

AUSTRALIAN ROWING CHAMPIONSHIPS 2012

Bulletin #2

5-11 MARCH—CHAMPION LAKES—WA

This year's event marks:

- The 134th Anniversary of the Interstate Men's Eight Competition
- The 84th Anniversary of the Interstate Women's Fours/Eights Competition
 - The 50th Anniversary of First National Rowing Championships
- The first Australian Rowing Championships at Champion Lakes



WELCOME

Rowing WA extends a warm welcome to rowers and supporters from around Australia to the 2012 Australian Rowing Championships at Champion Lakes. We are excited to be hosting the event for the first time in 17 years and look forward to hosting you in Armadale.

KEY DATES

Monday 9 January	ARC Entries Open
Wednesday 15 Feb	ARC Entries Close
Thursday/Friday 16/17 February	Withdrawal Period (No penalties)
Saturday 3 March	Opening of course for training, 2.00pm—7.00pm
Sunday 4 March	Course open for training 6.00am-7.00pm 3.00pm Team Managers and Coaches Meeting (Athletes Lounge)
Monday 7 March	Racing Begins
Thursday 9 March	11.00am School Team Managers and Coaches meeting in Athletes Lounge
Friday/Saturday 10/11 March	Semi Finals and Finals
Sunday 11 March	Interstate Regatta and School Finals

VENUE

The Champion Lakes Regatta Centre was completed in 2007 and is the newest purpose built rowing facility in Australia with state of the art timing facilities, start/finish towers, practice lake, raised viewing areas and pontoon launching.

The Regatta Centre is just 23km from Perth's CBD and has easy access from major highways. The Armadale City Centre is conveniently located a short drive away and boasts a large number of shops and public transport options.

REGATTA COURSE

The Regatta Course is a fully buoyed eight lane course, featuring a separate off-course channel to the start line. Seven lanes will be used for racing. Traffic rules for the use of the course are attached to this Bulletin and will be strictly enforced throughout the Championships.

ENTRIES

Cost: \$55 inc GST per seat for rowers and coxswains.

Entries will only be accepted through ROMS (<http://roms.rowingaustralia.com.au>)

The full event schedule is attached to this Bulletin. The number of heats, repechages etc will depend on the number of entries and will be published following the close of entries.

ADMISSION

Adults: \$10 per day
Children: \$5 per day
Concession: \$5 per day

Admission will be charged on Friday, Saturday & Sunday only.

Competitors, Coaches and Officials passes will be available for collection by team managers from Sunday 4 March at the Regatta Control Centre.



www.facebook.com/arc2012



CONTACT US

Email: executiveofficer@rowingwa.asn.au
Phone: 08 9364 3905
Website: www.rowingwa.asn.au



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OFFICIAL MERCHANDISING

The Designer Paintworks Regatta Shop has been awarded the merchandising rights for the Championships. Designer Paintworks will be located in the retail precinct and will be selling officially branded clothing. For further details see www.theregattashop.com.au

SOUVENIR REGATTA PROGRAM

Souvenir programs will be available for purchase at the regatta at a cost of \$10. Please present the program at the Regatta Office to receive updated draws and daily results.

VOLUNTEERS

We are currently looking for people to assist in conducting the Championships. Areas requiring assistance:

- Bar Staff
- Courtesy Bus Drivers
- Gate and Ticket Operations
- Corporate Hosts
- Umpire Boat Drivers
- Venue Maintenance
- Venue Management
- Water Traffic Management
- Parking Control
- Information Runners
- IT Operations
- AV Operations
- Food preparation/distribution
- Trained Medical Staff / Bronze Medallion holders / Surf Life Savers

If you have experience in any of these areas and would like to be involved for as little as a few hours please check the web-site:

<http://www.rowingwa.asn.au/arc-2012/volunteers>

or contact:

Catriona Walker
volunteers@rowingwa.asn.au
Mob: 0468 323 056

Volunteers will receive free entry to the weekend racing, and a shirt and cap.

CORPORATE PACKAGES AND SPONSORSHIP

Corporate Packages for the weekend which include reserved grandstand seating as well as food and drinks are available for the final 3 days of racing starting from as little as \$500.

Limited Gold/Silver/Bronze Sponsorship Opportunities are still available, for more information please contact Debbie Mason on marketing@rowingwa.asn.au



TEAM FACILITIES

Athletes Lounge

The Athletes Lounge is located in Building C, closest to the boat park and will be open from 6.00am-7.00pm each day during the regatta. WI-FI will be available in the Lounge area.

Changing Rooms / Toilets / Showers

Change rooms, toilets and showers are located to the rear of the main club house, with toilets also located throughout the boat park and near the start line.

Catering and Drinking Water

A large range of food and beverage options will be available in the amenities area between building B & C. Bags of ice will be available for purchase on site, and filtered cold water will be available free of charge from the Athletes Lounge.

Club and Team tents

Tent sites will be available at a cost \$200+ GST from Rowing WA via prior arrangement through emailing executiveofficer@rowingwa.asn.au. These sites will be marked prior to the regatta and due to the space restrictions are a maximum of 6m x 3m. Tents may be hired from Marquee Men and can be arranged by contacting them directly on 1300 688 200.

Clubs that wish to bring their own tents must make sure their tent is no larger than 6m x 3m, Tents that may encroach on other sites will not be permitted to be erected and the Organising Committee has the right to remove or move tents which have been erected in the incorrect position. A tent site map will be provided at Regatta Control. Contact the Pierre Pougault if you need assistance. Tent site applications close 13/2/12 (unless allocation becomes exhausted).

Regatta Information—Regatta Control

Regatta Control will be located in a separate demountable hut in the boatpark. Patrons will be able to access draws, results, etc from Regatta Control (refer to the Venue Map). Crew changes/withdrawals must be made at Regatta Control.

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Medical and Emergency Action

A Medical Centre will be in operation throughout the regatta from 6.00am-7.00pm each day. A venue medical manager will also be onsite for emergencies and for advice. Emergency numbers will be placed on all notice boards throughout the Regatta Centre. The Medical Centre will be located at the Eastern end of the Island adjacent to building A (refer to venue map).

