results and draws can also be found on Rowing Manager.

Drones

No privately-owned drones will be permitted at SIRC during the event.

Coaches should be aware that Rowing Australia will be using a drone for its live stream and should therefore make athletes aware of this.

MEDICAL FACILITIES AND SERVICES

Medical Centre

The Medical Centre is situated 50m to the south of the Finish Line. The Medical Centre will be open at all times the course is open for training or competition.

Paramedics will be in attendance at the Medical Centre for emergencies during competition and official training periods.

The Regatta Doctor shall be located at the Medical Centre on competition days

Additional First Aid

The Athlete first aid centre shall be located at the western end of Boatshed 4. The Athlete First Aid shall be manned at all competition times.

On-water Rescue

A water safety service will also operate during the competition and official training periods on the racing course.

Emergency Medical Management Procedures

There are some diseases that require a public health response. The following diseases should be reported to the ARC Medical Team on diagnosis or suspicion in anyone in your team (that is, competitors, coaches and other support staff):

1. Measles (or report of cough, running nose or red eyes, and high fever and with a non-itching rash which may start on the face and spread to the rest of the body).
2. Gastroenteritis (or diarrhoea and/or vomiting which cannot be attributed to excessive exercise, alcohol or drug consumption, pregnancy or a pre-existing chronic condition).
3. Influenza (or respiratory symptoms associated with fever).
4. Swimmers itch (or insect bite-like spots that have a red circle of 1 to 1.5 cm diameter with a blistered centre which occurs when the person is in contact with water or up to about an hour after leaving the water).
5. Blue green algae is present in the water at SIRC, measures should be taken when in contact with the water.
6. Athletes with COVID must stay away from the venue.

Please do not bring anyone one site with these suspected diseases, please contact the ARC Medical Team for advise in the first instance. The ARC Medical Team can be contacted on 0448 058 521.

Medical Provisions

Your attention is drawn to Rule 22 and associated By-Laws of the Rowing Australia Rules of Racing and Related By-Laws relating to the health and safety of participants at Rowing Australia Events including the Australian Rowing Championships.

Rowing Australia has adopted a Medical Management Policy that has created a process of managing an At all times the athlete's well-being is of utmost importance and the principle of confidentiality of medical information remains paramount. The medical Management Policy can be found on the RA Website.

Under the By-Laws to Rule 22 the RA Regatta Medical Officer or their nominee (RMO) who shall be a qualified health practitioner is responsible for all health screening of Athletes participating at the Australian Rowing Championships.

While the RMO will deal with day to day issues as required it is to be noted that if there is a serious

contagious illness amongst a group of athletes the RMO must be notified as soon as possible so that an initial examination can occur.

The Medical Centre at SIRC is open from 6:30am to 6:30pm each day of competition. There will also be medical assistance available from the time the course opens for training on 26 March 2023.

If you have concerns about the health of an athlete you can contact our paramedical service 24 hours a day on 0448 058 521.

The athlete affected should be isolated from other people and any additional requirements initiated.

Medical Substitutions

The regatta medical officer will not be providing crew change forms for any medical substitutions. Instead, the regatta medical officer will provide a certificate to Regatta Administration so that when a crew substitution form is submitted by the relevant person / club with the Athlete Services desk for a medical substitution this can be ratified with the provided medical certificate.

It is to be noted that once an athlete is withdrawn that athlete is not eligible to row in any other event for the duration of the Australian Rowing Championships until a medical clearance is provided by the RMO notifying that the athlete is fit to compete.

Local Medical Providers

Pharmacy

Terry White Chemmart Cranebrook
Shop 12/80-89 Borrowdale Way, Cranebrook NSW 2749
02 4729 0389

Plus Pharmacy Cranebrook
Cnr of Laycock St and Cnr of, Andrews Rd, Cranebrook NSW 2749
02 4729 0389

High Street Family Pharmacy
243 High St, Penrith NSW 2750
02 4722 4711

Kingswood Park Pharmacy
Shop 2, Kingswood Park Shopping Centre, 7 Caloola Ave, Penrith NSW 2750
02 4721 4604

