

Bulletin # 2 - May 2011

## Welcome

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

The event will be held from 2<sup>nd</sup> – 5<sup>th</sup> June, 2011

## Entries

Competitors are reminded that entries through ROMS are now open. **Entries will close at 11:00 PM (E.S.T.) on 10<sup>th</sup> May 2011. No late entries will be accepted.**

## The Venue

Lake Barrington is situated in the Forth River valley, about 40km south of Devonport. The Lake Barrington International Regatta Centre (LBI) has been developed with funds from State and Federal Governments. The multi-purpose facility has been developed in two phases at the cost of \$3.25M.

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 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.

### NEW REECONIANS COMPLEX TO BE COMPLETED PRIOR TO 2011 AMRC.

Rowing Tasmania is pleased to announce that the new **Reeconians Gymnasium and Facilities Complex** will be completed in time for the start of the 2011 **WinTech Racing** Australian Masters Rowing Championships.

The new \$800k. complex has been built using funding donated by the Old Reeconians RC trust fund plus revenue raised by Rowing Tasmania. The complex will house a large gymnasium hall, café/canteen, male, female, disability toilets and showers plus office space. The complex will be fully integrated with AV and IT systems to enable the very latest regatta systems to operate from the centre.

Located centrally at the LBI facility The Reeconians Complex will add a new focal point for competition at the world class Lake Barrington Regatta Centre.

## Getting There

All major airlines run regular flights to either 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](mailto:ppaull@stageandscreen.com.au)

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## 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 Kentish Visitor Information Centre. Their web address is: – <http://www.sheffieldcradleinfo.com.au/>

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

Rowing Tas: [admin@rowingtas.asn.au](mailto:admin@rowingtas.asn.au) or  
Jim Gibson: [jsgibson@bigpond.net.au](mailto:jsgibson@bigpond.net.au)

## Facilities at the Venue

**Food outlets** – A number of options will be available at the venue with food available to purchase. Food outlets will be centred around the newly completed “Reeconians” Gymnasium and Facilities Complex (See venue map for location).

**Retail outlets** – The WinTech Racing 2011 AMRC will be hosting a number of commercial retail outlets at the venue including:-

- ≈ WinTech Racing
- ≈ The Regatta Shop
- ≈ Rowfit International
- ≈ Simply Oarsome
- ≈ Coxmate
- ≈ Rowbust
- ≈ Swift Australia

The retail precinct will be located in the marquee to the south of the Reeconians Complex.

**Change Rooms and Showers** - The LBI site has ample on site change room and shower facilities, located at the new Reeconians Complex.

**Toilets** – There are male and female toilet facilities located in the downstairs area of the main facilities building and at the northern end of the Sam Le Compte boat shed. Additional toilet

facilities (including disabled facilities) can also be found in the shower/change room area of the Reeconians Complex.

**Boat Storage and Boat Racking** – Visiting Club trailers can be accommodated from Tuesday 31<sup>st</sup> May. Upon arrival at the lake please follow the signs to the boat park area. The Boat Park coordinators will direct you to the appropriate parking areas for unloading and parking of trailers. Limited permanent boat racking space is available for visiting teams. A limited number of visiting club boat trailers will be allowed to be parked near to the boat rigging area provided they are doubled up for use as boat racking.

Weather conditions can change with little warning. **It is strongly recommended that competitors tie down all boats on racks and trailers overnight and during the day when not in use.**

**Equipment Security** – Past experience has proven that the seclusion of Lake Barrington combined with the presence of competitors and regatta volunteers remaining on site overnight, results in it being highly unlikely there is any particular security risk. However, Competitors should remain vigilant with the care of their own personal belongings and equipment. Competitors are responsible for the security of their personal belongings. Valuables should not be left unattended in team tents or any other location at the venue. Suspicious behaviour should be reported to an organising committee representative.

**Club and Team Tents** – Club and team tents sites will be available in the lower terraced area behind the Sam Le Compte boat shed and the Reeconians complex.

