

Bulletin 3

Entries have now closed for the 2008 Australian Masters Regatta at Nagambie Lakes. This year will see 745 athletes converge on the Nagambie Lakes Regatta Centre for the 7th Annual Australian Masters Championships. From these athletes there are 1068 entries across 137 events, filling 3231 seats with 230 coxswains.

Rowing Victoria would like to wish everyone a safe journey to Nagambie and good luck to all competitors, coaches and officials.

Bulletin 1 is available [here](#).

Bulletin 2 is available [here](#).

Payment of Entry Fees

Clubs who make the entry via ROMS will be invoiced for payment. This includes the club that creates a composite entry.

Policy on entries and awards

If less than two entries are received for any age category the event will be combined with a suitable or adjacent age category.

Combined age category events will be conducted on a handicap basis. Handicaps will be those provided in the Rowing Australia rules and included in this bulletin.

Medals will be presented for each age group as follows:

- Two entries – First place medal only
- Three entries – First and Second place medal only
- Four or more entries – first, second and third place medals.

Where there are sufficient entries in a single age group within a combined age group event place medals may be awarded to place getters within that age group at the discretion of the organising committee.

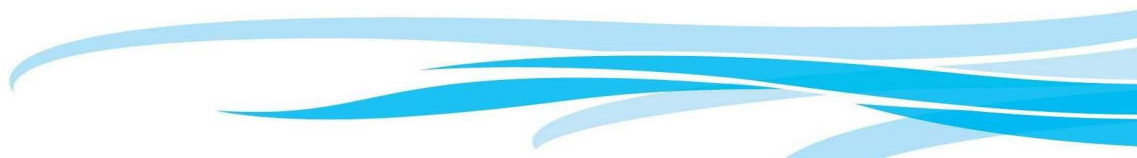
Competitors Relaxation Area

A competitor's relaxation area will be conveniently located near to the boat park looking over the rowing course. The lounge is for competitors and supporters to relax between events.

Vendors and an information desk (with results) will be position in and around the marquee for competitors' ease of access.

Pre Regatta Meeting

The Pre-Regatta Competitors Meeting will be held on Thursday 29th May at 10:30 am in the Main Event Marquee.





Boat Traffic Rules

Boat Traffic Rules apply from Thursday 29 May to Sunday 1 June 2008.

All the following traffic rules and rules of racing are to protect and ensure the safety of all competitors. For the safety and convenience of all competitors it is essential that these traffic rules are observed during both training and competition periods.

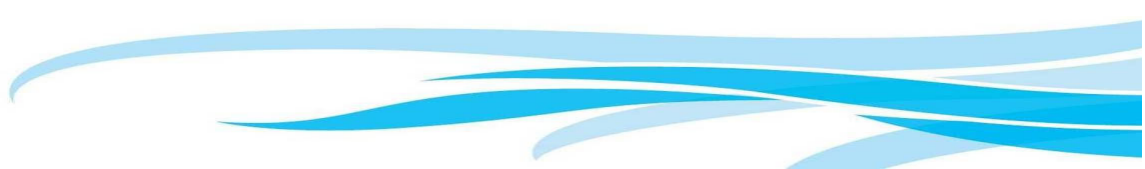
Any directions from marshals or safety boats must be obeyed and crews disobeying these directions will be referred to the Umpires' Jury for an appropriate penalty.

Procedures for Boat Launching

- All crews are to launch their boats from the beach (in the lagoon area front of the boat racks on the southern side of the Furlong Cove) with their stroke-side to the near bank
- Proceed west along the line of buoys at Furlong Cove, around the end of the buoys, then towards the start keeping the line of buoys on the rowers' left. (see course maps)