Ergometers

Ergometers will NOT be available at the venue for warm up and cool down. The safe storage and operation of teams' ergos are the responsibility of each team.

Training times

The venue will open for training at 2pm, Saturday 3 March.

During the Regatta the course will be open for training from:

- 6.00am until 30 minutes before the first race on each day
- From 30 minutes after the last race is completed until 7.00pm

The Regatta Centre will be locked from 7.00pm-6.00am each day.

Boat Storage and Racking

Boat racking will be provided within the boat park. **Racking is by boat category** and is extremely limited, therefore it is essential that coaches and managers maintain the integrity of the system and the allocated racks. The Organising Committee reserves the right to relocate boats that are not racked in accordance with the designed system.

Boat Washing

The Champion Lakes Regatta Centre is slightly saline. Boat wash down facilities will be provided in a designated area (refer to venue map). Washing down in other areas is strictly prohibited.

The use of detergent is also strictly prohibited as the detergent will leach directly into the lake causing environmental issues and offenders will be sanctioned.

Equipment Repair

Boat manufacturers and equipment suppliers will be available on site to provide their services and repair rowing equipment at your own cost.

Storage and Equipment Security

Security staff will be patrolling the Regatta Centre throughout the Championships and overnight. Ultimately patrons are responsible for their own belongings and valuables should not be left unattended.



Boat Trailer Storage

Once boats have been unloaded on the Island, trailers are to be stored at the reserved area off Henley Drive to the South of the entrance to the Island. A secondary boat trailer area will be located adjacent to the start line with entry via Champion Drive. (refer to venue map).

Parking

Free car parking will be available on the Northern side of the course, enter via Champion Drive (refer to venue map). A free shuttle service will assist in ferrying spectators and athletes to the Island during the finals days.

PRE-COMPETITION INFORMATION

Venue Orientation

Upon arrival at the Champion Lakes venue, team managers, coaches and athletes should familiarise themselves with the venue maps located on notice boards throughout the centre to become familiar with the safety and training issues specific to the venue.

Whilst safety marshals and an emergency medical response team will be located at the venue to support and guide athletes, you are responsible for your own safety on the water.

Preliminary Team Managers and Coaches Meeting

The preliminary team managers & coaches meeting (also open to interested athletes) will be held at 3pm on Sunday 4 March in the Athletes Lounge (Building C).

School Crews and Athlete Briefing

School masters, coaches and athletes are required to attend a separate compulsory meeting/briefing at 11.00am on Thursday 8 March in the Athletes Lounge (Building C).

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Water Traffic Rules

The traffic rules and maps for training and competition are attached to this Bulletin and included in the souvenir program. Copies will also be made available at the venue at Regatta Control and outlined in detail at the preliminary team managers and coaches meeting.

Athlete and Coach Accreditation

Team manager, coach, competitors and support staff accreditation passes can be collected by the Team Manager or representative from Regatta Control from Monday 7 March. You will be required to wear and show these passes to enter the venue from Friday to Sunday (9-11 March). No ID photographs are required for this regatta.

Coaching

Champion Lakes Regatta Centre has a dedicated event path, which can be used by coaches with bicycles. **Helmets are a legal requirement of riding bicycles in WA** and there are no exemptions at the Champion Lakes Facility. Bicycles may also be hired from www.aboutbikehire.com.au. **Please note traffic directions are strictly one way around the lake (clockwise) during racing.** Bicycles must be walked whilst island or bridges for safety reasons.

Weather reports

Long term and daily weather reports will be posted around the venue on the notice boards and will be available at Regatta Control. Temperatures in Perth in March can be extreme [average daily maximums can range between 25-35°C] Competitors are reminded that safety is of paramount concern to RA and the Organising Committee. When directed by officials to leave or evacuate certain parts of the venue or water, please obey those directions.

COMPETITION INFORMATION

Competition Format

Please refer to outline of racing enclosed in this Bulletin. Draw sheets of each days racing will be available following the close of the previous round of racing. Start lists will be available as soon as practical and at the start of each day's racing. An indicative competition schedule is attached.

Competition Rules

The 2010 updated RA Rules of Racing are in force during the 2012 Australian Rowing Championships. Team managers should refer to the Rowing Australia Website anytime they are not sure about procedures that may influence their team. Please note the changes to Open Club Races.



Competition Draw

The draw will be conducted by RA technical delegates in consultation with the Organising Committee, the President of the Jury and the national selectors (where relevant).

Access to the Draw and Results

The Draw and Results will be posted on notice boards around the venue and will be available online through ROMS (<https://roms.rowingaustralia.com.au>). Hard copies of draws and results will be available at Regatta Control two hours after the completion of each day. Copies of draws and results will be free on presentation of a regatta program or at a cost of \$1 per item.

We encourage all members of the rowing community to be environmentally conscious and access draws and results via ROMS electronically wherever possible to reduce paper use. WIFI will be provided for tablet and laptop connections in the Athletes Lounge. All paper used at the ARC 2012 will be from sustained plantations or recycled.

Boat weighing

Boat weighing will take place in the middle bay of the building B. It is the responsibility of the crews that the weight of their boats is in accordance with the RA Rules of Racing (Rule 34). Scales will be available for crews to test the weight of their boats from Saturday 5 March.

Minimum weights for boats:

Boat Type:	1x	2x	2-	2+
Weight in kg:	14	27	27	32
Boat Type:	4x	4x+	4-	4+
Weight in kg:	52	54	50	51
Boat Type:	8+			
Weight in kg:	96			
Boat Type:	Arms and Shoulders 1x	Trunk and Arms 1x		
Weight in kg:	24	22		

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Early Withdrawals

For the first time, to allow athletes to better plan their race schedules, and reduce last minute scratchings, following the official close of entries (15 Feb) and the publishing of the Race Schedule, athletes and coaches will be given a **2 day window to withdraw** their entry without financial or other penalty. **No 'new' entries can be made in this period.**

Crew Changes

Team managers are required to make any withdrawals or crew changes at least one hour before the first race of the event. No replacements are permitted for single scullers (except in the Interstate Regatta, where one hour's notice to Regatta Control is required). Other rules apply to the crew changes after the first heat of each event (see RA Rules 50-53). Crew changes can be made at the Regatta Control in the middle of the boat park. Late scratching, or crews who do not present to the starter, may incur a \$250 fine.

