

**SYDNEY** AUSTRALIAN  
**ROWING**  
CHAMPIONSHIPS  
18 - 24 MARCH 2024



BULLETIN UPDATE  
December 2023

AUSTRALIAN  
OPEN  
ROWING  
CHAMPIONSHIPS

KING'S &  
QUEEN'S  
CUPS INTERSTATE  
REGATTA

AUSTRALIAN  
OPEN  
SCHOOLS  
ROWING  
CHAMPIONSHIPS

HOSTED BY



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AUSTRALIAN ROWING CHAMPIONSHIPS

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## IMPORTANT DATES

|   |   |
|---|---|
| Entries Open                                  | Monday 8 January 2024   |
| Entries Close                                 | 11.59pm AEDT Monday 4 March 2024  |
| Withdrawals Without Penalty:                  | up to 11:59pm AEDT Thursday 7 March 2024  |
| Final entry payments must be received by:     | 11.59am AEDT Tuesday 12 March 2024<br><i>Any entry that has not been paid by this time may not be accepted.</i>   |
| Venue Opens for Boat Trailers:                | 7:00am AEDT Sunday 17 March 2024<br><i>We may accept trailers after 4pm on Saturday 16 March TBC</i>  |
| Course Opens for training:                    | 7:00am AEDT Sunday 17 March 2024<br><i>Subject to light conditions.<br/>Accreditation for venue entry is not required until Monday 18 March</i>   |
| Accreditation collection begins from:         | 9:00am AEDT Sunday 17 March 2024<br><i>Please note: only clubs/schools where all athletes and team staff have completed the online induction and entry fees are paid will be able to collect accreditation.</i> |
| Team Tents may be erected from:               | 9:00am AEDT Sunday 17 March 2024  |
| Athletes, Coaches and Team Managers Briefing: | 3:00pm AEDT Sunday 17 March 2024  |
| Racing Begins:                                | 8:00am AEDT Monday 18 March 2024  |

## LIVE WEBCAST

A link to the livestream of racing will be accessible via both the ARC website ([arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)) and Rowing Australia's Facebook page.

## COMPETITION INFORMATION

### RULES OF RACING

The 2024 Australian Rowing Championships will be conducted in accordance with the Rowing Australia Rules of Racing and Related By-laws. The current version of the rules, including a summary of recent changes, can be found on the [Rowing Australia website](http://Rowing Australia website).

### SUMMARY OF RACING

An indicative schedule is available at [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au). This will remain subject to change. A Provisional Race Schedule will be uploaded to the website after the close of entries, with a further update following the end of the "withdrawal without penalty period".

## AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

The events listed below will be contested at the Australian Open Rowing Championships:

|                                    |    |    |     |    |    |    |    |
|------------------------------------|----|----|-----|----|----|----|----|
| Under 17 Men (U17M)                | 1x | 2x | 4x+ |    |    |    |    |
| Under 17 Women (U17W)              | 1x | 2x | 4x+ |    |    |    |    |
| Under 19 Men (U19M)                | 1x | 2x | 2-  | 4x | 4- | 4+ | 8+ |
| Under 19 Women (U19W)              | 1x | 2x | 2-  | 4x | 4- | 4+ | 8+ |
| Under 21 Men (U21M)                | 1x | 2x | 2-  | 4x | 4+ |    |    |
| Under 21 Women (U21W)              | 1x | 2x | 2-  | 4x | 4+ |    |    |
| Under 21 Lightweight Men (U21LM)   | 1x |    |     |    |    |    |    |
| Under 21 Lightweight Women (U21LW) | 1x |    |     |    |    |    |    |
| Under 23 Men (U23M)                | 1x | 2x | 2-  | 4x | 4- | 8+ |    |
| Under 23 Women (U23W)              | 1x | 2x | 2-  | 4x | 4- | 8+ |    |
| Under 23 Lightweight Men (U23LM)   | 1x | 2x | 2-  | 4- |    |    |    |
| Under 23 Lightweight Women (U23LW) | 1x | 2x | 2-  | 4x |    |    |    |
| Open Men (OM)                      | 1x | 2x | 2-  | 4x | 4- | 8+ |    |
| Open Women (OW)                    | 1x | 2x | 2-  | 4x | 4- | 8+ |    |
| Open Lightweight Men (OLM)         | 1x | 2x | 2-  | 4x | 4- | 8+ |    |
| Open Lightweight Women (OLW)       | 1x | 2x | 4x  |    |    |    |    |
| Club Men (CM)                      | 2x | 4- | 8+  |    |    |    |    |
| Club Women (CW)                    | 2x | 4- | 8+  |    |    |    |    |

