

LVISSAA ROWING COMMISSION COACH HANDBOOK
as of September 5, 2015

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Commission Organization

The Secondary school League shall take place in the fall of the school year. (Fall Season of play: first Friday of school year - not later than December 5)

- 1. Leadership Duties of the League:** All schools take a turn to fulfill the Leadership Duties of the League The Rotation of Leadership for the Commission is as follows: Adjustment to the order should be made, to avoid Commissioner and Vice Commissioner's schools training at the same site. (each site should have representation) . An information file (binder) that is maintained by previous Commissioners and the Athletic Coordinator's office will be made available to new Commissioners

a)Rotation of Leadership for the Commission (to be updated this year)

Year	Commissioner School	Vice –Commissioner School
2004-05	Parkland	PCS
2005-06	PCS	Stellys
2006-07	Stellys	Oak Bay
2007-08	Oak Bay	St. Andrews
2008-09	St. Andrews	Mt. Doug
2009-10	Mt. Doug	Claremont
2010-11	Claremont	St. Michael's
2011-12 * re-evaluate	St. Michael's	St. Margaret's
2012-13	St. Margaret's	Reynolds
2013-14	Reynolds	Vic High
2014-15	No rowing this year	
2015-16	Vic High	GNS
<i>2016- 17</i>	<i>GNS</i>	<i>Esquimalt</i>
<i>2017-18</i>	<i>Esquimalt</i>	<i>Parkland</i>
<i>2018-19</i>	<i>Parkland</i>	<i>PCS</i>
<i>2019-20</i>	<i>PCS</i>	<i>Spectrum</i>

- b) Volunteer Commissioners.** In keeping with general LVISSAA policy, Volunteers may interrupt, but not change the rotation order when they fill in

c). Commissioner's role: Details of the commissioner's responsibilities are outlined in the binder and also provided in the general LVISSAA Constitution and ByLaws. Support is available from the LVISSAA Athletic Coordinator. Generally the Commissioner is responsible to "chair" one of the last two regattas

d) A Vice- Commissioner is identified so that they may assist in leadership and be more prepared in the Commissioner's job for the following year. The Vice Commissioner should be participating at a different site than the Commissioner, and should take on organizational duties of at least one Regatta . They should act as a league spokesperson or coordinator, as needed, at their site.

- 2. Meetings.** As with all LVISSAA sports, coaches will gather to plan the season and review rules and procedures. Changes may be discussed. Changes to procedures may be made through consensus, or by vote by schools in attendance at the meetings. Changes to Rowing Commission rules must be dealt with at the June Rowing meeting (AGM), as they must be ratified at the General AGM of LVISSAA.
Additional Rowing coaches meetings may also be called, as required.

3. Membership and Decision making:

- a) Schools participating in the league must declare their intention at the Pre-season Commission meeting scheduled during early June, (prior to the end of the school year— before the new school year. Allowances may be made for late entry schools if space allows.
- b) To maintain strong leadership from the school perspective, voting rules have been determined by general LVISSAA Rules and are as follows.:

4.2 These Commissions shall consist of the coach(es) from each participating school. Non-teaching coaches must be accompanied to commission meetings by the teacher sponsor (qualified school sponsor) who has the voting privilege.

5.4 Commissioners who are not employed by a member school, or the school district of a member school, must be sponsored by an individual who meets these requirements. The sponsor must attend commission meetings.

4. Supporting Organizations :

- a) Training site service providers—(rowing clubs) Handle registration, provide some coaches and provide and maintain equipment. They collect fees from school rowers for services provided.
 - i) Elk Lake – GYRS (Greater Victoria youth rowing society)
 - ii) Gorge Narrows Rowing Club - GYRS partner
- b) Regatta organizational support
 - i) Crab fest –Rowing club at each site will support the organizing school(s) for this competition, or their may be a joint event.
 - ii) Annual 2nd and LVISSAA championship regatta – GYRS provides the on site management and support to the organizing school(s), Takes charge of awards, etc

5. Fees for Rowing and Registration

- a) Training site service providers will consult with member schools to ensure the registration fees for rowing are consistent between Rowing sites.
- b) Each Rower pays a fee to Rowing Canada (___) and Rowing BC(____) This fee is paid as part of the registration for the Training site service provider
- c) Regatta (competition) fees are included in the GYRS registration fees and cover the expenses associated with the competition component of the league.