Note: If you make a crew change, you will be given a carbon copy of the change form, which you will be required to keep as proof of change.

Bow Numbers

Bow numbers will be available for collection from Regatta Control. A \$20 deposit will be required for all bow numbers. We request that \$10 or smaller denomination notes are used. Non return of a bow number will incur a \$20 fine. Bow numbers should be returned to Regatta Control immediately after the end of a race.

Equipment Check

Regatta Control will check equipment throughout the regatta to secure compliance with all relevant rules of safety and racing.

Width of Boats—Adaptive

The minimum width of an adaptive racing boat shall be 370mm. This will be a horizontal measurement of the inside of the hull at the level of the rails. This restriction will only apply to the following adaptive boat classes:

ASM1x (Div I & II)
ASW1x (Div I & II)
TAM1x
TAW1x
LTAM1x Div 2
LTAW1x Div 2

Adaptive Training

Safe arrangements have been made for adaptive training prior to the first day of racing and during competition. These will be outlined at the preliminary team managers and coaches meeting on Sunday 6 March. Written copies of the adaptive training arrangements will be available at Regatta Control following this meeting.



Adaptive Classifications

All rowers competing in adaptive rowing events must have a current classification for adaptive rowing prior to the commencement of their first race, as set out in the RA classification policy (appendix 7). Any rower who has not yet been classified as an adaptive rower must make a booking for an adaptive rowing classification. Classifications will be done on Monday 7 and Tuesday 8 March. Bookings for classifications will close on Friday 18 February at 5pm. **Contact Pamela Hubert by email phubert@rowingaustralia.com.au to book a classification time.**

Progression

Entry in some events may be limited - either by limiting the maximum number of entries allowable in an event, the progression system used, or other measures as required. In heats, and some repechages, 7 lanes will be used (apart from any National Selection requirement races). Finals will race over 6 lanes.

Progression to Finals

Athletes and coaches are cautioned to take note of the progression to the next round of racing prior to the start of each race. Certain weather conditions or circumstances may alter progression from round to round. Therefore athletes are highly recommended to give their best performance each race to ensure their best finishing position. Should conditions require the system to be altered, the Organising Committee will give as much notice as possible before changes are made. A copy of the progression system is posted on the event website.

Races for Lanes

As there is minimal flexibility to move lanes in the case of unfair weather conditions, races with only 5, 6 & 7 entries will have a 'race for lanes' in the program (finishing order in that race will determine lane allocations for the final). This ensures that the fastest crews are allocated the middle lanes. Races with 4 or less entries, will be a 'straight final' as we are able to move lanes if required.

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Racing Uniform

All clothing must also be in accordance with the requirements of Rule 44 concerning athlete's uniform. Each member of a club or school, or of a composite crew in the case of a club or institute crew competing in a RA Event, shall wear the registered racing colours of such crew member's club, institute or school when racing in regattas under the auspices of RA.

If any member of a crew wears visible garments under their racing uniform, then the garment worn by those crew members must be identical in colour except for permitted sponsor identifications which shall nonetheless be identical garment, the remainder of the crew will have the option whether or not to wear that garment. The sleeve or leg length of the garment may vary between crew members. If any members of a crew wear headwear, then the headwear worn by those crew members shall be uniform.

Note: Competitors and coaches are requested to present themselves for medal ceremonies in an appropriate fashion.

ARC 2012 Media Coverage -

The RA and RWA Championship websites will carry all the latest news regarding the Australia Rowing Championships. You can also follow all the latest information by adding us on Facebook at www.facebook.com/arc2012, or on Twitter at #rowingnats. If you require any further information please contact Jaymn Cary on admin@rowingwa.asn.au.

POST COMPETITION INFORMATION AND PROTOCOLS

Interviews

Requests for media interviews with athletes or crews may be made by media outlets from the Media Centre. The venue media manager will liaise with the relevant Team Managers from each state. Interviews can be conducted at the competition venue, in the Media Centre.

Objections, Protests and Appeals

RA Rules of Racing will apply (see rules 76).

Medal Ceremonies

The medal ceremony will take place near the finish line on land, immediately after the end of each A Final in a pre-determined pattern. First, second and third place finishers will participate in the medal ceremony. Copies of the medal ceremony procedure will be distributed to Team Managers and Coaches and available at Regatta Control.

Protocol

The medal winners participating in the medal ceremony are required to be neatly dressed in their official racing uniform, or club/state tracksuit.



CLASSIFICATIONS

Status of Competitors

Refer to Part II of the RA rule book

School Competitors: A school competitor is one who: Qualifies as under 21 (youth) under the provisions of these rules and; Is attending a secondary school as a full time day student. All members of a school entry must be from the same school.

Club Competitors: The athlete qualification rules for entry in these events are:

1. No composite crews between clubs allowed.
2. Athletes are not eligible if they have been a member of either the National Senior A or National Under 23 team in the current or previous year.
3. No athlete shall be nominating for National Selection in the year of competition.

Under 17: A rower or coxswain may compete in an Under 17 race until 31 December of the year in which the rower reaches 16 years of age.

Under 19: A rower or coxswain may compete in an Under 19 race until 31 December of the year in which the rower reaches 18 years of age.

Under 21 (Youth): A rower or coxswain may compete in an Under 21 race until 31 December of the year in which the rower reaches 20 years of age

Under 23: A rower or coxswain may compete in an Under 23 race until 31 December of the year in which the rower reaches 22 years of age.

Seniors: Senior rowing events are open to rowers of all ages.