The Para-Rowing events to be contested are:

|                             |    |       |    |       |
|-----------------------------|----|-------|----|-------|
| Men's Para-Rowing 3 (PR3)   | 1x | Mix2x | 2- | Mix4+ |
| Women's Para-Rowing 3 (PR3) | 1x |       | 2- |       |
| Men's Para-Rowing 2 (PR2)   | 1x | Mix2x |    |       |
| Women's Para-Rowing 2 (PR2) | 1x |       |    |       |
| Men's Para-Rowing 1 (PR1)   | 1x | Mix2x |    |       |
| Women's Para-Rowing 1 (PR1) | 1x |       |    |       |

## AUSTRALIAN OPEN SCHOOLS ROWING CHAMPIONSHIPS

The following events will be contested at the Australian Open Schools Rowing championships:



|                             |    |    |     |    |    |
|-----------------------------|----|----|-----|----|----|
| Under 17 Schoolboy (U17SB)  | 8+ |    |     |    |    |
| Under 17 Schoolgirl (U17SG) | 8+ |    |     |    |    |
| Schoolboy (SB)              | 1x | 2x | 4x+ | 4+ | 8+ |
| Schoolgirl (SG)             | 1x | 2x | 4x+ | 4+ | 8+ |

## THE KING'S AND QUEEN'S CUPS INTERSTATE REGATTA

The below events will be contested at the King's and Queen's Cups Interstate Regatta:



|         |       |    |     |          |    |
|---------|-------|----|-----|----------|----|
| Men's   | PR31x | 1x | L4- | Youth 8+ | 8+ |
| Women's | PR31x | 1x | L4x | Youth 8+ | 8+ |

## 500M SPRINTS

The below events will be contested as 500m Sprints, with a significantly reduced seat fee of \$11 (incl. GST).

|  |     |    |
|--|-----|----|
| University Men's                                 | 4x  | 8+ |
| University Women's                               | 4x  | 8+ |
| Schoolboy  | 4x+ | 8+ |
| Schoolgirl                                       | 4x+ | 8+ |
| Open Men's                                       | 4x  | 8+ |
| Open Women's                                     | 4x  | 8+ |
| Para Rowing (combined gender and classification) | 1x  |    |

*Sprint events will be subject to an entry cap of 16 crews per event.*

*Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.*

*If circumstances require racing to be rescheduled for championship events, sprint racing may be cancelled.*

*If sprint racing needs to be cancelled, it will not be rescheduled or refunded.*

## ENTRIES

The cost to enter the Australian Open and Australian Open Schools Championships is **\$55.00 (incl. GST)** per seat, **including** coxswains.

The cost to enter the 500m Sprint events is **\$11.00 (incl GST)** per seat including coxswains.

Entries into the King's and Queen's Cups Interstate Regatta is free for State Associations.

All entries for the Australian Open Rowing Championships, Australian Open Schools Rowing Championships, Interstate Regatta and Sprint events must be made through [Rowing Manager](#).

**Entries close at 11:59pm AEDT on Monday 4 March 2024.** Crews may be withdrawn without penalty up until 11:49pm AEDT on Thursday 7 March. Final entry payments must be received by 11:59pm AEDT on Tuesday 12 March 2024.

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## RESTRICTIONS TO ENTRIES

Entry capping will be in place on all Australian Open Rowing Championship events and Australian Schools Championship events. No more than 4 entries from any one club/school will initially be accepted in any Australian Open Rowing Championship event; and no more than 3 entries from any one school will initially be accepted in any Australian Schools Championships event.

Entries to events in the Australian Open Rowing Championships and the Australian Schools Championships will be capped at a total of 46.

School 1x and 2x will be capped at 46 with a per school entry cap of 3.

Entries into Australian Rowing Championships 500m Sprints is limited to no more than 16 entries in any event, with no more than 2 entries from any one club or school.

Any entries over these amounts will be placed on a waiting list. After entries close, crews on the waiting list will be added to the crew entry lists at the discretion of the regatta organisers. Waitlisted crews will be updated in Rowing Manager if their entry is accepted.

Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.

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## ELIGIBILITY TO COMPETE

Entry into the 2024 Australian Open Rowing Championships and Australian Open Schools Rowing Championships is open to all competitors who are authorised to compete by their affiliated Member Association and who are eligible under the Rowing Australia Rules and By-laws of Racing.

A **School** competitor is one who qualifies as Under 21 (Youth) under the provisions of the RA rules and is attending a secondary school as a full-time day student. Entrants in the Australian Open Schools Rowing Championships must represent their school.

A **University** competitor is one who qualifies as a University Competitor according to the Australian University Sport Guidelines. For the avoidance of doubt, a competitor may represent their university in a university event even if they might otherwise be a competitive member of another club.

**Overseas crews** are welcome to compete in the Australian Open Rowing Championships.

**School crews** from overseas may compete in the Australian Open Schools Rowing Championships.

A rower or coxswain's age shall be taken at 31 December 2024. As an example, a rower or coxswain shall

be classified as an **Under 21 (Youth)** rower until 31 December of the year in which the rower reaches the age of 20.

For **para rowers** to be eligible to compete, athletes must be formally classified by a full RA or National Federation / World Rowing equivalent Classification Panel and be granted an eligible sport class, and sport class status. Athlete sport class and sport class status are usually published in the RA, NF or World Rowing Classification Master lists. Athletes who do not have a national or international sport class status or have been given a sport class status of ineligible, are not eligible to compete in para events at the Australian Open Rowing Championships.

Classification assessments will be conducted at the Rowing NSW State Championships in February and also at the Australian Rowing Championships. Anyone seeking classification and/or further detail should contact: **James Loveday** [jloveday@rowingaustralia.com.au](mailto:jloveday@rowingaustralia.com.au) who will assist.

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## CONDITIONS OF ENTRY

The following conditions of entry apply to **all entrants and team staff**:

- Competitors agree that they may be filmed and/or photographed during racing which may be published online.
- Competitors must be able to swim 50 metres and tread water unaided for 3 minutes.
- Competitors will be liable for any costs for ambulance transport required as a result of sickness/injury at the event.
- Competitors must have their emergency contact details listed in Rowing Manager, or these must be held by their team manager at the event.
- Competitors must complete the induction prior to collection of event accreditation (emailed to competitors directly following the close of entries).

The following conditions of entry apply to the **Australian Open Schools Rowing Championships**:

- School events are restricted to crews, including the coxswain, consisting of representatives from one school only.
- Rowers must represent their school.
- Schools must be registered with their state association.
- Rowers entered in school events must be a current student at a school affiliated with their member association. This includes school rowers who are also members of a club.
- Where an entry is made by a club, confirmation of the school to be represented and that the school endorses the entry must be provided to [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au) by 9am AEDT Friday 8 March 2024.
- No more than 46 entries will be accepted into any one event.  
No more than three (3) entries will be accepted from any one school in an individual event. Any entries over these amounts shall be placed on a waiting list. After the close of entries crews on the waiting list may be added at the discretion of the regatta organisers.

The following conditions of entry apply to the **Australian Open Rowing Championships**:

- Club events are restricted to crews, including coxswains consisting of representatives of one club or

school only.

- Athletes, **including coxswains**, entering in Club events must not have been a member of a National Senior A or Under 23 team in the previous year, and must not be nominated for national team selection in a Senior A or Under 23 crew as at the 31 January 2024.
- No more than 46 entries will be accepted into any one event.
- No more than four entries will be accepted from any one club/school in an individual event. Any entries over these amounts shall be placed on a waiting list. After the close of entries crews on the waiting list may be added at the discretion of the regatta organisers.
- Any athlete that holds a para classification is eligible to race in club events.
- Composite crews will be allowed in Under 17, Under 19, Under 21, Under 23 and Open events. Athlete's competing in composite crews must wear the registered uniform of their club or school.

#### The following conditions of entry apply to the **King's & Queen's Cups Interstate Regatta**:

- Interstate events shall be open to competitors who are citizens of Australia or who have been a resident in the State or Territory of Australia for which they intend to compete for a continuous period of not less than 12 months prior to the close of entries. Athletes must compete for their state of origin unless an interstate transfer has been completed in accordance with the RA Rules. Each State Association is entitled to enter one crew into each Interstate event.
- State Associations wishing to lodge Interstate transfer requests must have done so by 29 January 2024. Please email [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au) to lodge requests.
- Each state may only enter one crew in each event.

