



**SYDNEY
INTERNATIONAL
ROWING REGATTA**
23 ~ 29 MARCH 2020

AON

Empower Results®

BULLETIN 2 - FEBRUARY 2020

**KING'S &
QUEEN'S
CUPS INTERSTATE
REGATTA**

**AUSTRALIAN
OPEN
SCHOOLS
ROWING
CHAMPIONSHIPS**

**AUSTRALIAN
OPEN
ROWING
CHAMPIONSHIPS**

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IMPORTANT DATES

Entries Close:	11:59pm AEDT Monday 9 March 2020
Withdrawals Without Penalty:	up to 11:59pm AEDT Thursday 12 March 2020
Final entry payments must be received by:	11.59pm AEDT Tuesday 17 March 2020. <i>Any entry that has not been paid by this time may not be accepted.</i>
Venue Opens for Boat Trailer Parking:	4:00pm AEDT Saturday 21 March 2020. <i>Trailers arriving on Saturday prior to 4.00pm will not be able to access the venue. Trailers arriving on Thursday or Friday may be permitted to access the venue to unload boats and will then be required to park temporarily in an area adjacent to P3 until the boat trailer parking area is vacated following the AAGPS Head of the River. Following the venue opening time on Saturday, these trailers will be required to move to the Trailer Parking Area in P6. No vehicles are permitted to be left on the island from Friday 20 March 2020.</i>
Course Opens for training:	4:00pm AEDT Saturday 21 March 2020.
Accreditation collection begins from:	9:00am AEDT Sunday 22 March 2020. <i>Please note: only clubs/schools where all athletes have completed the online induction will be able to collect accreditation at this time.</i>
Team Tents may be erected from	9:00am AEDT Sunday 22 March 2020.
Athletes, Coaches and Team Managers Briefing:	3:00pm AEDT Sunday 22 March 2020.
Schools briefing at	5:00pm Wednesday 25 March 2020.
Racing Begins:	8:00am AEDT Monday 23 March 2020.
The Drive Extended... Live:	5:30pm AEDT Wednesday 25 March 2020.

2020 AAGPS HEAD OF THE RIVER

Please be aware that the NSW AAGPS Head of the River will be taking place on Saturday 21 March, with an anticipated crowd of around 5,000. This will have the following impact on pre-event training and boat unloading for the Sydney International Rowing Regatta:

- Boat trailers will not be permitted into the venue until 4.00pm on Saturday 21 March.
- For clubs arriving on Thursday 19 March and Friday 20 March, there will be some areas of boat racking which will be reserved for boats competing in the Head of the River. Please ensure you stay clear of these racks.
- Paid parking at \$10 per car will be in force until 12.00pm on Saturday 21 March.
- Vehicles are not permitted to park on Castlereagh Road on Saturday 21 March.
- Cars are not to be left on the island overnight on Friday 20 March.
- Team tents are not to be erected before 9am Sunday 22 March.



LIVE WEBCAST

A live webcast of racing will be accessible through the SIRR website – sirr.rowingaustralia.com.au

Spectator access to the water's edge will be prohibited for pedestrian safety and to avoid blocking the coverage of the broadcast cameras.

COMPETITION INFORMATION

REGATTA RULES

The Australian Open, Schools, Sydney International Rowing Regatta Sprint and Interstate regattas will be conducted according to the Rowing Australia rules and by-laws of racing. Please note that there is also a summary of changes to rules to assist in identifying recent changes. A copy can be found at www.rowingaustralia.com.au.

The full indicative race schedule is available via sirr.rowingaustralia.com.au. The final race schedule will be released following the close of entries. A Summary of Events - which event is on what day - is attached to this Bulletin and available via sirr.rowingaustralia.com.au.

AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

The events listed below will be contested at the Australian Open Rowing Championships:



Under 17 Men (U17M)	1x	2x	4x+				
Under 17 Women (U17W)	1x	2x	4x+				
Under 19 Men (U19M)	1x	2x	2-	4x	4-	4+	8+
Under 19 Women (U19W)	1x	2x	2-	4x	4-	4+	8+
Under 21 Men (U21M)	1x	2x	2-	4x	4+		
Under 21 Women (U21W)	1x	2x	2-	4x	4+		
Under 21 Lightweight Men (U21LM)	1x						
Under 21 Lightweight Women (U21LW)	1x						
Under 23 Men (U23M)	1x	2x	2-	4x	4-	8+	
Under 23 Women (U23W)	1x	2x	2-	4x	4-	8+	
Under 23 Lightweight Men (U23LM)	1x	2x	2-	4-			
Under 23 Lightweight Women (U23LW)	1x	2x	2-				
Open Men (OM)	1x	2x	2-	4x	4-	8+	
Open Women (OW)	1x	2x	2-	4x	4-	8+	
Open Lightweight Men (OLM)	1x	2x	2-	4x	4-	8+	
Open Lightweight Women (OLW)	1x	2x	4x				
Club Men (CM)	2x	4-	8+				
Club Women (CW)	2x	4-	8+				



The **Para-Rowing** events to be contested are:

Men's Para-Rowing 3 (PR3)	1x	Mix2x	2-	Mix4+
Women's Para-Rowing 3 (PR3)	1x		2-	
Men's Para-Rowing 2 (PR2)	1x	Mix2x		
Women's Para-Rowing 2 (PR2)	1x			
Men's Para-Rowing 1 (PR1)	1x	Mix2x		
Women's Para-Rowing 1 (PR1)	1x			

Please note that all Para-Rowing events are to be conducted over 2000m.

