



NSW SCHOOLGIRLS HEAD OF THE RIVER REGATTA

Saturday 26th March 2011 commencing at 8am

The structure of the NSW Schoolgirl Head of the River Regatta:

All affiliated schools of the NSW Combined Independent Schools Sports Council (NSWCISSC), NSW Combined High Schools Sports Association (NSWCHSSA) and the NSW Combined Catholic Colleges Sports Association (NSWCCCSA) are eligible to nominate. Schools other than those eligible to be affiliate members of the above bodies who would like to be considered for an invitation to compete may make application to the organising committee. All competitors must comply with NSWRA laws of boat racing.

COMPETITOR RULES

- School competitors must be bona fide full time students of the school that person represents in racing.
- School crews must comprise members who are students of one secondary school. No composite school crews permitted in any event.
- All competitors must be current financial members of Rowing NSW.

Doubling up:

Rowers: Each rower may only be entered in one event.

Coxwains: Coxswains may cox in as many races as they wish as long as they do not cox "down" a crew. They are also eligible to row in one event.

In the case of illness or injury on the day, a special request may be submitted to the regatta committee seeking approval to bring a rower up from a lower ranked crew.

ENTRY RULES

Late entries will not be accepted.

EARLY CLOSE OF ENTRIES FOR 2011 SGHOR REGATTA

NSW SGHOR ENTRIES WILL CLOSE ON MONDAY 28TH FEBRUARY, 2011 AT 5.00 PM.

All entries must be lodged by an authorised person who must have the [endorsement of the school's principal](#). A form indicating the principal's approval must be sent online (CIS member schools) or emailed (non-CIS member schools) to CIS. A link to the appropriate form will be found with the entry list for the SGHOR regatta on the NSWRA website <http://www.rowingmanager.com/rm/?regatta=1587>

[Entries will not be accepted](#) if this form is not completed.



Entries should be made on the NSWRA website (www.rowingnsw.asn.au) by 5.00pm on Monday 28th February, or on NSW rowing forms (schedule 9a and b) to be lodged at the NSWRA Office, 6a Figtree Drive, Olympic Park, Homebush or by post to PO Box 722, Glebe, 2037 (by fax (02) 8732 1618. Entries unaccompanied by the correct entry fee will not be accepted. Seat fee - \$7.50 per racing seat (including gst) payable to NSW Rowing. ***There will also be a CIS Nomination Fee for each rower from an independent school in line with all other CIS Sports. Schools will be notified of this cost later in the year.***

Schools will be required to supply volunteers commensurate with team size to help with the efficient running of the regatta. The Duties and Job descriptions will be published on the NSW CIS website on Monday 7th March, 2011.

Grading of crews: The ranking of rowers and grading of crews is important to the integrity and fairness of the regatta. It is the responsibility of the person in charge of rowing at each school to ensure that crews are graded in terms of the hierarchy of events outlined in this bulletin. The committee reserves the right to reject entries where it believes the grading process has not been followed.

ALL crews must be ranked 1,2,3,4 etc in hierarchy order unless otherwise stated in the rules.

Schools may lodge a seeding request. Seeding Requests are made directly to CIS (form on website) and each schools CIS member affiliation association (e.g. IGSSA, ISA, AICES). Non-CIS member schools please contact NSW CIS directly.

SENIOR DIVISION

ELIGIBILITY:

Year 11 & 12 Events: Senior events are open to those competitors who are attending an eligible school and enrolled in Year 11 or Year 12 (or Year 10 as indicated) in the first term of the year of the Head of the River regatta, i.e, 2011.

Year 10 Events: Year 10 events are open to those competitors who are attending an eligible school and enrolled in Year 9 or Year 10 in the first term of the year of the Head of the River regatta, i.e, 2011.

Adaptive Events: The Adaptive events are open to students from any Year group.