- d) Registration – Individual rowers register through the GVYRS website and may pay fees directly or have this coordinated by their school sponsor. Schools must keep a team roster and then submit their team rosters with the Commissioner, Do not attempt to register individuals or rowing teams with BCSS STARS system

6. Regatta Calendar

Commissioners to ensure facility bookings and sanction documents must be done a year in advance

Event	Timing	2015	2016
Crabfest first regatta/ skills test	First weekend in October	Elk Lake- Sept 27	Gorge – tba Elk Lake- October1
Annual 2nd Regatta- All events held at Elk Lake	Last weekend in October	Oct 17/18 Elk Lake	Oct 15/16 Elk Lake
LVISSA Championship The placings in the Annual Second Regatta will be used to seed the boats for this Regatta at Elk Lake	2- 3 week after Annual 2nd regatta	Nov 7/8 Elk Lake Pizza Awards event is on the 8th	Nov 5/6 Elk Lake Pizza Awards event is on the 6th
Vancouver Island Invitational Championship Location to “rotate” between sites.	1-2 weeks after LVISSAA Championship.	Will not take place this year	Possible November 13

7. Safety and supervision

- a) A qualified school sponsor who is an adult designated and approved by the Principal of the school in question, must be present at all practices and regattas. Where school district policy dictates, this sponsor must be an employee of the school district concerned. All coaches are encouraged and supported to have learn to Row certification.
- b) All Rowing competitors and coaches shall be governed by the Rowing Safety Rules of LVISSAA and of their sponsoring societies or clubs. An up to date copy of these rules must be supplied with LVISSAA rules at the beginning of the season and all coaches and athletes are to receive and review the latest versions. As well, all coaches must attend the annual safety review at their respective sites.
- c) The coach safety boat/athlete ratio must not exceed 1:12 for the crews on the water. As a part of this assignment each school must insure that all safety boat operators are certified with a minimum of Boat Pro. (required and policed.)
- d) Schools should not participate unless satisfied that the minimum standards will be met . Although the Community Rowing Clubs provide the lion share of direction & expertise, the Commission must serve to ensure schools are participating under similar conditions and that school interests such as Safety are front and center.

- e) While training, the single rower must have personal flotation device with them in the shell. They must be under the direct supervision of their coach and must be within 100m of another rowing shell

8. Athlete and Coach Code of Conduct

Standards of conduct for players and coaches are highlighted in the LVISSAA handbook. Conduct in competitions is expected to be no different from conduct in a class room.

LVISSAA / BCSS rules include information regarding recruitment violations. A primary goal of the athletic association is to provide fair and equal opportunity for all the schools and participants. While students should have the opportunity to participate in extra-curricular sports, they should not be directly or indirectly coerced or unduly influenced to enroll in a school outside of their designated school boundary.

B Eligibility Requirements

Only eligible competitors may compete in regattas.

It is the coaches' responsibility to ensure all competitors are eligible. In addition to the ones listed, there are eligibility requirements regarding full time status, parental permission, etc. Please check with athletic director to get full LVISSAA rules.

- 1) Students may only represent the school in which they are enrolled as a full time student.
- 2) Years of Eligibility: Students have four (4) consecutive years of athletic program eligibility, starting on the entry date into grade 9.
- 3) **Age groups**
 - a) Senior- students must be under 19 as of December 31st of the current school year, and be in no more than their fifth year of eligibility. A year is considered to be the 12 month period between September of one school year and September of the next school year
 - b) Junior - students must be in grade 9 or 10 and be in no more than their third year of eligibility
- 4) **Transfer restrictions**- refer to BCSS Rules, which have been adopted by LVISSAA. The "home school" is established at the beginning of the student-athlete's grade 8 year. Any transfer to another member school, without a corresponding move of residence may result in a Loss of eligibility . Transfer eligibility appeals can be submitted to the LVISSAA executive. A LVISSAA committee will review all eligibility applications as Rowing is not a BCSS sanctioned sport.
- 5) **Sport Academies** (LVISSAA Rule 6.19). Students who transfer from a member school and enroll in a specific "sport program" outside of their school catchment area, at another member school, will be in-eligible for restricted competition for the school team in that specific sport for the duration of their enrolment in that sport program.. See also BCSS rule d12.4 (pg 91)
- 6) **Exhibition Status** – occasionally member school athletes that are not eligible to represent a school, or have already entered the maximum number of races, may be permitted to participate in a race, if time and space permit. (For example crew from multiple schools or mixing experienced or novice athletes in one crew.) Exhibition crews require approval by the LOC.