AUSTRALIAN OPEN SCHOOLS ROWING CHAMPIONSHIPS

The following events will be contested at the Australian Open Schools Rowing Championships:



Schoolboy Under 17 (SBU17)	8+			
Schoolgirl Under 17 (SGU17)	8+			
Schoolboy (SB)	1x	4x+	4+	8+
Schoolgirl (SG)	1x	4x+	4+	8+

THE KING'S AND QUEENS CUPS INTERSTATE REGATTA

The below events will be contested at the King's and Queen's Cups Interstate Regatta:



Men's	PR31x	1x	L4-	Youth 8+	8+
Women's	PR31x	1x	L4x	Youth 8+	8+

SYDNEY INTERNATIONAL ROWING REGATTA 500M SPRINTS

The below events will be contested as 500m Sprints, with a significantly reduced seat fee of \$11 (inc GST).

University Men's	4x	8+
University Women's	4x	8+
Schoolboy	4x+	8+
Schoolgirl	4x+	8+
Open Men's	4x	8+
Open Women's	4x	8+
Para Rowing (combined gender and classification)	1x	

Sprint events will be subject to an entry cap of 16 crews per event. Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.

If circumstances require racing to be rescheduled for championship events, sprint racing may be cancelled. If sprint racing needs to be cancelled, it will not be rescheduled or refunded.



CLUB POINT SCORE

A 'club point score' will be in operation in addition to the medal table, for all events within the Australian Open Rowing Championships (not Open Schools Championships). The points score will be published on the event website - points will be awarded on the following basis:

Boat	First	Second	Third
Eight (8+)	24	18	12
Fours (4-/+)/Quad (4x)	16	12	8
Pairs (2-)/Doubles (2x)	12	9	6
Singles (1x)	8	6	4

Points will not be allocated where there is only one crew in an event.

SCHOOL POINT SCORE

A 'school point score' will be in operation in addition to the medal table, for all events within the Australian Open Rowing Championships and Open Schools Championships. Points will only be allocated to crews racing under the name and in the colours of their school (i.e. a school crew representing a club will not accrue points for this trophy). The points score will be published on the event website - points will be awarded as per the Club Point Score. Points will not be allocated where there is only one crew in an event.

BOB BLAKE SHIELD

The Bob Blake Shield will be awarded to the State with the most points awarded for Para Events

# Entries	1st	2nd	3rd	4th	5th	6th
6	6	5	4	3	2	1
5	5	4	3	2	1	
4	4	3	2	1		
3	3	2	1			
2	2	1				
1	1					

THE ROWING AUSTRALIA CUP

The Rowing Australia Cup will be presented to the Member Association which secures the highest overall score for events conducted in the interstate Regatta. States shall be awarded points in each event on the following basis:

- First place: 8 points
- Second place: 6 points
- Third place: 5 points
- Fourth place: 4 points
- Fifth place: 3 points
- Sixth place: 2 points
- Seventh place: 1 point



ELIGIBILITY TO COMPETE

Entry into the 2020 Australian Open Rowing Championships and Australian Open Schools Rowing Championships is open to all competitors who are authorised to compete by their affiliated Member Association and who are eligible under the Rowing Australia Rules and by-laws of racing.

A **School** competitor is one who qualifies as Under 21 (Youth) under the provisions of the RA rules and is attending a secondary school as a full time student. Entrants in the Australian Open Schools Rowing Championships must represent their school.

Rowing Australia has formally defined the requirements to be eligible to enter “University Events”. A **University** competitor is one who qualifies as a University Competitor according to the Australian University Sport Guidelines. Rule 18.5 now reads “No competitor may race for more than one Club, Institute or School at the same regatta but a competitor may represent their State and their Club and their School or University (where they are representing their University in a University Event) at a Regatta.” For the avoidance of doubt, a competitor may represent their university in a university event even if they might otherwise be a competitive member of another club.

Overseas crews are welcome to compete in the Australian Open Rowing Championships. School crews from outside of Australia may compete in the Australian Open Schools Rowing Championships.

A rower or coxswain’s age shall be taken at 31 December 2020. As an example, a rower or coxswain shall be classified as an **Under 21 (Youth)** rower until 31 December of the year in which the rower reaches the age of 20.

For **para rowers** to be eligible to compete, athletes must be formally classified by a full RA or FISA Classification Panel and be granted an eligible sport class, and a national or international sport class status. Athletes who do not have a national or international sport class status, or have been given a sport class status of ineligible, are not eligible to compete in para events at the Australian Open Rowing Championships.

COXSWAINS

The minimum weight for a coxswain (wearing racing uniform) is 55kg for all coxswains. The weighing scales shall indicate the weight of the coxswain to 0.1kg.

Coxswains must be weighed wearing racing uniform not less than one hour and not more than twenty-four hours before their first race at the regatta. Where two regattas are conducted at the same venue on consecutive days (for example the Australian Open Rowing Championships and King’s and Queen’s Cups Interstate Regatta), a coxswain who has weighed for the first regatta is not required to weigh for the second regatta if at the first regatta he/she weighed in at the required weight.

A coxswain who has weighed in for their first event of competition is not required to weigh in for that event on subsequent days.

LIGHTWEIGHT ROWERS

Lightweight competitors must be weighed wearing racing uniform not less than one hour and not more than two hours before their first race on each day of the regatta.

The average weight of a men’s lightweight crew (including the Interstate Regatta) excluding the coxswain shall not exceed 70kg. No individual may weigh more than 72.5kg. A male single sculler shall not weigh more than 72.5kg.

The average weight of a women’s lightweight crew (including the Interstate Regatta) shall not exceed 57kg. No individual may weigh more than 59kg. A female single sculler shall not weigh more than 59kg.

Lightweight rowers may have their weights carried forward for subsequent lightweight events on that day as long as the crew’s average weight in accordance to the above requirements is not exceeded.



