

				Grade	Masters	School	SASI TT	Canoe SA
DATE		EVENT	HOST					
2010								
Aug	14 th	Head Race - Head of the Onkaparinga (7.5km)	Southport	✓	✓	✓S		
Sept	11 th	Head Race – Head of the Port	Port Adelaide	✓	✓	✓S		
	25 th	SASI Time Trial (4.8km)	Rowing SA/SASI				✓	
October	9 th	Head Race – Murray River Classic	Murray Bridge	✓	✓	✓S		
	23 rd	West Lakes	Scotch	✓U	✓M	✓S	✓	
	30 th	Torrens - Henley on Torrens (850m)	Rowing SA	✓	✓M	✓1		✓
November	6 th	West Lakes		✓	✓	✓1		
	13 th	West Lakes - Round the Island (7000m)	Pembroke	✓	✓M	✓J2		
	20 th	Torrens (850m) / SASI Time Trial (4.8km)	Rowing SA/SASI			✓J2	✓	✓
	27 th	West Lakes – (Head of the Yarra)				✓2s		
December	4-5 th	Berri - Riverland Regatta	Berri	✓	✓M	✓2		✓
	11 th	Torrens - Twilight Spectacular (250m)	ARC	✓	✓M	✓1		
	18 th	SASI Time Trial (4.8km)	Rowing SA/SASI				✓	
2011								
Jan	22 nd	SASI Time Trial (4.8km)	Rowing SA/SASI				✓	
	29 th	West Lakes		✓U	✓M			
February	5 th	West Lakes – School Super Series	PAC			✓2s		
	12 th	Murray Bridge (Includes 3-Mile Handicap Race)	Murray Bridge	✓U	✓	✓1		✓
	19-20 th	West Lakes – 1 st Grade State Championships	Rowing SA	✓U	✓	✓2		
	26 th	West Lakes – School Super Series	Seymour		✓	✓2		
March	5 th	Torrens	Saints			✓J2		
	7-13 th	Australian National Rowing Championships	Rowing Australia	✓		✓		
	19 th	Mannum	Mannum	✓R	✓	✓1		✓
	26 th	West Lakes – School Super Series	AHS			✓2s		
April	2 nd	West Lakes – School State Championships & School Super Series	Pulteney	✓RM	✓M	✓2s		
	9 th	West Lakes – Head Of The River	Scotch			✓1		
	16 th	West Lakes – 2 nd Grade State Championships	Rowing SA	✓	✓			
	23 rd	EASTER						
	30 th	West Lakes			✓M			
May	7 th	West Lakes - Masters State Championships	Rowing SA		✓M			

KEY: 1 – Schools 1 round, 2 – Schools 2 rounds, S – Senior School only (1st VIII, 2nd VIII, 1st IV only)
 J – Junior School only (Year 8/9/10 4x+ only), s – School Single Sculls offered (1 round only),
 R - Reduced Program, M – Mixed Races Offered, U – U17/U19 1x offered.

ACCOMPANYING NOTES

The 2010-2011 season sees several changes to the regatta calendar from previous seasons. The hosting of the Australian Rowing Championships at West Lakes in March has had a significant influence on the calendar, as have a number of other constraints such as CanoeSA events, external regattas and the timing of holidays such as Easter. These notes are intended to provide advance notice and explanatory information regarding certain regattas. Compiling an Order of Events that satisfies the major stake-holder groups is a complex task, and due to the often-conflicting requests of the various groups, it is not possible to satisfy all requests and desires with respect to regatta timetabling. It is well recognised that schools wish to have their racing completed in the morning of each regatta, and this has largely been accommodated. However, there are several regattas where this is not able to be accommodated and this document aims to provide some advance notice to schools in regards to this.

Head races have been proposed for August, September and October in preparation for the Round the Island Regatta and Head of the Yarra. The Murray River Classic and the Head of the Port will be Head races for 8+'s, 4+'s and 4x+'s over distances that are to be confirmed. The Head of the Onkaparinga will be held over a 7500m course from Old Noarlunga to Port Noarlunga (subject to tides) and will have races for 1x's, 2x's, 4+'s and 4x+'s. This course is not deemed suitable for 8+'s due to a shallow, narrow channel with very tight corners.

The opening regatta of the season will be held on 23rd October at West Lakes for grade, master and senior school crews, commencing at 9am following the SASI Time Trial.