7) Requirements unique for Rowing: In the effort to create similar levels of for competition and hence an even playing field, and in order to fairly share the limited resources (equipment and facilities) the League has ruled that:

- a) High School Rowers may not row “school” and ”club” during the same season , though Individual cases may be appealed to the Eligibility Committee of L.V.I.S.S.A.A.
- b) Individual athletes are limited to 3 “on the water” practices only per week. Dry land training is not limited.
- c) Swim test – For safety reasons, all Rowers must meet the requirement established by the club. (ex–swim in clothing, tread water, demonstrate ability to put on life jacket while in the water)

8) Registration – Individual athletes and coaches must register on line (more information available from GYRS) Schools must register their team rosters with the Commissioner, on the form provided, and fees must be paid prior to the first regatta

9) Appeals: Appeals for any exception to Eligibility Rules are made to the LVISSAA Executive. (not BC School Sports)

C. Competition Information

1). Events. The following shows events available to each age group at the Annual 2nd and championship regatta. It will be the responsibility of the Coach to ensure athletes are correctly categorized and entered into an event.

Classification	Event			
	Singles*	Doubles (x 2)	Quads (x 4)	8s (x 8)
Jr Novice Girls + Boys	-----	-----	x	x
Jr Experienced Girls + Boys	-----	x	x	x
Sr Novice Girls + Boys	-----	-----	x	x
Sr Experienced Girls + Boys		x	x	x
Sr Advanced Girls and Boys	x	x	x	x

*A single rower must have had singles racing experience prior to the LVISSAA rowing program. While training, the single rower must have personal flotation devise with them in the shell. They must be under the direct supervision of their coach and must be within 100m of another rowing shell

2) Competition Classifications:

a) Novice: Beginning Rowers who have not rowed (trained) more than 120 hours, (two school seasons or equivalent) before the start of the season. Short, learn to Row programs taken before the first season that Rowers enter the LVISSAA league, will not affect Novice standing.

- If a Novice rower undertakes any “club” training after their first novice season, they must move up to the Experienced category.
- If a Novice Rower does not participate in any training or competition outside of the LVISSAA season, they may return for their 2nd year as a Novice.

b) Experienced: Rowers who have training or competition that has exceeded the Novice level.

c) Advanced- Any school's senior (grade 11/12) athlete's that have competed out of season or in regattas other than the LVISSAA regattas (Crabfest, Annual Second and Championships) shall automatically be declared as Advanced This category includes Singles scullers.

****Note:** Any school choosing to row in a regatta beyond the league regattas must submit a roster of the names of the students participating to the league commissioner as soon as they have competed in a regatta beyond the league regattas, and before the next league regatta commences. These students will be placed in the Advanced category of competition.

d) Coxswains:- can be of any gender

- i). Experienced Coxswains are those that have greater than 40 hrs experienced and have Coxed in a club setting
- ii) Rowers who fill in as a cox for a given race, will be considered "novice"

e) Exhibition Crews: Will be permitted if there is room in the schedule, and will not be considered in League Results. If schedule revision is required due to adverse conditions, or other time constraints, exhibition events or exhibition crews may be disallowed. If a crew participates in a heat, they will not advance.