Radiology

Nepean Radiology
3/191-199 High St, Penrith NSW 2750
0247224700

High Street Medical Imaging
362-368 High St, Penrith NSW 2750
02 4789 0009

Medical Centre

Penrith Medical Centre
61 - 79 Henry St, Penrith NSW 2750
02 4721 8755

Emu Plains Medical Centre
27B Sheppard Rd, Emu Plains NSW 2750

02 4735 5202

Myhealth Penrith
Shop 017/585 High St, Penrith NSW 2750
02 9188 0751

Hospital

Nepean Hospital
Derby Street, Kingswood NSW 2747
02 4734 2000

Physiotherapy/Sports Massage

Physiotherapy and Sports Massage services shall be available on all competition days during the regatta. The physio and sports massage will be charged at \$55 and \$30 respectively per 20-minute session. A terminal shall be available for athletes to charge the fee straight back to their private health funds if the relevant cover is held.

The physio/sports massage service is available for use by all athletes, and advance appointments can be made.

Physiotherapy and Sports Massage services are provided by Dynamic Performance Physiotherapy

find attached, QR code for online booking, and alternatively a web link below:

<https://dpphysio.bookings.pracsuite.com/guest>

[Online Booking](#)

Online Booking

dpphysio.bookings.pracsuite.com

Book here:



Anti-Doping

The Sport Integrity Australia (SIA) is likely to conduct drug testing at the 2024 Australian Rowing Championships. It is the responsibility of each competitor participating in the regatta to know and understand their responsibility in regard to Anti-Doping. Competitors and coaches are urged to take note of the requirements in respect of banned substances for therapeutic use and act accordingly in achieving exemptions for appropriate athletes.

The World Anti-Doping Agency's (WADA) Prohibited List changes on 1 January each year, so a medication that was permitted last year, may not be this year.

The SIA Hotline 1300 027 232 or the SIA website (www.sportintegrity.gov.au) will outline whether the medication is prohibited and whether a Therapeutic Use Exemption is required.

TRANSPORTATION AND PARKING SERVICES FOR TEAMS

Parking

All parking during ARC on the south side of the venue is free on all days. For teams being picked up and dropped off by bus, please proceed through Gate B and the bus will be directed to the drop-off/pick-up area on the Island after going through the accreditation/ticketing check. Bus parking is then located in P6 on the southern side of the course.

Parking on the Island will only be for those who have a relevant P1 parking pass for that day.

Disabled Parking

Any car with an official disabled parking sticker can part in the allocated disabled parking spaces on the Island.

Internal Shuttle – between the Island and the car parks

There will be an internal shuttle buses running from the car parks to the Island throughout the event. The shuttle will start at 7.30am each morning and run until 6pm each night with the exception of Sunday where the last shuttle will be at 4.00pm.

FOOD FACILITIES AND SERVICES

Meals

There will be catering outlets at the venue, where drinks and food can be purchased.

Drinking Water

The tap water at the Sydney International Regatta Centre is drinkable where signed.

ACCREDITATION & TICKETING

The Australian Rowing Championships is a ticketed event. Access to the event from Monday 18 March to Sunday 24 March will be by way of a valid event accreditation or event ticket only.

All entered athletes shall receive an event accreditation. Team staff accreditations shall be allocated on a pro rata basis based on the following formula:

Accreditations can be collected from 9am on Sunday from 6am Monday 18 March from the event accreditation centre.

Athletes Entered From Club/School	Team Staff Accreditations
1 to 5	1
6 to 10	2
11 to 15	3
16 to 20	4
21 to 25	5
26 to 30	6
31 to 40	7
41 to 50	8
51+	10

The following terms and conditions apply for accreditations:

1. Accreditations are not transferrable or redeemable for cash
2. The right to admission via accreditation is reserved and subject to the Event Conditions of Entry and may be revoked by Event Management
3. The bearer of an accreditation is entitled to entry to the ARC in accordance with the authorised access level
4. Lost and found accreditation passes should be report to the ARC Event Accreditation Centre.
5. Replacement accreditation passes are charged at \$75.00.

General

The Event Accreditation Centre opens on at 9am on Sunday 17 March and will be located on the south side of the course next to the Site Office.