Interstate Regatta Lightweights: Please be advised that Rowing Australia has approved a chance to the Lightweight Rules for the 2012 Interstate Regatta. As you may be aware the Final Olympic Selection Trial at SIRC is only 12 days after the conclusion of the 2012 ARC. RA has received advice that prospective athletes should not remain at FISA weight for a period of this length.

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As such, and to ensure the lightweight athletes are able to complete in both the Interstate Regatta and the Olympic Selection Trials the Board has approved changes to the lightweight rules for the 2012 Interstate Regatta as follows:

There shall be no average weight restrictions on a men's crew in the Interstate Regatta, however no individual oarsman shall weigh more than 72.5 kg.

There shall be no average weight restrictions on a women's crew in the Interstate Regatta, however no individual oarswoman shall weigh more than 59kg.

Please note that this rule change will only apply to the 2012 Interstate Regatta given the special circumstances created by Olympic Selection trials. The rule will return to its previous wording for the 2013 and subsequent Interstate Regattas.

Lightweight Events:

A rower may compete in lightweight rowing events if he/she meets the following criteria:

A lightweight men's crew (excluding coxswain) shall have an average weight not exceeding 70kg. No individual lightweight male rower may weigh more than 72.5kg. A lightweight male single sculler (male) may not weigh more than 72.5kg.

A lightweight women's crew (excluding coxswain) shall have an average weight not exceeding 57kg. No individual lightweight male rower may weigh more than 59kg. A lightweight male single sculler (male) may not weigh more than 59kg.

Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, on each day of the competition. They shall present themselves as a crew at the weighing centre already wearing their racing uniform. The weighing scales should indicate the weight of the rower to 0.1 kg.

If a rower has races in other events on a day of racing, the weight recorded for the first event may be applied to qualify for subsequent events. Rowers may re-weigh for other events after their weigh-in for their first event on a day of racing within the time limits applicable to that event. This weight may also be carried forward for any other races in which the rower competes on that day of racing.

Notwithstanding the foregoing, if two rounds of the same event takes place on the same day of competition and some rowers in the second round do not have to race in the first round of that day, then these rowers in the second round shall be weighed at the same time as the rowers in the first round.



During the first weigh, the Organising Committee may request the athlete to present an official identity card with photograph.

If the first race is subsequently postponed or cancelled, the lightweight rower is not required to be weighed later on the same day for that event. Any rower who has been re-hydrated intravenously between the weigh-in and the respective race shall not be allowed to start.

If a rower exceeds the required weight by the expiry of the time permitted for weighing, the rower (and the crew of that rower) or the crew concerned are no longer eligible and shall be excluded from the event.

Coxswains

Coxswains are members of the crew, however, a women's crew may be steered by a man, and a men's crew steered by a woman. Age categories shall apply to coxswains, except in Under 23 and masters categories.

The minimum weight for a coxswain (wearing racing uniform) is 55kg for men's open, men's masters, men's under 23, men's under 21 (youth) and under 19 (junior) men's crews, and 50kg for women's masters, women's under 23, women's under 21, women's under 19, schoolboy, schoolgirl, under 17 (men and women) crews. The weighing scales shall indicate the weight of the coxswain to 0.1kg.

To make up this weight, a coxswain may carry deadweight in a sealed bag which shall be placed in the boat as close as possible to his/her person. No article of racing equipment shall be considered as part of this deadweight. At any time, before or until immediately after the race, the Control Commission may require the deadweight to be reweighed.

These provisions shall also apply to coxswains in lightweight races. Notwithstanding the provisions of RULE 12.6, a coxswain may steer for any number of clubs or institutes at a regatta.

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Athlete Weighing

The weighing of athletes and coxswains will take place in the middle bay Building B. Test scales will be available during all times that the course is officially open. For further information please refer to the RA Rule Book. Official weights must be recorded a maximum of 2 hours and a minimum of 1 hour before the advertised start time of that event.

ANTI-DOPING

The Australian Sports Anti Doping Agency (ASADA) is likely to conduct drug testing at the National Championship and Interstate Regatta. Competitors and coaches are urged to take note of the following requirements in respect of banned substances for therapeutic use and act accordingly in achieving exemptions for appropriate athletes.

Banned Substances—Therapeutic Use Exception process

If an athlete suffers a medical condition that a doctor can only treat with a therapeutic substance, he or she must check whether the legitimate therapeutic use of the prohibited substance is permitted under the Rowing Australia Anti-Doping Policy and with ASADA. Legitimate use of a prohibited substance may be granted a Therapeutic Use Exemption (TUE). It is the responsibility of athletes, coaches and parents to ensure that they are familiar with the Rowing Australia Anti Doping Policy, which can be found on the Rowing Australia Website:

http://www.rowingaustralia.com.au/about_ra_policies_anti-doping.shtml

Article 9 of the Policy refers to 'therapeutic use'. The ASADA Hotline 1800 020 506 or ASADA website (www.asada.gov.au) will outline whether the medication is prohibited and whether a TUE is required. It is important that athletes also remember to check medications each year. The World Anti Doping Agency's (WADA) Prohibited List changes on 1 January each year, so a medication that was permitted last year, may not be this year.

Visit http://www.rowingaustralia.com.au/hp_anti-doping_wada.shtml for full details of the World Anti-Doping Code 2010 Prohibited List.

NOTE: Any athlete may be Drug tested - whether on the FISA's or ASADA's Registered Testing Pool, Domestic Testing Pool - or not on any list. If an athlete needs to use a prohibited substance or a prohibited method for a medical purpose, to avoid an anti doping rule violation, the athlete needs to obtain a ASDMAC Therapeutic Use Exemption (TUE). These TUE forms are required to compete at events of significance within Australia such as State Championships, National Championships, selection regattas/trials, Youth Olympics and Youth Cups. Athletes and their doctors are now required to complete an ASDMAC form (Australian Sports Drug Medical Advisory Committee). This form can only be approved by ASDMAC. The form, once approved is accepted by ASADA as a valid domestic TUE.