**Parking** - Parking will be available in the upper terraced area behind the Sam Le Compte boat shed and the Reeconians complex. Overflow parking will be available lakeside in the Weekes Flat area to the north of the main entrance road and just a short walk from the main regatta facilities.

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## Pre-Competition Information

**Course Rules** – Upon arrival at the Lake Barrington venue, athletes and coaches should familiarise themselves with the course traffic rules with regards to safety issues specific to the Lake Barrington course.

A large scale traffic rules map is located on the front wall of the Sam Le Compte boat shed wall under the veranda. A copy of the course traffic rules map is included at the end of this bulletin. There will also be a copy in the official program and at the Regatta Office.

**Health and Safety** – Whilst Safety Marshalls and Emergency Medical Response teams will be located at the venue, your own safety on and off the water is your responsibility. Rowing Australia strongly recommend that all competitors consider their overall state of health and fitness – and ensure it allows them to compete at a level commensurate with the competition level of their particular events. **They strongly recommend that each competitor and team official carry appropriate health, accident and property (boats etc.) insurance for the event.**

**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](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](http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Winter_sports_and_cold_related_injuries)

**Training Times** – Training on Lake Barrington is open. However, training times on the course is subject to the rules outlined in the Course Traffic Rules and at discretion of the Regatta Referee. The course will close for training, 30mins before the start of the first race of the day.

**Facilities for Coaching** – Facilities for coaching are limited. No coaching from the water in motor boats is permitted during racing.

**Weather Reports** – Long term and daily weather reports will be posted around the venue on notice boards and will be available from the Regatta Office.

Competitors are reminded that safety is of paramount importance to RA and the Organising Committee. When directed by officials to leave or evacuate certain parts of the venue or water, please obey their directions.

**Athletes Briefing** – An athletes and coaches briefing will be held at the Reeconians complex on Thursday 2<sup>nd</sup> June at 10:00am. The briefing will provide an overview of the traffic rules for training and racing and other location specific information. There will also be an opportunity to ask questions of event officials. Coaches and athletes are strongly recommended to attend.

**Crew Changes** – Any withdrawals or substitutions should be made at the latest, one hour before the first race of the event. Crew changes can be made at the Regatta Office located in the Reeconians Complex.

**Late scratchings or crews who do not present to the starter may incur a \$250.00 fine.**

**Bow Numbers** – Bow numbers will be available for collection at the desk at the Southern end of the Sam Le Compte boat shed. A \$10.00 deposit is payable on all numbers and it is refundable on their return. We ask that when paying your deposit you do so with a \$10 notes or smaller denominations. Larger denominations may be retained and repaid on return of your number. Immediately after the end of the race, bow numbers must be returned to the same office.

**The Draw** – The draw will be conducted by RA Technical Delegates.

**Access to the Draw and Results** – The Draw and results will be posted on notice boards around the venue as soon as they are available to enable crews to identify progression to finals. Results will also be posted online via ROMS.

**Hire Boats** – Boats and oars are available for hire on an hourly basis for training and per event for racing. The organising Committee will make every effort to allocate the same boat for each event (including heats).

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Boats and oars booked for hire by crews can be allocated from the boat hire area. All equipment must be paid for prior to the regatta.

All hire boats and oars will be identified individually. Crews are required to return equipment to the boat hire compound immediately after use. Crews not returning boats at the agreed time may not have access to further boat hire and forfeit their payment.

As boats will be used by a variety of competitors, they will be set up with standard rigs. These specifications will apply to span/spread and pitch (lateral and fore/aft). No adjustment of span/spread or pitch will be allowed. Similarly, no adjustments to blade dimensions will be permitted. If competitors require special outboard or inboard adjustments they may wish to consider bringing their own blades.

All height washers on the pins will be removable horseshoe flexible washers to enable crews to quickly personalise the height of the gate without removing the gate itself from the pin. Internal adjustment will only be permitted of stretcher and shoe height positions, slide positions and height of gates.