Team Managers are requested to collect their team accreditation pack as soon as they arrive for the first time at the venue (if athlete/coach inductions have been completed and entry fees paid in full). All access to the venue from Monday 18 March shall require either a current event accreditation or a purchased event ticket.

The ticket box will open from 7am on each competition day

Where a rower is competing for both a club and a school at the regatta, their accreditation will be included in the club pack.

MEDIA

The Media Centre is located in the Olympic Room

All media should contact the RA Media and Communications Manager Phil Lutton for access and accreditation – media@rowingaustralia.com.au.

Broadcast – Live Web Streaming

A live web streaming of all racing on all days, shall be held through the Rowing Australia website: www.rowingaustralia.com.au

MISCELLANEOUS SERVICES

Lost and Found

The lost and found service is provided in the Event Office (south side) and Information Booth (island). Post-regatta, please direct all lost and found queries directly to the Sydney International Regatta Centre.

TICKETING

Ticket Sales

General Admission tickets and packages can be purchased at www.ticketmaster.com.au.

A ticket box will be in operation at the venue.

Viewing Areas

There is no specific ticketing or reserved areas with the exception of the VIP function on Sunday

Rowunion marquee

Returning again in 2024 is the ROWunion Bar. This is a dedicated space, located on the eastern side of the Grandstand at the top of the hill, where you'll be able to catch up with past rowing buddies and crews.

Whether you don your club tie or blazer, the ROWunion Bar is the place you'll want to be. The bar will be in operation from Wednesday 20 March through until the last race on Sunday 24 March 2024. Entry to Rowunion is included with your ticket purchase.

SOUVENIR EVENT PROGRAM

In 2024 the ARC Program will not be sold in a hard copy, rather it will be available as a free download on the event website – www.arc.rowingaustralia.com.au Hardcopies of the daily draw sheets and results sheets shall continue to be available from the Regatta Administration and Information Booth.

PROGRESSION SYSTEM

AUSTRALIAN ROWING CHAMPIONSHIPS 8 LANE PROGRESSION

Crews	Race Type	No Crews	Progression
1..8	1 Heat	Up to 8	Selection Events: Compulsory Preliminary Round Nominated Events (see Below): Non-Compulsory Preliminary Round All crews to Final
	1 Final		All other events: First and Final
9..12	2 Heats	4 to 6	1..2 -> Final A, Rest Repechage
	1 Rep	5 to 8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 2 Finals	Finals of up to 8	
13..16	2 Heats	6 to 8	1..2 -> Final A, Rest Repechage
	2 Reps	4 to 6	1..2 -> Final A, Rest Eliminated (or Final B)
	Up to 2 Finals	Finals of up to 8	
17..20	3 Heats	5 to 7	1..4 -> Semi A/B, Rest Repechage
	1 Reps	5 to 8	1..4 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
21..24	3 Heats	7 or 8	1..4 -> Semi A/B, Rest Repechage
	2 Reps	4 to 6	1..2 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
25..28	4 Heats	6 or 7	1..3 -> Semi A/B, Rest Repechage
	2 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	4 to 6	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	
29..32	4 Heats	7 or 8	1..2 -> Semi A/B, Rest Repechage
	4 Reps	5 or 6	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	
33..37	6 Heats	5 to 7	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated
		5 to 8	1..2 -> Semi A/B, Last to Final E, Rest to Semi C/D
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 5 Finals	Finals of up to 8	

38..46	6 Heats	5 to 8	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or 3 – 5 to Semi C/D, Rest to Final E/F)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	7 or 8	1..4 -> Final C, Rest Final D
	up to 6 Finals	Finals of up to 8	
47..54	6 Heats	7 to 9	1 -> Semi A/B, Rest Repechage
	6 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or 4 - 6 to Semi C/D, Rest to Final E/F/G)
	2 Semis A/B	9	1..4 -> Final A, Rest Eliminated (or 5 – 8 to Final B, 9 to Final C)
	2 Semis C/D	9	1..3 -> Final C, 4..7 -> Final D, Rest -> Final E
	up to 7 Finals	Finals of up to 8	

NOTES:

- The Fairness Commission may alter the progression at any time. In such cases ample notice will be given to competitors.
- The Technical Delegate(s) in consultation with the President of the Jury and the Fairness Committee will determine the Progression system to apply to each event/category.
- The Australian Open Schools Rowing Championship 4x+, 4+ and 8+ events will use an exhaustive finals progression – Final B, Final C, Final D etc. for all events with the exception of the 1x and 2x which will run only A and B Finals. Please note this is a change from previous years.

