



# **Association of Heads of Independent Girls' Schools**

## **19<sup>th</sup> Annual Rowing Regatta Program**

*Sydney International Regatta Centre,  
Castlereagh Rd, Penrith*

*Sunday 19<sup>h</sup> February, 2017*

# **Risk Warning**

(Under Section 5M of Civil Liability Act 2002)

**On Behalf of AHIGS And AHIGS Member Schools Listed Below:**

<b>Abbotsleigh</b>	<b>Meriden School</b>	<b>Ravenswood</b>
<b>Ascham School</b>	<b>MLC School</b>	<b>Roseville College</b>
<b>Brigidine College</b>	<b>Monte Sant' Angelo</b>	<b>Santa Sabina College</b>
<b>Canberra Girls Grammar</b>	<b>Mount St Benedict</b>	<b>SCEGGS Darlinghurst</b>
<b>Danebank School</b>	<b>New England Girls School</b>	<b>Stella Maris College</b>
<b>Frensham</b>	<b>OLMC Parramatta</b>	<b>St Catherine's School</b>
<b>Kambala</b>	<b>PLC Armidale</b>	<b>St Patrick's College</b>
<b>Kincoppal-Rose Bay</b>	<b>PLC Sydney</b>	<b>St Vincent's College</b>
<b>Loreto Kirribilli</b>	<b>Pymble Ladies' College</b>	<b>Tangara School</b>
<b>Loreto Normanhurst</b>	<b>Queenwood</b>	<b>Tara</b>
		<b>Wenona</b>

## **Rowing Regatta 2017**

AHIGS and its members' schools organises many individual and team sporting activities during the course of a year. Students participating in these sporting activities take part in practice and in competitions.

AHIGS and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

AHIGS and its members' schools also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the IGSSA Code of Conduct and to set a good example for the girls.

While AHIGS and its members' schools take measures to make the Rowing Regatta as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the Rowing Regatta, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at Rowing Regattas may result from slipping and falling, collisions with equipment and / or other participants, exposure to sun and water or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion, sunstroke, water inhalation / ingestion, trauma or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

# **Association Of Heads Of Independent Girls' Schools**

## **19<sup>th</sup> Annual Regatta, 2017**

### **AHIGS-IGSSA Standing Committee**

#### **AHIGS President**

Mrs Megan Krimmer, Roseville College

#### **AHIGS Treasurer**

Ms Jenny Allum, SCEGGS

#### **Committee**

Mrs Jane Curran, Brigidine  
Mrs Maryanne Davis, Danebank  
Mrs Anna Dickinson, Loreto Kirribilli  
Ms Julie Gillick, Frensham  
Mrs Susan Middlebrook, Tara  
Ms Ainsley Webster, Pymble Ladies' College  
Mr Daniel Kozey, Queenwood  
Ms Sonia Berry, AHIGS Executive Officer  
Mr Wayne Mitchell, AHIGS Director of Sport

#### **AHIGS Regatta Co-Ordinators**

Wayne Mitchell - AHIGS Director of Sport  
Donna Baker - IGSSA Rowing Convener

#### **Referee**

Gregory Smith

#### **Jury**

NSWRA officials

#### **Announcer**

Liz Chapman (NSWIS)

#### **Regatta Secretariat**

Owen Nix, Rowing NSW

#### **Computing and Technical Operations**

Stephen Croot

#### **First Aid**

SLS Australian First Aid Services

#### **Regatta Protest Committee**

Wayne Mitchell, Donna Baker, an AHIGS Head of School

The regatta will be conducted in accordance with the Rules, By-Laws and Laws of Boat Racing of Rowing NSW.