Prior to hire, boats will be checked for damage and crews will be asked to sign a hire form specifying the condition of the boat and hirer responsibilities. At the end of the hire period, any damage to the boats is the responsibility of the hirer.

**Boat 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](mailto:bstewart@bigpond.net.au)

Mobile: 0408 494607

**Boat Inspection** – All boats should be equipped with stretchers or shoes that allow the competitor to access a quick release mechanism to get clear of the boat without using their hands and without the least possible delay in the event of a capsized.

Heels of shoes must have tie downs in place to enable ease of foot removal if necessary.

**Masters Age Categories** - The 2011 Wintech 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.shtml](http://www.rowingaustralia.com.au/comp_rules.shtml)).

The age of a Masters rower shall be that which he or she attains during the current calendar year. (Year is defined as from January 1 to December 31.)

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
- H Average age: 70 years or more
- I Average age: 75 years or more
- J Average age: 80 years or more

The average age of the 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.

Age categories do not apply to coxswains of masters crews.

Every Masters competitor must be in a position to prove his/her age by production of an official document (passport or identity card)

Entries which do not state a competitor's age will be classified as A category.

**Mixed Masters** – Mixed Masters events may be held of masters crews in which a minimum of half the crew, excluding the coxswain, shall be women.

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

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**Interstate Events** – To encourage maximum participation in all the Interstate Races at Lake Barrington, for the 2011 Regatta, State Crews can race in either the 'C' or 'D' category, with the standard age handicap applying to any 'C' grade entries.

**Coxswain Weighing** - Coxswain weighing will commence upon the course opening on Wednesday 1<sup>st</sup> June.

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.

Coxswains should be aware of the rules relating to coxswain weigh in as per specified in Rowing Australia Rules 16 and 17. Generally: Men's races: 55kg and Women's races: 50kg. Mixed crews 50kgs. No age categories apply to coxswains.

Coxswain weigh-in will take place in first floor of the Finish tower.

**Orphan Rowers** - A list of athletes who have made themselves available to fill any gaps in crews shall be available in the Regatta Secretary's office. If you are one of these athletes please supply your name and phone number to the Regatta Secretary's office after the Athlete Briefing on Thursday morning the 2<sup>nd</sup> June.

**Policy on Entries and Awards** - If less than two entries are received for any age category the event, where possible 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.

Medals will be presented for each age group as follows:

Two entries: Gold medal only  
Three entries: Gold & Silver medal only  
Four + entries: Gold, Silver, Bronze

Combined age group events (ie; one entrant only from an age): Gold for each category winner.

**Event Souvenir Program** - Event programs shall be available from the Regatta Secretary's office. Draw sheets for finals will be available for program holders from the Regatta Secretary's office.

