



**Youth Cup Rowing Regatta Nagambie lakes Regatta Centre, Nagambie  
31<sup>st</sup> August, 1<sup>st</sup> and 2<sup>nd</sup> of September 2007 (Friday – Sunday)**

Rowing Australia has commissioned Rowing Victoria to conduct the 2007 Youth Cup Rowing Regatta to be contested at the Nagambie lakes Regatta Centre, Nagambie, Victoria. Invitations are extended to all the Australian State / Territory Rowing Associations and the New Zealand Rowing Association to participate.

See Bulletin 1 for information on:

- Team composition
- Governance
- Substitution rules
- Points system
- Equipment hire
- Drug testing
- Climate
- Transport

(To view Bulletin 1, check the Rowing Victoria website, 'Competition Section' [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au))

#### **CLOSE OF ENTRIES**

Entries close for the Youth Cup regatta at 5.00 pm EST on Friday 17 August 2007 on ROMS.

#### **QUALIFICATION**

The 2007 Youth Cup Rowing Regatta is open to rowers and coxswains under the age of 21 years as at 31 December 2007. All competitors will be required to provide proof of age at regatta control before racing (passport, driver's license or birth certificate).

*Regatta control will be open from 12noon on Thursday 30 August and athletes will be required to present their identification to staff during the afternoon.*

EVENT PROGRAM SUMMARY	Men	Women
<b>Day 1 - FRI August 31</b>	<b>Small Boat Heats (AM) &amp; Finals (PM)</b>	<b>Small Boat Heats (AM) &amp; Finals (PM)</b>
1x	2 crews per state	2 crews per state
2-	2 crews per state	2 crews per state
L2x	1 crew per state	1 crew per state
L1x spare	1 crew per state	1 crew per state
<b>Day 2 – SAT September 1</b>	<b>Big Boat Heats (AM) and Finals (PM)</b>	<b>Big Boat Heats (AM) and Finals (PM)</b>
4-	1 crew per state	1 crew per state
4x	1 crew per state	1 crew per state
Mixed L2x spares	1 crew per state	1 crew per state
<b>Day 3 – SUN September 2</b>	<b>Eight Heats (AM)</b>	<b>Eight Heats (AM)</b>
8+	1 crew per state	1 crew per state
Mixed 4x spares		?
<b>12noon</b>	<b>Eight Finals</b>	<b>Eight Finals</b>
<b>Followed by Trophy Presentations</b>		

#### **LIGHTWEIGHTS**

Lightweights will be permitted to compete at +6% of the Rowing Australia stipulated average weight in its rules for lightweights.

The Weight Specifications are :- (there will be no crew average)

Men: Max Weight 74.2kg Women: Max Weight 60.4kg

*Weigh-in will take place in the boat park shed. Athletes are only required to weigh in on Friday 31 August 07.*

*Men: 8.10am – 9.10am*

*Women: 10.10am – 11.10am*

*Test scales will be available from 12noon on Thursday 30 August 2007.*

Rowing Victoria, 13/20 Commercial Road, Melbourne, 3004

Phone [+61] 03 9820 8888 Fax [+61] 03 9820 4888

Website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) Email: [regina@rowingvictoria.asn.au](mailto:regina@rowingvictoria.asn.au)



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**TEAM FEES**

Team Managers should contact Rowing Victoria directly for this information.

**VENUE HOURS**

Gates will open at 6.30am each morning from 31 August to 2 September and close at 6pm. Training times will be dictated by the race times; check Bulletin #3 for specific details.

*Regatta Control* will be open

- 12noon Thursday 30 August until 6pm
- 7am until 6pm on Friday 31 August
- 7am until 6pm on Saturday 1 August
- 7am on Sunday 2 September and close shortly after the last race on Sunday.

**TRAILERS**

Upon arrival at the course, trailers will be directed to unload and park against the boat park fence. Regatta staff will be on-hand to assist with the parking and retrieval of trailers when the team wish to reload and leave the venue. There will be no parking allowed within the boat park fence except for the trailer and one tow vehicle.