# Regatta Duties 2017

<b>Regatta Secretary:</b>	Donna Baker, Loreto Kirribilli
<b>BRO Liaison &amp; Equipment:</b>	IGSSA
<b>Program &amp; Draw:</b>	IGSSA and Rowing NSW
<b>Presentations:</b>	Tara (1) & IGSSA
<b>First Aid:</b>	SLS First Aid
<b>Finish Tower Results</b>	Loreto Kirribilli (1)
<b>Tower Administration</b>	Tara (1)
<b>Finish Tower Timing</b>	MLC School (2), Roseville College(2)
<b>Timekeepers (Timing Huts):</b>	500m - PLC Sydney (2) 1000m – Canberra Girls Grammar (2) 1500m – Pymble Ladies' College(2)
<b>Speed Boat Set up</b>	Rowing NSW
<b>Speed Boat Pack up</b>	Loreto Normanhurst (1)
<b>BRO Speed Boat Drivers:</b>	Loreto Normanhurst (1), Ascham (1), Queenwood (1)
<b>Marshall (Tunnel):</b>	St Catherine's School (1)
<b>Water Rescue – First Aid:</b>	SLS First Aid Services
<b>Boat Holders:</b>	Loreto Normanhurst (1 supervisor + 9 students)

## **Duties briefing meeting at 7.15am in the Tower- Sunday 19 February 2017**

Each school supplied with parking passes for the people allocated a regatta duty.

Any issues please contact Wayne Mitchell on 0403 230 778

## **Entries**

1. All entries must be entered using the NSWRA website, by an authorised person who must have the endorsement of the school's Principal and / or Director of Sport. (<http://www.rowingmanager.com>).
2. No late entries will be accepted.
3. 2017 entries are due by 5pm Monday 13 February 2017 on the NSWRA website.
4. Entries unaccompanied by the correct entry fee will not be accepted.
5. Seat fee - \$18.00 per racing seat (including GST) payable to NSW Rowing. There will also be an IGSSA nomination fee of \$15.00 (including GST) for each rower - billed to the school in their term 1 accounts.
6. Girls can only nominate to row in one event (except for coxes who may cox more than 1 event provided they do not cox down an age group: a cox may also row). Any requests seeking special consideration from the above must be directed to IGSSA in writing with the Principal's signature before entries are due.
7. Substitutions of up to 50% of the crew are allowed on the day of the regatta as per Rowing NSW Rules of Boat Racing – provided they are eligible and drawn from a lesser graded crew. A medical certificate or letter from the Principal will be required on the day or the next business day.
8. All races are conducted in accordance with the Rowing NSW Laws of Boat Racing, apart from any IGSSA specific changes.

# Race Schedule for 2017

<u>Race</u>	<u>Time</u>	<u>Event</u>		<u>Distance</u>
1	8:00 AM	8. Schoolgirl Year 8 Coxed Quad Scull Division 2	<b>Heat 1</b>	1000
2	8:06 AM		<b>Heat 2</b>	1000
3	8:12 AM	9. Schoolgirl Year 8 Coxed Quad Scull Division 1	<b>Heat 1</b>	1000
4	8:18 AM		<b>Heat 2</b>	1000
5	8:24 AM	18. Schoolgirl Year 9 Coxed Quad Scull Division 1	<b>Heat 1</b>	1000
6	8:30 AM		<b>Heat 2</b>	1000
7	8:36 AM	27. Schoolgirl Single Scull	<b>Heat 1</b>	2000
8	8:42 AM		<b>Heat 2</b>	2000
9	8:48 AM	2. Schoolgirl Year 10 Eight ..	Final	1500
10	8:56 AM	3. Schoolgirl Year 9 Single Scull .	Final	1000
11	9:04 AM	4. Schoolgirl Year 9 Double Scull	Final	1000
12	9:12 AM	5. Schoolgirl Year 8 Coxed Quad Scull Division 5	Final	1000
13	9:20 AM	6. Schoolgirl Year 8 Coxed Quad Scull Division 4	Final	1000
14	9:28 AM	7. Schoolgirl Year 8 Coxed Quad Scull Division 3	Final	1000
15	9:36 AM	8. Schoolgirl Year 8 Coxed Quad Scull Division 2	Final	1000
16	9:44 AM	9. Schoolgirl Year 8 Coxed Quad Scull Division 1	Final	1000
17	9:52 AM	10. Schoolgirl Para Single Scull	Final	1000
18	9:57 AM	11. Schoolgirl Para Single Scull Recreational 500 .	Final	500
19	10:08 AM	12. Schoolgirl Year 10 Single Scull ..	Final	1500
20	10:16 AM	13. Schoolgirl Year 10 Double Scull .	Final	1500
21	10:24 AM	14. Schoolgirl Year 9 Coxed Quad Scull Division 5	Final	1000
22	10:32 AM	15. Schoolgirl Year 9 Coxed Quad Scull Division 4	Final	1000
23	10:40 AM	16. Schoolgirl Year 9 Coxed Quad Scull Division 3	Final	1000
24	10:48 AM	17. Schoolgirl Year 9 Coxed Quad Scull Division 2	Final	1000
25	10:56 AM	18. Schoolgirl Year 9 Coxed Quad Scull Division 1	Final	1000
26	11:04 AM	19. Schoolgirl Year 8 Single Scull .	Final	1000
27	11:12 AM	20. Schoolgirl Year 8 Double Scull	Final	1000
28	11:20 AM	<b>21,22.</b> Sgy10-5 4x+, Sgy10-4 4x+		1500
29	11:28 AM	23. Schoolgirl Year 10 Coxed Quad Scull Division 3	Final	1500
30	11:36 AM	24. Schoolgirl Year 10 Coxed Quad Scull Division 2	Final	1500
31	11:44 AM	25. Schoolgirl Year 10 Coxed Quad Scull Division 1	Final	1500
32	11:52 AM	26. Schoolgirl Double Scull	Final	2000
33	12:00 PM	27. Schoolgirl Single Scull	Final	2000
34	12:08 PM	28. Schoolgirl Four ..	Final	2000
35	12:16 PM	<b>29,30.</b> Sg2 4x+, Sg1 4x+		2000
36	12:24 PM	31. Schoolgirl Second Eight ..	Final	2000
37	12:32 PM	32. Schoolgirl 1st Eight	Final	2000