Henley on Torrens has been extended to 850m and is intended as a carnival regatta on the Torrens, rather than a sprint regatta when few athletes are prepared for such racing. Heats will be held in the morning, with finals (if required) in the afternoon, with the 3 fastest times from the heats progressing to the final. Due to the limited number of lanes at the Torrens and that the full course will be used, the number of events on offer will be limited from previous years to:

1 st Grade	1x, 4+, 8+
3 rd Grade	1x, 4+, 4x+
Masters	1x, 4+, 4x+, 8+
School	Year 8/9 & 9/10 4x+ - not seeded into A/B/C/D categories 1 st VIII, 2 nd VIII, 1 st IV
Other	Family 4+ Row-Past (during Lunch Break)

The schools are currently running 48-62 races when they hold 2 rounds of racing. This requires 4.5 to 6 hours to complete just the school events. When club and master events are added to this, the length of the regatta programme increases up to 9 hours – for several reasons, it is not feasible nor desirable to hold 9 hour regattas that include full programs of grade and master races and 2 rounds of school racing.

To reduce the length of a number of regattas where all 3 types of racing are scheduled, only 1 round of school racing will be held in the morning of certain regattas – this will apply to 5 regattas. However, to offset this and enable school crews to still compete in a 2nd race (and in many cases, a 3rd race if they choose to), the grade events corresponding to each school event will be timetabled to follow as soon as practically possible after the school events, as per the following table:

School Event	Grade Event	Race Distance
Yr 8/9 4x+	3 rd Grade 4x+	1000m
Yr 9/10 4x+	2 nd Grade 4x+	1500m
1 st IVs	2 nd Grade 4+ 3 rd Grade 4+	2 nd Grade: 2000m 3 rd Grade: 1000m
1 st & 2 nd Vllls	1 st Grade 8+ 2 nd Grade 8+	2000m

Preliminary Order of Event planning indicates that at these regattas, it will be possible for the 2nd and 3rd grade 4x+'s to be raced by the lunch-break, whilst the other events (2nd/3rd Grade 4+'s, 1st/2nd Grade 8+'s) will be raced in the first hour after the lunch break to accommodate for senior school crews racing in these events. The following regattas will follow this structure:

- October 23 (less SB/SG 4x+),
- Nov 6 at West Lakes,
- Dec 5 at Berri (Sunday),
- Feb 12 at Murray Bridge, and,
- Mar 19 at Mannum.

Please note that the distance for all 2nd grade events will change from 1500m to 2000m, with the exception of the 2M4x+ and 2W4x+, which will remain at 1500m to cater for any year 9/10 crews wishing to take advantage of the opportunity to race in those 2 events.

Additionally, it is proposed that 4 regattas will be designated as 'schools-only' regattas with 2 rounds of racing are held every alternate week. In return, during the alternate week grade and masters racing is intermixed with only 1 round of school racing. Three of the 'schools-only' regattas will also include 1 round of single scull events for Yr 8/9, Yr 9/10 and Open SB/SG (Nov 27, Feb 5, March 26). The regatta on Feb 26 will not include sculling events. It is pointed out that en-masse entries into these sculling events will result in a substantial number of additional races and a longer programme. There may be opportunities for a limited number of grade/masters race to be held at these schools-only regattas after the schools have completed their 2 rounds if considered necessary. It is anticipated that these regattas will be completed by 1pm.

Thus, there will be a total of 7 'school-only' regattas over the season, once Head of the River and the 2 junior-school Torrens regattas on November 20 and March 5 are included with these 4 regattas. In addition, School State Championships on April 2 will primarily be a schools regatta, with school sculling events offered.

This season's Round The Island regatta will see the 7000m Round The Island head race, followed by a morning of normal side-by-side racing. The morning's side-by-side races will have the following events:

- Year 8/9 & 9/10 4x+ (2 rounds)
- 1st Grade 1x, 2-
- 2nd Grade 1x
- 3rd Grade 1x, 2x and 4x+
- Master's 1x

The RTI race for 8+'s, 4+'s and 4x+'s will have categories for 1st and 2nd Grade, Masters and Senior School crews. It is intended that the first RTI crew will start at 8am, with a 1hr 15min gap from the start of the last RTI crew to the start of the side-by-side races. Please note that the RTI round can not cater for rower or boat sharing.