**BOAT STORAGE**

Boat racks will be supplied. Athletes are asked to collapse the boat racks at the end of the regatta and will be directed to carry the racks back to the boat shed.

**STATE TENTS**

Teams wishing to erect tents may do so on the peninsula on the area opposite the boat park. Should teams wish to hire tents, please contact Regina at Rowing Victoria. Costs would be advised.

**CAR PARKING**

Athlete and spectators are asked to refrain from parking on the peninsula in view of the course. There is ample parking in the car park and spectators have access to indoor viewing facilities at the ground level of the regatta center.

**NO PETS AT THE REGATTA**

Nagambie Lakes is a reserve and having pets within the park is not permitted.

**ATHLETE BRIEFING**

All competing athletes and coaches are expected to attend the athlete briefing which will be held at 5.30pm on Thursday 30 August 2007.

**VENUE ENTRY FEE**

There is no venue entry fee and car parking is available in car parks close to the boatshed.

**ACCOMMODATION**

Western Australia and Queensland Teams (49 total)  
Nagambie Goulburn Highway Motel  
143 High St  
Nagambie VIC 3608  
Telephone: (03) 5794 2681

New Zealand Team (24)  
Nagambie Motor Inn  
185 High St  
Nagambie VIC 3608  
Telephone: (03) 5794 2833

Rowing Victoria, 13/20 Commercial Road, Melbourne, 3004  
Phone [+61] 03 9820 8888 Fax [+61] 03 9820 4888  
Website [www.rowingvictoria.asn.au](http://www.rowingvictoria.asn.au) Email: [regina@rowingvictoria.asn.au](mailto:regina@rowingvictoria.asn.au)



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**ACCOMMODATION (CONT)**

Tasmania Team (25)  
Nagambie Centretown Motel  
266 High St  
Nagambie VIC 3608  
Telephone: (03) 5794 2511, 1800 652 989

South Australian Team (24)  
Seymour Motel  
Old Hume Hwy  
Seymour VIC 3660  
Telephone: (03) 5792 1500

New South Wales Team (25)  
Nagambie Lakes Entertainment Centre  
High Street, Nagambie

Victorian Team (25)  
Highland Caravan Park  
33 Emily St  
Seymour VIC 3660  
Telephone: (03) 5792 2124

ACT Team (25)  
Wattle Motel Seymour  
9 Emily St  
Seymour VIC 3660  
Telephone: (03) 5792 2411

**LUNCH AND YOUTH CUP DINNER**

Breakfast – own arrangements

Lunch - \$10 Friday and Saturday (Lunch pack collection details will be advised in Bulletin #3)

***See the attached form for Team Managers to complete to order lunch for team members. Please return this form to Rowing Victoria by no later than Friday 10 August.***

Dinner – team dinner on Friday evening at a cost of \$30 per head and all team members are encouraged to attend; other nights are own arrangements (note: this differs from previous advice)

The dinner will be held on Friday 31 August 2007. Athletes and coaches are expected to attend this function. Details will be advised in Bulletin #3.

***Again, Team Managers should complete the attached form to confirm numbers for the Youth Cup dinner.***

**FOOD AVAILABILITY ON COURSE**

Snacks, coffee and warm beverages will be available on course during competition hours at the regatta kiosk located at the regatta center.

**TRANSPORT**

All teams will organise their own transport to/from the accommodation and airport/train station.

**ENQUIRIES**

Contact Regina Kennedy (event coordinator) or Richard Bartlett (boat hire) (Office contact details below or call Richard on 0415 080 003.

**BULLETIN #3**

Will be released no later than Monday 20 August and will contain information on the following:

- training times on Lake Nagambie, details regarding the Youth Cup teams' dinner on Friday 31 August 2007, lunch pack collection details, athlete relaxation areas and shelter



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## **NAGAMBIE LAKES TRAINING AND RACE COURSE**

### **PROCEDURES FOR BOAT LAUNCHING**

The launching area is from the beach directly in front of the boat racks on the southern side of Furlong Cove. Proceed west along the line of buoys at Furlong Cove, around the end of the buoys, then towards the start keeping the line of buoys on the rowers' left.

