

AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS

SYDNEY • NSW
29 MAY – 1 JUNE 2025



BULLETIN



PROUDLY
SUPPORTED BY





WELCOME

On behalf of Rowing NSW, I am delighted to welcome Masters rowers from across Australia — and beyond — to the 2025 Australian Masters Rowing Championships, taking place at the iconic Sydney International Regatta Centre (SIRC) in Penrith from **29 May - 1 June 2025**.

We are thrilled to once again host this national celebration of Masters rowing at SIRC — a world-class venue renowned for its pristine racing conditions and stunning surrounds. The Masters community brings such passion, camaraderie, and competitive spirit to our sport, and we can't wait to showcase that energy across four days of outstanding racing.

The Rowing NSW team is working hard behind the scenes to create a memorable experience both on and off the water. From a vibrant event hub and local marketplace to our Saturday night function at the Lakeside Restaurant, there will be plenty of opportunities to reconnect with old friends and make new ones.

For those cheering from afar, all four days of racing will be livestreamed, ensuring friends, family, and clubmates can share in the action from wherever they are.

This is the first of several bulletin updates that will share important news and exciting features of the 2025 Championships. We encourage you to stay tuned, start planning your trip, and get ready for a fantastic regatta in New South Wales this June.

We can't wait to welcome you to the start line!

Regards,

Melissa Ashton-Garard
CEO
Rowing NSW



EVENT LANDING PAGE

For more information about the up-and-coming 2025 Australian Masters Rowing Championships, please head to the landing page here: [2025 Australian Masters Rowing Championships](#)

KEY DATES

Entries Open	Saturday 1st February 2025
Event Bulletin	April 2025
Entries Close	11:59pm (AEST) Monday 19 May 2025
Withdrawal Without Penalty Period Ends	11:59pm (AEST) Thursday 22 May 2025
Entry Fee Payments Due	Monday 26 May 2025
Course opens for training	Wednesday 28 May 2025
Australian Masters Rowing Championships	Thursday 29 May – Sunday 1 June 2025

VENUE

Only an hour's drive northwest of Sydney CBD, the Sydney International Regatta Centre was purpose-built for the 2000 Sydney Olympics. The Regatta course is an international standard fully buoyed nine lane course, featuring a separate warm up lake. It is one of the best rowing courses in the world and sprawls over 178 scenic hectares boasting scenic views of Penrith Lakes, the Lower Blue Mountains and surrounding parkland.



ACCOMMODATION

Quest Apartments Penrith are the Official Accommodation Partner of the 2025 Australian Masters Rowing Championships. Made up of studios, one and two bedroom apartments, all with kitchen, washing and drying facilities, they are a perfect place to spend the week. Head to [Quest Penrith](#) to secure your booking.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY • NSW
29 MAY - 1 JUNE 2025



BEFORE THE REGATTA

EVENTS OFFERED

The events offered at the 2025 Australian Masters Rowing Championships can be found [HERE](#).

ENTRY FEE

The cost to enter the 2025 Australian Masters Rowing Championships is **\$53.00 per seat (per rower)**.

Coxswains do not pay a Seat Fee. Entry fees are due by **Monday 26 May 2025**.

Details for payment and club invoices can be found on Rowing Manager.

Entry fee payments can be paid via Rowing Manager or Direct Deposit to Rowing NSW.

Entry fees for composite crews must be paid by the club that entered the crew.

Entry fees are payable for all crews entered at the close of the withdrawal without penalty period regardless of whether the crew is subsequently excluded from the draw due to non-payment of fees.

ENTRIES

Entries from Australian clubs will be taken via Rowing Manager. A link will be available on the event website in line with the Key Dates above. No late entries will be accepted. All athletes should CHECK THEIR ENTRIES ARE LODGED before entries close.

For all international regatta entries, please contact Alice Evans at aevens@rowingaustralia.com.au

RULES OF RACING

The 2025 Australian Masters Rowing Championships will operate under the Rowing Australia Rules of Racing which are available [HERE](#).

ELIGIBILITY TO COMPETE

A rower may compete in Masters rowing events from the beginning of the year during which they attain the age of 27.

The age of a Masters rower shall be that which they attain during the current calendar year.

Masters events shall be held in the following crew age categories:

- A Minimum age: 27 years
- B Average age: 36 years or more
- C Average age: 43 years or more
- D Average age: 50 years or more
- E Average age: 55 years or more
- F Average age: 60 years or more
- G Average age: 65 years or more



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY • NSW
29 MAY - 1 JUNE 2025



- H Average age: 70 years or more
- I Average age: 75 years or more
- J Average age: 80 years or more
- K Average age: 83 years or more.
- L Average age: 86 years or more
- M Average age: 89 years or more

The average age of a crew (excluding the coxswain) will be calculated by dividing the total number of years of age of the crew by the number of members of the crew rounded down to the nearest whole number.