RACE FOR LANES

In Under 19 and School events that attract 8 entries or less, a non-compulsory race for lanes will be conducted.

In events used for selection purposes (U21 1x, U21 2-), a compulsory race for lanes will be conducted, where 8 entries or less are received.

In the remaining U17 (club), U21 and U23 and in Open and Para events, where 8 or less entries are received, competitors will proceed directly to a final.

MAPS



SIRC VENUE LAYOUT

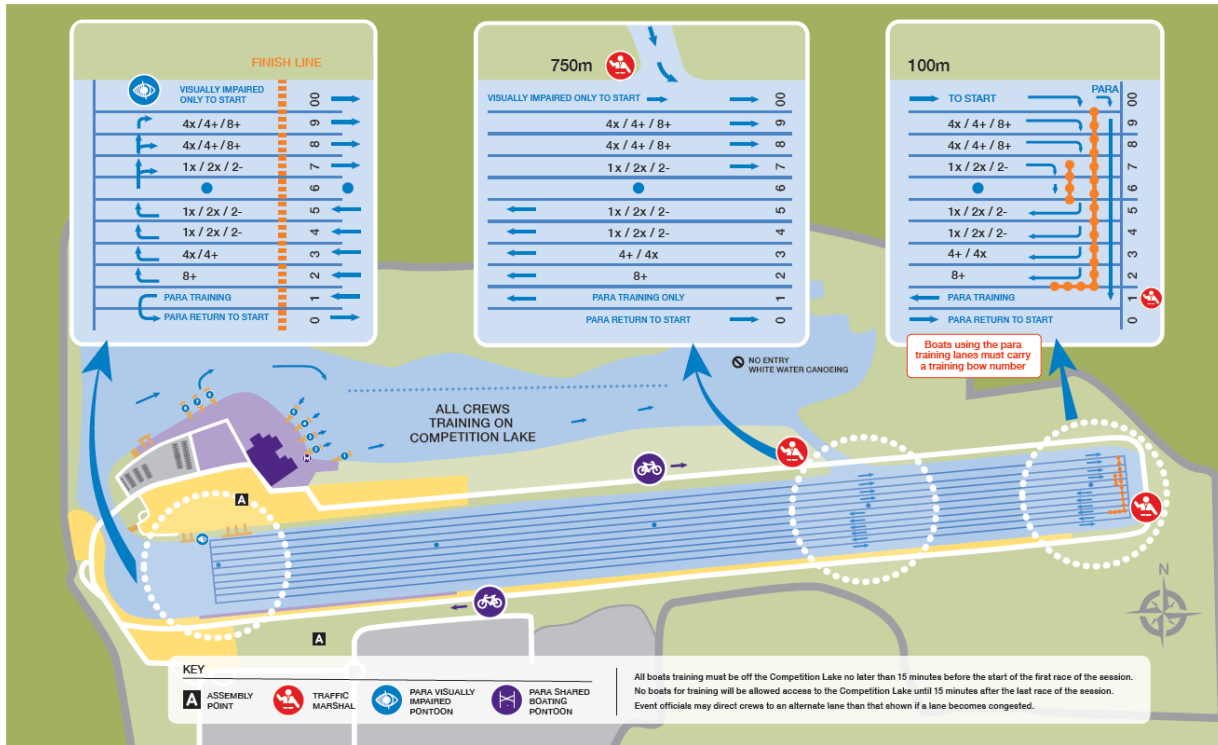


SYDNEY INTERNATIONAL REGATTA CENTRE





SIRC TRAINING LAYOUT



SIRC RACING MAP CLUBS & SCHOOLS