### **BOAT LIGHTS**

If you row earlier than dawn or after dusk you do so at your own risk. Should you chose to do so, crews should be aware that local rowers may be out training and rowers need to attach boat lights to their craft as per the boating rules within Victoria.

***This means attaching a white flashing light on the stern of the boat and a white still light on the bow.***

### **POWER BOAT USAGE**

The course and lake shall be closed to all power boats except official craft

Rowing training accompanied by a power boat may be undertaken on the Goulburn River. The river is entered via the opening at the end of the warm-up lake. The Scour bridge, opposite the boat park, is temporarily unavailable due to works.

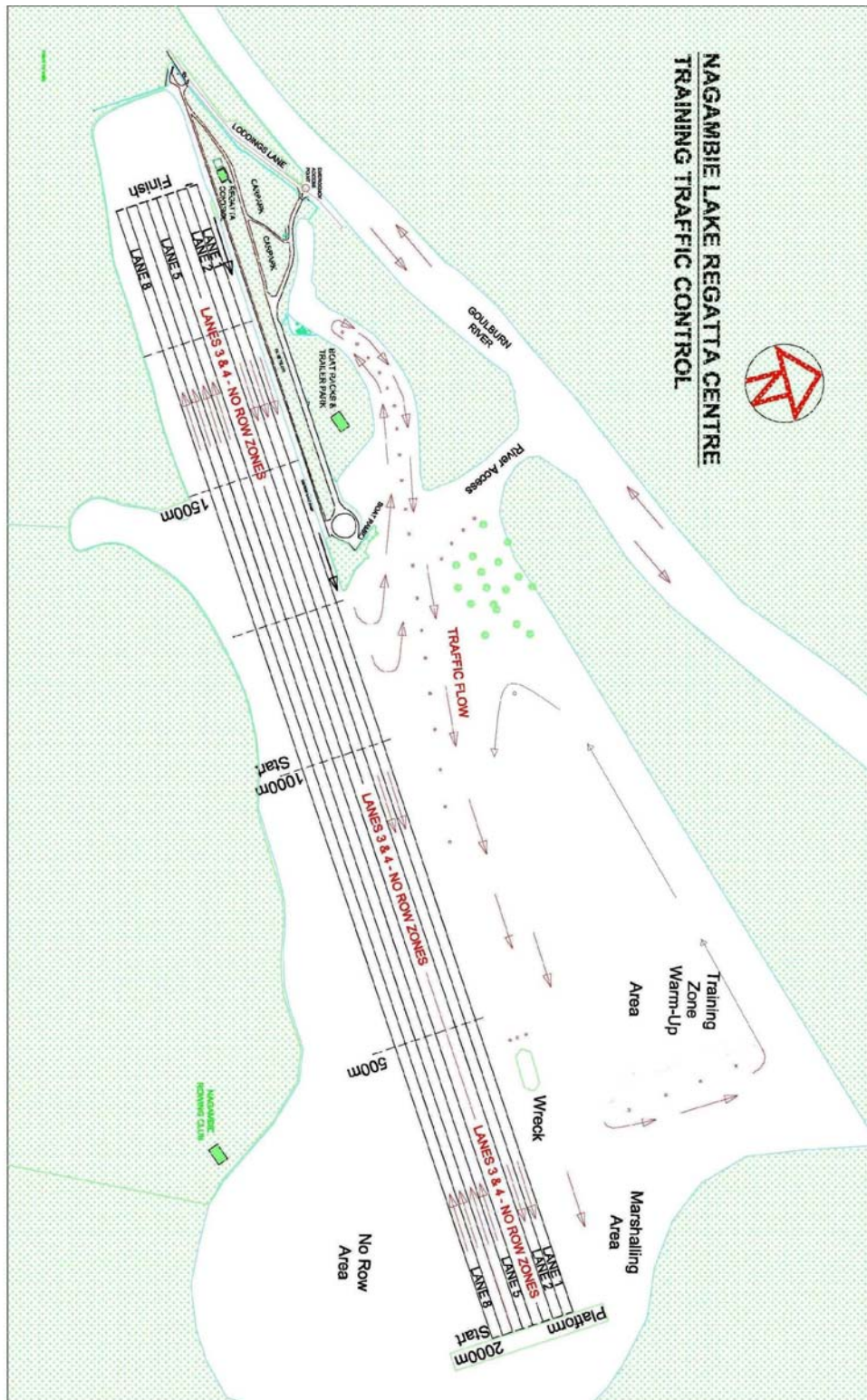
### **BOAT TRAFFIC RULES DURING TRAINING PERIODS**