CONDITIONS OF ENTRY

The following conditions of entry apply to the **Australian Open Rowing Championships**:

- Under 21 (with the exception of the 2-) and Club events are restricted to crews consisting of representatives of one club or school only, including coxswains.
- Athletes entering in Club events must not have been a member of a National Senior A or Under 23 team in the previous year, but may have been a member of a National Junior or Under 21 team in the previous year.
- Athletes entering Club events must not be nominating for a National Senior A or Under 23 team in 2020 as at 31 January 2020, but may be nominating for a National Junior or Under 21 team in 2020.
- Composite crews will be allowed in Sprint, Under 17, Under 19, Under 23 and Open events and the male and female Under 21 Pair (2-). Athlete's competing in composite crews must wear the registered uniform of their club or school.

The following conditions of entry apply to the **Australian Open Schools Rowing Championships**:

- School events are restricted to crews consisting of representatives from one school only, including coxswains.
- Rowers must represent their school

The following conditions of entry apply to the **King's and Queen's Cups Interstate Regatta**:

- All eligibility rules according to the RA Rules of Racing must be followed.
- Each state may only enter one crew in each event

The following conditions of entry apply to the **Sydney International Rowing Regatta 500m Sprints**:

- Open, University and School competitors should comply with the eligibility rules as above.

ANTI-DOPING

The Australian Sports Anti-Doping Authority (ASADA) is likely to conduct drug testing at the 2020 Sydney International Rowing Regatta. It is the responsibility of each competitor to know and understand their responsibility in regard to Anti-Doping. Competitors and coaches are urged to take note of the current ASADA regulations in respect of banned substances for therapeutic use and act accordingly in achieving exemptions as required – www.asada.gov.au/substances/check-your-substances

Athletes and Coaches are advised that WADA has recently released the 2020 Prohibited List, which comes into effect on 1 January 2020. The new list can be viewed here - www.wada-ama.org/en/content/what-is-prohibited

Finally, ASADA have updated their online education platform for anti-doping. We strongly encourage coaches, athletes, parents and support staff to undertake the online courses available.

They can be found here – elearning.asada.gov.au

ASADA's Education Team will be on site on Saturday 28 and Sunday 29 March in the Regatta Village - we encourage everyone to stop by and chat to them.



ENTRIES

The cost to enter the Australian Open and Australian Open Schools Championships is **\$55.00 (incl. GST)** per seat, **including** coxswains.

The cost to enter the Sydney International Rowing Regatta 500m Sprint events is **\$11.00 (incl GST)** per seat **including** coxswains.

Entries into the King's and Queen's Cups Interstate Regatta is free for State Associations.

All entries for the Australian Open, Australian Open Schools Rowing Championships, Interstate Regatta and SIRR Sprint events must be made through sirr.rowingaustralia.com.au

Entries close at 11:59pm on Monday 9 March 2020. Crews may be withdrawn without penalty up until 11:59pm on Wednesday 11 March 2020. Final entry payments must be received by 11:59pm on Tuesday 17 March 2020

RESTRICTIONS TO ENTRIES

Entry capping will be in place on all Australian Open Rowing Championship events and Australian Schools Championship events. No more than 4 entries from any one club/school in any one Australian Open Rowing Championships event; and no more than 3 entries from any one school in any one Australian Schools Championships event.

Entries into Sydney International Rowing Regatta 500m Sprints is limited to no more than 16 entries in any event. Sprint events will only run where a minimum of 3 entries (at the close of the withdrawal without penalty period) have been received.

Any entries over these amounts will be placed on a waiting list. After entries close, crews on the waiting list will be added to the crew entry lists at the discretion of the regatta organisers. Waitlisted crews will be updated in Rowing Manager if their entry is accepted.

COMPETITOR/COACH/TEAM MANAGER BRIEFINGS

Australian Open Rowing Championships: 3.00pm
Sunday 22 March
in the Grandstand

Australian Open Schools Rowing Championships: 5.00pm
Wednesday 25 March in the breezeway
between boatshed 3 and 4.

It is compulsory for all competitors and coaches to complete the online induction, or for the club/school to attend the competition/coach/team manager briefing. Accreditations will be withheld until one of these requirements has been met.



EMERGENCY CONTACTS

All clubs must provide RA with a mobile number for emergency contact during the event.

This person should be travelling with the clubs' team and be able to disseminate information as needed in case of emergency or other situations as required. This contact name will be required at the point of entry on Rowing Manager (once per club).

It is a condition of entry that all athletes competing in the regatta have emergency contact details complete in Rowing Manager. It is the responsibility of the club to ensure that this is in place. The person travelling with each team is also required to carry emergency contacts for all athletes with them.

THE DRAW

The draw for all events will be conducted after the Competitors Briefing to be held on Sunday 22 March and will be uploaded into the event website approximately two hours after the completion of the briefing.

All State Team Managers are requested to confirm the names of their crews for the Interstate Regatta at Regatta Administration (in Boatshed 1) no later than 4.00pm on Saturday 28 March.