## Eligibility

**Senior Events** are open to those competitors who are attending an AHIGS member school and enrolled in Year 11 or 12 in the year of competition.

**Year 10 Events** are open to those competitors who are attending an AHIGS member school and enrolled in Year 10 in the year of competition.

**Year 9 Events** are open to those competitors who are attending an AHIGS member school and enrolled in Year 9 in the year of competition.

**Year 8 Events** are open to those competitors who are attending an AHIGS member school and enrolled in Year 8 in the year of competition.

**Rowing Up:** All rowers are able to row up 1 age group (i.e. Year 10 can row in senior events, Year 8 can row in Year 9, etc.) but can only nominate to row in one race.

**First Eight:** Senior programs of 12 or more 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 (and Third) Eight which should include senior squad competitors, i.e., competitors may “row up” into the Second 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.

**Senior Four and Senior 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. and nominate them in the 2<sup>nd</sup> Quad race. Schools may only enter a Second Four if they have entered a First Eight.

**Para Events:** The Para events are open to students from any year group 7 - 12.

**Year 10 Four and Year 10 Eight:** These are invitational events (not scored) open to Year 10 students. They were new to the program in 2016 and support the Rowing NSW initiative aimed at retaining students in rowing by providing sweep oar to capable year 10 students. Entry rule 6 does not apply for these two events – rowers can be nominated for these as additional events. They will only be conducted if there are 3 or more entries. NB: As these are invitational events no medals will be presented.

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 Second Eight see above). Any special grading requests are to be made to IGSSA Rowing Committee prior to entries.

## Event Information

1. **Trailer access:** the **gates will be opened at 6.00 am** on Sunday 19th February for entry to SIRC. 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. Please be aware of all people who may be passing by and in the area.
2. **Entry** to the Sydney International Rowing Centre will be **\$10 per car**. Please advise all parents and friends attending.
3. **Programs** will be emailed to schools prior to the event for distribution to competitors. There will be a minimum number of copies available from the finishing tower.
4. **Food and drink** can be purchased from the SIRC kiosk throughout the regatta.