LIGHTWEIGHT EVENTS

Rowers entered in Lightweight 1x events will be required to provide a medical certificate from their regular doctor or a Sports Physician confirming that they are naturally and healthily at or below the weight required and that they will not need to take any measures on a normal day to weigh in at the appropriate weight. This certificate can be sent to <mailto:aevans@rowingaustralia.com.au> who will provide confirmation of receipt of the certificate.

Lightweight rowers will be required to weigh in under the conditions and at the weight as per the [RA Rules of Racing \(Rule 31, p 21\)](#). In addition to this weigh in, lightweight rowers will be required to do a preliminary weigh in on the day before their scheduled lightweight event to confirm their suitability for entry in the event. The regatta medical team may reject an entry in the lightweight event if, in their sole opinion, an athlete will be unable to make the requirement maximum weight without measures that may put their health at risk.

Rowers are advised that they will not be able to compete in the lightweight and standard single scull event as they will be conducted consecutively. Notwithstanding, lightweight scullers who will be near the weight limit and are not certain they will be at weight are encouraged to enter both the standard and the lightweight single scull in the same age category (but will only be charged for one). Where an entry in both the lightweight and the standard single scull (in the same age category) is made one entry will be removed, without penalty, upon confirmation of weight on the day prior to the scheduled race. If an athlete is unable to present for the preliminary weigh-in on the day before their scheduled race they should contact Alice Evans (aevans@rowingaustralia.com.au) who will provide specific instructions depending on the circumstances.

PARA ENTRIES

Rowers may compete in para events with a "provisional classification" - contact James Loveday, Rowing Australia Para Head Coach jloveday@rowingaustralia.com.au for information on this.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



SCHEDULE

An indicative race schedule is available and can be viewed here: [Rowing Australia Regattas](#)

Please consider the notes attached to this schedule.

A preliminary schedule will be released following the close of entries and the final race schedule will be released following the close of the withdrawal without penalty period. As always, please ensure you check online during the regatta for any changes in scheduling.

HEALTH

It is recommended that rowers participating in Australian Masters Rowing Championships undergo a Health Screening at least annually and prior to the commencement of this event.

All rowers and coxswains must be able to swim 50m and tread water for 3 minutes as a minimum.

ATHLETE INDUCTION

All Athletes and Coaches must complete the online induction which will be available via an emailed link (to each individual) after the withdrawal without penalty period.

EMERGENCY CONTACT DETAILS

Please ensure your club has registered a regatta contact person through Rowing Manager should do so as soon as possible. This person will be added to an SMS broadcast list in case of issues or emergencies during the regattas.

BOAT TRANSPORT

Rowing NSW encourages interstate clubs and crews to work together to ensure that any trailers travelling to the 2025 AMRC are well utilised. This also shares any travel-related costs.

TEAM TENTS, TRAILERS AND BOAT STORAGE

TENTS

A dedicated team tent area on the eastern bank of the competition lake will be made available for all participating clubs. These areas will be allocated by Rowing NSW and will be communicated to all clubs.

All clubs wishing to erect a tent must register via the following link: [Tent Site Registration](#)

For clubs wishing to use an external marquee provider, our preferred supplier is [Penrith Party Hire](#)

BOAT TRAILERS

Boat trailer locations on the competition island will be allocated by Rowing NSW. Clubs will be required to complete an online [Trailer Parking Application](#) prior to the regatta