- On competition days, the course will be closed for training from 1/2 hour prior to the starting time for the first event
- During training periods the southern side of the course including lanes 5 to 8 will be for traffic moving towards the finish. The northern side of the course including lanes 1 and 2 will be for traffic moving towards the start line or boat rack area. Lane 3 and 4 are no row zones
- All rowing within the lanes on the course will be non-stop for 2000 metres. Crews practicing starts or intending to stop along the length must train off course
- Crews must turn beyond the finish line around the turning buoy
- Crossing the course will only be permitted in the area 100 metres from the starting platform
- Crews training must not 'pace' any race in progress

*All these traffic rules and rules of rowing are to protect and ensure the safety of all competitors. Any directions from marshals or safety boats must be obeyed and crews disobeying these directions will be referred to the Umpires' Jury for an appropriate penalty.*

*See Nagambie Lakes training traffic directions overleaf.*

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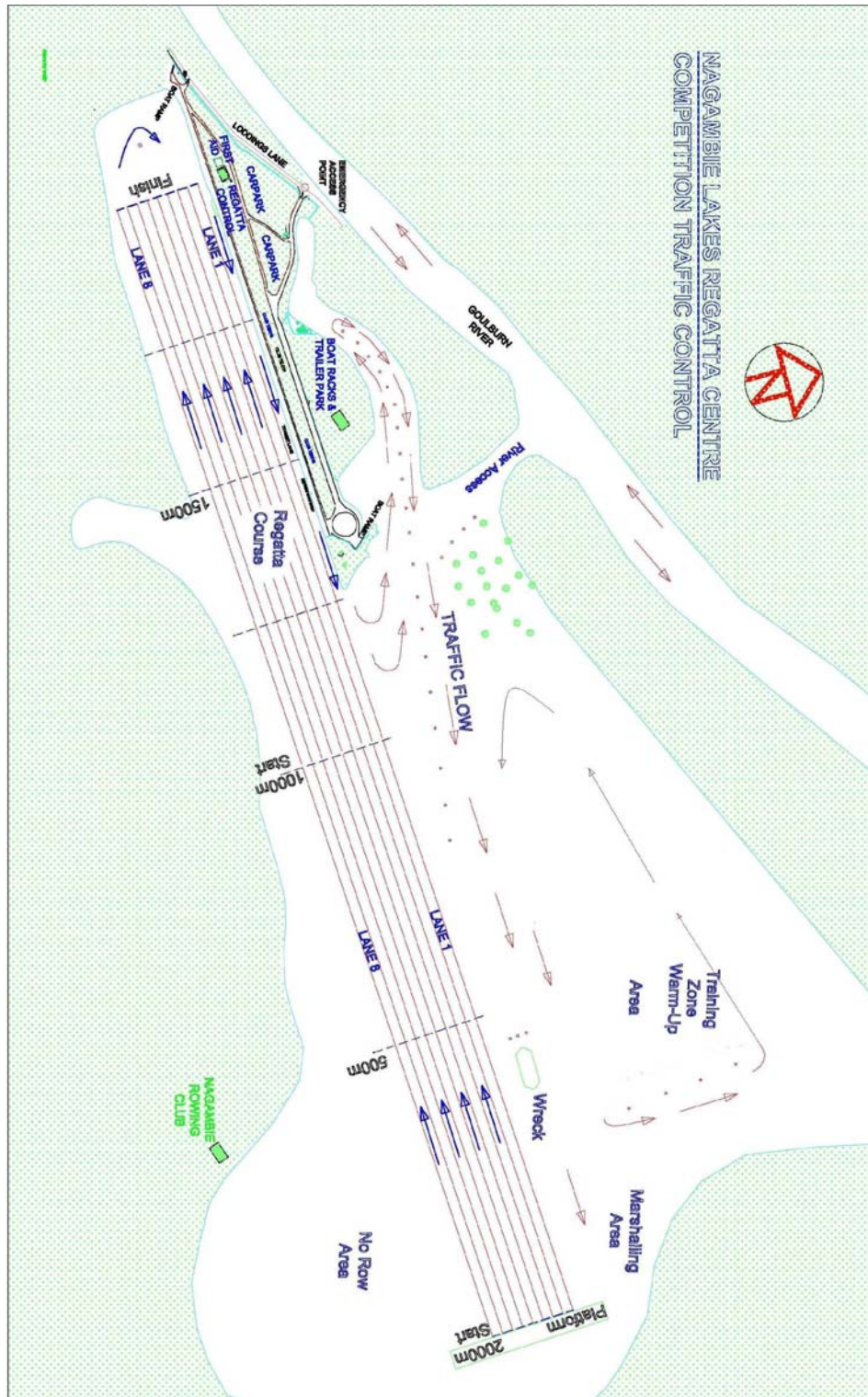
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**BOAT TRAFFIC RULES DURING COMPETITION PERIODS**