Boat Traffic Rules during Competition Periods

- On competition days the course will be closed for training from 30 minutes prior to the starting time for the first event and for 30 mins after the final race.
- Crews proceeding to the start for their race must travel along the bouy line and report to the start marshal (250m from the 1000m start) before undertaking any warm-up.
- Its recommended that crews use the 'training zone warm up' area as provided, after reporting to the start marshal, during competition periods.
- Crews using the training zone warm-up area must move in an anti-clockwise direction.
- Traffic travelling towards the start, from launch area, will follow the line of buoys towards the start and warm-up area; note the 'wreck' which is marked by hazard buoys.
- Once crews proceed into the start area they cannot return to the 'warm up' area
- Once the previous race has cleared the 100m zone, the crews for the next race can move into their lanes at the direction of the starter
- Crews may practice in their own lane before the start of their race between the start and the 500m mark provided there is adequate time before the start and provided they obtain approval from the starter
- Any competitor arriving at the starting pontoon less than two minutes before the starting time may be awarded a false start
- Crews preparing for a race shall have absolute priority of launching areas over crews proceeding out for a training row
- Crossing the course will only be permitted in the area 100 metres either side from the starting platform only as instructed by a marshall.
- **CREWS MUST FOLLOW THE DIRECTIONS OF THE MARSHALLS REGARDLESS OF THESE RULES.**
- Boats returning to the boat park after crossing the finish line and going around the designated turning buoy, shall collect medals and/or return to boat park via the Transit lane.
- For medal winning crews, the on-water presentations will be directly after the race at the presentation pontoon in front of the spectator area.



Boat Traffic Rules During Training Periods

- On competition days the course will be closed for training from 30 minutes prior to the starting time of the first race and for 30 mins after the final race.
- During training periods the southern side of the course including lanes 5 to 8 will be for traffic moving towards the finish.
- The northern side of the course including lanes 1 and 2 will be for traffic moving towards the start line or boat park/rack area.
- Lanes 3 and 4 are no row zones
- All rowing within the lanes on the course will be non-stop.
- Crews must turn beyond the finish line around the turning buoy
- Crews rowing towards the finish who intend returning to the boat launching area after crossing the finish line are requested to use lanes 1 and 2.
- Crossing the course will only be permitted in the area 100 metres either side from the starting platform

Power Boat Usage

- The course and lake shall be closed to all power boats except official craft
- Rowing training accompanied by a power boat may be undertaken on the Goulburn River upstream of the Scour. The river is entered through the Scour adjacent to the boat launching lagoon

Physiotherapy

A team of physiotherapists will be on site near the competitor relaxation area for convenience of competitors. Fees are discounted for competitors and will be based on time and type of care required.

Novelty Activities

A number of novelty activities will take place at the regatta centre during the championships including two trivia competitions for which prizes will be on offer and market stalls selling local crafts and produce.

Regatta Dinner – Last call for bookings!

Nagambie Football Club (Nagambie Reserve), Heathcote/Nagambie Rd, Nagambie

Turn left at Heathcote/Nagambie Road as if to go to the Regatta Centre, the football club, reserve and oval are on the right hand side one block away from High Street, Nagambie's main street)

Time & Date: 6.30pm – 10.30pm – Friday 30 May 2008

Tickets: \$40.0 per person (Incl. GST)

Bookings Close: Friday 23 May 2008

For more information please contact Rowing Victoria

t: 03 9820 8888 f: 03 9820 4888 e: rosaline@rowingvictoria.asn.au

Catering:

BBQ and Pasta

Drinks at bar prices – includes beer, wine, soft drink and juice.

Booking forms on the www.rowingvictoria.asn.au



Novelty Race

The 2008 Australian Masters Novelty Race is the perfect opportunity to secure bragging rights and dish out a few lessons! Nominate for one of three boats (Coxswain, Coach or BRO) and you could be lucky enough to take part in this special event over 500 metres. Forget the Champion of Champions, this is the event everyone wants to win! Reputations are on the line along with Mitchelton's finest wine for the victors.

To enter simply fill out an entry form in the Main Regatta Marquee and you could be drawn at random for the big event. Entries close at 12pm on Saturday 31st May 2008 with the race to be conducted during the lunch break on the same day. Rowers will be notified via the public address of their selection.

Event Program

Each competitor will be given one complimentary event program. Additional programs can be purchased at a cost of \$10.

Event Updates

Event update sheets (daily draws) will be available at the information booth in the main marquee. These will be free with presentation of your program or presentation of your competitor wristband each day additional updates are available for a gold coin donation.

Merchandise

Event merchandise will be available for purchase at the regatta. Items will include polo shirts, fleecy tops and wristbands!