3) Entry Regulations:

- d) To increase participation in regattas, each rower will be limited to entering 2 races, however 2 athletes/ school from each category may enter 3 events.
(ex 2 Novice jr girls may compete in 3 races - also 2 novice jr boys, 2 Jr A girls, 2 jr A boys, 2 sr A boys, 2 novice sr boys etc. **The maximum number of events for any athlete is 3 including exhibition races, (exception is coxswains).**)
- e) Coxswains - may enter a maximum of 4 races, functioning as a cox. Rowers who fill in as a cox, will not have their event limits reduced.
Experienced Coxes may not be **entered to cox** for a novice boat.
- f) Movement between age groups: Junior should not "row up" for participate in a Senior event unless it is necessary to fill in a seat in a Senior boat, that would otherwise be unable to compete.
- g) Movement between ability categories: Novices may row in an Experienced boat, but not vice-versa, unless it is a special provision of a particular regatta (e.g. Crabfest). A Novice rower, may row as a "experienced" rower to fill out a boat. Doubles must have at least one experienced athlete.
- h) Movement between gender groups: Girls may compete in a boys' event if they are of the same experience level. In the case of a boy rowing in a girls event this would be exhibition.
- i) **Substitutions for individual athletes or changes in crew make up may be made once entries have been closed, and up until the start of the race as long as officials have been informed. Substitutes are subject to all the same rules (for example number of events that can be entered, age group). Additions may not be made once entries have closed.**

4) Regatta Organization

- a) **Entry forms.** Before each regatta, the school in charge will send entry information to all schools involved, along with the order of races and any other instructions that will apply for entry via the Regatta Data System (RDS)
- b) **Deadlines.** AN ENTRY DEADLINE WILL BE ESTABLISHED . Coaches are reminded to plan their crew composition according to the established rules and to the schedule., Do not expect the schedule to be changed to meet the needs of individual rowers.
- c) **Boat Use -**
**A COMMITTEE COMPOSED OF REPRESENTATIVES FROM ALL SITES will coordinate boat use and minimize the transport of boats to the regatta sites.
- coaches check boats prior to racing – especially heel tie
 - leave bow markers on boats
 - have crews ready on dock to boat in- usually there will be 30 min between use of the same type of boat
- d) **Course set up** Course Layout and Race Distance - may be adjusted by the Regatta Committee, based on discussion at the general coaches meeting.
Lane 1 is located furthest from the docks, lane 6 is closest
- e) **Schedule and event order-** *Will be partly determined by entries and may be adjusted based on discussion and approval at a general meeting. LVISSAA events must take priority over any other group that may race during the same time period as the LVISSAA regattas.*
- f) **Pre- Race Coaches meeting----**
Prior to each regatta coaches will meet with Regatta organizers for last minute reminders , or to make any decisions required.
- g) **Protests:** There will be a fee for protests and a requirement of a written submission. Coaches are asked to review protest procedure with crews prior to the regatta
- h) **Regatta Awards -** Ribbons or Medals will be awarded for the top 3 finishers in each event

5). Progression from Heats to finals for the Annual 2nd regatta and the LVISSAA Championship.

Any form of progression that is based on race times should be avoided unless there is sufficient equipment available to for all of the entrants to race at the same time. Otherwise, there is the possibility that changes in the weather conditions will make the comparison of times between heats unfair.

a).**The options for Progression** to finals of events in the main LVISSAA regattas are:

- 1)Time trials -should be avoided unless all of the crews in an event can row at the same time.---
- 2) heats - using place, or time and place to progress
- 3) heats and semi finals - using place, or time and place to progress

b). **Crew changes** after the First Heat: No change may be made in a crew which has already raced in their first heat of their event, except in the case of serious illness, injury, family death or accident

c).Except for any unforeseen events causing delay, each round of an event shall finish at least two hours before the following round of the same.

d).The rules of progression of events for experienced athletes and novices are different.

1) Race Progression for Novice Events:

For safety reasons races for this age group will normally be restricted to 4 or 5 lanes.

1-5 entries: straight final

6-8 entries: 2 heats, top 2 places per heat to final.

9-12 entries: 3 heats, 1st place from each heat to final plus fastest qualifier.

13-16 entries: 4 heats, 1st place from each heat to final .

