



Rowing.

SPORTS INFORMATION GUIDE: COMPETITION VERSION 1.0

1.0 Competition Dates

Rowing competition for World Masters Games 2017 (WMG2017) offers each athlete the opportunity to compete in a mixture of individual and team events, for Men's, Women's and Mixed crews.

The provisional Rowing competition schedule for WMG2017 is as follows:

21/4 Fri	22/4 Sat	23/4 Sun	24/4 Mon	25/4 Tue	26/4 Wed	27/4 Thu	28/4 Fri	29/4 Sat	30/4 Sun
	Training 08:00-12:00 14:00-17:00	Training 08:00-12:00 14:00-17:00	07:30-17:30	13:00-18:00	07:30-17:30	07:30-17:30	07:30-15:30		

The provisional Rowing Competition Schedule for WMG2017 is found [here](#). Changes to the entries list are no longer permitted. On site crew changes will only be allowed by exception (ie. medical reason), and can only be made with athletes who are already registered for the WMG2017 rowing competition. These changes will need to be requested at the control tower, at least 60 minutes prior to the event.

2.0 Venue Details

WMG2017 Rowing competition takes place at the following competition venue:

Venue Name	Lake Karapiro Domain
Venue Information	Sir Don Rowlands Centre 601 Maungatautari Road, Karapiro, Waikato 3494; located in the Waipa District approximately 170km south of central Auckland.
Transportation Information	There are shuttle buses running to Lake Karapiro from the Cambridge i-Site. There is also parking available on venue. Here is link to the Lake Karapiro Transportation Information Guide.

2.1 Amenities

Lake Karapiro is equipped with the following amenities:

- Shower facilities, changing space, and toilets.
- Food & beverage available for purchase on site.
- An indoor athlete lounge area in the Sir Don Rowlands Centre.

2.2 Team Marquees

If your team would like to set up a gazebo or marquee on the spectator embarkment, they may do so between Monday 24 April and Friday 28 April. Set up must take place in those dates. Spaces will not be allocated, and will be available on a first come, first served basis.

3.0 Medical Services

3.1 First Aid

First aid officers will be available at each of the venues during Games time, and allocated treatment areas will be clearly identifiable.

NEW ZEALAND EMERGENCY NUMBER: 111

If you are not at a Games Venue and require emergency medical support, the number to call in New Zealand is 111.

3.2 Physiotherapy and Massage Therapy

Physiotherapy will be available on site at a user pay basis.

3.3 Physiotherapy and Massage – Find a Clinic

For participants looking for treatments or medical services outside of their Games Venue or competition the following website links are for New Zealand Registered Practitioners. Using the links below participants can enter their current location or accommodation address and find clinics located nearby.

- **FIND SPORTS PHYSIOTHERAPISTS IN NEW ZEALAND:**
<http://physiotherapy.org.nz/about-physiotherapy/find-a-physio/>
- **FIND MASSAGE THERAPISTS IN NEW ZEALAND:**
<https://www.massagenewzealand.org.nz/>

4.0 Competition Format & Details

4.1 Competition Format

The rowing competition will take place across five days of competition, with eight distinct event sessions. Athletes will be permitted to enter into more than one age category in a particular class of boat, however,

athletes (including coxswains) are only able to enter into one event per session. This programme was built upon the basis that there is one event per grade per block. With this competition format, it was determined that there would be sufficient opportunity within the five days of racing for athletes to compete in a variety of events; athletes competing in more than one event per block of racing delay to the overall competition schedule.

Please ensure that you have reviewed the Event Listing, and that you have not registered in more than one event per session.

For mixed events on Friday 28 April, athletes will be permitted to compete in more than one race, however competitors should be mindful of the event schedule and the races selected. Mixed events will be rowed in divisions i.e. crews will be drawn in age categories as straight finals with medals being awarded to each division or final.

An athlete may enter multiple separate age categories for the same event, provided the second category is younger than the determined age.

4.2 Coxswains

If you have a coxswain as part of your crew, they must be registered as an athlete and must pay full athlete registration fees in order to be eligible to receive a medal if their crew has a podium finish.

The minimum weight for coxswains is 55 KGs with or without deadweight and in racing uniform (as for a rower). Deadweight must be secured together and easily identifiable as deadweight.

