

## Regatta and Time Trials

### The rowing course

The Rowing Course is situated along Yarramundi Reach; it is 1800 metres in length and starts near the Governor General's residence. It is marked with yellow and red buoys. Large red buoys mark the start and end of the course and you should turn outside these buoys. You should not cross the course at any point on the 1800m length. Caution should be exercised when turning onto the course at the 500m, 1000m and 1500m markers. There are large red buoys at each 250m mark.

There are six lanes, divided by four lines of buoys. They are not numbered, but start with lanes 1-2 on the westerly side and 5-6 closest to Weston Park. As a safety measure, lanes 1-2 are not used except on regatta day. All crews training on the course must use lanes 3, 4, 5 and 6.

### Participating in regattas and time trials

In Canberra most regattas are organised by the ACTRA and held from late Spring to early Autumn. There is also a range of time trials with the most significant being held over winter from June to August. BMRC is an active participant in regattas and time trials in terms of rowers and supporters. The best place to watch is on Lady Denman Drive near Black Mountain Peninsula where the boats, rowers and finishing line are situated, or at the Tree House in Weston Park which gives a good view of the 1000 metre start and the middle of the race.

Rowers and coxes are registered with ACTRA by the Club. Individuals cannot register with ACTRA other than through a Club membership. ACTRA holds registration records for the Club. Only registered Club members can participate in regattas.

A generic regatta programme is produced by ACTRA and placed on the notice board in the boat shed or can be viewed at the ACTRA website. Programmes are developed from individual entries and are issued to members electronically in the lead up to the regatta. Individually and/or as part of a crew you should decide well beforehand which race(s) to enter. You should discuss this with your coach, crew or the Club Captain or Coaching Director.

Only competing members can enter regattas (those who have paid ACTRA membership beforehand). For each race that you enter you need to pay a "seat" fee. Envelopes are provided for you to complete the details of your entries and to include the appropriate fees. These should be placed in the security box in the boat shed. BMRC has a policy of no seat fees, no regatta entry (no dough, no

row). Typically, entries for local regattas and time trials close at the sheds at 11am the Sunday before. Late entries are accepted only in exceptional circumstances.

Rowers generally wear close fitting rowing suits, called zooties, in their Club colours. These can be purchased in from a local sportswear manufacturer. This company usually attend all regattas and sell a range of clothing suited to rowers needs.

## Regatta and time trial programmes

ACTRA produces programmes for each regatta and time trial. There is always a version of the draw posted on the notice board at the shed. A draw is also available at the ACTRA website at <http://www.rowingact.org.au> or on the day at the regatta or time trial. This can be downloaded from their web site at and may be purchased on the day at regattas. A generic draw is also available at this website.

In understanding the programme there are a number of “codes” to decipher.

### *CANBERRA SHEDS INCLUDE:*

ADFA	Australian Defence Force Academy
ANU	Australian National University
BMRC	Black Mountain Rowing Club
CGGS	Canberra Girls Grammar School
CGS	Canberra Grammar School
CLRC	Capital Lakes Rowing Club
CRC	Canberra Rowing Club
DARA	Daramalan Rowing Club
LTRC	Lake Tuggeranong Rowing Club
RAD	Radford College

### *SOME EVENT EXAMPLES*

NW1x	Novice women’s single scull
IW2X+	Intermediate women’s double
SG2-	Schoolgirl’s coxless pair
NW4X+	Novice women’s coxed quad
OM4-	Open men’s coxless four
ChMM8+	Championship masters men’s coxed eight

## *REGATTA DAY NECESSITIES*

- Sunscreen, sunglasses, hat
- Water bottle and high carbohydrate snacks
- Shoes or water socks to protect your feet
- Club Zootie or red tee shirt and black shorts or bike pants