The Nov 20 and March 5 regattas will be held at Torrens Lake for junior School athletes only (Yr 8/9, 9/10). The March 5 regatta will only be able to proceed with significant assistance from schools for volunteers, as most Rowing SA officials will be associated with preparations for the National Championships. These regattas will have un seeded round of heats followed by an exhaustive round of finals (i.e. fastest 3 crews to A final, next fastest 3 to B final etc.) so that all crews will get 2 races.

No 1st/2nd Grade or Masters events will be held on November 27 due to historically large numbers of these rowers racing at Head of the Yarra in Melbourne. There is potential that some 3rd grade events (1x, 2x) may be incorporated into the end of the school regatta.

The Riverland regatta returns to Berri in 2010, and as previously mentioned, will cater for all 3 grades, schools and masters. There will be only 1 round of school senior races on both days. There will be 2 rounds of junior school races on the Saturday, but only one round for these crews on the Sunday.

The Twilight Spectacular Regatta is a return to afternoon/evening racing with racing to conclude under lights on the Torrens (pending Council approval). Races will be in a 250m sprint format, with heats and finals. It is anticipated that the last race of the regatta will be held at 9pm to maximise the spectacle of racing under flood lights. As with previous years, a limited number of events will be held across all categories.

The Jan 29th Regatta will feature a full program of club and masters events (including U17 & U19 1x events, 2nd Grade & Master's 2-), as it is expected that many schools will be either on their annual rowing camp or still on holidays. A schools-only regatta will then be held on the following weekend on Feb 5.

The Murray Bridge/Mannum regattas (12 Feb & 19 Mar) are pending water levels and may be moved to another venue if water levels are not considered appropriate for at least 6 lane racing (N.B. West Lakes is not available on either weekend due to Canoe SA Regattas). Both these regattas will include club, master and 1 round of school races, with the Murray Bridge regatta to also include U17 & U19 1x events. The 3 Mile Handicap race will be held 1 hour after the last race of the day at Murray Bridge. The Mannum regatta will only feature 2nd and 3rd grade events.

The 1st Grade State Championships will continue to be held as a 2 day regatta. Junior events offered will be rationalised to more closely reflect those events offered at the National Championships (see below). Coxed events were deemed preferable to enable school crews to compete if they wish. Youth (U21) events will be unchanged. 2 rounds of school racing will be held on Saturday with each round held consecutively (i.e. Yr 8/9 4x+ rounds both in the early morning, Yr 9/10 4x+ rounds in the late morning, senior school rounds in the afternoon. Since the focus for this regatta is the 1st Grade Championships, there is no alternative but to have schools race into the afternoon, but this system should minimise the time that school rowers are required at the regatta. Masters and 3rd Grade events will be held on the Sunday.

The Australian Rowing Championships and Interstate Regatta will be held at West Lakes from 7th to 13th of March. The order of events offered at the National Championships is determined by Rowing Australia. Please note that there will be significant restrictions on training access to West Lakes during this week and that there will be a heavy increase in on-water traffic in the lead-up to and during the Championships.

School and 2nd Grade State Championships regattas have been separated due to timing constraints. The School State Championships will be held on the week preceding the Head of the River. Whilst the focus of this regatta will be the School State Championships, a much reduced program of Mixed Grade and Masters events will be held in order to prevent these rowers from having no racing for 3 consecutive weeks. Due to the heat-final nature of the School State Championships the need to hold racing for school single scull championships, and the increased number of school crews racing in the lead-up to Head of the River, it is almost certain that many school crews will need to race well into the afternoon. The Head of the River regatta will incorporate qualifying heats into the actual Head of the River regatta itself (i.e. no separate qualifying regatta), so by having the School State Championships the week prior should give school crews additional experience in racing heats and finals on the same day. It is also anticipated that this timing will be more likely to result in increased entries in the School State Championships. All participants should note that this will be a very long regatta, starting at 8am, and not finishing until after 4pm.

The 2nd Grade State Championships will be held on 16 April, with a full program of 2nd/3rd Grade and Masters events, with heats and finals of 2nd Grade Championship events as required.

There is an additional Masters regatta on April 30 to provide masters with additional racing prior to the Masters State Championships. The Master's Commission has been tasked with generating the order of events for the April 30 regatta and the Masters State Championships, and this shall be published in due course, with full programs of master's events to be offered.