#### The following conditions of entry apply to the **500m Sprints**:

- Open, University and School events are open to competitors that comply with the eligibility rules as above.
- Entries into Australian Rowing Championships 500m Sprints are limited to no more than 16 entries in any event; with no more than 2 entries from any one club or school.
- Any entries over these amounts shall be placed on a waiting list. After the close of entries crews on the waiting list may be added at the discretion of the regatta organisers.
- Sprint events will only be conducted where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.

## ANTI-DOPING

Sport Integrity Australia (SIA) is likely to conduct anti-doping testing at the 2024 Australian Rowing Championships. It is the responsibility of everyone involved to understand their responsibilities under the Anti-Doping Policy.

Athletes competing in Open and Under 23 events are **required** to complete the *Anti-Doping Fundamentals* and *Annual Update* courses via SIA [eLearning](#).

All competitors and coaches are encouraged, in particular, to be aware of [Prohibited Substances and Methods](#), including how to [check substances](#) and whether a [Therapeutic Use Exemption](#) may be required. Find out more on the [Rowing Australia website](#) and the free SIA mobile phone app (on [Apple](#) and [Android](#)).

## CHILD SAFETY

Rowing Australia is committed to safeguarding and promoting the welfare of children and young people in

rowing.

Coaches, athletes, parents and support staff are all strongly encouraged to access the *Safeguarding Children and Young People in Sport Induction* course courses via SIA [eLearning](#) and refer to the Child Safe Practices [Dos and Don'ts Guide](#).

Anyone with information about child safety issues is encouraged to immediately [report](#) concerns. Find out more on the [Rowing Australia website](#).

## INTEGRITY

The National Integrity Framework covers everyone involved in the 2024 Australian Rowing Championships to ensure a safe, fair and inclusive environment.

Please be mindful of your responsibility to behave appropriately and respectfully; there is zero tolerance for abuse, bullying, harassment or any other harmful behaviour. Misconduct is taken very seriously and may result in disciplinary action.

If you have concerns or feel unsafe, please immediately report to officials.

Find out more on the [Rowing Australia website](#).

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## COMPETITOR / COACH / TEAM MANAGER BRIEFINGS

**Australian Open Rowing Championships:** 3.00pm  
Sunday 17 March  
In the grandstand

**Australian Open Schools Rowing Championships:** 5.00pm  
Wednesday 20 March  
In the Breezeway between Boatsheds 3 and 4

The Competitor/Coach/Team Manager Briefing will complement the online induction.

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## EMERGENCY CONTACTS

**All clubs and schools must provide RA with a mobile number for emergency contact during the event.**

This person should be travelling with the club/school team and be able to disseminate information as needed in case of emergency or other situations as required. This contact name will be required at the point of entry on Rowing Manager (once per club).

It is a condition of entry that all athletes competing in the regatta have emergency contact details in Rowing Manager. It is the responsibility of the athlete/parent to ensure that this is in place at the time the event waiver is signed (emailed to each athlete) and that the contact details are current and complete. The person travelling with each team is also required to carry emergency contacts for all athletes with them.

## RACING

### THE DRAW

The draw for all events will be conducted after the Competitors Briefing to be held on Sunday 17 March and will be uploaded into the event website approximately two hours after the completion of the briefing.

All State Team Managers are requested to confirm the names of their crews and seating position for the Interstate Regatta at Athlete Services no later than 4.00pm on Saturday 23 March.

Crew changes and withdrawals can be made online until 12:00 AEDT Sunday 17 March. After this time all crew changes and withdrawals must be lodged with Athlete Services.

### HOW TO MAKE THE FINAL

**Australian Open Rowing Championships** Eight Lane Progression System to determine Finalists

The progression system to be used at the regatta will be published here and online shortly.

Notes on the progression system:

- 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 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 L1x, 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.

### RESULTS

'Live Results' will be available on the event website throughout competition. Printed daily results will be available approximately 2 hours after the conclusion of each day's racing and on the following day.

