

South Niagara Rowing Club

Welland International Flatwater Centre (the WIFC) and Club Boathouse.

Highschool Invitational Rowing Regatta – A guide for Westdale Highschool parents

Saturday May 16th and Sunday May 17th – Welland – south course

The SNRC Regatta:

- Spans 2 days
- Has grown to be one of the largest high school regattas in Canada. The event draws approximately 1500 athletes each year from both Canada and the United States.

That's a
"lotta regatta"



The Course Layout

This course is very different from the course last week at Henley Island.

In Welland, boats are launched at the boat club, athletes row about 1k to the finish, then row up alongside of the course to the marshalling area. Once prepared to start, boats race the course and return to the launch.

So for each 2 km race, your athlete is actually rowing about 6 km.

At times races are closer in time than what following this pattern will allow, so athletes will need to hot seat. The hot seat dock is indicated in this diagram.

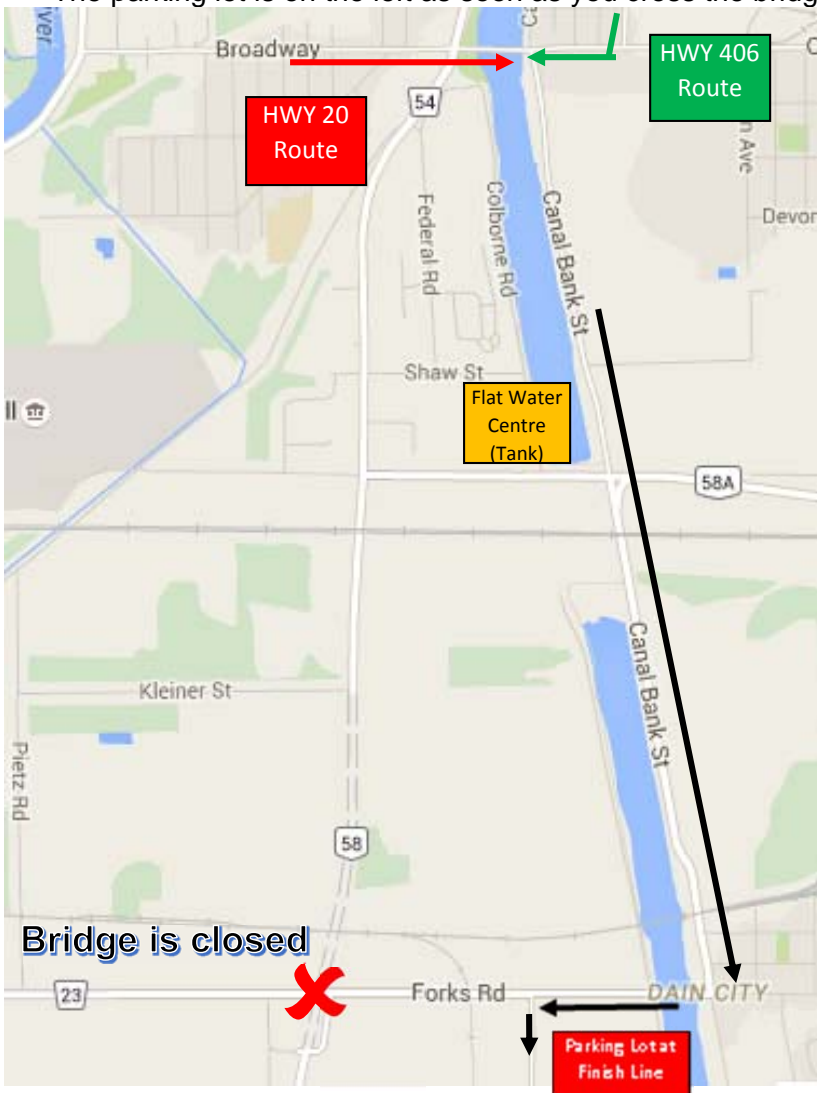
Directions...NB: The Bridge is OUT!

For those taking HWY 406

- Take Hwy 406 to the end and turn right (West) on to Main Street East
- Right before the bridge crossing the canal is a stop light, turn left (South) on to King Street
- Take King Street to the end and turn right (West) on to Ontario Street
- Just before the canal turn left (South) on to Canal Bank Street
- Turn right (West) on to Forks Road
- The parking lot is on the left as soon as you cross the bridge

For those taking HWY 20 through Smithville and Wellandport

- Turn off HWY 27 on to Broadway
- Cross the canal and turn right (South) on to Canal Bank Street
- Turn right (West) on to Forks Road
- The parking lot is on the left as soon as you cross the bridge



- **Bridge is closed**

Athlete Drop Off and Parking

Once you arrive, you will drop your athlete off by turning north off Forks Road. Athletes will meet at the trailer (remember ID)!

The finish is south off of Forks Road. (You will see an official's tower) At the official's tower, there is premium parking. Alternately, you can park in overflow lots north of Fork's Road. There is a cash fee for parking.



Want to watch the whole race – start to finish?

Well, bring your bikes! There are bike paths that will allow you to cycle up to the start and actually bike along the race course alongside your athlete's boat. It's a unique vantage to *somewhat* experience how long and *quiet* the first 1500 meters are.

Having your bike will also allow you to more easily head to the trailer and see some of the action from the launch perspective as well.

Sun, Shelter and Hydration

There is not a lot of refuge from the direct sun at this regatta. Athletes are generally down at the trailer (at the launch site) for the majority of the day. Parents are generally at the finish watching the races. There is a lot of space between these sites. Therefore having a conversation with your athlete about staying in the **shade, off their feet**, wearing **hats/sunscreen** and keeping well **hydrated** is going to be of utmost importance for their performance, but more so for their safety.

If you have a shelter to share with the athletes, please set up *in the area* of the trailers, (coaches will advise exact location so as to not impede regatta flow). There will be at least one parent tent at the finish, (close to the official's tower) but again, if you have an additional one and feel like sharing, please do!



Because of the often physical separation between athletes and parents at this regatta, supplying your athlete with their own **food** and **water** will be ideal.....and speaking of water.....



Water

At this regatta there are **portable** restrooms, but no running water. In the past there has been a water truck dispensing water for the athletes at the launch, but I think it is prudent to come prepared as though there wasn't one....just in case. So bring LOTS of **water**!

Been ThereDone that....

The port-a-potties are fresh and well stocked SATURDAY and yet, this is a 2 day regatta. By Sunday, things look a little different in the port-a-potty-scene, so why not come with your own "Charmin" and hand sanitizer... enough said! 😊



You too can have a draw sheet!

Go to: <https://www.regattacentral.com/>

Then select regattas from the top, select Canada, Ontario, SNRC Regatta, then on the side draw sheets and print away. The preliminary draw is up!

See you and have a great weekend!

Dina Gadsdon