There is no pre-race weigh-in requirement for coxswains although test scales will be available. It is the crew's responsibility to ensure that its coxswain is of sufficient weight with deadweight if required.

There will be spot testing of the weight of coxswains after each race. If selected for a spot test, the coxswain is to accompany the official forthwith to the scales with any deadweight carried. The spot test will require the coxswain to take off all clothing other than the racing uniform or equivalent.

The penalty for an underweight coxswain is relegation of the crew to last place in that race.

Coxswains are required by NZ Maritime law to wear a non-inflatable lifejacket (PDF - Personal Flotation Device) at all times while in the boat. That lifejacket or PDF will not be taken in to account for the weight of the coxswain nor will be treated as deadweight.

4.3 Age Categories

The events and age categories for Rowing at WMG2017 are as follows:

Event	Gender	Age Categories	Distance
Single Scull (1x)	Men's /Women's	All Categories: A – K	1000m
Double Scull (2x)	Men's / Women's /Mixed	All Categories: A – K	1000m
Coxless Pairs (2-)	Men's /Women's	All Categories: A – K	1000m
Quad Scull (4x)	Men's / Women's /Mixed	All Categories: A – K	1000m
Coxed Four (4+)	Men's / Women's /Mixed	All Categories: A – K	1000m
Coxless Four (4-)	Men's /Women's	All Categories: A – K	1000m
Eight (8+)	Men's / Women's /Mixed	All Categories: A – K	1000m

An athletes' age is determined as of 31 December 2017. In line with the sport specific rules, an athlete can compete in a younger age group.

The age category of the crew (excluding any coxswain) shall be calculated by dividing the total number of years of age of the crew by the number of members of the crew.

Mixed crews must be comprised of an equal number of male and female athletes.

The following age categories will be offered for the Rowing competition as part of WMG2017:

- A: Minimum age 27 years
- B: Average age 36 years or more
- C: Average age 43 years or more
- D: Average age 50 years or more
- E: Average age 55 years or more
- F: Average age 60 years or more
- G: Average age 65 years or more
- H: Average age 70 years or more
- I: Average age 75 years or more
- J: Average age 80 years or more
- K: Average age 85 years or more

The coxswain is not required to meet the age or gender requirements of the crew.

4.4 Para Sport

The following Para-Sport events are offered in Rowing, according to athlete interest:

Para Events	Gender	Distance
Para A Single (1x)	Men's	500m & 1000m
Para LTA Single (1x)	Men's	1000m
Para LTA Double (2x)	Men's	1000m

m = metres A = Arms Only TA = Trunk and Arms LTA = Legs, Trunk and Arms

4.5 Competition Standards & Rules

The WMG2017 Rowing event will be conducted in line with the competition rules of the International Rowing Federation (FISA), or as agreed to by the FISA Technical Delegate and as otherwise specified in this document.

All races will be conducted over 1,000 metres utilising up to eight lanes of the course where required. Heats, and where necessary, semi-finals, will be conducted where entries are in excess of the course capacity for all men's and women's age categories, allowing for a minimum of two athletes/crews to progress to the final from any elimination round.

Mixed events will be rowed in divisions i.e. crews will be drawn in age categories as straight finals with medals being awarded to each division or final.

4.6 Technical Delegate

The International Rowing Federation has endorsed the appointment of Lee Spear (NZL) to act in the role of Technical Delegate for the WMG2017 Rowing competition. The Technical Delegate will oversee the implementation of all sport specific rules at the Games.

4.7 Safety Briefing

All athletes will be required to attend a safety briefing prior to racing in competition. The initial safety briefing will take place at 18:00 for approximately one hour on Sunday 23 April in the Main Hall of the Sir Don Rowlands Centre and will include a Powhiri. Athletes are asked to congregate at the entrance until they are welcomed into the building.

Athletes who are not able to attend this session are required to attend a subsequent safety briefing. These meetings will take place daily at 06:30* and 11:30 in the Sir Don Rowlands Centre Main Hall. You must attend a safety briefing in order to race.

*There will not be a safety briefing at 06:30 on April 25th.