The ASDMAC Forms can be found on the RA Website:
http://www.rowingaustralia.com.au/hp_anti-doping_forms.shtml

NOTE: The submission of FISA forms will not be accepted by ASDMAC. Please ensure you have the correct TUE form. Athletes should always carry copies of any documentation (TUE's, or other) to every regatta.

TRAINING

- During the Training Periods (before and after racing) training is to be only on the course itself.
- On Competition Days the course and lake will be closed for training from 30 minutes prior to the starting time of the first race and for 30 minutes after the final race.
- Traffic flow on the competition course generally follows an anti-clockwise direction.
- The finish line is at the Clubhouse end of the lake.
- Once departing from the Boat Park, crews shall travel to the start of the course using the off course channel. There is to be no entry onto the course at any other point.
- A safety marshal will then direct crews onto the course to return to the finish.
- Travel from the start to finish is in lanes 5,6,7.
- Return to the start on the Western side of the course in lanes 1-3 (unless returning to the boat park).
- Lane 4 is a 'no row' or neutral safety lane.
- Crews must turn beyond the finish line around the large turning buoy.
- Crossing the course from lanes 1,2 & 3, will only be permitted in the first 100 metres from the start platform.

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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 until 30 minutes after the final race.
- Traffic travelling towards the start from the launching area through the off-course channel.
- To warm up prior to the start, move to the 500m mark, where a water marshall will direct crews through the islands to the warm-up lane.
- You are permitted to warm up in the warm up lane (lane 8) off the course, from the 500m to the 1000m mark.
- Once receiving the OK from the Marshall, you may then re-enter the channel and move back towards the starting area.
- Once crews proceed **past** the 500m mark, they will **NOT** be permitted to use the warm up lane.
- Crews must wait for the previous race to clear the 100m zone and then, at the direction of the starter, move into their lanes. Crews must take directions from the marshall before the start and following completion of their races.
- Crews may practice in their own lane before the start of their race between the start and the 250m mark provided there is adequate time before the start and provided they first obtain approval from the starter.
- Crews should be at the start marshall at least five (5) minutes prior to the start time of their race. They must be attached to their boat holder at the start two (2) minutes prior to the start time of their race. Failure to do so may result in the issue of a "yellow card".
- Once the race is complete, all crews must return through the bridge into the lake, except if going to a medal ceremony.
- Crews may cool-down on the lake following the designated safety traffic pattern. Once entering the lake, take extreme caution of crews entering or leaving the launching areas. No cooling down is permitted on the Competition Lake.



Nutritional Preparation for Tournaments and 'Multiple' Competitions

Written by AIS Sports Nutrition, last updated September 2009. © Australian Sports Commission.

Preparing for a single event is challenging enough, but what should you do if you have to compete in a series of events? Many sporting competitions involve multiple games or a series of heats and finals in the same day, or over consecutive days. To further complicate matters, in some situations the exact start time of an event may not be known (e.g. tennis tournament) making planning even more difficult. Whatever the scenario, meeting your nutritional needs to compete at your best means you need to consider a number of key factors.

When it comes to tournaments expect the unexpected. Don't just plan for what you hope will happen, plan for the worst-case scenario. For example, in tennis the match could go for a shorter or longer duration than expected due to a player injury, rain delays or a close game that goes to an extra set. For a successful competition, planning is important but flexibility is required. If you only have limited strategies, meal times or a restricted eating pattern then there is a good chance you will be caught out.

CHALLENGES WITH FOOD TIMING

General advice for eating before exercise is to have a carbohydrate-rich meal or snack 2-4 hours before. However, in a tournament situation this may not always be practical. The breaks between events may not be long enough for a meal or large snack to be digested. Instead a better strategy might be to have a planned "graze" throughout the day on lots of small nutritious snack foods. Individual tolerance varies however, use the following as a guide:

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Time Before Exercise	Suggested Food Choices
3-4 hours	crumpets with jam or honey + flavoured milk baked potato + cottage cheese filling + glass of milk baked beans on toast breakfast cereal with milk bread roll with cheese/meat filling + banana fruit salad with fruit-flavoured yoghurt pasta or rice with a sauce based on low-fat ingredients (e.g. tomato, vegetables, lean meat)
1-2 hours	liquid meal supplement milk shake or fruit smoothie sports bars (check labels for carbohydrate and protein content) breakfast cereal with milk cereal bars fruit-flavoured yoghurt fruit
Less than 1 hour*	sports drink carbohydrate gel cordial sports bars jelly lollies

- NB. A small number of people experience an extreme reaction following the intake of carbohydrate in the hour prior to exercise. See the Eating Before Exercise fact sheet for more information.

In addition to these guidelines, you should consider:

- the time of day you will be competing (and don't forget to include warm up time!)
- whether foods you would normally eat at those times of the day are going to be appropriate – for example, can you keep a yoghurt cold until mid-morning?

Whether foods normally used at particular times of the day could be used as part of your tournament plan – for example, breakfast cereals make handy snacks. Grazing throughout the day may not satisfy your appetite as well as your usual meal plan. To avoid being hungry, plan for a larger snack or small meal at a strategic time, such as the longest expected break. Practice your competition eating strategies in training so that you can be confident of avoiding stomach upsets on the day.

CHALLENGES WITH FOOD AVAILABILITY

You've worked out when you are going to eat, but what are you going to choose? Typically sporting venues provide a limited selection of foods and fluids. Try to find out in advance, what will be on offer to avoid any shocks on the day. The safest option is to take your own supplies. Consider food freshness, refrigeration needs and perishability. Foods that are generally consumed cold or cooled should be kept this way. Some foods such as low-fat yoghurts and fruche may be able to be kept cold for a few hours but should be consumed early in the day.