# THE REGATTA COURSE AND TEAM SERVICES

## TRAINING TIMES

### Pre-Event

- The venue is officially open for training from **7:00am AEDT Sunday 17 March 2024**.
- Training will be available all day on Sunday 17 March until 7pm. The outgoing pontoons will close at 6.20pm.
- The venue will close at 7.30pm

### Competition Days

- No boats will be allowed on the water for training prior to 6.45am on any day (subject to light conditions). All boats must be off the competition course 15-minutes prior to the start of the first race e.g., off the course by 7:45am for an 8:00am first race.
- The course will reopen for training approximately 15 minutes after the last race of the day. Crews will be permitted to access the boating pontoons area 5 minutes after the last race commencing and must be off the water by 7:00pm. Rescue will also finish at 7:00pm. Crews will not be permitted to depart the outgoing pontoons after 6:20pm.
- Only boats with a valid competition bow number will be allowed on the water during competition times.
- Training bow numbers must be used by para crews when using para training lanes.
- Changes to training times may be made at the discretion of the Technical Delegate.
- The venue will close daily at 7.30pm

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## ON-WATER TRAFFIC RULES

On-water traffic rules and maps for training and competition are available on the ARC website under the competitors tab [arc.rowingaustralia.com.au/competitors/maps](http://arc.rowingaustralia.com.au/competitors/maps). In addition, traffic maps will be available at various locations around the course, particularly in the Boat Park and next to launching pontoons.

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## WARM UP ERGOS

Warm up ergometers will be available for athlete use during the regatta. These will be located in Boatshed 6 as marked on the venue maps.

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## BIKES

Bikes will be able to be used during training in a clockwise pattern – travelling to the start line via the northern roadway and back towards the finish line via the southern roadway.

During racing (including from 30 minutes before racing and until 30 minutes after the last race), bike access will be limited to the southern roadway only, no bikes will be allowed on the northern roadway at this time.

Specific traffic conditions, with consideration to pedestrians, will apply and must be adhered to on the southern roadway. These conditions will be sign posted and marshals stationed as appropriate.

Helmets must be worn at all times. Lights must be used prior to sunrise.

We will have bikes available for hire at the venue, Prices and availability will be released when confirmed.

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## ATHELETE SERVICES AND INFORMATION

Athlete Services is located in Boatshed 1.

- All athlete/crew substitutions and withdrawals must be notified to this location no later than two hours prior to the start of the race.
- Any crew who does not start in an event they are listed to compete in without a withdrawal in sufficient time is liable for a fine of \$250 according to the Rules of Racing.

Draws and results will be posted for athletes in the breezeway between Boatsheds 3 and 4.

Limited collated results and following day draws will be available from Athlete Services as soon as practical after the end of racing.

Draws, results, live results and live streaming will be available via [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)

A spectator information booth will be located in the Regatta Village near the Athlete drop-off area.

Medical Substitutions / Withdrawals must be submitted at Athlete Services. The regatta doctor will not do this on behalf of athletes.

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## MEDICAL SUBSTITUTIONS

Substitutions or withdrawals for medical reasons must be signed off by the official regatta doctor located at the Dr Bill Webb Medical Centre located approximately 50m beyond the Finish Tower.

Athletes that have been deemed unfit to race for medical reasons will not be permitted to race again (in any event) until the official regatta doctor has deemed that rower fit to race.

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## 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 0.1 kg.

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.

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## 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 weight carried forward for subsequent lightweight events on that day provided the crew's average weight in accordance with the above requirements is not exceeded.

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## ATHLETE TEST SCALES

Test weighing scales for coxswains and lightweight rowers will be available from 9:00am AEDT on Sunday 17 March in Boatshed 3.

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## BOAT WEIGHING

It is the responsibility of the crew to ensure that their boat is on weight in accordance with the Rowing Australia Rules of Racing. Random checks of boat weight will be carried out during competition.

Scales will be available from 9:00am AEDT on Sunday 17 March.

Big boats will use Boatshed 2, and enter via the lake end and continue through to exit.

Small boats will use Boatshed 3 and enter and exit via the lake end.

Additional care should be exercised when manoeuvring boats in the vicinity of the boat weighing area particularly the lake end of boatsheds 2 and 3.

Follow the directions of officials who will assist with boat weighing.

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## PARA-ROWING STRAPPING AND EQUIPMENT CHECKS

It is the responsibility of the athlete to ensure their equipment and strapping is compliant for racing.

Please refer to the Rowing Australia website for a full list of Competition Regulations which are available here: <https://rowingaustralia.com.au/ra-rules-of-racing-and-related-by-laws>.