Yr 11 & 12 1st Eight 2000m	If school has only one eight it must be entered as 1 st Eight	1 crew only
Yr 11 & 12 2 nd Eight 2000m	Year 10 athletes may "row up" into a 2 nd or 3 rd Eight	Multiple Entries accepted
Yr 11 & 12 Coxed Four 2000m	Rowed in heats and finals	1 crew only (unless a 1 st & 2 nd 8+ is rowed)



Yr 11 & 12 Quad Scull 2000m	Rowed in Divisions with heats & finals if entries require heats. Schools should take care to number their crews where multiple entries apply. Crews should be ranked in Divisions 1, 2, 3, etc. If school has a 2nd Eight their 1 st Coxed Quad Scull may be graded in Div 2	Multiple entries accepted
Yr 11 & 12 Double Scull 2000m	Rowed in heats and finals	1 crew only
Yr 11 & 12 Single Scull 2000m	Rowed in heats and finals	1 crew only
Adaptive Scull 500m or 1000m	(Girls who meet Adaptive criteria – please see Disability section of the website) The adaptive scull will be rowed as a combined Junior & Senior event with points going to the Senior or Junior section according to the competitors age.	Multiple entries accepted
Year 10 Quad Scull 1500m	Rowed in Divisions with heats & finals if entries require heats. Schools should take care to number their crews where multiple entries apply. Crews should be ranked in Divisions 1, 2, 3, etc.	Multiple entries accepted
Year 10 Double Scull 1500m	Rowed in heats and finals if required	1 crew only
Year 10 Single Scull 1500m	Rowed in heats and finals if required	1 crew only

ADDITIONAL NOTES:

First eight – Year 11 & 12 Programs of 12 + rowers are expected to row an eight. Where a school is able to row an eight, it must row as the First Eight. The **First Eight** will be rowed in heats and a final as the numbers of entries dictate.

Second Eight – The Second Eight is regarded as the second highest ranked boat in the competition. Schools are invited to boat a Second (or Third) Eight which should include Year 11 & 12 squad competitors but may include Year 10 competitors, i.e, competitors may “row up” into the Second or Third Eight, however, First Eight competitors may not “row down”. The **Second/Third Eight** will be rowed in heats and a final as the numbers of entries dictate.

Yr 11 & 12 Four and Yr 11 & 12 Quad – Schools are encouraged to take into consideration the physical ability of their rowers when deciding which of these events is most suitable to the individual competitor. Schools entering the Second Eight **may** rank their quads 2, 3, etc.

Injury/Illness after entry – On application a single sculler may be changed after entry to assist in ensuring a crew may be boated after injury/illness

Schools must enter their crews in consecutive Divisions e.g. Quad 1 entered in Division 1, Quad 2 entered in Division 2 etc. (with the exception of those entering a 2nd Eight see above)



JUNIOR DIVISION

ELIGIBILITY:

Year 8 & 9 events are open to those competitors who are attending an eligible school and enrolled in Year 8 or 9 in the first term of the year of the Head of the River regatta, i.e, 2011.

Year 8 & 9 Quad Scull 1000m	Rowed in Divisions with heats & finals if entries require heats. Schools should take care to number their crews where multiple entries apply. Crews should be ranked in Divisions 1, 2, 3, etc.	Multiple entries accepted
Year 8 & 9 Double Scull 1000m	Rowed in heats and finals if required	1 crew only
Year 8 & 9 Single Scull 1000m	Rowed in heats and finals if required	1 crew only
Adaptive Scull 500m or 1000m	(Girls who meet Adaptive criteria – please see Disability section of the website) The adaptive scull will be rowed as a combined Junior & Senior event with points going to the Junior or Senior section according to the competitors age.	Multiple entries accepted

Schools must enter their crews in consecutive Divisions e.g. Year 8 & 9 Quad 1 entered in Division 1, Year 8 & 9 Quad 2 entered in Division 2 etc.

Injury/Illness after entry – On application a single sculler may be changed after entry to assist in ensuring a crew may be boated after injury/illness



RACE RULES

Regatta rules: The regatta will be conducted within the laws of boat racing of the NSW Rowing Association.

Regatta timing: It is proposed to commence the regatta at 8.00am on Saturday 26th March 2011

Boats to be used: Crews will not be permitted to row a coxless boat in a coxed event: all crews must carry a coxswain where applicable.