Fragile food such as sandwiches and fruit should be kept cool and in a protective container – no one likes a warm, soggy sandwich or a squashed banana! Robust food options that can be stored at environmental temperature include dry biscuits, rice cakes, tinned fruit, dried fruit, cereal bars, sports bars, fruit buns/scrolls, scones and pikelets. Cup-a-soups are a good option in cool weather, if you have access to boiled water. It's always a good idea to pack a variety of foods and always pack a bit extra. You may change your mind about what you want or you may need to eat more than you expect. However, avoid eating everything in your bag, just because it is there. You can always take your surplus supplies home at the end of the day.

FLAVOUR FATIGUE

Your exercising muscles aren't the only things that get tired. Your taste buds can get tired as well! Many suitable carbohydrate-rich foods are sweet tasting, however over a long day of competing "flavour fatigue" can set in.

Savoury foods often become more appealing. Many savoury foods are higher in salt. This may encourage fluid intake and improve fluid absorption and retention. Therefore, plan to include some savoury foods in your tournament eating pattern. Options include sandwiches with Vegemite or peanut butter, dried biscuits, soup, low-fat 2 minute noodles and crisps.

CHALLENGES MEETING HIGH ENERGY REQUIREMENTS

Supplements such as sports bars and liquid meal supplements should be considered if you expect to have particularly high-energy requirements, limited time to refuel or if you tend to suffer from stomach upset during competition. Liquid meal supplements empty quickly from your gut, decreasing the likelihood of stomach upset. They also provide valuable nutrients such as carbohydrate and protein for refuelling and recovery between events.

If you have high-energy requirements you may also consider high-sugar carbohydrate options such as jam and honey as spreads, lollies and cordial. These will provide additional energy in the form of carbohydrate.

2012 AUSTRALIAN ROWING CHAMPIONSHIPS



Challenges with hydration

You've now thought about the foods you are going to eat and when, but don't forget the vital ingredient – fluid! Preventing dehydration is a key to sustained performance, especially when competing for long periods and in multiple events over one or many days.

Tips for maintaining hydration in tournament situations include:

- Start exercise well hydrated.
Drink plenty of fluids from the time you wake up and keep drinking to a plan all day. Steady drinking throughout the day/night will have you better prepared than drinking large amounts of fluid irregularly.
- Include carbohydrate-rich beverages such as sports drinks to continually top up carbohydrate stores and maintain fluid balance.
- “Still” beverages (e.g. sports drinks, cordial, water) may be better tolerated than fizzy drinks especially if you are required to compete at short notice.
- Always have drink bottles handy for regular fluid consumption.
- Keep fluids cool with ice (alternatively, freeze drinks the night before allowing them to defrost slowly over the day of competition).

Practical Example

Time	Event	Advice
7:00 am	Breakfast	Cereal + low fat milk + slice of toast with jam
9:00 am	Warm up	Drink at least 1 cup of water in the half hour before race
10:00 am	Break	Fruche / banana + water or sports drink
11:00 am	Warm up and race	
11:30 am	Cool down	Remember fluids – water or sports drink
12:00 noon	Lunch	Vegemite / ham sandwich + tinned fruit
1:30 pm	Warm up and race	Remember fluids – water or sports drink
2:00 pm	Cool down	Remember fluids – water or sports drink
3:00 pm	Break	Cereal bar + sports drink
Don't forget fluid replacement after racing. Sports drinks will help to replenish carbohydrate until you get home for dinner		
6:00 pm	Dinner	Chilli chicken + rice (from the Recipe section of this website)

SUMMARY

Preparing for a competition or tournament involves putting the basics of sports nutrition into practice. Planning ahead will help you have a successful competition and avoid food-related stresses on the day (s) of competition. Don't forget fluids as part of your plan!