Catering

There will be a wide range of food and beverages available at the regatta centre for purchase

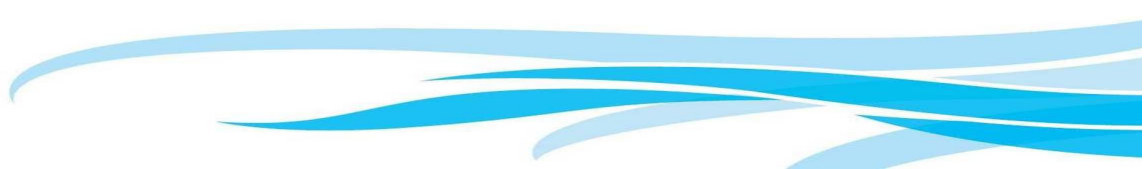
Boat/Crew register

Rowing Victoria have requested of their member clubs and schools that we establish a list of boats for lease and transport options for interstate/overseas competitors. Check out www.rowingvictoria.asn.au for more information.

Parking

There is ample onsite parking for vehicles. Parking will be free to competitors and spectators on Thursday and Friday.

Parking for spectators will be at a cost of \$10 per day on the Saturday and Sunday. Parking for competitors will be free each day.





Trailers

There is ample space for trailer parking on the peninsula. Clubs are requested move their trailers to the trailer parking area along the fence line of the boat park once unloaded. There will be a parking attendant to assist with parking trailers.

Boat Racking

Boat racking will be provided in the boat park.

Club Tents

Club tents may be erected on the peninsula on a first come first served basis. Tents must be erected behind the white line.

Coxswain Weighing

Coxswain weigh in will be located in the boat shed in the boat park. Test and post race weighing will be available at the administration building. See further detail under "Rules". Coxswain weigh-ins will commence immediately after pre-regatta meeting referred to earlier in this bulletin.

Coxswains need only weigh-in once for the regatta but must ensure that they are at the correct weight for each event as detailed in this bulletin. Coxswains should ensure they have a list of events that they will be participating in.

Security

There will be onsite security from Wednesday through to Sunday

Pets

Please leave your pets at home. Pets are not allowed on the peninsula at any time.

Bow numbers

The alpha numeric lane system will be used. Bow numbers will be available from the Boat Park and will require a deposit of \$10. Exact money is appreciated and larger sums will be accepted if required.

Medical & Rescue

Full medical and rescue services will be in place for the entire 4 days of the regatta.

The Chief Medical Officer will be Dr. Denis Bourke with his support being Mike Rigo and Ambulance Service Australia.

The medical team will be equipped with a new medical centre at the Nagambie Regatta centre and a mobile medical unit.



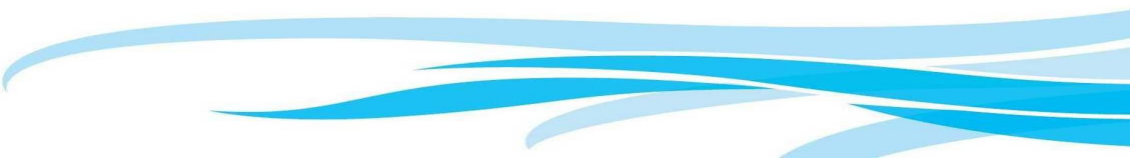
Athletes Responsibility for Entry

Each athlete is responsible for their own state of health and fitness and must ensure they structure their racing program in a manageable way as to not enter an excessive number of events. It is recommended that individuals are covered by private health cover and ambulance in the case of a major medical emergency requiring transport to a major metropolitan area for treatment – closest intensive cardiac care is Melbourne.

Rules

The regatta will be conducted according to the rules of Rowing Australia.

1. A rower may compete as a Masters rower from the beginning of the calendar year in which he or she reaches the age of 27.
2. Year is defined as from January 1 to December 31.
3. A Masters rower will be placed in the age category corresponding to the age which he or she attains during the current year.
4. Age categories are:
 - A Minimum age 27 years
 - B Minimum Average age 36 years
 - C Minimum Average age 43 years
 - D Minimum Average age 50 years
 - E Minimum Average age 55 years
 - F Minimum Average age 60 years
 - G Minimum Average age 65 years
 - H Minimum Average age 70 years
 - I Minimum Average age 75 years
 - J Minimum Average age 80 years
5. 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.
6. Age categories do not apply to coxswains of masters crews.
7. Every Masters rower must be in a position to prove his/her age by production of an official document (passport or identity card).
8. The handicaps that will apply at Australian Masters Rowing Championships are contained in Appendix of the Rowing Australia rules and by laws.
9. Entries which do not state a competitor's age will be classified as A category.





