

Bulletin 1 – January 2011

Welcome

Rowing Tasmania extends a warm welcome to all rowers to the 2011 Australian Masters Rowing Championships to be held at Lake Barrington International Regatta Centre, Tasmania.

The event will be held from 2nd to 5th June, 2011

The Venue

Lake Barrington is situated in the Forth River valley, about 40km south of Devonport.

The lake is approximately 30 metres deep and is well protected from the prevailing North Westerly winds. The natural amphitheatre created by the surrounding hills is enhanced by a gentle sloping spectator area, which provides the public with an excellent view of the full 2000 metre 8 lane buoyed course.

A feature of the venue is the clean air, water and pristine aesthetically pleasing environment. The course and associated facilities has been developed with a recognition and respect for the surrounding natural environment. The land-based development, as to the location and selection of building material, has been designed to compliment the eye catching and peaceful surrounds.

Lake Barrington has been acclaimed by interstate and overseas visitors as the finest natural rowing and centre in Australia, and of the same standard as the hitherto best course at, Rotsee in Switzerland. Lake Barrington is within easy driving distance of world-class tourist attractions such as Cradle Mountain.

The site has permanent office facilities, kiosk, barbecue centre, first aid room, judges and media tower, boatsheds and separate toilet/shower facilities for competitors and for the public.

Getting There

All major airlines run regular flights to Devonport, Launceston and Hobart. Alternatively, "Spirit of Tasmania" (TT Line) runs a nightly vehicle/passenger ferry service from Port Melbourne to Devonport. For bookings, contact TT line on 1800 634 906.

Web:- <http://www.spiritoftasmania.com.au/>

Flights

Rowing Australia's travel management company (Stage & Screen) are available to help with flights and car hire. As with all RA bookings, a small percentage of each booking is returned into the development program budget for programs delivered to the states.

Contact Phil Paull at Stage and Screen on:

ppaull@stageandscreen.com.au

Accommodation

Sheffield is the nearest township to the Lake Barrington course and offers a limited range of accommodation options,

However, the greater Devonport area offers any number of accommodation options including; hotel, motel, backpackers, B&B, self contained cottages, camping, etc. Bookings can be made directly or you can contact the Discover Tasmania website – www.discovertasmania.com cradle coast visitor information centre for more information.

In addition, Rowing Tasmania has a **limited number of campsites** available at the course. Bookings for camp sites should be made through the Rowing Tasmania on:

Rowing Tas: admin@rowingtas.asn.au or

Jim Gibson: jsgibson@bigpond.net.au

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Boat Hire

Hiring Rates:

1X, 2X & 2-: \$20/seat per event (heat, semi & final)

4X, 4+/-, 8+: \$10/seat per event (heat, semi & final)

Training time: seat price per hour

If your club is bringing boats that can be hired and would like us to coordinate this for you also contact Gordon. Monies paid for boat hire is returned to the club or school owning the boat.

If you are interested in hiring boats contact:

Gordon Stewart

Email: bstewart@bigpond.net.au

Mobile: 0408 494607

Masters Age Categories

The 2011 Australia Masters Rowing Championships are to be conducted in accordance with Rowing Australia rules of racing which can be viewed on the Rowing Australia website

http://www.rowingaustralia.com.au/comp_rules.shtm

As per the rules, Masters Rowers are those athletes who are over the age of 27 and are included in the following 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
- H Average age: 70 years or more
- I Average age: 75 years or more
- J Average age: 80 years or more.

Cold Weather

Although the event program will take into account daily sunrise and sunset restrictions, the weather may be cold. Competitors are advised to come prepared with adequate clothing and recovery strategies.

Sports Medicine Australia have produced a fact sheet on exercise in cold weather. Access this at: http://www.smasa.asn.au/smartplay/fact_sheets/fact_coldweather.html

Also, 'betterhealth.vic.gov.au – also have some handy cold weather tips at:

http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Winter_sports_and_cold_related_injuries

Indicative Program

An indicative program of events is attached at the end of this document.

Depending on participation levels, racing is likely to start on the afternoon of Thursday 2nd of June and conclude by mid afternoon on Sunday 5th of June.

2011 Australian Masters Rowing Championships
June 2nd - 5th



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Contact Details

Further information relating to the Championships can be found on the Rowing Tasmania website

<http://www.rowingtas.asn.au>, ROMS

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

Email contact:

Rowing Tas office;

admin@rowingtas.asn.au

James Gibson, Finance Manager,

Email: jsgibson@bigpond.net.au

Mobile: 0418 575 899

Brian Brennan, Regatta Manager,

Email: bbrennan@dominic.tas.edu.au

Mobile: 0409 139 526



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Program of Events 2011 – INDICATIVE only