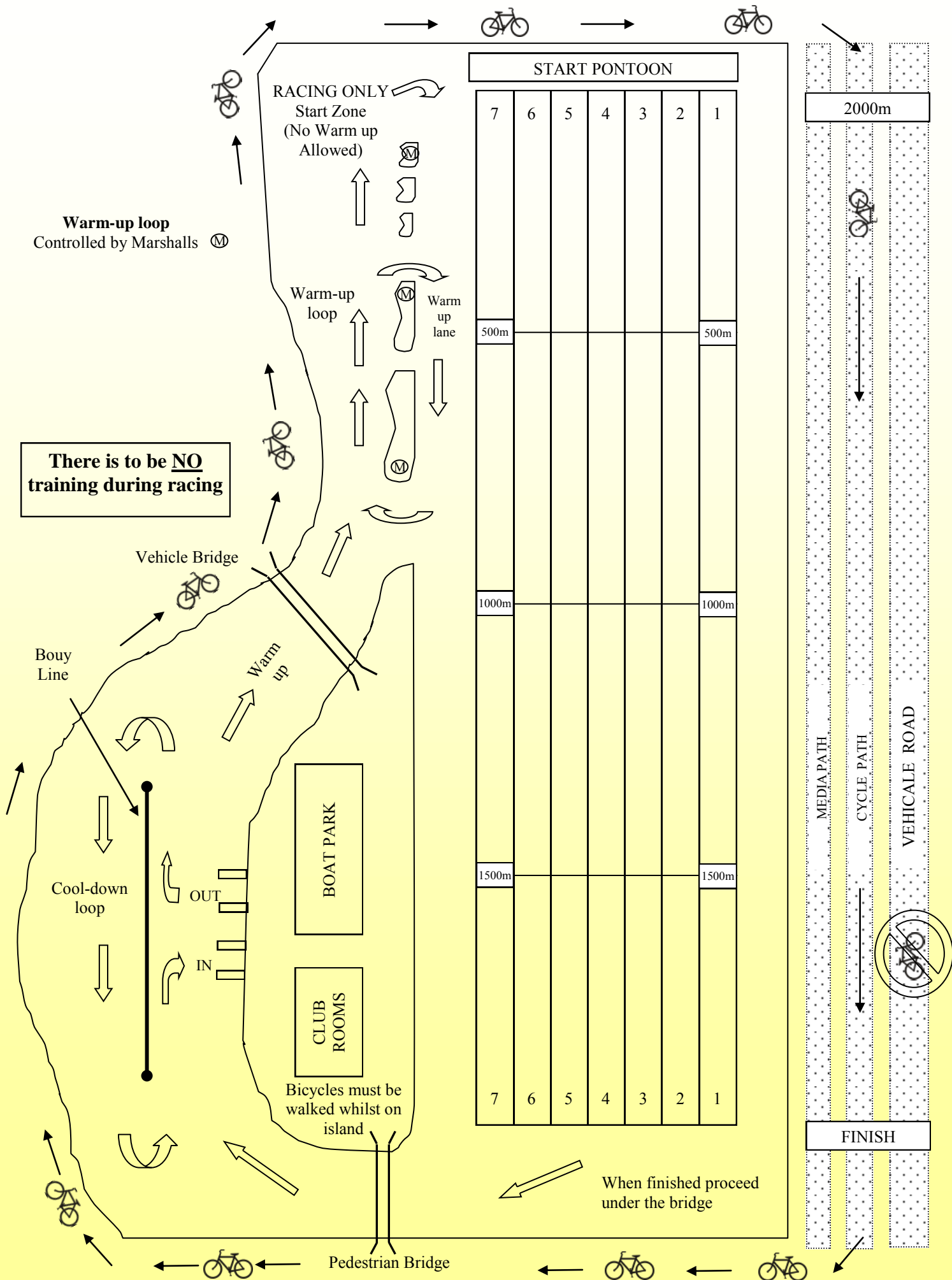
2012 AUSTRALIAN ROWING CHAMPIONSHIPS



CONFIRMED LIST OF EVENTS

- Event 1 U23W1X Under 23 Women's Scull
- Event 2 OW1X Open Women's Single Scull
- Event 3 U23M1X Under 23 Men's Single Scull
- Event 4 OM1X Open Men's Single Scull
- Event 5 U23W2- Under 23 Women's Coxless Pair
- Event 6 OW2- Open Women's Coxless Pair
- Event 7 U23M2- Under 23 Men's Coxless Pair
- Event 8 OM2- Open Men's Coxless Pair
- Event 9 U23WL1X Under 23 Women's Lightweight Single Scull
- Event 10 OWL1X Open Women's Lightweight Single Scull
- Event 11 U23ML1X Under 23 Men's Lightweight Single Scull
- Event 12 OML1X Open Men's Lightweight Single Scull
- Event 13 U23ML2- Under 23 Men's Lightweight Coxless Pair
- Event 14 OML2- Open Men's Lightweight Coxless Pair
- Event 15 U17W1X Under 17 Women's Single Scull
- Event 16 U19W1X Under 19 Women's Single Scull
- Event 17 U17M1X Under 17 Men's Single Scull
- Event 18 U19M1X Under 19 Men's Single Scull
- Event 19 U19W2- Under 19 Women's Coxless Pair
- Event 20 U19M2- Under 19 Men's Coxless Pair
- Event 21 U19W8+ Under 19 Women's Eight
- Event 22 U19M8+ Under 19 Men's Eight
- Event 23 U23W2X Under 23 Women's Double Scull
- Event 24 OW2X Open Women's Double Scull
- Event 25 U23M2X Under 23 Men's Double Scull
- Event 26 OM2X Open Men's Double Scull
- Event 27 U23W4- Under 23 Women's Coxless Four
- Event 28 U23M4- Under 23 Men's Coxless Four
- Event 29 U23M4+ Under 23 Men's Coxed Four
- Event 30 OW4- Open Women's Coxless Four
- Event 31 OM4- Open Men's Coxless Four
- Event 32 OM4+ Open Men's Coxed Four
- Event 33 U23WL2X Under 23 Women's Lightweight Double Scull
- Event 34 U23ML2X Under 23 Men's Lightweight Double Scull
- Event 35 OWL2X Open Women's Lightweight Double Scull
- Event 36 OML2X Open Men's Lightweight Double Scull
- Event 37 U23ML4- Under 23 Men's Lightweight Coxless Four
- Event 38 OML4- Open Men's Lightweight Coxless Four
- Event 39 U17W4X+ Under 17 Women's Coxed Quad Scull
- Event 40 U19W4X Under 19 Women's Coxless Quad Scull
- Event 41 U17M4X+ Under 17 Men's Coxed Quad Scull
- Event 42 U19M4X Under 19 Men's Quad Scull
- Event 43 U19W4- Under 19 Women's Coxless Four
- Event 44 U19M4- Under 19 Men's Coxless Four
- Event 45 U19M4+ Under 19 Men's Coxed Four
- Event 46 U23W4X Under 23 Women's Quad Scull
- Event 47 OW4X Open Women's Quad Scull
- Event 48 U23M4X Under 23 Men's Quad Scull
- Event 49 OM4X Open Men's Quad Scull
- Event 50 U17W2X Under 17 Women's Double Scull
- Event 51 U19W2X Under 19 Women's Double Scull
- Event 52 U17M2X Under 17 Men's Double Scull
- Event 53 U19M2X Under 19 Men's Double Scull
- Event 54 U23W8+ Under 23 Women's Eight
- Event 55 U23M8+ Under 23 Men's Eight
- Event 56 OW8+ Open Women's Eight
- Event 57 OML8+ Open Men's Lightweight Eight
- Event 58 U23WL4X Under 23 Women's Lightweight Quad Scull
- Event 59 OWL4X Open Women's Lightweight Quad Scull
- Event 60 OML4X Open Men's Lightweight Quad Scull
- Event 61 ASW1X Adaptive Women's Arms And Shoulders Single Scull
- Event 62 ASM1X Adaptive Men's Arms And Shoulders Single Scull
- Event 63 TAW1X Adaptive Women's Trunk And Arms Single Scull
- Event 64 TAM1X Adaptive Men's Trunk And Arms Single Scull
- Event 65 LTAW1X Adaptive Women's Legs, Trunk And Arms Single Scull
- Event 66 LTAM1X Adaptive Men's Legs Trunk And Arms Single Scull
- Event 67 LTAW2X Adaptive Women's Legs, Trunk And Arms Double Scull
- Event 68 LTAM2X Adaptive Men's Legs Trunk And Arms Double Scull
- Event 69 ASW1X Div 2 Adaptive Women's Arms And Shoulders Single Scull
- Event 70 ASM1X Div 2 Adaptive Men's Arms And Shoulders Single Scull
- Event 71 LTAW1X Div2 Adaptive Women's Legs, Trunk And Arms Single Scull
- Event 72 LTAM1X Div2 Adaptive Men's Legs, Trunk And Arms Single Scull
- Event 73 OCW2X Open Club Women's Double Scull
- Event 74 OCM2X Open Club Men's Double Scull
- Event 75 OCW4- Open Club Women's Four
- Event 76 OCM4- Open Club Men's Four
- Event 77 SG1X Schoolgirl Single Scull *
- Event 78 SB1X Schoolboy Single Scull *
- Event 79 SG4+ Schoolgirl Coxed Four
- Event 80 SB4+ Schoolboy Coxed Four
- Event 81 SG4X+ Schoolgirl Coxed Quad Scull
- Event 82 SB4X+ Schoolboy Coxed Quad Scull
- Event 83 SBU178+ Schoolboy Under 17 Eight
- Event 84 SG8+ Schoolgirl Eight
- Event 85 SB8+ Schoolboy Eight
- Event 86 ISW1X Interstate Women's Single Scull
- Event 87 ISM1X Interstate Men's Single Scull
- Event 88 ISWL4X Interstate Women's Lightweight Coxless Quad Scull
- Event 89 ISLM4- Interstate Men's Lightweight Coxless Four
- Event 90 ISWY8+ Interstate Women's Youth Eight
- Event 91 ISMY8+ Interstate Men's Youth Eight
- Event 92 ISW8+ Interstate Women's Eight
- Event 93 ISM8+ Interstate Men's Eight