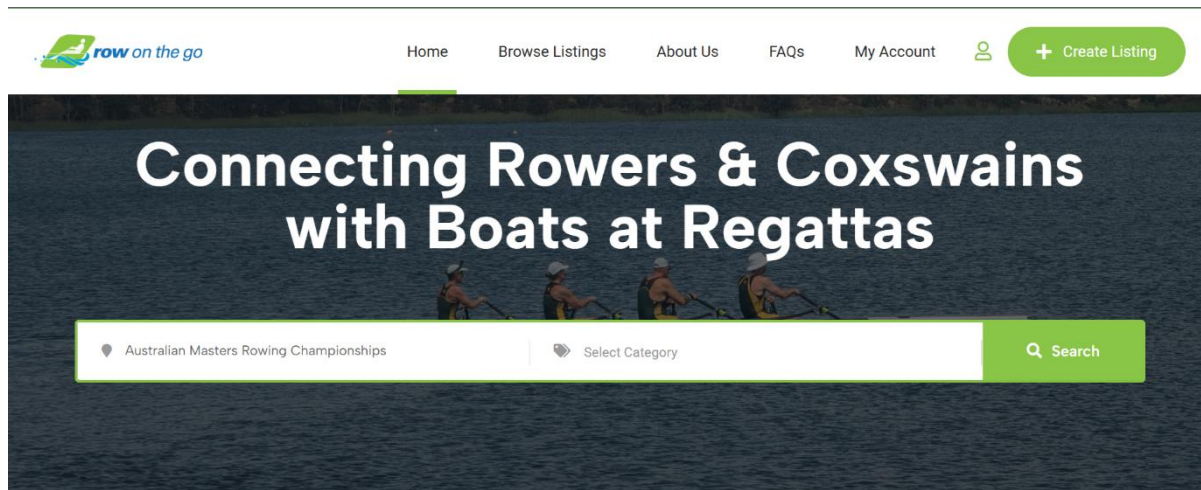


AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



BOAT HIRE & ORPHAN ROWERS

AMRC has been setup as a regatta in "Row On The Go" with clubs able to both list and hire boats, as well as list orphan rowers.



Rowers and clubs can check [Row On The Go](#) regularly for updates in the lead up to the event and to post listings of orphan rowers and boats for hire. Check out the [Frequently Asked Questions](#) for more information.

Select Australian Masters Rowing Championships as the regatta and click 'Search.'

If you would like to be added to the listing as either a rower wanting to join a crew or a crew wanting a rower or for boat hire listings, please use the following link [Create Listing](#)

TRAVEL TO THE VENUE

Sydney International Regatta Centre (SIRC) is located at [Gate A, Old Castlereagh Road, Castlereagh NSW 2749](#). It is just over an hour's drive from Sydney Airport to SIRC via the M5, M7 and M4. If you are staying with our Official Accommodation Partner, Quest Apartments Penrith, it is only a ten-minute drive to SIRC.

PUBLIC TRANSPORT

From Sydney Airport, Domestic Terminal, you can catch a train to Central Station and transfer to the T1 line to Penrith train station.

CAR HIRE

If you wish to hire a rental car for the four days, there are multiple car hire companies at Sydney Airport.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



VOLUNTEERS

A team of dedicated volunteers will be required to ensure a successful event. Rowing NSW would love to offer you the opportunity to part of this event to the rowing community.

Areas of the regatta that we require volunteer assistance with include:

- Umpire, Marshal and Safety Boat Drivers
- Pontoon Marshals
- Boat Park Coordinator
- Boat Holders and Boat Holder Coordinator
- Timekeepers
- Regatta Administration Assistants
- Results Runners
- Bow Number Coordinators
- Medal Presentation Coordinator and Assistants
- Operations Assistants
- Volunteer Coordinators
- Courtesy Bus Drivers

If you are interested in volunteering for as little as a few hours in any of the above roles to assist in delivering an amazing event experience, then please register here [Volunteer Registration](#).

EVENT MERCHANDISE – The Regatta Shop

A range of Official 2025 Australian Masters Rowing Championships merchandise will be produced by The Regatta Shop who will be located within the Marketplace for the duration of the regatta.

EXHIBITORS & TRADERS

Vendors will have an opportunity to be part of the marketplace atmosphere at SIRC. This area will include stallholder opportunities located throughout the competition island and boat park.

SPONSORSHIP

There are fantastic sponsorship opportunities available for companies to promote their products and services to a significant market linked with the 2025 Australian Masters Rowing Championships.

With exposure to over 45,000 masters rowers across Australia and a broader market more locally in NSW, Rowing NSW is keen to speak with anyone interested in promoting their businesses through this major event.

For further enquiries please contact the Rowing NSW office on 02 9555 6111 or email office@rowingnsw.asn.au.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



DURING THE REGATTA

TRAINING TIMES

The venue will be officially open to training from 8am to 4pm on Wednesday 28th May 2025. Training at other times is at the discretion of the Field of Play Manager and the RA Technical Delegate and will be dependent on the availability of daylight. There will be no access to the lake outside of these official training times.

If training times can be extended prior to the commencement of the regatta these will be communicated through future Event Bulletins. On-water rescue and First Aid will be operational during all training times.

DRAWS, LIVE RESULTS & LIVE STREAM

Draws for each day, live results and well as a live stream of each day's racing can be found here: rowingaustralia.com.au/amrc

The livestream of a previous day's racing can be found on the Rowing NSW YouTube Channel: <https://www.youtube.com/@RowingNSW/streams>

SUBSTITUTIONS AND WITHDRAWALS

Athlete Services is located at the boat park end of Boat Shed 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.
- Medical Substitutions / Withdrawals must be submitted at Athlete Services. The regatta paramedic will not do this on behalf of athletes.