17-20 entries: depending on time/boat constraints options are:

a) 4 x 5-lane heats, 1st place from each heat to final, or

b) 5 x 4-lane heats, 1st place from each heat to final

21-25 entries - 5x 5-lane heats, 1st place from each heat to final

2) Race Progression for Experienced and Advanced Events:

Preliminary heats:

1-7 entries: straight final

6-12 entries: 2 heats, top 3 places from each heat to final

13-18 entries: 3 heats, top 2 places from each heat to final

For events with large entries: choose a format depending on how much time there is in the schedule and the number of race slots for a particular boat class. Using the semifinal options adds races and should only be used if there is plenty of time and no other events are being forced to time trials.

19-24 entries: depending on time/boat constraints options are:

a) 4 heats, 1st place to final +2 next fastest qualifiers OR

b) 4 heats, top 3 places to semifinals, top 3 places to final

25-30 entries: depending on time/boat constraints options are

a)5 heats, 1st place to final plus next fastest qualifier OR

b) 5 heats, top 2 places to semifinal + 2 next fastest qualifiers, 3 to final

31-36 entries:

a) 6 heats, 1st place from each heat to final OR

b) 6 heats, top 2 places from each heat to semifinal, top 3 to final OR

c) 6 heats, top 3 places from each heat to semifinal (3), top 2 to final

e) Finals and Semi finals: Lane assignment

Crews are placed in lanes according to their qualification

For 6 lane events, with 2 or 3 to qualify, the heat winners are put in the middle lanes, with the second (and third) place qualifiers appearing in outer lanes. The order for filling lanes is (3, 4, 2, 5, 1, 6, 7).

For 5 lanes the order for filling lanes is (3, 4, 5, 6, 2),

4 lanes the order is (3, 4, 2, 5).

Of the crews progressing to the final, heat winners take the first listed lanes, followed by the 2nd place crews etc. There is no attempt to seed crews in the final based on their heat times.

6). The Lower Island Championship Regatta

a) Seeding the Lower island Championship Regatta [From the FISA rulebook (2011)]:

By-Law to Rule 63 – Determining the Lanes (Normal Conditions)

“... The purpose of seeding is to avoid having all the faster boats in an event being drawn into the same heat in the first round. ...

For the heats (or final where there are no heats and there is no requirement for a preliminary race), a(*random*) draw shall be held to determine the lane to be assigned to each crew. There shall be a random draw for the order of the heats so that the highest seeded crew is not always in heat 1 and for the lanes of the seeded crews in each heat. The seeding order shall only affect the placing of crews in the heats. It shall not be taken into account for any of the later rounds of competition. “

Schools who have crews in the final of an event at the Annual 2nd Regatta will have the result used to seed the draw for the same event at the City Championships, (they will be given a seed according to their finish order at the Annual 2nd regatta)

It will be assumed that a school will put its fastest crew as entry #1 in an event, so the seeding will be applied to the #1 crew from a seeded school.

Crews should remain as consistent as possible from between the two regattas

If it happens that a crew labeled "2" achieves a seeding for the City Championship by qualifying for the final of the Annual Second Regatta, then their school should designate that crew as "1" for the City championships so that they may benefit from their seeding.

b) Championship Regatta Awards

1. Ribbons and Medals will be awarded for the top 3 finishers in each event
2. Aggregate Team Trophies will be awarded at the final regatta for:
 - Senior Girls Aggregate
 - Senior Boys Aggregate
 - Overall Senior Aggregate
 - Senior Efficiency
 - Junior Girls Aggregate
 - Junior Boys Aggregate
 - Overall Junior Aggregate
 - Junior Efficiency
3. The awarding of points for the final regatta (LVISSAA Championship) shall be:
 - Heats to Semi's to finals - 1st-12 pts, 2nd-10 pts, 3rd-8 pts, 4th - 6 pts, 5th - 4 pts, 6th- 2 pts, 7th -1 pt
 - Heats to finals: 1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th -4 pts, 5th- 2 pts, 6th and 7th - 1 point
 - Straight final (7 boats) 1st - 10 pts, 2nd - 8 pts, 3rd - 6 pts, 4th -4 pts, 5th- 2 pts, 6th- 1 pt, 7th - 0 pts
 - Straight final (6 boats) 1st - 9 pts, 2nd - 7 pts, 3rd - 5 pts, 4th -3 pts, 5th- 1 pt, 6th- 0 pts
 - Straight final (5 boats) 1st - 7 pts, 2nd - 5 pts, 3rd - 3 pts, 4th -1 pt, 5th- 0 pts
 - Straight final (4 boats) 1st - 5 pts, 2nd - 3 pts, 3rd - 1 pt, 4th - 0 pts
 - Straight final (3 boats) 1st - 3 pts, 2nd - 1 pt, 3rd - 0 pts
4. An awards Pizza night will follow the LVISSAA Championship regatta