### Social Activities

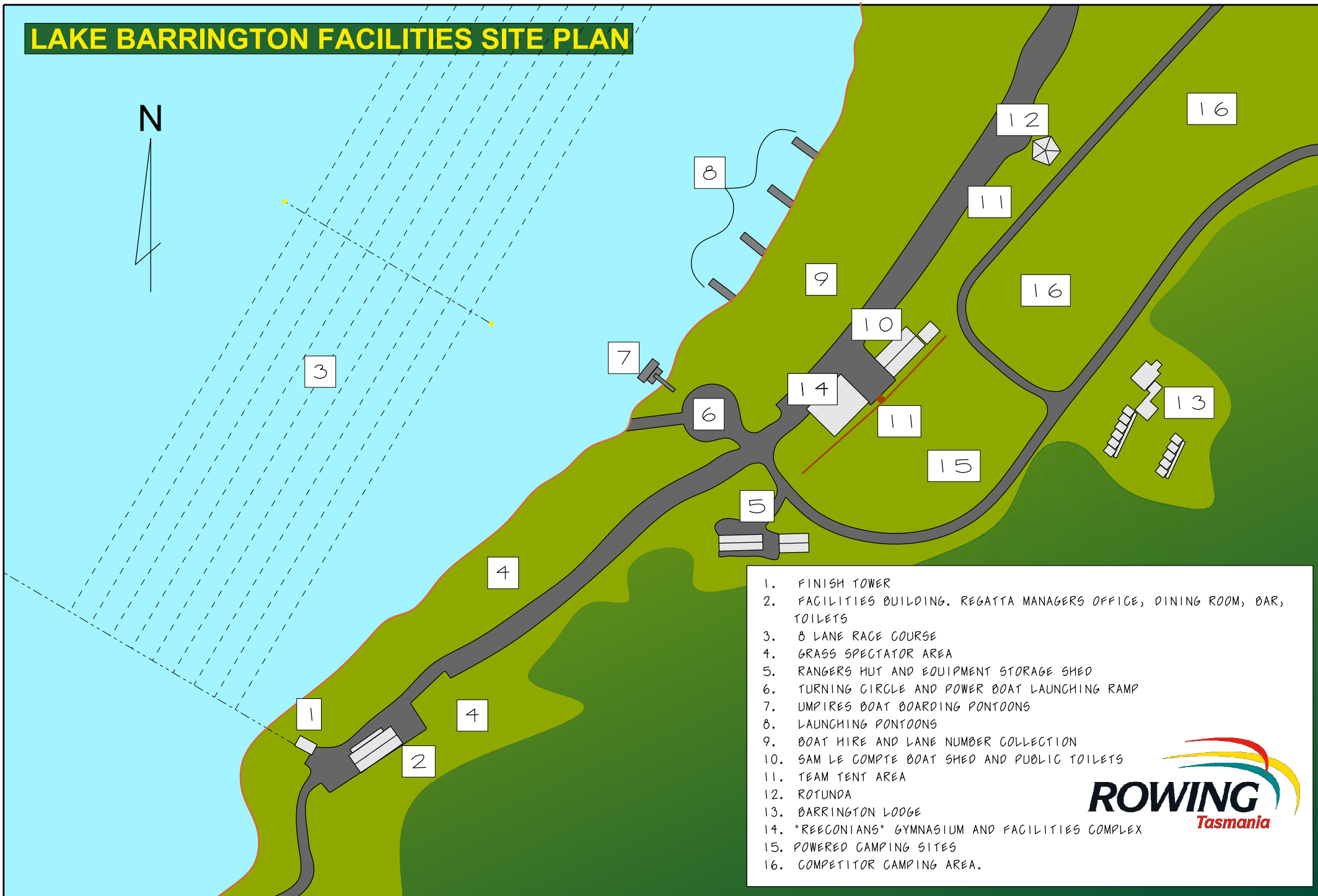
**Meals at the Course** - A kitchen will operate throughout championships serving breakfast, lunch and dinner. Meals will be available for purchase from the cafeteria in the Reeconians complex.

**Bar** - Two bars will be in operation throughout the championships. One will be located on the first floor of the facilities building and the other at the Reeconians complex.

**Spit Roast** - Rowing Tasmania will host a spit roast on the Saturday evening at the course. Free entertainment will be provided starting from shortly after completion of the days racing. Meal tickets will be available for pre- purchase at the cafeteria.

**Cozy Zones** - Located in several locations throughout the facility will be "Cozy Zones". These will be sheltered areas complete with fire pots and seating. These facilities are provided to offer relief from the "refreshing" conditions normally experienced at LBI in June!