All Schools and Clubs wishing to host a regatta are asked to submit their request. Adelaide High School will be given first pick as they offered their 2009/10 regatta to Murray Bridge to enable them to hold their

Centenary Regatta in 2009/10. In addition, Pulteney Grammar will be hosting the School State Championships due to an existing arrangement from 2009/10. All schools/clubs that are unsuccessful with the ballot in 2010/2011 will be balloted first in 2011/2012. Please note that RowingSA will host all State Championship regattas (apart from the afore-mentioned exception) in 2010-11 and into the future.

All competitors, coaches and club officials should note that changes made to the Order of Events for 2010/11 will not alleviate all possible timetable clashes for rowers and equipment. Every effort has been made to avoid the majority of foreseeable clashes whilst compiling the order of events for each regatta, but unusual entry combinations are still possible and clashes resulting from such combinations have not been able to be avoided in every case. The place to avoid timetable clashes for rowers and boats is when entries are being made, and as such, the onus is on the person making each entry to check the Order of Events for each regatta and ensure that sufficient time is given between events for both rowers and boats. A minimum of 40 minutes should be allowed to turn around rowers or boats between races. Regatta officials will no longer move events to alternate timeslots, as the flow-on effects of ad-hoc changes can significantly disrupt the rest of the regatta program and create additional clashes for other competitors who have planned their entries more appropriately.

As mentioned previously, the distance for 2nd Grade races has been changed from 1500m to 2000m, except for the 2M4x+ and 2W4x+ which will remain at 1500m.

SASI Time-Trials are conducted by the Rowing SA in conjunction with SASI. The priority of these trials is elite and sub-elite athlete rowers who usually compete in small boats. Club, school and master's crews are welcome to enter (in both big and small boats) to compete in the time-trial. Crews race over 4.8km in single file from the Causeway to the 2km Start-line at West Lakes, spaced at set intervals and seeded according to predicted boat-speed to minimise interference and overtaking. Entries are handled by Rowing SA through ROMS and the starting order and time recording is managed by the SASI Head Coach. The time-trials are usually conducted early in the morning, and are completed before any scheduled regattas. Rowing SA provides BRO/Marshals and Safety Boats during the event.

Events Offered At RowingSA Regattas in 2010-2011

1st Grade Events (No RS Restriction, 2000m)

Aimed to cater primarily for elite Club rowers, and additionally for School VIII's wanting additional racing. The only 'Open' category of racing in which anyone can race – being non-exclusive, it is the obvious choice of category to offer a full schedule of boat classes. Crews at this level should be competent to safely race coxless fours and quads.

Regular 1st Grade Events Offered: 1x, 2-, 2x, 4-, 4x, 8+
Events offered only at 1st Grade State Championships: 1M4+, LM1x, LM2-, LM2x, LM4-,
LM4x, LM8+, LW1x, LW2x, LW4x

The 1M4+ will be offered at 1st Grade State Championships in addition to the 1M4-. Also, at 1st Grade State Championships only, lightweight events will be offered (1x, 2x, 4x male and female, plus 2-, 4-, 8+ for males).

2nd Grade Events (Ave. RS > 2.5, 2000/1500m)

Aimed to cater primarily for non-elite Club racing, and also for School Year 9/10 & Senior crews wanting additional racing over 2000m. Note that both 2M4x+ and 2W4x+ events will be raced over 1500m to cater for Yr9/10 crews wishing to race in 2nd Grade.

2nd Grade Events Offered: 1x, 2x, 4+, 4x+, 8+

Historically, there has been insufficient entries into 2- events for this grade, and as such, the 2M2-/2W2- are only to be offered at 2nd Grade State Championships and Jan 29 regatta.

All big boats in 2nd Grade are to be coxed only – whilst some club crews at this level would be safely able to compete in coxless boats, school crews generally only have access to coxed boats, and having coxless events would prevent them from competing. Coxed crews at this grade also provide additional opportunities for coxswain development.

3rd Grade Events (Ave. RS > 3.8, 1000m)

Aimed to cater primarily for novice Club racing, but also for Masters and Year 8/9 School crews wanting additional racing over 1000m.

3rd Grade Events Offered: 1x, 2x, 4x+, 4+

Coxless pairs are considered too challenging for most rowers at this level, and most clubs struggle to fill 8+s with enough eligible rowers. All big boats to be coxed only – crews are not considered competent to race coxless at this level.

Please note that the RS cut-off for 3rd Grade is currently under review and may change before the start of the season.