5. **Marquees / shade shelters** may be pitched on the hill adjacent to the grandstand. This will be on a "first in" basis. Grandstand facilities are also on a "first in" basis.
6. The regatta will be conducted within the Laws of Boat Racing of Rowing NSW.
7. There must be a minimum of two schools nominated, for a race to be conducted (except for para events).
8. **Alpha numeric bow numbers** will be used. They can be picked up from the tower prior to the start of the regatta. They must be returned to the tower at the completion of the day. Schools will be charged for missing bow numbers.
9. Lanes at SIRC are numbered 1 - 9 with **lane #1 on the left side looking from start to finish.**
10. The **referee** for the regatta will be located at the finishing line.
11. **Boat race officials / duty staff** will assemble at **7.30am** in the **finish tower.**
12. **Crews and scullers travelling to the start** and using the warm up lake must strictly **abide by SIRC procedures.** At no time are crews to row on the course after they have completed their event.
13. **Coxes** must comply with the **minimum weight – 45kg.** All coxes need to weigh in (with their weights) at the finish tower at least 1 hour prior to their first event. After a race, if instructed to, coxes must then proceed to weigh in without delay to verify their weight.
14. **Withdrawals and substitutions** must be notified to the referee on the official forms, **30 minutes prior to the starting time** of the first race of the event. Forms are available in the finishing tower. A medical certificate or letter from the Principal will be required on the day or the next business day.
15. **Crews and scullers** must **report to the starter** at least **10 minutes before the starting time** of their event.
16. During the regatta **no powerboats** other than umpires' boats are permitted to navigate on or near the **rowing course.** Penalty for breach of the traffic regulations may be disqualification.
17. **First aid facilities** will be provided and are situated in the medical centre approximately 50m past the finishing tower.
18. **Medals** will be presented to crews and scullers who place 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. Each presentation will take place on the pontoon adjacent to the finishing tower. Crews are required to assemble in front of the pontoon according to the presentation schedule (usually 30 mins after their race start time) or as called. Please note that invitational races will not receive medals.
19. **Dogs on a leash** are permitted **except on the concourse area opposite the pontoon.**
20. All competitors must supply their own **medication** on and off the water.
21. All **bicycles** must be ridden in a safe and courteous manner and cyclists must wear a safety helmet. Extreme caution must be taken at all times. Riders should keep to the left and watch out for other riders, children and adults, who may also be using the track. Bikes may follow races on the following conditions:
  - On the south bank – opposite the grandstand – from 100m above the start to the finish.
  - On the north bank – grandstand side – from 100m above the start to the timing hut 200m from the finish. A barricade will be placed at the timing hut and no cyclist may proceed beyond that point.

- All cyclists are required BY LAW to wear a safety helmet. There is a fine for any cyclist found not to be wearing a properly fitted helmet.
  - Cyclists must proceed with all due care and safety for others using the venue.
  - Cyclists must give way at all times to venue management vehicles and authorised event management vehicles.
22. Competitors may be required to undergo **random drug testing** in accordance with the Australian Sports Drug Agency Act 1990.
23. Parking passes, where available, will be provided by IGSSA to any school Principal who indicates that they will be attending.

## Trophies

Trophy Winners for 2016:

Year 8 1st Quad ( <i>donated by Loreto Kirribilli</i> )	MLC School
Year 9 1st Quad ( <i>donated by Loreto Normanhurst</i> )	Canberra Girls Grammar School
Year 10 1st Quad	Pymble Ladies' College
First VIII	Queenwood
Champion School - Handicap Point Score ( <i>donated by Queenwood</i> )	Canberra Girls Grammar School
Most Improved School ( <i>donated by St Catherine's School</i> )	Loreto Kirribilli
Champion School	Canberra Girls Grammar School

**All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.**

## Champion School Point Score

1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>
10	8	7	6	5	4	3	2

Points are multiplied by the number of seats in the boat.

Example: VIII placing 3<sup>rd</sup> will receive 8 x 7 points = 56 points.

If there are less than 3 different schools in a race, only the 1<sup>st</sup> place crew will be awarded points.

Invitational races do not score points.

## Champion School – Handicap Point Score

This is awarded to the school with the highest aggregate point score per point scoring seats rowed. (Only eligible to schools with a minimum of 10 rowers).

## Most Improved School

The Most Improved School will be awarded a perpetual trophy. This is determined by the school who improves their position in the Champion School Point Score by the most places.