ON WATER - RACING MAP

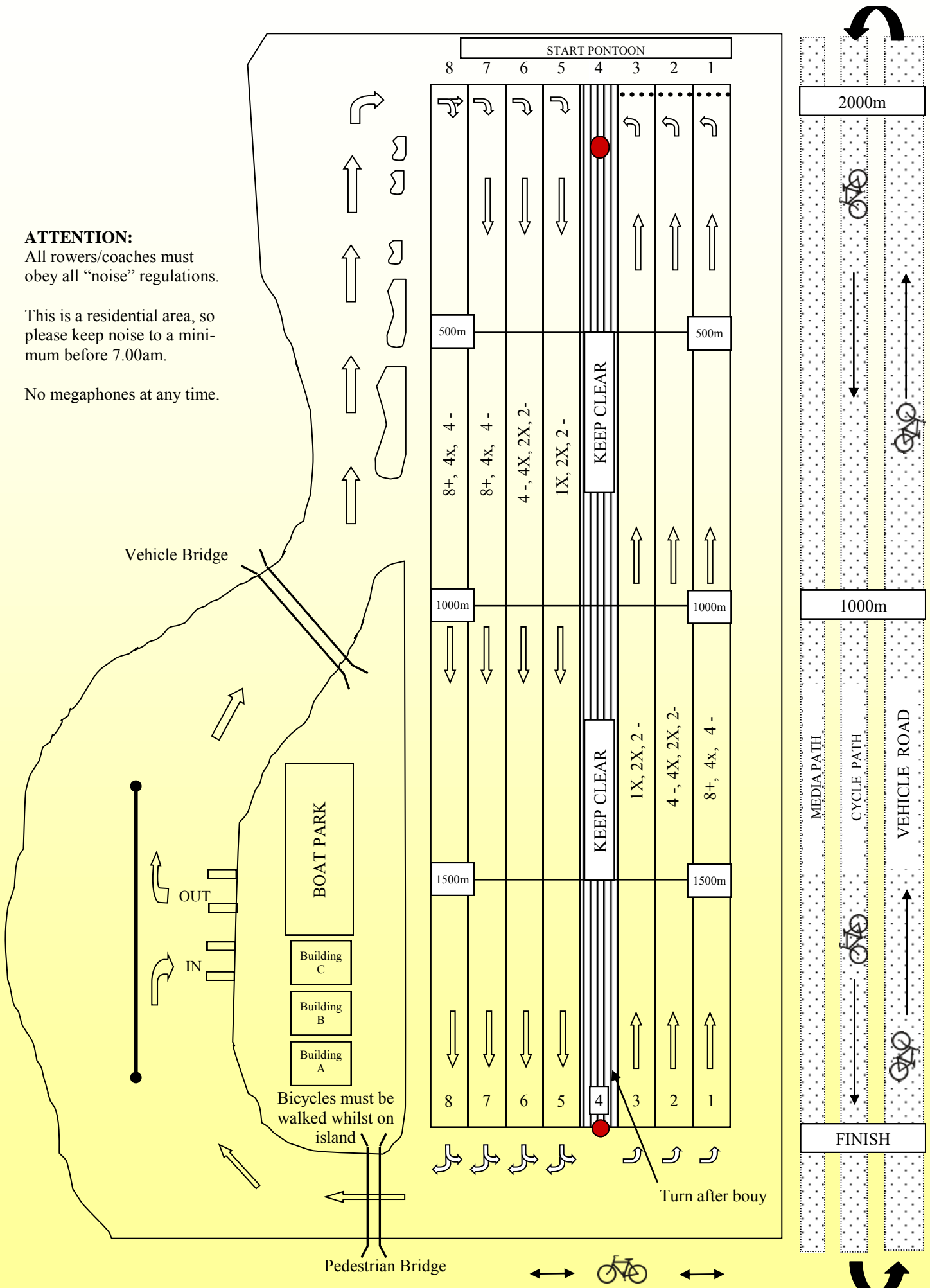


ON WATER - TRAINING MAP

ATTENTION:
All rowers/coaches must obey all "noise" regulations.

This is a residential area, so please keep noise to a minimum before 7.00am.

No megaphones at any time.



VENUE MAP