# LAKE BARRINGTON FACILITIES SITE PLAN

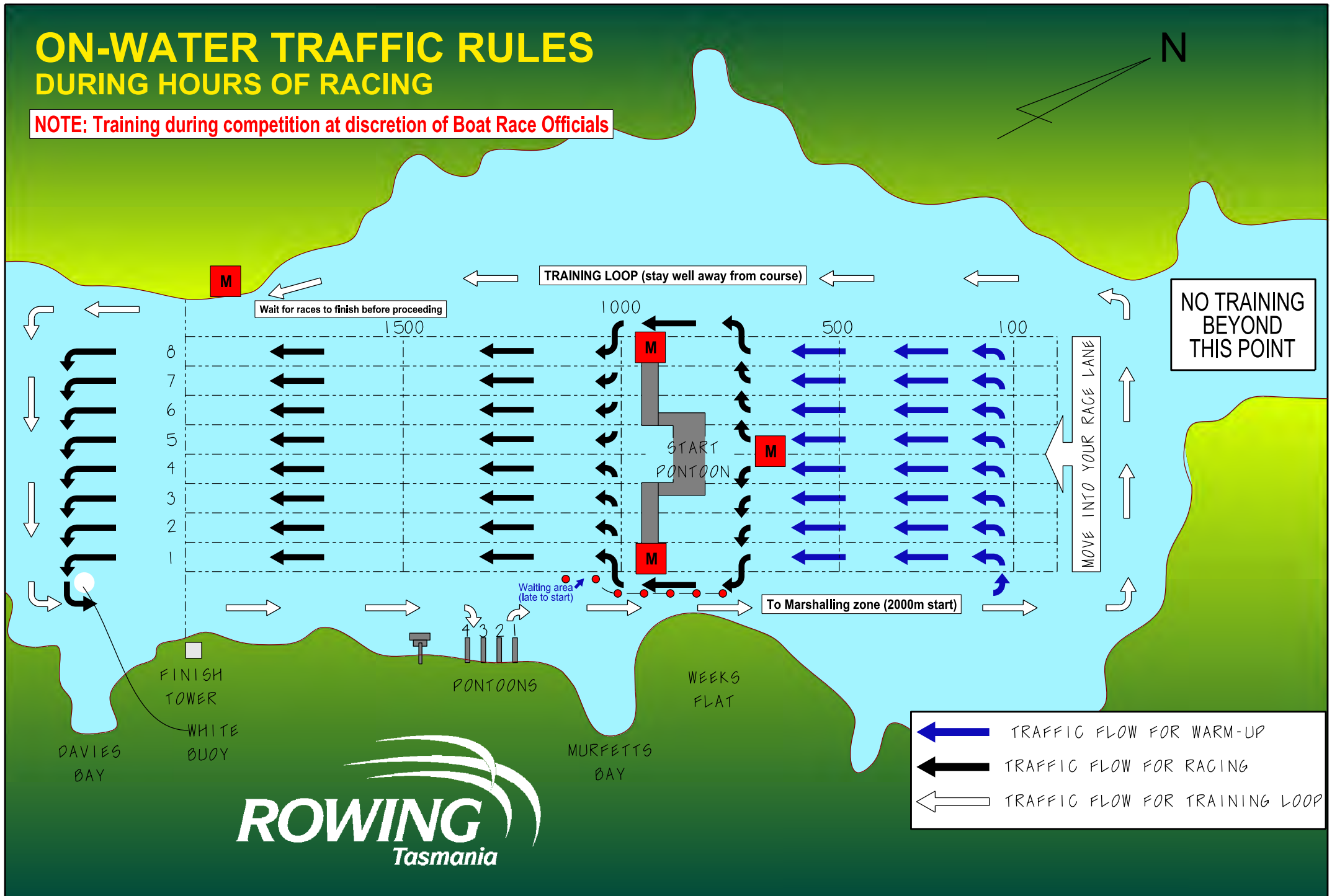


1. FINISH TOWER
2. FACILITIES BUILDING. REGATTA MANAGERS OFFICE, DINING ROOM, BAR, TOILETS
3. 8 LANE RACE COURSE
4. GRASS SPECTATOR AREA
5. RANGERS HUT AND EQUIPMENT STORAGE SHED
6. TURNING CIRCLE AND POWER BOAT LAUNCHING RAMP
7. UMPIRES BOAT BOARDING PONTOONS
8. LAUNCHING PONTOONS
9. BOAT HIRE AND LANE NUMBER COLLECTION
10. SAM LE COMPTE BOAT SHED AND PUBLIC TOILETS
11. TEAM TENT AREA
12. ROTUNDA
13. BARRINGTON LODGE
14. "RECONIANS" GYMNASIUM AND FACILITIES COMPLEX
15. POWERED CAMPING SITES
16. COMPETITOR CAMPING AREA.