Thursday	Friday	Saturday	Sunday
Heats as Required	Heats/SF as required	Heats/SF as required	Heats/SF as required
	26. Womens Masters G 8+ 27. Mens Masters J 1x 28. Womens Masters C 4+ 29. Womens Masters C 4- 30. Mens Masters G 8+ 31. Womens Masters F 1x 32. Mens Masters A 4+ 33. Mens Masters A 4- 34. Mens Masters E 2- 35. Mens Masters H 1x 36. Mens Masters B 4x 37. Mens Masters F 1x 38. Womens Masters E 4+ 39. Womens Masters E 4- 40. Womens Masters B 1x 41. Womens Masters H-J 4x 42. Mens Masters C 2- 43. Womens Masters A 8+ 44. Mens Masters I 4+ 45. Mens Masters I 4- 46. Mens Masters D 1x 47. Womens Masters D 4x 48. Mixed Masters C 2x 49. Mixed F – J Masters 4x 50. Mixed Masters D 8+	72. Womens Masters G 2x 73. Mens Masters G 4x 74. Womens Masters F 2- 75. Mens Masters I 2x 76. Mens Masters A 1x 77. Womens Masters B 8+ 78. Mens Masters B 4+ 79. Mens Masters B 4- 80. Womens Masters A 4x 81. Mens Masters J 4+ 82. Mens Masters J 4- 83. Womens Masters H-J 8+ 84. Mens Masters F 2- 85. Mixed Masters E 2x 86. Mixed Masters C 4x 87. Mixed Masters A&B 4+ 88. Mixed Masters F – J 8+ 89. Womens IS Mast D 4x 90. Mens IS Masters D 8+	117. Womens Masters F 2x 118. Womens Masters C 2- 119. Womens Masters A 4+ 120. Womens Masters A 4- 121. Mens Masters H 8+ 122. Mens Masters E 4x 123. Womens Masters H-J 2x 124. Mens Masters B 2- 125. Womens Masters E 8+ 126. Womens Masters B 4x 127. Mens Masters D 4+ 128. Mens Masters D 4- 129. Womens Masters D 2x 130. Womens Masters G 2- 131. Mens Masters C 4x 132. Mixed Masters E 8+ 133. Mixed Masters C 4+ 134. Mixed Masters D 2x 135. Womens CoC 1x 136. Mens CoC 1x
Lunch	Lunch	Lunch	Lunch
Heats/SF as required	Heats/SF as required	91. Womens IS Masters D 8+ 92. Mens IS Masters D 4x Heats/SF as required	Heats/SF as required
1. Womens Masters D 2- 2. Mens Masters A 2x 3. Womens Masters G 4x 4. Mens Masters I 1x 5. Mens Masters D 8+ 6. Womens Masters A 1x 7. Womens Masters C 2x 8. Mens Masters C 1x 9. Mens Masters G 1x 10. Womens Masters H-J 2- 11. Mens Masters H 4+ 12. Mens Masters H 4- 13. Mens Masters B 8+ 14. Womens Masters F 4+ 15. Womens Masters F 4- 16. Mens Masters E 2x 17. Womens Masters B 2- 18. Mens Masters J 8+ 19. Mens Masters F 4+ 20. Mens Masters F 4- 21. Womens Masters E 1x 22. Mixed Masters D 4x 23. Mixed Masters A&B 2x 24. Mixed Masters C 8+ 25. Mixed Masters F – J 4+	51. Mens Masters A 4x 52. Mens Masters J 2- 53. Womens Masters C 1x 54. Mens Masters G 2x 55. Womens Masters F 8+ 56. Mens Masters D 2- 57. Womens Masters A 2x 58. Mens Masters I 4x 59. Womens Masters D 4+ 60. Womens Masters D 4- 61. Womens Masters G 1x 62. Mens Masters F 8+ 63. Mens Masters C 2x 64. Womens Masters B 4+ 65. Womens Masters B 4- 66. Womens Masters E 4x 67. Mens Masters H 2- 68. Mens Masters E 1x 69. Mixed Masters A&B 4x 70. Mixed Masters F– J 2x 71. Mixed Masters E 4+	93. Mens Masters G 4+ 94. Mens Masters G 4- 95. Womens Masters E 2- 96. Womens Masters H-J 1x 97. Mens Masters E 8+ 98. Womens Masters B 2x 99. Mens Masters B 1x 100. Mens Masters I 2- 101. Womens Masters F 4x 102. Womens Masters D 1x 103. Mens Masters A 8+ 104. Womens Masters G 4+ 105. Womens Masters G 4- 106. Mens Masters H 4x 107. Mens Masters D 2x 108. Womens Masters C 8+ 109. Womens Masters A 2- 110. Mens Masters F 4x 111. Mens Masters J 2x 112. Mens Masters C 4+ 113. Mens Masters C 4- 114. Mixed Masters A&B 8+ 115. Mixed Masters E 4x 116. Mixed Masters D 4+	137. Mens Masters F 2x 138. Womens Masters H-J 4+ 139. Womens Masters H-J 4- 140. Mens Masters I 8+ 141. Mens Masters G 2- 142. Womens Masters E 2x 143. Mens Masters D 4x 144. Mens Masters A 2- 145. Womens Masters D 8+ 146. Mens Masters H 2x 147. Mens Masters J 4x 148. Mens Masters E 4+ 149. Mens Masters E 4- 150. Mens Masters B 2x 151. Womens Masters C 4x 152. Mens Masters C 8+

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