Appendix 1 Team registration

Appendix 2 Sample entry form

LVISSAA TEAM REGISTRATION

- All schools complete the attached form and submit to Commissioner before the first regatta

School: _____ Date: _____

	Last Name	First Name	Grade	Prior school	Age as of Dec 31	Fee paid
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
11						
12						
13						
14						

15						
16						
17						
18						
19						
20						
21						
22						
23						
24						
25						

Add pages if necessary

Total = _____

Teacher Sponsor/Coach _____

LVISSAA
The Greater Victoria High School Rowing League
24th Annual 2nd Regatta
October 31st & November 1st, 2009 at Elk Lake
Victoria, BC

This regatta is open to all rowers in schools that are part of the Lower Vancouver Island Secondary Schools Athletic Association (LVISSAA) rowing commission. As well, this regatta is sanctioned by the LVISSAA. Please help our organization committee by returning your confirmation of attendance and entry forms and fees as soon as possible.

Regatta Reminders

1. The restrictions for this regatta are that crews are training on the water at a maximum of 6 hours per week, and that all school crew athletes are registered with their school as full-time students (section 6.3.6 of the BCSS handbook) unless appealed successfully.
2. All crews will be in competition for event ribbons and points.
3. All races will be approximately 1300m.
4. **Results will be used to seed entries into the LVISSAA Championship Regatta.**
5. All schools, except GYRS affiliated schools, must have their regatta entry fees fully paid by Oct 31st, 2009. Please make cheques payable to the GYRS and they can be dropped off at the Boathouse Office or Claremont Secondary School, attn. Gord Redlin. Entry Fees not paid on time will result in those schools disqualified from the regatta.
6. GRPC/WCR affiliated schools...\$10.00/participating rower and coxswain
7. Entry deadline is **Oct. 21st at NOON** for all schools. Entries can be emailed to Gord Redlin at gredlin@sd63.bc.ca
8. Composite (mixed school) crews will row exhibition only and will be scheduled only if space allows. Exhibition crews will NOT advance beyond their heat.
9. Each athlete may be entered in a maximum of two events, unless this limits one or more other athletes to only one race. Two Athletes from each category may row in three events.
10. Grade 11 or 12 students may not row in Junior Events. Grade 8, 9 and 10 students may row in Senior Events, however, any grade 8, 9 or 10 students that row up in a Senior event are not permitted to row in the **same** event at the Junior level. If any school has a full grade 8-novice crew entry, please identify it as such. If enough of these teams exist, a grade 8 identified event will be scheduled.

11. NOVICE: Beginning Rowers who have not rowed (trained) more than 120 hours (two school seasons or equivalent) before the start of the season. Short, learn to Row programs taken before the first season that Rowers enter the LVISSAA league, will not affect Novice standing. If a Novice rower undertakes any "club" training after their first novice season, they must move up to the Experienced category. If a Novice Rower does not participate in any training or competition outside of the LVISSAA season, they may return for their 2nd year as a Novice.