Rowing Australia staff and volunteers will be on hand at the regatta to assist where required. If there are any points in this (or anything in regard to para rowing) requiring further clarification, please contact:

**Chad King - Rowing Australia Para Rowing Head Coach**

**Email:** [cking@rowingaustralia.com.au](mailto:cking@rowingaustralia.com.au)

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## ATHLETE AND COACH INDUCTION

An induction must be completed by all coaches and team staff prior to collection of accreditations.

This induction will be done via Rowing Manager and thus all athlete and team staff email addresses must be correct in Rowing Manager.

Accreditation (or valid tickets) will be required for entry to the venue from Monday 18 March 2024.

All athletes entered will receive event accreditation. Clubs and schools will receive Team Official/Staff accreditation (coaches, managers, physios, drivers, etc.) on a pro rata basis based on the number of athletes entered from the club/school in the regatta.

No accreditations will be given outside of these numbers. Any additional passes required for team staff should be purchased as General Admission tickets.

Collection of accreditations will only be permitted once ALL athletes and team staff have completed the online induction which will be available on the ARC Website in early March.

All Athlete and Team Staff accreditations will be available for collection from the Accreditation Office from 9:00am AEDT Sunday 17 March 2024. Team Staff accreditation will be given on the following basis:

| Athletes Entered from Club/School | Team Staff Accreditations Given |
|-----------------------------------|---------------------------------|
| 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                              |

It is compulsory for all competitors and coaches to complete the online induction. Accreditations will be withheld until this requirement has been met.

## TEAM TENTS

Team tents can be [booked online](#) through the event website.

Sites will be available either adjacent to the course or in the boat park

Built tents must be booked by COB Monday 11 March

The majority of tent sites will be provided to those clubs that book built tents. The RA provider will construct these tents and the costing details will be available at the time of bookings opening.

Pop-up marquee-team tent sites will be limited.

All **course side** tent sites will be booked in 3m sections. The depth is approximately 9m.

Team tents in the **boat park** may be a maximum of 3m x 6m.

More information is available on the tent site booking page.

There will be no vehicular access to the island (except for disability parking) from Monday. Any tents will need be dropped by boat trailers or walked onto the island.

## ICE BATHS

Limited ice bath spaces are available at a rate of \$110. Bookings must be made via <https://arc.rowingaustralia.com.au/competitors/book-a-tent-site/>. Payment for ice bath spaces must be made at the time of booking.

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## BOAT PARK AND TRAILERS

Clubs and Schools are encouraged to coordinate with shared boat trailers and boats where possible. Trailer access to the Island will not be permitted until 4pm on Saturday 16 March (until 6.30pm) and then from 7am on Sunday 17 March.

- The venue is currently scheduled to be used for the 2024 AAGPS Head of the River on Saturday 16 March which will prevent access to the venue for ARC crews before this time on Saturday. Any changes to venue access will be communicated via the event website ([arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)) and via social medial channels.
- Boat trailer access will be controlled for boat unloading and loading – please follow the directions of event staff and volunteers.
- Trailers must register online at the following link: <https://arc.rowingaustralia.com.au/trailer-registration/>
- Trailers arriving prior to Saturday 16 March will be directed to park in P3 on the south side of the course.
- Trailers will only be permitted access to the island if there is a sufficient number of people available to unload boats.
- Once unloaded, all trailers are to be parked in the P6 carpark on the south side of the course.
- Trailers wishing to arrive between 7:00pm and 6:00am AEDT on any evening should contact [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au) to make arrangements.
- Gradual boat trailer loading is encouraged during the event. Trailers will have access to the Island during the competition days between 9.00am and 4.00pm, however only a limited number at any time will be allowed access. There may be a wait at peak times.

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## BOAT STORAGE

Boat storage is provided by way of racks located adjacent to the Boatsheds and launching pontoons and on the village green.

Dedicated para-rowing racks will be located on the eastern side of Boatshed 6 near Pontoon 2, and PR1 and PR2 athletes MUST rack boats on these racks. PR3 athletes may rack boats in other locations.

There is an optional boat racking for visually impaired scullers available behind the Dr Bill Webb Medical Centre

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## CAR PARKING

**All car parking at ARC will be free of charge.** All public entry to the Sydney International Regatta Centre will be through Gate A. Please follow the directions of all venue parking staff and volunteers.