# ON-WATER TRAFFIC RULES DURING HOURS OF RACING

**NOTE: Training during competition at discretion of Boat Race Officials**

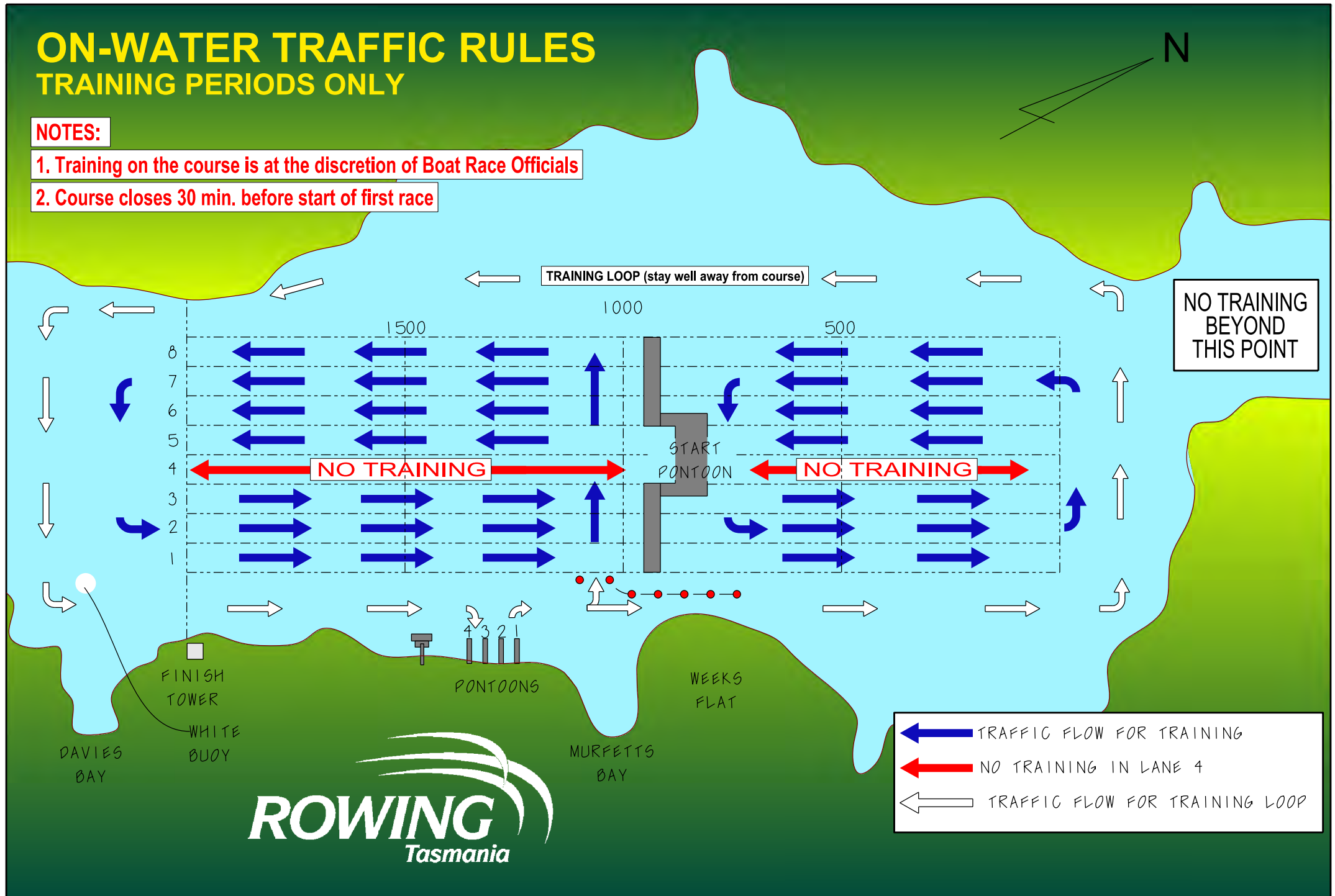


# ON-WATER TRAFFIC RULES

## TRAINING PERIODS ONLY

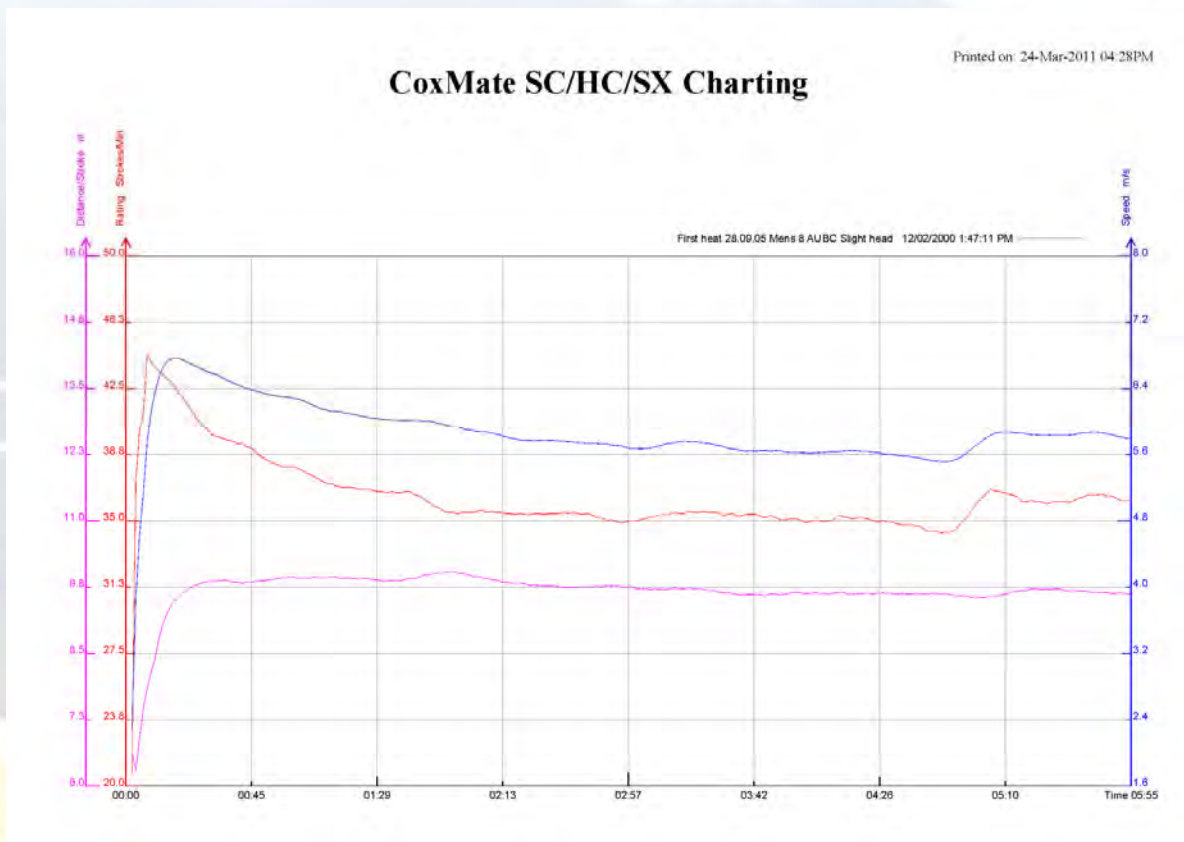
### NOTES:

1. Training on the course is at the discretion of Boat Race Officials
2. Course closes 30 min. before start of first race



**ROWING**  
Tasmania

## Borrow a Coxmate SX - Get GPS Speed Record of Your Race



Above shows Speed(blue) from GPS, rate(red) and distance per stroke(purpleish)

Coxmate will have 6 of their SX units available for lending to coxes – provides audio rate etc in boat, but also records race. When unit is returned to Coxmate, they will download race and print out graph.