Mixed Masters Events may be held of masters crews in which half of the crew, excluding the coxswain, shall be women and half shall be men. The coxswain may be of either gender.

Composite crews are permitted without reference to State Associations. There are no restrictions to the number of clubs represented in a composite crew.

Coxswains: May be of either gender and are not subject to the age limit applicable to the crew.

Minimum weight for coxswains is -

Women's crews 50 kilograms

Men's crews 55 kilograms

Mixed crews 50 kilograms

If a coxswain weighs less than the minimum weight for the crew, weights must be carried to make up the difference.

Coxswains must be weighed in racing uniform by a person authorised by the Organizing Committee conducting the regatta at least 1 hour prior to the advertised starting time of their first race.

The Organising Committee may require the coxswain of any crew, with the weights carried by that person, to be weighed by an authorised person immediately after their race. If the coxswain does not weight in at the required weight at such reweighing, the coxswain's crew will be disqualified.

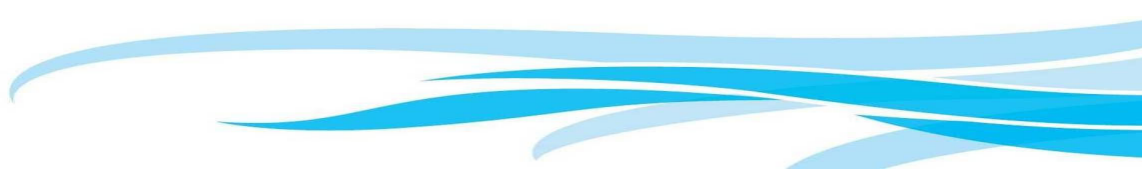
Contact Us:

If you have any queries, please feel free to contact the Rowing Victoria Office:

Race/on water queries: rosaline@rowingvictoria.asn.au

Vendors/merchandisers: rosaline@rowingvictoria.asn.au

Sponsorship: rosaline@rowingvictoria.asn.au or braden@rowingvictoria.asn.au



AUSTRALIAN Masters ROWING CHAMPIONSHIPS 2008

Nagambie Lakes, Victoria Thursday 29 May – Sunday 1 June 2008

Handicaps

Men's Events

1x, 2-

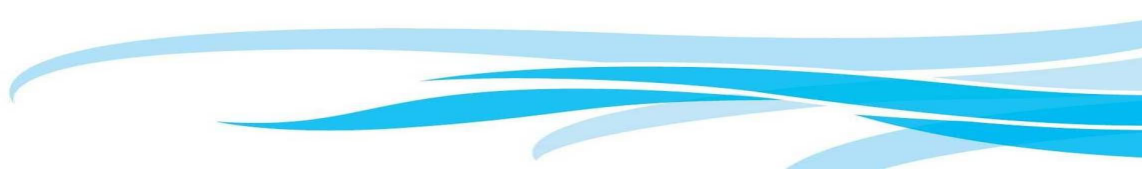
Cat.	Time (seconds)									
A	85	65	51	40	31	22	15	7	2	GO
B	83	63	49	38	29	20	13	5	GO	
C	78	58	44	33	24	15	8	GO		
D	70	50	36	25	16	7	GO			
E	63	43	29	18	9	GO				
F	54	34	20	9	GO					
G	45	25	11	GO						
H	34	14	GO							
I	20	GO								
J	GO									

2x, 4+

Cat.	Time (seconds)									
A	76	57	44	34	26	19	13	7	2	GO
B	74	55	42	32	24	17	11	5	GO	
C	69	50	37	27	19	12	6	GO		
D	63	44	31	21	13	6	GO			
E	57	38	25	15	7	GO				
F	50	31	18	8	GO					
G	42	23	10	GO						
H	31	13	GO							
I	19	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	70	53	42	33	26	19	12	6	2	GO
B	68	51	40	31	24	17	10	4	GO	
C	64	47	36	27	20	13	6	GO		
D	58	41	30	21	14	7	GO			
E	51	34	23	14	7	GO				
F	44	27	16	7	GO					
G	37	20	9	GO						
H	28	11	GO							
I	17	GO								
J	GO									