Accreditation

Accreditation is required for access onto and off of the water. Should you lose your accreditation at some point during the regatta, a temporary access card can be obtained from the Games Information Desk, located in the lobby of the Sir Don Rowlands Centre.

5.0 Equipment

5.1 Boat Hire

Boat Hire Registration closed on 31 January 2017.

Boat hire will be located in an allocated section of the boat park.

Athletes will be able to collect their boat(s) **60 minutes prior to their race(s)**. When an athlete or crew is eliminated or finished with their races, the boat(s) must be returned to the same location.

To collect your boat, you must present the following documents:

- Photo ID
- Completed Credit Card Pre-Authorisation Form
- Completed Damage/ Repair record (available on site at the time of hire only)

Please review the following key documents available [here](#), and ensure your boat hire allocation is listed correctly:

- Boat Hire Confirmation List
- Boat Hire Terms and Conditions
- Pre-Authorisation Credit Card Form (Damage Bond)

5.2 Boat Hire Bookings for Training

Training for all athletes will be available during the following dates and times and boat hire usage must be pre-booked.

- **Saturday 22 April from 08:00-12:00 & 14:00-17:00**

- **Sunday 23 April from 08:00-12:00 & 14:00-17:00**

All athletes who have hired boats have received an email from rowing@wmg2017.co.nz to book their training during an allocated timeslot in the Boat Hire Training Schedule.

Athletes training with hired boats will do so by booking their hire(s) during the allocated time slot(s) – 60 minutes per boat hired, as outlined in the Boat Hire Terms & Conditions. 60-minute slots will consist of 45-minute training time and 15-minute changeover time.

To collect a hired boat for training, athletes must arrive at the boat park **15 minutes** prior to their scheduled time slot to complete any necessary outstanding paperwork, and to have their personal details verified. In addition, athletes will also be required to present the following documents:

- Photo ID
- Completed Credit Card Pre-Authorisation Form
- Completed Damage/ Repair record (available on site at the time of hire only)

NOTES:

- There is no guarantee that athletes will be training in the same boat assigned to them for racing.
- While the boat hire operator is mindful of boat supply consistency, hirers cannot expect to obtain the same boat for repeat hires.

5.3 Boat Park Availability

Athletes will be permitted to store their personal and team boats on-site at Lake Karapiro from **Friday 21 April at 10:00 to Saturday 29 April at 15:00**. Overnight security will be on-site, however all equipment storage will be at the athletes' own risk, and WMG2017 will not be held responsible for any lost, stolen, or damaged equipment.

6.0 Uniforms

Crews comprising members of the same club should compete wearing uniform clothing (vests, shorts and any additional garments). Rowing in uniform clothing will not be strictly controlled for composite or “unique name” crews, but is preferred.

7.0 Training and Warm-Up Information

7.1 Training

- Training for all athletes will be available on the following dates and times only:
 - **Saturday 22 April from 08:00-12:00 & 14:00-17:00**
 - **Sunday 23 April from 08:00-12:00 & 14:00-17:00**
- Safety boats will be on the water patrolling the course **ONLY** during the session times listed above. As such, no boats will be permitted on the water prior to 08:00, between 12:00-14:00, and/or after 17:00.
- Athletes training with their own boats may train as much or as little as they wish throughout the course of the two training days, there is no need to book a training time.
- Athletes training with hired boats will do so as outlined in Section 5.2.
- Lake Karapiro will **not** be available for training (including for New Zealand-based athletes) the week of 17-21 April 2017 **including Friday 21 April**, when the boat park is available.
- There will be no training available in the morning of 25 April.
- PLEASE NOTE: that the number of boats able to train at any one time is limited (260 boats) and it will be on a first-come / first-served basis.

- All boats will need to register at the marshalls hut to train and obtain a alpha numeric number as an identifier whilst on the water. The alpha number is to be returned when coming off the water and this will then identify the the boat training has returned. **NO NUMBER NO TRAINING**
- All boats must follow the traffic plans for training displayed at the marshal’s office by the boat ramps. When approaching the start all boats will be identified by there alpha numeric number and allocated a lane to row in.

- The marshalls hut will open 15 min before the training session for distribution of alpha numeric numbers and stop issuing 30 min before the end of the training session
- Boats will be allowed to leave the pontoons at the start of the advertised training time and the last boats allowed on the water will be 20 mins before the end of the advertised session

7.2 Launching / Recovering

- All boats must comply with the directions displayed for launching and recovering the boats off the pontoons unless otherwise directed by an official.