Bow numbers: Crews will be required to carry lane numbers in line with the established NSWRA competition instructions. Limited supplies of lane numbers will be available for hire on the day of the regatta from the finish tower.

Coxswains weight: Coxswains must be students at the competing school but are not defined as competitors for the purpose of grading crews. The minimum weight for a coxswain in a schoolgirl crew is 45kg. All coxswains are required to carry dead weight to 45kg. Pace coach and other rowing equipment does not qualify as dead weight. Winning coxswains will be asked to check weight prior to the presentation of medals. Check weigh-in facilities will be available at the finish tower prior to racing.

Coxswains may cox in more than one race and may cox "up" in crew but not "down".

Divisions of Races: 3 crews from at least two schools will constitute a Division with the exception of single and double scull races. Where a race does not meet this criteria, divisions will be combined until the above is achieved.

Heats and finals: Where required All Senior Division events will be rowed in heats and finals. Where required all Junior Division events, will be rowed in heats and finals.

Progression to Final: If two heats are conducted, the first four place getters in each heat will progress to the final: if three heats – the first three place getters will proceed to the final. Please refer to the program on the day to confirm the number of places that qualify for each final.

Consistency in Schoolgirl Regattas: The committee strongly recommends that schools hosting regattas during the rowing season follow the rules and structure of the NSW Schoolgirl Head of the River as outlined above, with one exception: that schools may enter more than one (1) entry into single and double scull events.

GENERAL INFORMATION

First eight photos: The program will carry photos of crews entered in the First Eight event. It is the responsibility of competing schools to arrange a crew photograph.

All crew photos are due to Lyndall Jesse at CIS email ljesse@aisnsw.edu.au by Monday 28th February.

Melba Studios are the official photographer for the Regatta. Please contact Kerry Beaver – ph 98164277 or fax 98162509 asap to arrange a suitable time at training to have your eight photographed for the program. Please make sure this occurs before the due date.

Official morning tea: The Principals of competing schools and a limited number of other guests will be invited by the committee to an official morning tea.



Nomination of recommended invitees needs to be in the hands of Lyndall Jesse ljesse@aisnsw.edu.au at the Association of Independent Schools of NSW, 99 York Street, Sydney. Phone: 9299 2845, fax: 9290 2274 before Monday 28th February 2011

First aid: First aid facilities will be provided. The medical centre is situated approx 50 metres past the finish line. A reminder of the location will be announced on the day of the regatta.

SIRC course rules: SIRC procedures on crews travelling to the start and using the warm up lake will be strictly enforced. Please refer to maps on noticeboards at the venue. Penalty may include disqualification.

Trailer access: The gates will be opened at 6.00am on Saturday 26th March for entry to SIRC for crews to use the warm-up lake facilities during this time. It is up to schools who wish to gain access at any other time to negotiate with SIRC.

Car passes: Car passes will be issued to competing schools to allow trailer and bus access to the island side (finish tower side). Trailers must be unloaded promptly and parked as directed.

Marquees / shade shelters: Schools may pitch shade shelters on the hill area adjacent to the grandstand. Contact should be made with the venue management office for an allocated space. (This is required to ensure there are no mishaps such as driving tent pegs into water or power lines). Full access to grandstand facilities will also be available on a "first in" basis.

Medallions: Medallions will be presented to the winners and placegetters (second and third) of each division and a final. Crews finishing first, second and third in all year 8/9 and year 10 races are required to return to the victory dais adjacent to the finishing tower 30 minutes after their race time start. Yr 11 & 12 crews finishing first, second and third are required to return to the victory dais adjacent to the finishing tower immediately after their race. **Yr 11 & 12** competitors in events after lunch will be instructed to: 1. finish race 2. boats to pontoon on right of tower; 3. go to main pontoon for presentation & photo; 4. go back to boat and row off.