Under Age Events (U17, U19, U21, 2000m)

In 2009-10 and previous years, RowingSA offered 4 under-age categories with the following events:

U16 1x	(1000m)
U17 1x, 2x,	(1500m)
U19 1x, 2x, 4x, 4-	(2000m)
U21 1x, 2-, 4+	(2000m)

This range of events is ad-hoc, and inconsistent with other over-lapping categories – e.g. U19 4x and 4- should be coxed to encourage school participation. Also, these events are typically only offered on the 1st Grade State Championship weekend, and very occasionally at other regattas. Even then, many events had insufficient entries or were row-overs. In addition, the distances raced are inconsistent with the distance that these events are raced over at Nationals.

In 2010-11, Under-age events available will be rationalised to the following:

U17 1x, 2x, 4x+	2000m
U19 1x, 2x, 4x, 4+	2000m
U21 1x, 2-, 4+	2000m

These under-age events will generally only be offered at 1st Grade State Championships on Feb 19-20. However, U17 and U19 1x will be offered on Oct 23 at West Lakes, Jan 29 at West Lakes and Feb 12 at Murray Bridge.

Master's Events (Age-based Handicap, 1000m)

Master's Events offered: 1x, 2-, 2x, 4+, 4x+, 8+
 Master's Mixed Events offered: Mix2x, Mix4+, Mix4x+, Mix8+

Mixed events will be offered at some regattas in lieu of some normal single-sex events as per the following table:

Date	Regatta	MMix2x	MMix4+	MMix4x+	MMix8+
October 23	West Lakes	✓		✓	
October 30	Henley-on-Torrens			✓	
November 13	Round The Island			✓	✓
December 5	Berri – Day 2	✓		✓	
December 11	Twilight	✓			
January 29	West Lakes	✓		✓	
March 19	Mannum	✓	✓		✓
April 2	2 nd Grade Champs	✓	✓	✓	✓
April 30	Masters	✓	✓	✓	✓
May 7	Masters Champs	✓	✓	✓	✓

Master's big boats are to be coxed in order to cater towards the boat fleets of clubs and also to avoid disadvantaging those novice masters who may not be competent in coxless boats. Additionally, having coxed boats for Master's also provides additional opportunities for coxswain development. N.B. There are no restrictions on the age of coxswains of Master's crews.

School Events

School Events offered:	SB/SG Year 8/9 4x+	1000m	A/B/C/D Divisions
	SB/SG Year 9/10 4x+	1500m	A/B/C/D Divisions
	SB/SG 1 st 4+	2000m	
	SB/SG 2 nd 8+	2000m	
	SB/SG 1 st 8+	2000m	
	SB/SG Year 8/9 1x	1000m	
	SB/SG Year 9/10 1x	1500m	
	SB/SG Open 1x	2000m	

School-aged rowers based at clubs are eligible to enter school events at RowingSA regatta in the appropriate age/year level categories – i.e. school events are not limited to school-based rowers (N.B. this differs from the National Championships, where rowers must race for a school.)

The core school events are the big boats (4x+, 4+ and 8+) and cater for the bulk of school-age rowers. The inclusion of the school single scull events provides an avenue for competition for excess school-aged rowers who can not be accommodated in a big-boat crew due to uneven numbers and those school rowers who train in single sculls and wish to race in them occasionally. School single sculls will be offered at the Nov 27, Feb 5 and March 26 regattas as well as at the School State Championships on April 2.

The SB/SG 4x+ events are to be entered top-down – i.e. A crew must be entered into the 'A' division before a crew from the same school can be entered into the 'B' division and so on. This does NOT apply at Henley-on-Torrens (Oct 30), Torrens (Nov 20), ARC Twilight (Dec 11) and Torrens (March 5) regattas as crews will not be seeded into divisions for these regattas, but rather all race together, with crews progressing to an exhaustive series of finals based on heat times.

The school Super Series format will be retained for the School Premiership calculations, with the following regattas forming part of the Super Series – February 5, February 26, March 5, April 2.

Head of the River is a key regatta for school-based rowers – it is the 'grand finale' of the school rowing season. A key change for this season will be that the Head of the River Qualifying Heats will be incorporated into the Head of the River Regatta itself this season, as opposed to being held the preceding week.

The Head of the River regatta on 9 April is administered by RowingSA on behalf of the SA Heads of Rowing Schools Association in accordance with their rules of racing which differ in some areas to RowingSA's rules of racing.