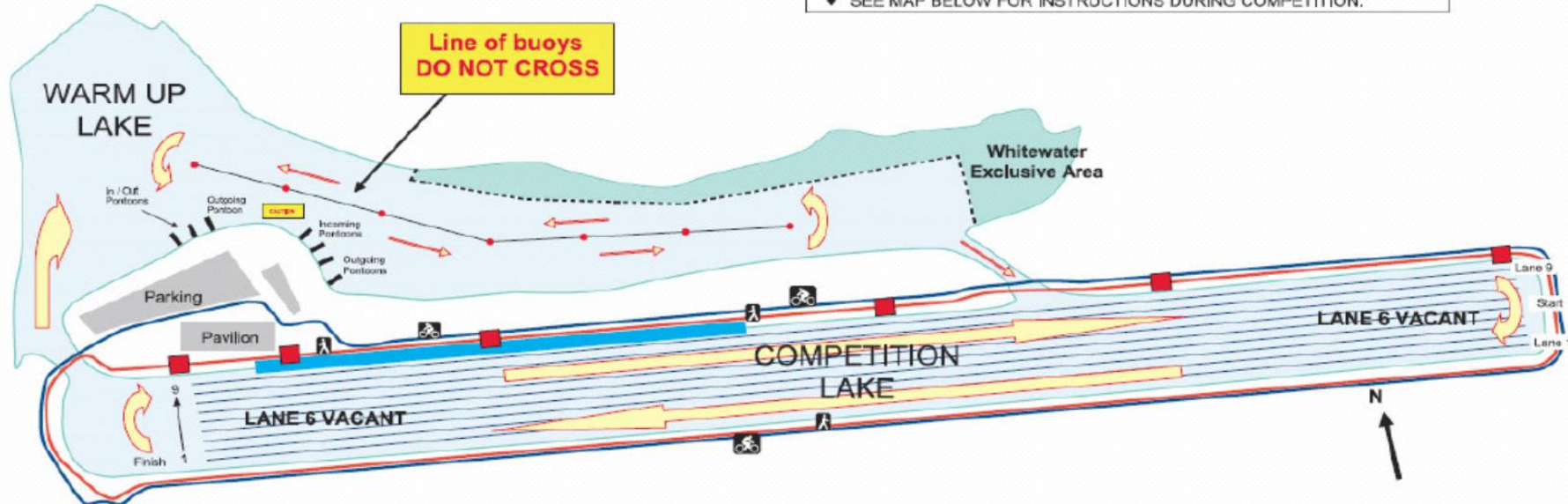


# ON WATER TRAFFIC FLOW PROCEDURES

## DURING TRAINING

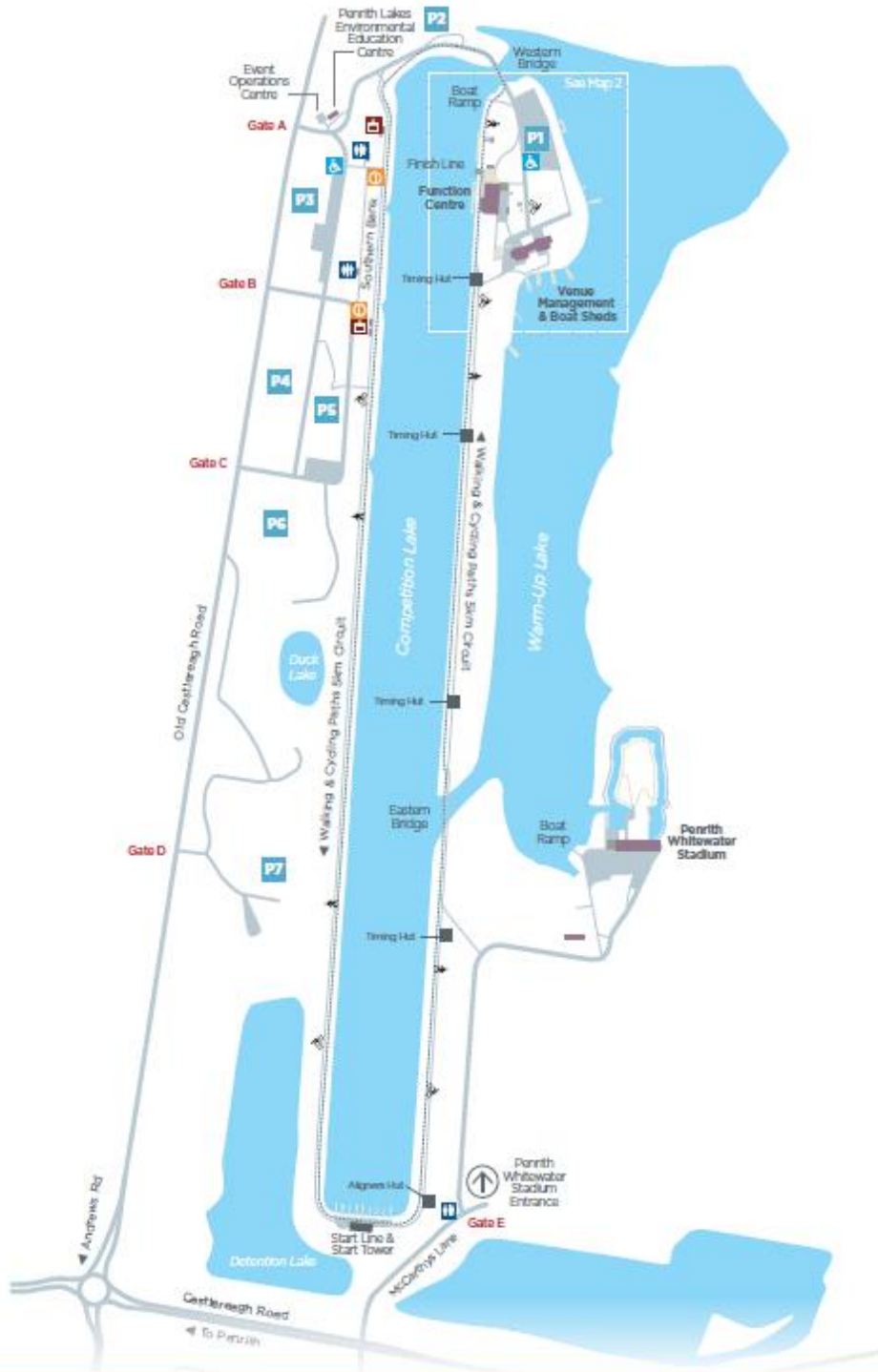
### TRAINING INSTRUCTIONS

- ◆ Lanes 1 to 5 Proceed from Start to Finish
  - Lanes 1 & 2 - Fast - long racing pieces
  - Lane 3 - Pace - pressure pieces
  - Lanes 4 & 5 - Low intensity row / paddle through
- ◆ Lane 6 Vacant Lane (no rowing / paddling in this lane)
- ◆ Lanes 7, 8 & 9 Return to Start
- ◆ Use caution moving into the Warm Up Lake and starting back up the course.
- ◆ Exclusive swimming training lane between Lane 9 and Northern Bank shoreline, extending from the Presentation Pontoon to the 1000m Hut.
- ◆ Various users row, paddle and sail on the Warm Up Lake. Please respect other users and employ caution while training on this Lake.
- ◆ No access is permitted to the Whitewater Exclusive Area.
- ◆ SEE MAP BELOW FOR INSTRUCTIONS DURING COMPETITION.



# SYDNEY INTERNATIONAL REGATTA CENTRE

## Centre Map 1



# SYDNEY INTERNATIONAL REGATTA CENTRE

## Centre Map 2



Please refer to the Sydney International Regatta Centre (SIRC) website for their venue regulations - <https://regattacentre.nsw.gov.au/venueregulations>. An extract of some of which are listed below.

*The purpose of these Regulations is to:*

1. Prevent any damage to the Sydney International Regatta Centre ("Venue");
2. Protect visitors from suffering any physical injury or harassment while at the Venue;
- and
3. Notify of risks in engaging in recreational activities at the Venue.

*The co-operation of all visitors is sought to preserve and protect the Venue for the enjoyment of all. The following is a list of activities that are prohibited at the Venue.*

*The SIRC has unfenced access to the Lakes as well as cycle and pedestrian paths that at times are used by vehicles. **Parents are required to supervise children at all times.***

### **SIRC important information for dog owners**

*Dogs are only permitted in the Venue if the following conditions are satisfied at all times:*

- Dogs must be on a leash;
- Dogs must be kept under control;
- Dogs are prohibited from wading or swimming in the lakes;
- Dog owners must collect their dog's faeces and deposit them in the receptacles provided;
- Dogs are prohibited within the restaurant; and
- Cyclists, roller bladers, and vehicle drivers must not lead or be towed by dogs.