HOW TO MAKE THE FINAL

Australian Open Rowing Championships - EIGHT Lane Progression System to determine Finalists

Crews	Race Type	No Crews	Progression
1..8	1 Heat	Up to 8	Selection events: Compulsory Preliminary Round as outlined on Day Sheets School and Under 19 events: Non compulsory preliminary round will be conducted. All other events: First and Final
	1 Final		
9..12	2 Heats	4 to 6	1..2 -> Final A, Rest Repechage
	1 Rep	5 to 8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 2 Finals	Finals of up to 8	
13..16	2 Heats	6 to 8	1..2 -> Final A, Rest Repechage
	2 Reps	4 to 6	1..2 -> Final A, Rest Eliminated (or Final B)
	up to 2 Finals	Finals of up to 8	
17..20	3 Heats	6 to 8	1..4 -> Semi A/B, Rest Repechage
	1 Rep	4 to 6	1..4 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of 8	
21..24	3 Heats	7 or 8	1..4 -> Semi A/B, Rest Repechage
	2 Reps	4 to 6	1..2 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
25..28	4 Heats	6 or 7	1..3 -> Semi A/B, Rest Repechage
	2 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	4 to 6	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	



29..32	4 Heats	7 or 8	1..2 -> Semi A/B, Rest Repechage
	4 Reps	5 or 6	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	
33..39	6 Heats	5 to 8	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D or Final E)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	7 or 8	1..4 -> Final C, Rest -> Final D
	up to 5 Finals	Finals of up to 8	
40..46	6 Heats	5 to 8	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D or Final E/F)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	7 or 8	1..4 -> Final C, Rest Final D
	2 Semis E/F	4 to 8	1..4 -> Final E, Rest Final F
	up to 6 Finals	Finals of up to 8	
47..64	8 Heats	5 to 8	1 -> Quarter Finals, Rest Repechage
	8 Reps	5 to 7	1..3 -> Quarter Finals, 4,5 to Semi E/F (or elim), Rest Eliminated
	4 Quarters	8	1..4 -> Semi AB, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	8	1..4 -> Final C, Rest Final D
	2 Semis E/F	8	1..4 -> Final E, Rest Final F
	up to 6 Finals	Finals of up to 8	

NOTES:

- The Fairness Commission may alter the progression at any time. In such cases ample notice will be given to competitors.
- The Technical Delegate(s) in consultation with the Organising Committee & President of the Jury will determine the Progression system to apply to each event/category.
- The Australian Open Schools Rowing Championship events will use an exhaustive finals progression – B, C, D etc.
- **Race for Lanes / Preliminary Races** will not be conducted at the regatta for any events where an event has less than 9 entries, with the exception of School Events and Under 19 events and events which are being used for selection purposes (U21 1x, U21 LW1x, U21 2-, U23 1x, U23 LW1x, U23 2x, U23 LW 2x and U23 2-, U23 LW 2-). For these selection events, the race for lanes will be compulsory; if you do not row in the race for lanes you will not be allocated a lane in the final.

RESULTS

‘Live Results’ will be available on the event website throughout competition. Printed daily results will be available approximately 2 hours after the conclusion of each day’s racing and on the following day.



ATHLETE & COACH ACCREDITATION

All entered athletes will receive event accreditation. Clubs and schools will receive Team Official/Staff accreditation (coaches, managers, physios, drivers, etc) on a pro rata basis based on the number of athletes entered from the club/school in the regatta. No accreditations will be given outside of these numbers. Any additional passes required for team staff should be purchased as General Admission tickets.

All Athlete and Team Staff accreditations will be available for collection from the Accreditation Office, situated in the building just inside Gate A, from 9:00am AEDT Sunday, 22 March, 2020 **if their induction requirements** have been met. Team Staff accreditation will be given on the following basis:

Athletes entered from club/school	Team staff accreditations given
1 to 5	1
6 to 10	2
11 to 15	3
16 to 20	4
21 to 25	5
26 to 30	6

CAR PARKING

All car parking at SIRR will be free of charge. All public entry to the Sydney International Regatta Centre will be through Gate A. Please follow the directions of all venue parking staff and volunteers.

A shuttle bus will operate between the south side carparks and the Island from 7.30am until after the last race on all competition days. A shuttle bus will also run on Friday 27, Saturday 28 and Sunday 29 March between the Penrith Train Station and SIRC.

Athlete and team drop off and pick up only will be permitted to the Island via Gate A. Cars and buses will be stopped for accreditation/ticket checks on the south side of the venue, then directed to the Island drop-off zone. Vehicles will then be directed to the south side of the course to park. Bus and coach parking will be in P6 Carpark.

Para athletes with a legal Disability Parking Permit may park in the P1 Island carpark, in marked and allocated Disability Parking spaces.

A drop off option in front of the Boat Bays is available for para athletes displaying a Disability Parking Permit, however this is a Drop off Area only and cars must not park near the Boat Bays. After dropping off athletes' cars must return to the Disability Parking spaces to park or to the south side of the course to park.

DRONES

Drones will not be permitted to be used by coaches, athletes or spectators at the venue under any circumstances.

Rowing Australia will be using a drone for its live streaming. Athletes should be aware that there will be a drone in use during the event for broadcast and photographic purposes and should they have any issues, please contact Alice Evans aevans@rowingaustralia.com.au



COMPETITOR INFORMATION

VENUE OPENING HOURS AND TRAINING TIMES

The course opens for official training from 4.00pm on Saturday 21 March.

From Sunday 22 March, the venue will open daily at 6.00am.

From Saturday 21 March, the venue will close at 7.30pm. All competitors and spectators must vacate the venue prior to the venue closing.

No boats will be allowed on the water for training prior to 6.45am on any day. All boats must be off the competition course 15-minutes prior to the start of the first race e.g. off the course by 7.45am for an 8.00am first race.

The course will reopen for training approximately 15 minutes after the last race of the day. Crews will be permitted to access the boating pontoons 5 minutes after the last race commencing and must be off the water, including the back lake, by 7.00pm. Rescue will also finish at 7.00pm. The outgoing pontoons will close at 6.20pm.

No training will be allowed on the course or warm-up lake during competition times. Only boats with a valid bow number will be allowed on the water during competition times.

The bike path shall be available for coaches on either side of the course prior to the regatta starting, however once racing has begun coach bikes will only have access to the southern bike path (opposite side of the course to the Grandstand and Island). Access to the southern bike path will only be via the Western end of the course (past the Finish). Helmets must be worn by all cyclists.