**A shuttle bus** will operate between the south side carparks and the island from 7:30am until after the last race on all competition days. Shuttle bus will also run on Friday 22, Saturday 23 and Sunday 24 March between the Penrith train station and SIRC.

**Athlete and team drop off and pick up only will be permitted to the Island via Gate A.** Cars and buses will be stopped for accreditation/ticket checks on the south side of the venue, then directed to the Island drop-off zones. Vehicles will then be directed to the south side of the course to park. Bus and Coach parking will be in the P6 carpark.

**Para athletes with a legal Disability Parking Permit may park in the P1 Island carpark** in marked and allocated Disability Parking spaces. A drop off option in front of the Boat Bays is available for para-athletes displaying a Disability Parking Permit, however this is a drop off area only and cars must not park in or near the boat bays. After dropping off, athletes' cars must return to the Disability Parking spaces or to the south side of the course to park.

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## DRONES

**Drones will not be permitted to be used by coaches, athletes or spectators at the venue under any circumstances.**

Rowing Australia will be using a drone for its live streaming. Athletes should be aware that there will be a drone in use during the event for broadcast and photographic purposes and should they have any issues, please contact Alice Evans [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)

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## MEDICAL ARRANGEMENTS

Athlete First Aid will be located at the western end of Boatshed 4.

The Regatta Doctor and emergency medical care for spectators and competitors during racing is located in the Dr Bill Webb Medical Centre located approximately 50m beyond the Finish Tower.

Rescue services will be active on the water throughout racing and official training sessions.

The nearest hospital is the Nepean Hospital approximately 6km from the course.

If your club or school team is planning to bring medical staff to Sydney, they may be required to meet the requirements of NSW Health Department to enable them to legally perform their duties to your team.

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## ATHLETE PHYSIO AND SPORTS MASSAGE

Athlete sports physio and massage services will be located with Athlete First Aid in Boatshed 4.

A regatta physio and massage therapist will be available for all athletes and spectators at a charge to the user.

Eftpos and on the spot health fund rebates will be available. Bookings will be available online at [www.dpphysio.com.au](http://www.dpphysio.com.au) or on 0435 442 349 (during regatta).

Services will be provided by Dynamic Performance Physiotherapy and Sports Medicine.

Please bring your own towel for physio / massage.

For further information, contact Alice Evans: [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)

## CHANGING ROOMS, SHOWERS AND TOILETS

These facilities are provided adjacent to Boatshed 1 and Boatshed 4. Additional toilets are located behind the team tents along the course and behind the grandstand.

## FOR YOUR SAFETY

|                            |  |
|----------------------------|--|
| No bare feet               | Wear shoes, sandals, scuffs when walking around the venue. If parked in the overflow parking area in Weeks Flat, solid shoes must be worn. |
| Keep hydrated              | Sip, sip, sip and then sip some more.  |
| Keep your head covered     | Wear a hat.  |
| Block out the sun          | Apply sunscreen and re-apply every two hours.  |
| Stay off your feet         | Limit the amount of walking you do.  |
| Sanitise & Social Distance | Make sure you sanitise and wash your hands regularly to help prevent the spread of communicable diseases.                                  |

## POINT SCORE

### CLUB POINT SCORE

In addition to the medal table, a 'club point score' will be calculated for all events within the Australian Open Rowing Championships (not Open Schools Championships). The points score will be published on the event website - points will be awarded on the following basis:

| Boat                    | First | Second | Third |
|-------------------------|-------|--------|-------|
| Eight (8+)              | 24    | 18     | 12    |
| Fours (4-/+)/Quad (4x)  | 16    | 12     | 8     |
| Pairs (2-)/Doubles (2x) | 12    | 9      | 6     |
| Singles (1x)            | 8     | 6      | 4     |

*Points will not be allocated where there is only one crew in an event.*

### SCHOOL POINT SCORE

A 'school point score' will be calculated, for all events within the Australian Open Rowing Championships and Open Schools Championships. Points will only be allocated to crews racing under the name and in the colours of their school (i.e. a school crew representing a club will not accrue points for this trophy). The points score will be published on the event website.