MEDICAL SUBSTITUTIONS

Substitutions or withdrawals for medical reasons must be signed off by the official regatta paramedic located at the Dr Bill Webb Medical Centre, 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 paramedic has deemed that rower fit to race.

BOW NUMBERS

Bow Numbers will be available for collection not more than 1 hour before the advertised start time of a race.

No deposit is necessary, clubs will be invoiced for non-return of bow numbers post event.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



COXSWAIN WEIGH-IN

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. Scales will be available from Wednesday in Boat Shed 1.

Coxswains may be required to show their weight bag to the starter or control commission.

UNIFORMS

Each member of a Club or Association competing in an RA Event shall wear the registered racing uniform of their club or school and other garments* which must all be identical in design and colour except for permitted sponsor identifications which shall nonetheless be identical within each crew except as allowed for in By-Laws to Rule 50.

Except as provided for composite crews, members of the same crew shall compete in identical clothing.

* Rowers may wear undergarments of differing lengths as long as any undergarment is an identical colour.

BOAT WEIGHING

Boat weighing is not conducted at the Australian Masters Rowing Championships.

BOAT WASHING

Boats should be rinsed at SIRC prior to entering the warm up and competition lakes and washed before returning to home states. Soaps to be avoided.

BOAT RACKING

Racks must not be reserved. It is the club's responsibility to ensure boats are tied to racks.

INTEGRITY

The National Integrity Framework covers everyone involved in the 2025 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.



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY - NSW
29 MAY - 1 JUNE 2025



If you have concerns or feel unsafe, please immediately report to officials and/or [report an Integrity or Disciplinary Concern to Rowing Australia](#). Find out more on the [Rowing Australia website](#).

MEDALS

Where there are 1 or 2 entries, Gold Medals only will be awarded

Where there are 3 entries, Gold & Silver Medals will be awarded

Where there are 4 or more entries, Gold, Silver and Bronze Medals will be awarded

Fastest Club Medals will be awarded to 2x, 2-, 4x, 4+/-, 8+ where a composite crew wins an event

The Fastest Club Medal will be awarded only to crews where all crew members, including the coxswain are members and are racing for the same club.

Fastest Club Medals are not awarded to mixed events

Fastest Club Medal is not awarded to a winner of an event if the winner is a single club crew.

Crew members may collect medals from the medal marquee at a later time if unable to collect medals from pontoon directly after their event. Victory Ceremony Assistants are able to give medals if possible, otherwise they may ask crew members to return in the break or at the end of the day.

CHAMPION CLUB EIGHT DETAILS – JOHN WHITING TROPHY

The Club Eights are non- composite events which are open to all age categories. Coxswains must also be a member of the same club as the remainder of the crew.

Crews will be handicapped according to the [Rowing Australia Handicaps \(Appendix 10\)](#).

CHAMPION CLUB POINT SCORE DETAILS

With the objective of increasing Club participation in the event, all boats in championship finals be awarded points, and the contribution of mixed races and small boats be allocated as follows:

EVENT	BOAT	PLACING							
		1	2	3	4	5	6	7	8
Championship Events	8+	64	56	48	40	32	24	16	8
	4+ / 4- / 4x	40	35	30	25	20	15	10	5
	2-, 2x	24	21	18	15	12	9	6	3
	1x	16	14	12	10	8	6	4	2
Mixed Events	8+	64	56	48					
	4+ / 4x	40	35	30					
	2x	24	21	18					

- In all men's and women's championship events points are awarded to all boats in each final, to a maximum of 8 crews.
- In Mixed Events points are awarded to only the first three boats in each division (race).



AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS
SYDNEY • NSW
29 MAY – 1 JUNE 2025



- Points awarded to boats to be apportioned equally to the clubs of crew members (excluding coxswains).

Two champion club points' tables will be published ranked by:

1. Total Points (as at present) – to determine the club earning the most points, and
2. Point per Athlete – to determine the club, large or small, whose team members perform best on average.

The medal tally will still be published as per current practice.

INTERSTATE RACES

Each State is given an opportunity to enter a crew in each of the following events:

- Women's Masters PR3 Single Scull
- Men's Masters PR3 Single Scull
- Men's Masters Quad Scull for the Interstate Masters Championship Trophy
- Women's Masters Quad Scull for the Veteran's Cup
- Men's Masters Eight for the Brian Vear Memorial Trophy
- Women's Masters Eight for the Interstate Masters Championship Trophy

ENQUIRIES

For any further enquiries about any aspect of the 2025 Australian Masters Rowing Championships:

The primary contact is:

Rowing NSW Office

office@rowingnsw.asn.au

02 9555 6111

For all competition related queries please contact:

Alice Evans

Event and Competition Manager

Rowing Australia

aevans@rowingnsw.asn.au