Training bow numbers must be used by para crews when using para training lanes. Changes to training times may be made at the discretion of the Technical Delegate.

ON-WATER TRAFFIC RULES

On-water traffic rules and maps for training and competition are available on the SIRR website under the competitors tab sirr.rowingaustralia.com.au/competitors/maps. In addition, traffic maps will be available at various locations around the course, particularly in the Boat Park and next to launching pontoons.

ATHLETE AND BOAT WEIGHING

Athlete Weighing

Athlete weighing will take place in Boatshed 3. Test scales will be available from the start of official training on 21 March.

Boat weighing

Boat weighing will take place in Boatshed 2 and Boatshed 3. It is the responsibility of the crew to ensure that their boat is on weight in accordance with the Rowing Australia Rules of Racing. Random checks of boat weight may be carried out at any time during the regatta.

Scales will be available from the start of training on 21 March in Boatshed 2 for big boats, and the lake end of Boatshed 3 for small boats. Boats will enter Boatshed 2 from the Eastern/lake side for weighing, and must go straight ahead through the bay after weighing, rather than entering and reversing out the same direction.

Small boats weighing in Boatshed 3 will enter and leave from the eastern (lake side) end of the boatshed. Additional care should be exercised when maneuvering boats in vicinity of the boat weighing area, particularly the eastern ends of boatsheds 2 and 3.



PARA-ROWING STRAPPING AND EQUIPMENT CHECKS

Athletes should be aware that the regulations for PR1 and PR2 have been undergoing change in previous seasons, particularly in relation to strapping, and that this may have implications for athletes competing at the Aon Sydney International Rowing Regatta.

It is the responsibility of the athlete to ensure their equipment and strapping is compliant for racing.

Please refer to the Rowing Australia website for a full list of Competition Regulations which are available here: <https://rowingaustralia.com.au/ra-rules-of-racing-and-related-by-laws>

Rowing Australia staff and volunteers will be on hand at the regatta to assist where required.

If there are any points in this (or anything in regards to para rowing) requiring further clarification please contact:

Gordon Marcks

Rowing Australia Para Rowing Head Coach

Email: gmarcks@rowingaustralia.com.au

Mobile: +61 (0)407 787270

PRESENTATIONS

Please be aware that presentations will be conducted immediately after each A final.

Athletes and Coaches should ensure that their entry and seating order is accurate prior to racing as there will be no provision to alter the announcements (seating order) for presentation following the race. Adjustments to composition of crew and seating order can be made at Regatta Administration in Boatshed 1.

MEDIA INTERVIEWS

Athletes and coaches should be aware that Rowing Australia will be filming and photographing throughout the week for its channels, while there may be media attending the event. Competitors should be aware that they may be asked to undertake video interviews during the course of the week and specifically post-finals on Sunday 29 March. Should you have any queries on this, please email RA Communications Manager, Lucy Benjamin on lbenjamin@rowingaustralia.com.au



COMPETITOR FACILITIES

BIKES AND BIKE HIRE

Bikes will be able to be used during training following a clockwise pattern – travelling to the Start line via the northern roadway, and back towards the Finish line via the southern roadway.

During racing bike access will be limited to the southern roadway only, no bikes will be allowed onto the northern roadway at this time.

Specific traffic conditions will apply and must be adhered to on the southern roadway, with consideration to pedestrians. These conditions will be sign posted and marshals stationed as appropriate.

Helmets **must** be worn at all times. Lights must be used prior to sunrise.

Bikes will be available for hire at the venue. Prices and availability will be released when confirmed.

TEAM TENTS

Team tent spaces will be available in two categories in 2020:

- Course-side (northern side of the course) - \$330.00 including GST
- Boat-park (on the bank between pontoons 5 & 6) - \$220.00 including GST

Tents are also available for hire, delivered and installed in three sizes –

- 3m x 3m \$365.10 plus GST
- 6m x 3m \$729.90 plus GST
- 6m x 6m \$1,459.49 plus GST

Bookings must be made through sirr.rowingaustralia.com.au and are currently open.

Payment for the tent spaces and tents must be made at time of booking.

Tent spaces will be allocated on a first-in, best-dressed system. When booking your tent site please indicate the size of your site required; course-side spaces have a maximum of 12m x 9m and boat-park spaces have a maximum of 6m x 3m. Tents must be able to fit within these spaces. In the case that there is no available room on the north of the course, some tents may be located on the south of the course. Please be aware that the boat park tent sites are sloped, and some course-side tent sites may be sloped.

It is the responsibility of the club/school to ensure that their tent is securely weighed down, and random checks will be made to control this during the regatta. No refunds will be offered for sites and hired tents that are not used. Team tents may not be erected until 9am Sunday 22 March.

Team tents must not access event generators to supply power to them.

ICE BATHS

Limited ice bath spaces are available at a full regatta rate of \$102.35 plus GST. Bookings must be made via sirr.rowingaustralia.com.au and are currently open. Payment for the ice bath spaces must be made at time of booking.



REGATTA ADMINISTRATION AND INFORMATION

Regatta Administration is located in Boatshed 1. All athlete/crew substitutions and withdrawals must be notified to this location no later than two hours prior to the start of the particular race. Any crew who does not start in an event they are listed to compete in without a withdrawal in sufficient time is liable for a fine of \$250 according to the Rules of Racing.

Draws and results will be posted for athletes in the breezeway between Boatsheds 3 and 4, and limited collated results and following day draws will be available from Boatshed 1 as soon as practical after the end of racing. Draws, results and live racing, will be available via sirr.rowingaustralia.com.au.