Perpetual trophies:

- (i) The NSW Union of Ex-Oarswomen Rose Evans trophy for competition between schoolgirl first eights. **QUEENWOOD**
- (ii) The University of Sydney Women's Sports Association trophy for competition between schoolgirl first coxed fours. **KINROSS-WOLAROI**
- (iii) The Union of Boat Race Officials shield for competition between schoolgirl Senior coxed quadruple sculls. **ASCHAM**
- (iv) The University of NSW Trophy originally for competition between schoolgirl open fours, was reallocated in 2007 to the Second Eight. **PYMBLE LADIES COLLEGE**
- (v) The NSW Union of Oarswomen Golden Scull Trophy for competition between single scullers. **ISOBEL JAMES – FORT ST HS**
- (vi) The Margaret Varady Trophy for competition between schoolgirl year 10 coxed quads. **PYMBLE LADIES COLLEGE**
- (vii) The Betty Deer Rosebowl for the highest aggregate point score between competing schools. **CANBERRA GIRLS GRAMMAR SCHOOL**
- (viii) The William McKeith Trophy for the Junior Handicap Pointscore **LORETO NORMANHURST**
- (viii) The Carol Bown Shield for the Senior Handicap Pointscore **PYMBLE LADIES COLLEGE**

NB. All perpetual trophies are awarded to the school for one year and will be required to be returned for presentation at the following years regatta. Winning schools from 2010 are reminded that it is their responsibility to return the perpetual trophies to the finish tower by 9.00am on race day. Trophies should have been **suitably engraved** and **polished**.



POINTSCORE

Points are awarded for each race as follows:

Place	Points			
	Single	Double	Quad/Four	Eight
1 st	10	20	40	80
2 nd	8	16	32	64
3 rd	7	14	28	56
4 th	6	12	24	48
5 th	5	10	20	40
6 th	4	8	16	32
7 th	3	6	12	24
8 th	2	4	8	16
9 th	1	2	4	8

Overall Pointscore – combined total of points for each school.

Handicap Pointscore – total points divided by number of seats (not including cox as a seat)

N.B. Where Heats are held, crews who do not make the final are awarded 9th place points.

EVENT ORDER

- 1 Yr8/9-9 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 9
- 2 Yr8/9-8 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 8
- 3 Yr8/9-7 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 7
- 4 Yr8/9-6 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 6
- 5 Yr8/9-5 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 5
- 6 Yr8/9 2x Schoolgirl Year 9 Double Scull
- 7 Yr8/9 1x Schoolgirl Year 9 Single Scull
- 8 Yr8/9-4 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 4
- 9 Yr8/9-3 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 3
- 10 Yr8/9-2 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 2
- 11 Yr8/9-1 4x+ Schoolgirl Year 9 Coxed Quad Scull Division 1
- 12 Yr8-12 Adapt 1x Schoolgirl Adaptive Single Scull
- 13 Yr10-7 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 7
- 14 Yr10-6 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 6
- 15 Yr10-5 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 5
- 16 Yr10-4 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 4
- 17 Yr10 2x Schoolgirl Year 10 Double Scull
- 18 Yr10 1x Schoolgirl Year 10 Single Scull
- 19 Yr10-3 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 3
- 20 Yr10-2 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 2
- 21 Yr10-1 4x+ Schoolgirl Year 10 Coxed Quad Scull Division 1

LUNCH BREAK



22	Yr11/12 2x	Schoolgirl Double Scull
23	Yr11/12 1x	Schoolgirl Single Scull
22	Yr11/12 4+	Schoolgirl Four
23	Yr11/12 4x+	Schoolgirl Coxed Quad Scull
24	Yr10-12 2 8+	Schoolgirl Second Eight
25	Yr11/12 1 8+	Schoolgirl First Eight

SYDNEY INTERNATIONAL REGATTA INFORMATION

Sydney International Regatta Centre Website: www.regattacentre.com.au

Competitor instructions Welcome to the NSW Schoolgirls Head of the River Regatta and the Sydney International Regatta Centre (SIRC). The regatta will be conducted in accordance with the rules, by-laws and laws of boat racing of the New South Wales Rowing Association Inc.