7.3 Racing (including warm-up)

- All boats must follow the traffic plans for racing displayed at the marshal's office by the boat ramps.
- Boats may warm-up only around the dedicated warm-up lane and in the direction identified by the racing traffic plan.
- All boats are required to be behind the Start, ready to race and in race order 10 minutes before the scheduled time of their race and comply with the pre-start officials directions. The warm-up area is not "behind the Start".
- Boats may warm-down only around the dedicated warm-down lane and in the direction identified by the racing traffic plan

A failure to comply with these on-water requirements may result in a penalty being imposed from a warning to exclusion from the relevant event.

8.0 Results

8.1 On-Venue Results

Results will be posted at the venue in a timely matter. Results will be posted on a notice board adjacent to the operations tower on the south side of the Sir Don Rowlands Centre. Final results will be posted daily on the WMG2017 website.

8.2 Medal Ceremonies

Medal ceremonies will take place 40 minutes following the start of each Final race. Medal ceremonies will all take place in the Main Hall of the Sir Don Rowlands Centre.

9.0 Anti-Doping

Drug Free Sport New Zealand is the recognised National Anti-Doping Organisation (NADO) in New Zealand and will implement the WMG2017 anti-doping programme on behalf of the International Masters Games Association (IMGGA). In accordance with the [Participation Terms and Conditions](#), all Participants are subject to the [IMGGA Anti-Doping Rules](#). Participants should also be familiar with sport-specific anti-doping rules.

10.0 Registration/ Check-In

If an athlete or entire crew is not present at the start time of an event in which they are registered, the race will proceed without this person or team, as scheduled, without any exceptions.

11.0 Insurance

11.1 Personal Health and Insurance

An athlete's entry into this regatta is deemed to be personal confirmation by that athlete that he or she is physically fit to participate in the regatta.

It is the athlete's responsibility to secure private travel and medical insurance to cover any liabilities associated with his or her health, travel or accommodation in respect of his or her attendance at or participation in this rowing regatta.

Please refer to the Boat Hire Terms and Conditions for information regarding Boat Hire damage bonds.

12.0 Further Information

All participants are encouraged to monitor the WMG2017 website at www.worldmastersgames2017.co.nz and other Games communication channels to find out all of the latest information.

11.1 Enquiries

General enquiries - contactus@wmg2017.co.nz

Rowing-related enquiries - rowing@wmg2017.co.nz

11.2 Ceremonies and Social Events

The Opening Ceremony is scheduled for the evening of Friday 21 April 2017 with the Closing Ceremony on the evening of Sunday 30 April 2017. Both of these events will take place in Auckland.

If you're a participant based in Waipa, you can celebrate the final day of competition in Cambridge on Friday 28 April. Join with the whole community to celebrate success at a pop-up outdoor family event with food trucks, stalls and performances. Activity commences at 4pm and doors to the Cambridge Town Hall open at 7.30pm. Once inside you can dance the night away as Waikato 6-piece band 'Sir Brown' covers all your favourite songs, including a great mix of Motown, Soul and top 40 pop tunes. The event will be hosted by NZ comedy star Paul Douglas. Plus the first 100 guests to arrive will receive a complimentary beverage. Note that entry to the Town Hall is via WMG2017 Accreditation only. To find out more [click here](#).

Please follow [this link](#) for the WMG2017 Entertainment Hub programme.

11.3 Games Accreditation

Accreditation will be required to access the Opening Ceremony, participant-only social functions (including the Waipa event on 28 April), and to access the water for competition at Lake Karapiro.

11.4 Links

[Link](#) to WMG Community

All participants are encouraged to monitor the WMG2017 website at www.worldmastersgames2017.co.nz and other Games communication channels to find out all of the latest information.

If you have any further sport specific questions, please send an email to rowing@wmg2017.co.nz

11.5 Important Documents

WMG2017 recommend that all athletes thoroughly read and print their Sports Information Guide, Transport Information Guide and any other relevant materials, such as course maps, as these materials will not be available in printed format at the Competition Venue or Accreditation Centre.