A spectator information booth will be located on the Island near the Grandstand and Athlete drop-off area. Medical Substitutions / Withdrawals must be submitted at Regatta Administration. The regatta doctor will not do this on behalf of athletes.

BOAT STORAGE AND TRAILERS

Boat storage is provided by way of racks located adjacent to the Boatsheds and launching pontoons.

Boat trailer access to the Island will open at 4.00pm Saturday 21 March, and will be controlled for both unloading and loading. Unloaded trailers will be relocated to P6 on the southern side of the course and will be directed by venue staff and event volunteers.

You are reminded that the NSW AAGPS Head of the River will be in progress on Saturday 21 March and we ask that you be mindful that there will be no trailer access to the venue until 4.00pm (boat trailers are not permitted to wait for access to the venue on Castlereagh Road).

Trailers will have access to the Island during SIRR competition days between 9.00am and 4.00pm, however only a limited number at any time will be allowed access; there may be a wait at peak times. All clubs and schools are required to enter their trailers registration details and their estimated arrival time by completing the registration form to which can be found on sirr.rowingaustralia.com.au.

Dedicated para-rowing racks will be located on the eastern side of Boatshed 6 near Pontoon 2, and PR2 athletes MUST rack boats on these racks. PR3 athletes may rack and boat in other locations.

There is a boat racking facility for visually impaired scullers available behind the Dr Bill Web Medical Centre.

MEDICAL ARRANGEMENTS

Athlete First Aid will be located in the boat park end of Boatshed 4.

Emergency medical care for spectators and competitors during racing is located in the Dr Bill Webb Medical Centre located approx. 50m beyond the Finish Tower. The Regatta Doctor will be located here along with emergency paramedics.

Rescue services will be active on the water throughout racing and official training sessions.

The nearest hospital is the Nepean Hospital approx. 6kms from the course.

If your club or school team is planning to bring medical staff to Sydney they may be required to meet requirements of the NSW Health Department to enable them to perform their duties to your team.

For further information, contact Rowing Australia Events Coordinator, Alice Evans at aevans@rowingaustralia.com.au

CORONAVIRUS

The novel coronavirus is a serious matter which Rowing Australia has taken into account when planning for the 2020 Aon Sydney International Rowing Regatta. We have been in regular contact with Commonwealth and State Health Authorities in regards to our planning and preparation for the event. It is important that everyone in the community remains calm and follows the most up-to-date advice provided by health bodies – please [click here](#) for the most up to date advice from the Australian Government.



Like all other viruses, the best defence is to ensure good hand hygiene, covering the mouth when coughing or sneezing, avoiding contact with people who are unwell and maintaining a healthy lifestyle. **Hand hygiene is key** and we strongly encourage competitors, coaches and all at the regatta to have a personal hand sanitizer with them at all times.

More information can be found at the AIS website by searching “AIS coronavirus and exercise” or by [clicking here](#).

MEDICAL SUBSTITUTIONS

Substitutions or withdrawals for medical reasons must be signed off by the official regatta doctor located at the Dr Bill Webb Medical Centre. Athletes that have been withdrawn for medical reasons will not be permitted to race again until the official regatta doctor has deemed that rower fit to race.

ATHLETE PHYSIO AND SPORTS MASSAGE

Athlete physio and sports massage services will be located in Athlete First Aid in Boatshed 4. A regatta physio and a sports masseuse will be available for all athletes at a charge of \$45 and \$20 respectively for a 20-minute session. A HiCaps terminal will be available for this to be charged directly back to your private health insurance. Physio and Sports Massage services will be provided by Dynamic Performance Physiotherapy - www.dpphysio.com.au

CHANGING ROOMS, SHOWERS AND TOILETS

These facilities are provided adjacent to Boatshed 1 and Boatshed 4. Additional toilets will be located behind the team tents along the course.

FOR YOUR SAFETY

No bare feet	Wear shoes, sandals, scuffs when walking around the venue.
Keep hydrated	Sip, sip, sip and then sip some more.
Keep your head covered	Wear a hat.
Block out the sun	Apply sun screen and re-apply every two hours.
Stay off your feet	Limit the amount of walking you do.

THE DRIVE EXTENDED... LIVE

This year will see Rowing Australia bring to life our highly successful Drive Extended video series with a special pasta night for all our school competitors!

Set to be held on Wednesday 25 March, from 5.30pm, this **FREE event** will see attendees will hear from some of Rowing Australia’s top staff and coaches who feature in the The Drive Extended episodes as well as from some of Australia’s top elite athletes.

The event is a fantastic opportunity for school athletes, coaches and parents to attend and ask questions to the panel about developing and supporting athletes in their rowing journey. We hope those rowers who attend will be inspired to continue on the rowing pathway and will maybe join one of National Training Centres in the years to come!

To find out all about the Drive Extended and watch the videos please [click here](#).

There will be giveaways from 776BC as well as everyone who comes to the event will receive a FREE USB and stretching booklet! **[Spaces are limited so click here to register now!](#)**



GENERAL EVENT INFORMATION

TICKETING, ACCREDITATION AND CARPARKING

TICKETING

The 2020 Sydney International Rowing Regatta is a ticketed event.

Spectator access to the event will be by ticketed admission only – no ticket or accreditation, no entry. Tickets will be available from Ticketek via:

- Online at <https://premier.ticketek.com.au>
- Phone 13 28 49
- Any Ticketek agency
- Venue box office on event days

Please note that in 2020 the Grandstand will not be ticketed or allocated other than VIP and Media areas, and will be available to all ticket and accreditation holders on a 'first-in, best-dressed basis'.

Spectator Parking is included in the cost of ticket.