- The 'warm up' area, north of the course, is a busy area. Crews must move in an anti-clockwise direction around the warm-up triangle. Traffic traveling towards the start from launch area will follow the line of buoys towards the start and warm-up area; note the 'wreck' which is marked by hazard buoys
- The area adjacent to the starting pontoon in front of Nagambie Rowing Club should not be used for warm-up
- Once crews proceed into the start area they cannot return to the 'warm up' area
- Crews must wait for the previous race to clear the 100m zone before moving into their lanes at the direction of the starter
- Crews may practice in their own lane before the start of their race between the start and the 500m mark provided there is adequate time before the start and provided they obtain approval from the starter
- Crews should be at the 100 metre zone at least five (5) minutes prior to the start time of their race. They must be attached to their boat holder at the start two (2) minutes prior to the start time of their race. Failure to do so will result in the issue of a "yellow card"
- Crews preparing for a race shall have absolute priority of launching areas over crews proceeding out for a training row
- Once the race is complete all crews must go around the yellow buoy at the finish line
- At the completion of races, crews must proceed along the transit lane between lane 1 and the spectator area (watch for the adaptive rowing pontoon at the 1500m mark)
- For medal winning crews, the presentations will be directly after the race and the victory dais is in front of the spectator area

*See Nagambie Lakes competition traffic directions overleaf.*

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ORDER FORM FOR \_\_\_\_\_ (team name)

- Purchase of Lunches
- Team booking at Youth Cup Dinner

Lunch packs will include:

- Filled bread roll
- Healthy snack
- Piece of fruit
- Drink

Youth Cup Dinner will be a two course meal with soft drink.

**Lunches**

Days required	<input checked="" type="checkbox"/>	Number	
Friday 31 Aug	<input type="checkbox"/>	_____	X \$10.00 = \$ _____
Saturday 1 Sept	<input type="checkbox"/>	_____	X \$10.00 = \$ _____
Sunday BBQ 2 Sept	<input type="checkbox"/>	_____	X \$10.00 = \$ _____
			Subtotal \$ _____

**Youth Cup Dinner**

Friday 31 Aug	<input type="checkbox"/>	_____	X \$30.00 = \$ _____
			Subtotal \$ _____
			Total \$ _____

Vegetarians  \_\_\_\_\_

Special Needs (please specify) \_\_\_\_\_

Signed \_\_\_\_\_

Date \_\_\_\_\_

*Please return this form to Rowing Victoria by no later than Friday 10 August to Regina (details below)*