For more details of SX visit [www.coxmate.com.au](http://www.coxmate.com.au) , and if you wish to book a unit, email [peterhodson@coxmate.com.au](mailto:peterhodson@coxmate.com.au) and a booking form will be sent to you.

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### EVENT MERCHANDISE

The Designer Paintworks Regatta Shop will supply Event merchandise with all the usual favourites – including rugby's hoodies, polos, t-shirts, caps and full zip jackets. To compliment this and cater for chilly days, we are also offering a great array of warm outer wear including fleece lined jackets, vests, scarves, gloves and beanies as well as lightweight, pack away showerproof jackets. All garments will feature this year's event logo which has been created by our talented Gillian Deeble.



The design for this year's event is inspired by the beautiful Mt Roland which is a spectacular sight for those coming to and from the course. If you haven't been to Lake Barrington, you are in for an amazing daily visual treat!

### TRAINING KIT

Teams, clubs and individuals wishing to stock up on warm team gear, should contact The Regatta Shop through [www.theregattashop.com.au](http://www.theregattashop.com.au).

#### SUPPLEX

Supplex is our choice of fabric for our range of generic rowing/training kit. Supplex is beautifully soft and warm. This 4 way stretch fabric which will see you through many hours on the water. It is easy care, doesn't pill or break down and is a dream to care for. One or two pieces in your training kit will last for years! Check it out [http://www.theregattashop.com.au/theregattashop\\_technical.html](http://www.theregattashop.com.au/theregattashop_technical.html). As this is generic training wear we only stock navy/white zooties and black tights and shorts because we figure you should save your cotton/lycra racing zootie for racing and not put it through the many wash/wear/wash cycles that is more suited to a Supplex garment. Having said that, it is possible to order your team or club wear in Supplex.

#### UVP BASE LAYER

Our UV Performance clothing is fast becoming an integral part of our active rowing wear. These tops are feather light and have a dual purpose. They are a great warm base layer for all training and racing, and have the added bonus of having a UPF rating 50+ making them the smartest and lightest option available to rowers for sun Protection. Prices for bulk orders are available. Small minimum quantities are possible for most custom made school or club garments. Please contact us for a quote.

#### 2XU

We are excited to have a range of 2XU thermal compression tops, tights and Jackets which are not only great for racing, but a godsend for post race recovery. With all the races we put ourselves through we need all the help we can get!! If you would like to order early they are available online at <http://www.theregattashop.com.au/2XU.html>, but we will have them in stock at the site.



**WinTech**  
R A C I N G

A U S T R A L I A

**A U S T R A L I A N**  
**Masters**  
**ROWING**  
**CHAMPIONSHIPS 2011**  
*Lake Barrington International, Tasmania. 2nd - 5th June*



**Sport and Recreation Tasmania**  
**Department of Economic Development**

**Contact Details**

Further information relating to the Championships can be found on the Rowing Tasmania website:  
<http://www.rowingtas.asn.au>, or ROMS  
<http://roms.rowingaustralia.com.au>

Email contact:  
Rowing Tas Administration;  
[admin@rowingtas.asn.au](mailto:admin@rowingtas.asn.au)

James Gibson, Finance Manager,  
Email: [jsgibson@bigpond.net.au](mailto:jsgibson@bigpond.net.au)  
Mobile: 0418 575 899

Brian Brennan, Regatta Manager,  
Email: [bbrennan@dominic.tas.edu.au](mailto:bbrennan@dominic.tas.edu.au)  
Mobile: 0409 139 526