All spectator parking will be on the southern side of the venue and as directed by marshals. There is limited disabled parking for spectators on the Island and there is a disabled drop off area on the island. Transport for disabled spectators who park on the southern side can be arranged from the Site Office/ Accreditation Centre.

Athletes with Companion Cards are entitled to a complimentary ticket.

There are two ways to redeem your Companion Card:

1. You can redeem your Companion Card before the event by calling the Ticketek Special Needs Line - <https://premier.ticketek.com.au>
2. Once you have a Companion Card, you can go to the Accreditation Office at the course next to the front entrance and be issued with a complimentary ticket.

Please note: You cannot redeem your Companion Card online and you must show your Companion Card when redeeming. You must redeem your Companion Card for a complimentary ticket with Ticketek before entering the venue; you will not be allowed access by just showing your Companion Card at the gate.

TRAVEL TO THE VENUE

Penrith is easily reached by road via the Great Western Highway or the Western Freeway from the Sydney CBD as well as the Freeway network when travelling from the south or north. Penrith can be accessed by train from the airport to Sydney Central and then on to Penrith Station. The Sydney International Regatta Centre is around 6km from Penrith Train Station.

A shuttle will operate between Penrith Train Station and the venue on Friday 27, Saturday 28 and Sunday 29 March. Shuttle times will be displayed at the venue.

FIRST AID

Emergency medical care for spectators and competitors during racing is located in the Dr Bill Webb Medical Centre located approx. 50m beyond the Finish Tower. The Regatta Doctor will be located here along with emergency paramedics.



EVENT EXHIBITORS AND VENDORS

Applications for an exhibitor/trade location in the 2020 Sydney International Rowing Regatta are invited from interested parties. Please email scarnahan@rowingaustralia.com.au for more information and registration.

'The Regatta Shop' are the official clothing and merchandise suppliers for the SIRR event; for more information go to theregattashop.com.au

CENTENARY CELEBRATIONS

In 2020, the Australian rowing community is proudly celebrating another incredible milestone. We will be celebrating the Centenary of women competing, alongside the men, for the first time in the Interstate Regatta.

Join us for an evening to look back on the history of women's rowing and the fight for equality in our sport earned through the enthusiasm of women who wanted to row and the commitment and support of the men in the clubs to 'allow' them to row early on, to coach them, to make boats available and to provide change rooms, the latter being something that many women and girls in other sports do not have yet.

To purchase tickets for the Centenary Dinner on Saturday 28 March, [please click here](#).

This year's regatta will also feature an exhibition highlighting the history of women's rowing in Australia - you'll find it behind the Grandstand all week.

ALCOHOL

You will be able to purchase alcohol at the venue, however, as it is a ticketed event, you will not be able to bring alcohol into the venue. Random bag checks will be carried out by security marshals. People who have brought alcohol into the venue will have this confiscated: intoxicated people will be asked to leave the venue.

CATERING

A variety of food and drink options will be located at the venue.

The Lakeside Restaurant is also available should you wish to pre-order meals/catering direct with the venue caterer. Catering options can be discussed and arranged directly with the venue caterer.

Email: info@lakesiderestaurant.com.au

ATM

There will be an ATM available at the venue, located in the Regatta Village area to the west of the Grandstand.

VOLUNTEER AT THE EVENT

While in Penrith why not give back to the sport we love and become a volunteer? Volunteers gain free access into the event, are given shirts, cap, drink bottle and bag, and meals. We'd love to have you on board! To find out more please see our volunteer registration portal – [click here](#).



SYDNEY
INTERNATIONAL
ROWING REGATTA
23-29 MARCH 2020



VISITORS AND SPECTATOR ACCOMMODATION

A range of accommodation is available in Sydney, Penrith and surrounding areas.

Destination NSW and the Penrith Valley Visitors Information Centre will happily provide further information.

DESTINATION NEW SOUTH WALES

www.sydney.com

sydney.com

PENRITH VALLEY VISITORS INFORMATION CENTRE

Tel: +61 1300 736 836 | **Website:** www.penrithvalley.com.au

Email: pentour@penrithcity.nsw.gov.au



CONTACT DETAILS AND MORE INFORMATION

Sydney International Rowing Regatta

Alice Evans

Rowing Australia Events and Competition Manager

c/- Rowing Australia

P.O. Box 7147,

YARRALUMLA ACT 2600

Email: aevans@rowingaustralia.com.au

Website: sirr.rowingaustralia.com.au





APPENDICES

Event #	Event	Mon 23/3	Tue 24/3	Wed 25/4	Thu 26/3	Fri 27/3	Sat 28/3	Sun 29/3
OPEN EVENTS								
101	OW1X	Heat	Rep	Semi	Final			
102	OW2X	**	Heat	Rep		Final		
103	OW4X				**	**	Final	
104	OW2-	**	Heat	Rep	Final			
105	OW4-		**	Heat	Rep	Final		
106	OW8+				**	**	Final	
107	OM1X	Heat	Rep	Semi	Final			
108	OM2X	**	Heat	Rep		Final		
109	OM4X			**	Heat	Rep	Final	
110	OM2-	**	Heat	Rep	Final			
111	OM4-			**	**	Final		
112	OM8+				**	**	Final	
113	OWL1X	Heat	Rep	Semi	Final			
114	OWL2X	**	Heat	Rep		Final		
115	OWL4X				**	**	Final	
116	OML1X	Heat	Rep	Semi	Final			
117	OML2X	**	Heat	Rep		Final		
118	OML4X			**	Heat	Rep	Final	
119	OML2-		**	**	Final			
120	OML4-				**	**	Final	
121	OML8+			**	**	Final		
UNDER 23 EVENTS								
122	U23W1X	Heat	Rep	Semi	Final			
123	U23W2X	**	Heat	Rep		Final		
124	U23W4X				**	**	Final	
125	U23W2-	Heat	Rep		Final			
126	U23W4-			**	**	Final		
127	U23W8+				**	**	Final	
128	U23M1X	Heat	Rep	Semi	Final			
129	U23M2X	**	Heat	Rep		Final		
130	U23M4X				**	**	Final	
131	U23M2-	Heat	Rep		Final			
132	U23M4-			**	**	Final		