11. *NOTE: Coaches meeting will be one hour prior to the first race on Oct. 31st, 2009 at the Elk Lake boathouse lounge.**

Race Procedures

1. Races and crews involved will be called at the docks before each race. Crews are to enter shells and leave quickly without dallying at the docks.
2. Crews are to proceed to the start warm-up area by following the route indicated – parallel to lane 6 and 20 meters from it. Crews moving to the warm-up area are to stop rowing to let a race coming down go past them.
3. Crews are to follow a counter clockwise rotation when warming up near the start line and must be within 200 meters of the start line.
4. Races will be called at 5 minutes before the start. Crews will be directed to their lanes. Calls will be given at 4 minutes, 3 minutes, and 2 minutes. All crews must be lined up in their lanes at the 2-minute call.
5. The starter will poll the crews and will give the commands "Attention, Go"
6. Officials will follow the race and will direct crews if course adjustments are necessary to avoid collision. Stroke seat in sweep boats and bow seat in sculling boats are responsible for relaying official's directions to their crews. Crews not responding to official's directions will risk disqualification.
7. Crews must stop their boats directly after crossing the finish line and must stay in their lanes until all other crews have crossed.
8. If a crew wishes to register a protest, one member must raise their hand directly at the end of the race while crews are still on the water and must wait until an official has indicated that the protest has been noted.

LVISSAA
The Greater Victoria High School Rowing League
24th Annual 2nd Regatta
 October 31st & November 1st, 2009 at Elk Lake
Victoria, BC

School Entry Form

*Please Submit This Form Prior to the Entry Deadline (Oct. 21st at NOON).
 Email: gedlin@sd63.bc.ca or ralph.vanbruggen@pacificchristian.ca*

School Name			
School Contact		Contact Number	
Affiliated Club			

	Saturday	Number of Entries
1	Junior Boys 4x	
2	Junior Novice Girls 8+	
3	Senior Boys 4x	
4	Junior Girls 2x	
5	Junior Novice Boys 4x	
6	Senior Novice Girls 8+	
7	Senior Boys 1x	
8	Junior Boys 8+	
9	Senior Girls 2x	
10	Senior Novice Girls 4x	
11	Senior Boys 8+	
Sunday		

12	Junior Girls 4x	
13	Junior Novice Boys 8+	
14	Senior Girls 4x	
15	Junior Boys 2x	
16	Junior Novice Girls 4x	
17	Senior Novice Boys 8+	
18	Senior Girls 1X	
19	Junior Girls 8+	
20	Senior Boys 2x	
21	Senior Novice Boys 4x	
22	Senior Girls 8+	

*** Coaches are firmly reminded to plan their crew composition so that entries work with the above race order, not to expect the regatta schedule to be augmented to suit your individual crew composition needs**

LVISSAA

The Greater Victoria High School Rowing League

24th Annual 2nd Regatta

October 31st & November 1st, 2009 at Elk Lake

Victoria, BC

School Entry Form

Please Submit This Form Prior to the Entry Deadline (**Oct. 21st at NOON**).

Email: gedlin@sd63.bc.ca or ralph.vanbruggen@pacificchristian.ca

<i>School Name</i>			
School Contact		<i>Contact No.</i>	
Affiliated Club			

<i>Race Entered</i>			<i>Event Number</i>	
	First Name	Last Name	<i>Entry Rank</i>	
1				
2				
3				
4				
5				
6				
7				
8				
Coxswain				
Alternate 1				
Alternate 2				
Alternate 3				
Alternate 4				

<i>Coach</i>			Phone Number	
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SATURDAY

- 1** Junior Boys 4x
- 2** Junior Novice Girls 8+
- 3** Senior Boys 4x
- 4** Junior Girls 2x
- 5** Junior Novice Boys 4x
- 6** Senior Novice Girls 8+
- 7** Senior Boys 1x
- 8** Junior Boys 8+
- 9** Senior Girls 2x
- 10** Senior Novice Girls 4x
- 11** Senior Boys 8+

SUNDAY

- 12** Junior Girls 4x
- 13** Junior Novice Boys 8+
- 14** Senior Girls 4x
- 15** Junior Boys 2x
- 16** Junior Novice Girls 4x
- 17** Senior Novice Boys 8+
- 18** Senior Girls 1x
- 19** Junior Girls 8+
- 20** Senior Boys 2x
- 21** Senior Novice Boys 4x
- 22** Senior Girls 8+

(Please make a copy of this sheet for every crew entered)

Total # of athletes participating on Sat. _____, on Sun. _____.