AUSTRALIAN Masters ROWING CHAMPIONSHIPS 2008

Nagambie Lakes, Victoria Thursday 29 May – Sunday 1 June 2008

Women's Events

1x, 2-

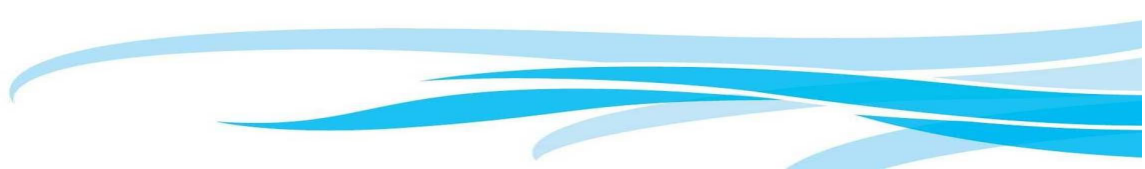
Cat.	Time (seconds)									
A	94	72	57	45	35	25	17	8	2	GO
B	92	70	55	43	33	23	15	6	GO	
C	86	64	49	37	27	17	9	GO		
D	77	55	40	28	18	8	GO			
E	69	47	32	20	10	GO				
F	59	37	22	10	GO					
G	49	27	12	GO						
H	37	15	GO							
I	22	GO								
J	GO									

2x, 4+

Cat.	Time (seconds)									
A	85	64	50	38	29	21	15	8	2	GO
B	83	62	48	36	27	19	13	6	GO	
C	77	56	42	30	22	13	7	GO		
D	70	49	35	23	15	7	GO			
E	64	43	29	17	8	GO				
F	56	35	21	9	GO					
G	47	26	12	GO						
H	35	14	GO							
I	21	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	79	60	47	37	29	21	14	7	2	GO
B	77	58	45	35	27	19	12	5	GO	
C	72	53	40	30	22	14	7	GO		
D	65	46	33	23	15	7	GO			
E	58	39	26	16	8	GO				
F	50	31	18	8	GO					
G	42	23	10	GO						
H	31	13	GO							
I	19	GO								
J	GO									



AUSTRALIAN Masters ROWING CHAMPIONSHIPS 2008

Nagambie Lakes, Victoria Thursday 29 May – Sunday 1 June 2008

Mixed Events 2x, 4+

Cat.	Time (seconds)									
A	81	61	47	36	27	20	14	7	2	GO
B	79	59	45	34	25	18	12	5	GO	
C	74	54	40	29	20	13	7	GO		
D	67	47	33	22	13	6	GO			
E	61	41	27	16	7	GO				
F	54	34	20	9	GO					
G	45	25	11	GO						
H	34	14	GO							
I	20	GO								
J	GO									

4-, 4x, 8+

Cat.	Time (seconds)									
A	75	57	45	35	28	20	13	7	2	GO
B	73	55	43	33	26	18	11	5	GO	
C	68	50	38	28	21	13	6	GO		
D	62	44	32	22	15	7	GO			
E	55	37	25	15	8	GO				
F	47	29	17	8	GO					
G	40	22	10	GO						
H	30	12	GO							
I	18	GO								
J	GO									

Relative Handicaps Between Men, Women and Mixed A to H

Boat	Class	A	B	C	D	E	F	G	H
1x	Men	74	72	67	59	52	43	34	23
	Women	57	55	49	40	32	22	12	GO
	Mixed	65	64	58	49	42	32	23	12
2x	Men	66	64	59	53	47	40	32	22
	Women	50	48	42	35	29	21	12	GO
	Mixed	58	56	51	44	38	31	22	11
4x	Men	62	60	56	50	43	36	29	20
	Women	47	45	40	33	26	18	10	GO
	Mixed	55	53	48	32	35	27	20	10

Handicaps for Older Age Groups (included in tables above)

Seconds Added				
Age Category	Boat	Men	Women	Mixed
I (75+ add to H handicap)	1x, 2-	14	15	15
	2x, 4+	13	14	14
	4-, 4x, 8+	11	13	12
J (80+ add to I handicap)	1x, 2-	20	22	21
	2x, 4+	19	21	20