Event #	Event	Mon 23/3	Tue 24/3	Wed 25/4	Thu 26/3	Fri 27/3	Sat 28/3	Sun 29/3
133	U23M8+				**	**	Final	
134	U23WL1X	Heat	Rep	Semi	Final			
135	U23WL2X	**	Heat	Rep		Final		
136	U23WL4X				**	**	Final	
137	U23WL2-	**	Heat	Rep	Final			
138	U23ML1X	Heat	Rep	Semi	Final			
139	U23ML2X	**	Heat	Rep		Final		
140	U23ML2-		**	**	Final			
141	U23ML4-			**	**	Final		
UNDER 21 EVENTS								
142	U21W1X	Heat	Rep	Semi	Final			
143	U21W2X	**	Heat	Rep		Final		
144	U21W4X			**	Heat	Rep	Final	
145	U21W2-	Heat	Rep		Final			
146	U21W4+		Heat	Rep		Final		
147	U21M1X	Heat	Rep	Semi	Final			
148	U21M2X	**	Heat	Rep		Final		
149	U21M4X			**	Heat	Rep	Final	
150	U21M2-	Heat	Rep	Semi	Final			
151	U21M4+		Heat	Rep		Final		
152	U21WL1X	Heat	Rep	Semi	Final			
153	U21ML1X	Heat	Rep	Semi	Final			
UNDER 19 EVENTS								
154	U19W1X	Heat	Rep	Semi	Final			
155	U19W2X	Heat	Rep	Semi		Final		
156	U19W4X-			Heat	Rep	**	Final	
157	U19W2-	Heat	Rep	Semi	Final			
158	U19W4-	**	Heat	Rep		Final		
159	U19W4+	**	Heat	Rep		Final		
160	U19W8+			Heat	**	Rep	Final	
161	U19M1X	Heat	Rep	Semi	Final			
162	U19M2X	Heat	Rep	Semi		Final		
163	U19M4X-			Heat	Rep	Semi	Final	
164	U19M2-	Heat	Rep		Final			
165	U19M4-	**	Heat	Rep		Final		
166	U19M4+	**	Heat	Rep		Final		
167	U19M8+			Heat	**	Rep	Final	



Event #	Event	Mon 23/3	Tue 24/3	Wed 25/4	Thu 26/3	Fri 27/3	Sat 28/3	Sun 29/3
UNDER 17 EVENTS								
168	U17W1X	Heat	Rep	Semi	Final			
169	U17W2X	Heat	Rep	Semi		Final		
170	U17W4X+			Heat	Rep	Semi	Final	
171	U17M1X	Heat	Rep	Semi	Final			
172	U17M2X	Heat	Rep	Semi		Final		
173	U17M4X+			Heat	Rep	Semi	Final	
CLUB EVENTS								
174	CW2X				Heat	Rep	Semi	Final
175	CW4-				**	Heat	Rep	Final
176	CW8+				**	Heat	Rep	Final
177	CM2X				Heat	Rep	Semi	Final
178	CM4-				**	Heat	Rep	Final
179	CM8+				**	Heat	Rep	Final
PARA EVENTS								
181	PR1W1x					Final		
182	PR1M1x					Final		
183	PR1Mix2x				Final			
184	PR2W1x					Final		
185	PR2M1x					Final		
186	PR2Mix2x				Final			
187	PR3W1x		Heat	Rep	Final			
188	PR3W2-					Final		
189	PR3M1x		Heat	Rep	Final			
190	PR3M2-					Final		
191	PR3Mix2x					Final		
192	PR3Mix4+						Final	
SCHOOL EVENTS								
201	SG1X				Heat	Rep	Semi	Final
202	SG4X+				Heat	Rep	Semi	Final
203	SG4+				Heat	Rep	Semi	Final
204	SGU17 8+				**	Heat	Rep	Final
205	SG8+				Heat	Rep	Semi	Final
206	SB1X				Heat	Rep	Semi	Final
207	SB4X+				Heat	Rep	Semi	Final
208	SB4+				Heat	Rep	Semi	Final
209	SBU17 8+				**	Heat	Rep	Final
210	SB8+				Heat	Rep	Semi	Final



Event #	Event	Mon 23/3	Tue 24/3	Wed 25/4	Thu 26/3	Fri 27/3	Sat 28/3	Sun 29/3
INTERSTATE REGATTA								
301	ISWPR31X							Final
302	ISMPR31X							Final
303	ISW1X							Final
304	ISM1X							Final
305	ISWL4X							Final
306	ISML4-							Final
307	ISWY8+							Final
308	ISMY8+							Final
309	ISW8+							Final
310	ISM8+							Final
SPRINT EVENTS								
401	PR1W1x						H&F	
402	PR1M1x						H&F	
403	PR2W1x						H&F	
404	PR2M1x						H&F	
405	PR3W1x						H&F	
406	PR3M1x						H&F	
407	UW4X						H&F	
408	UW8+						H&F	
409	UM4X						H&F	
410	UM8+						H&F	
411	SG4X						H&F	
412	SG8+						H&F	
413	SB4X						H&F	
414	SB8+						H&F	
415	OW4X						H&F	
416	OW8+						H&F	
417	OM4X						H&F	
418	OM8+						H&F	