Eligibility: Each competitor must be eligible to compete with respect to the status rules governing competition (law 9). Substitutes in crews, including coxswains, must be advised in writing to the referee on a substitution form (schedule 15) prior to competing in accordance with law 6. No change in personnel of a crew is permitted between the heat and the final of an event.

Start: At the start, lane # 1 is on the left hand side looking from the start to the finish. The start signal and recall signal will be by horn blast. The starter will advise the procedure for starting. Crews will be dispatched by the starter saying "attention " followed simultaneously by the horn and green disc indicator. The umpire's signal to stop rowing will be the waving of a red flag. All crews must be in the starter's control (and must have reported) 5 minutes before their event. Where heats/divisions are drawn, this is five minutes before the first heat/division. To achieve this, crews should report to the marshal at the channel entrance leading on to the course, 15 minutes before their race.

Latecomers will not be allowed on to the course. Crews or scullers not intending to race must lodge a withdrawal form (schedule 14) with the referee not later than 30 minutes prior to the first race of their event. Failure to do so will attract a fine. Finals for all events will be conducted in the order laid down on the association's regatta program card, unless otherwise announced by the regatta commentator.

Finish: The first crew to cross the finish line will receive a horn blast, other crews crossing the line will also be acknowledged by the finish horn.

Safety and equipment: Bow balls of an approved type must be securely fitted to the bow of each competing boat; no boat will be permitted to start in breach of law 8. Boats are liable to check weighing in accordance with the rules. No boat shall carry radio or telephone equipment capable of sending or receiving messages.

Weigh-in: Check weigh in facilities will be available at the finish tower prior to the regatta.

Coxswains: Umpires will conduct random checks of coxswains weight. When instructed to be weighed, crews must immediately proceed to the specified place for the coxswain to be check weighed. Coxswains must carry sufficient lead or other metallic weight (no water bottles, bricks or sand bags) to exceed the minimum weight when wearing a rowing suit. (refer to law 9 (3) of the laws of boat racing for the specific weight requirements for male, female and age categories).

Coxswains must be students at the competing school but are not defined as competitors for the purpose of grading crews. All coxswains are required to carry dead weight to 45kg. Pace coach and other rowing equipment will not qualify as dead weight. Winning coxswains will be asked to check weigh prior to the presentation of medals. Check weigh-in facilities will be available at the



finish tower prior to the regatta. Coxswains may cox in more than one race and may cox up in crew but not down.

Do not row to the start on the course Do not row to the start on the course or obstruct racing in any way - penalty for breach of the traffic regulations is disqualification. No crew is permitted to warm down or train on the course during the scheduled racing periods. No speedboats (other than those engaged by the regatta organisers for use by the boat race officials) are permitted on the course or warm up lake.

Lane numbers: A lane number of the approved type must be carried by each crew or sculler in every race and fitted into a number holder on the bow of each boat. Failure to comply with this requirement will attract a fine (\$10). Limited supplies of lane numbers will be available for hire on the day of the regatta from the finish tower.

Course closure & training: The regatta course will be closed to all crews who are not proceeding to the start of their event, 30 minutes before the commencement of each racing session. Crews violating this directive will be awarded false starts or will be disqualified.

Coaches instructions: The cycle path at SIRC on the southern side of the course is reserved for coaches following races on bicycles. In the interests of spectator safety no bicycle riding is permitted within 200m from the finish line. Only official vehicles are permitted to drive to the start or use the media roadway. No coaching boats are permitted at SIRC. No coaches or spectators are permitted within the starting / aligning precinct when the 2000 & 1000m starts are in operation.

Presentation of trophies: Presentation of trophies will take place on the pontoon dais following the discharge of the race by the umpire & judge. Successful competitors must proceed to the pontoon between the shore and first line of buoys.

Parking - Saturday 26th March Entry from 6 am.- \$10 per car. A shuttle bus will run throughout the day from parking to the island. Should parking be limited due to wet weather a shuttle bus will be available to the centre from Penrith Council parking on northern side and at the museum of fire. This information will be posted on the NSW CIS website if applicable. Notification of alternative parking would be likely by Thursday 24th March.