### BOB BLAKE SHIELD

The Bob Blake Shield will be awarded to the State with the most points awarded for Para Events with points awarded on the following basis.

| # Entries | 1st | 2nd | 3rd | 4th | 5th | 6th |
|-----------|-----|-----|-----|-----|-----|-----|
| 6         | 6   | 5   | 4   | 3   | 2   | 1   |
| 5         | 5   | 4   | 3   | 2   | 1   |     |
| 4         | 4   | 3   | 2   | 1   |     |     |
| 3         | 3   | 2   | 1   |     |     |     |
| 2         | 2   | 1   |     |     |     |     |
| 1         | 1   |     |     |     |     |     |

## THE JOHN COATES AC INTERSTATE CHAMPION CUP

The John Coates AC Interstate Champion Cup will be presented to the Member Association which secures the highest overall score for events conducted in the Interstate Regatta. States shall be awarded points in each event on the following basis:

- **First place:** 8 points
- **Second place:** 6 points
- **Third place:** 5 points
- **Fourth place:** 4 points
- **Fifth place:** 3 points
- **Sixth place:** 2 points
- **Seventh place:** 1 point

## OTHER EVENTS

### LEARN AND LOAD

Register for the Learn & (carbo) Load session on Wednesday 29 March from 5:30pm – 7pm 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 with 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! This is a unique opportunity to ask our top performance staff and athletes any questions you may have.

Keep an eye out on the ARC website for details on how to register!

## SPECTATOR SERVICES AND FACILITIES

### TICKETING

The 2024 Australian Rowing Championships is a ticketed event.

Spectator access to the event will be by ticketed admission only – no ticket or accreditation, no entry. Tickets will be available from Ticketmaster via:

- Online at <https://www.ticketmaster.com.au/>
- Phone 13 61 00
- Any Ticketmaster agency
- Venue box office on event days

Please note there is no reserved seating.

**Spectator Parking is included in the cost of ticket.**

All spectator parking will be on the freeway side of the venue and as directed by marshals.

Athletes with Companion Cards are entitled to a complimentary ticket.

If you have accessible booking requirements, including wheelchair and/or companion card requirements please email: [accessibletickets@ticketmaster.com.au](mailto:accessibletickets@ticketmaster.com.au)

This email address is reserved for patrons with accessibility requirements and companion card holders. If emailing, please ensure you include the Event Name, Venue, Date and Time along with your contact details.

Please also check out our FAQ's page, by [clicking here](#), for common questions around companion cards.

Current Service Hours: Monday – Friday 9am – 5pm AEDT ONLY.

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## CAR PARKING

All spectator and competitor parking will be located on the south side of the course.

Car parking is free for all competitors and spectators on presentation of accreditation or event ticket.

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## FIRST AID

First Aid for spectators will be available in the Dr Bill Webb Medical Centre, 50m beyond the finish line and will be open from Sunday 26 March.

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## EVENT EXHIBITORS, VENDORS & CATERERS

Applications for an exhibitor/trade or catering spaces at the 2024 Australian Rowing Championships are invited from interested parties. Please email [eekert@rowingaustralia.com.au](mailto:eekert@rowingaustralia.com.au) for more information and registration.

'The Regatta Shop' are the official clothing and merchandise suppliers for the event; for more information go to [theregattashop.com.au](http://theregattashop.com.au)

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## CATERING

A variety of food and drink options will be located at the venue.

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## ALCOHOL

You will be able to purchase alcohol at the venue, however, as it is a ticketed event, you will not be able to bring alcohol into the venue. Random bag checks will be carried out by security marshals. People who have brought alcohol into the venue will have this confiscated: intoxicated people will be asked to leave the venue.

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## VISITORS AND SPECTATOR ACCOMMODATION

Whilst much of the accommodation is available in Sydney, Penrith and surrounding areas. Destination NSW and the Penrith Valley Visitors Information Centre will happily provide further information.

### DESTINATION NEW SOUTH WALES

[www.visitnsw.com](http://www.visitnsw.com)

[www.sydney.com](http://www.sydney.com)



### PENRITH VALLEY VISITORS' INFORMATION CENTRE

Tel: +61 1300 736 836 | Website: [www.penrithvalley.com.au](http://www.penrithvalley.com.au)



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## CONTACT DETAILS AND MORE INFORMATION

Australian Rowing Championships  
c/- Rowing Australia  
P.O. Box 7147, YARRALUMLA ACT 2600  
Email: [aevans@rowingaustralia.com.au](mailto:aevans@rowingaustralia.com.au)  
Website: [arc.rowingaustralia.com.au](http://arc.rowingaustralia.com.au)

