

AUSTRALIAN
**MASTERS
ROWING**
CHAMPIONSHIPS

TASMANIA
8 - 11 MAY 2024



BULLETIN 1

November 2023



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Welcome

Following the hugely successful 2018 Australian Masters Rowing Championships at Lake Barrington, it is with great pleasure we once again welcome you, your family and friends to our beautiful State for the 2024 Australian Masters Rowing Championships.

For those of you who attended six years ago, we are looking forward to renewing friendships and providing an even better event. First-timers, you are warmly welcomed, and we are sure you will be captured by the beauty of Tasmania's premier rowing course. Surrounded by wooded hills right down to the lake and with some of the cleanest air on the planet, the course offers rowers a serene and peaceful place in which to compete – no noisy highways, built-up areas or houses to distract you from the task at hand - to compete to your best.

There's plenty on offer in nearby Sheffield and its surrounds: cafes, restaurants, vineyards, and craft shops. World-renowned Cradle Mountain National Park with stunning Dove Lake at its feet is only an hour away and offers walking trails to suit everybody - or pick up local products to enjoy picnic and take in the scenery.

The weather here in early May is generally cool with daytime temperatures in the mid-high teens. The event program takes into account daily sunrise and sunset restrictions.

Rowing Tasmania and the organising committee of AMRC2024 welcome you to what we think is the best rowing venue in Australia. We will be working hard to make your Tassie experience a memorable one.

Event Webpage

For more information about the 2024 Australian Masters Rowing Championships, please head to the event page here: <https://www.rowingtasmania.com.au/australian-masters-rowing-championships/>

Important Dates

| | |
|---|------------------------------------|
| Entries Open | 1 March 2024 |
| Bulletin 2 | 1 April 2024 |
| Entries Close | 11:59pm AEST, Monday 29 April 2024 |
| Withdrawal without penalty ends | 11:59pm AEST, Thursday 2 May 2024 |
| Entry Fees Due | Monday 6 May 2024 |
| Australian Masters Rowing Championships | Wednesday 8 – Saturday 11 May 2024 |

Venue

Lake Barrington, Tasmania

Lake Barrington, located in Northern Tasmania, is the site of a world-standard rowing course and in 1990 hosted the World Rowing Championships. The venue has been the site for several Australian Rowing Championships since 1984 including the Masters Rowing Championships in 2011 and 2018.

The lake is about 30 metres deep and is well protected from the prevailing north westerly winds. Lake Barrington is regularly acclaimed as the finest natural rowing course in Australia with its amphitheatre created by the surrounding hills and clean air.

The course is fully buoyed with 8 lanes and with great competitor and spectator facilities.



More information about the Lake can be found on the Rowing Tasmania website: <http://www.rowingtasmania.com.au/about/lake-barrington/>, and to appreciate the stunning scenery see the video here: <https://www.youtube.com/watch?v=mSfsyxX1eGA>

Travelling to the Venue

<https://www.rowingtasmania.com.au/australian-masters-rowing-championships/google-maps/>

The Lake Barrington International Rowing Course is situated an easy 15-minute drive from the tourist township of **Sheffield** on sealed roads and the estimated traveling times from the major centres are:

- **Devonport**: Home port of the **Spirit of Tasmania** and **Devonport Airport** – 30 minutes approx.
- **Ulverstone**: A seaside town at the mouth of the Leven River – 45 minutes approx.
- **Burnie**: Burnie is a port city with an industrial past that has reinvented itself as a vibrant and creative city on a beautiful stretch of Tasmania's North West Coast – 75 minutes approx.
- **Deloraine**: A delightful riverside town with a historic streetscape classified by the National Trust – 45 minutes approx.
- **Launceston**: Launceston is Tasmania's second major city and a vibrant hub for food and wine, culture and nature. It is a major gateway to Tasmania through **Launceston Airport** – 70 minutes approx.
- **Hobart**: Tasmania's capital city offers a contrasting blend of heritage, scenery, and culture, with world-class activities and attractions nearby – 3 hours and 15 minutes approx.

Events

Events to be offered will be [available here](#) by 1 December 2023

Entry Fee

The cost to enter the 2024 Australian Masters Rowing Championships is **\$45.00 (incl. GST)** per seat (per rower).

- Coxswains do not pay a Seat Fee.
- Entry fees are due by **Monday 6 May 2024**
- Details for payment and club invoices can be found on Rowing Manager.
- Entry fee payments can be paid via Rowing Manager or Direct Deposit to Rowing Tasmania.
- Entry fees for composite crews must be paid by the club that entered the crew.
- Entry fees are payable for all crews entered at the close of the withdrawal without penalty period regardless of whether the crew is subsequently excluded from the draw due to non-payment of fees.

Accommodation

<https://www.rowingtasmania.com.au/australian-masters-rowing-championships/quick-links/>

Rules

The Australian Masters Rowing Championships will be conducted according to the Rowing Australia Rules and By-Laws of Racing. A copy of these rules can be found at www.rowingaustralia.com.au



Eligibility to compete

A rower may compete in Masters rowing events from the beginning of the year during which they attain the age of 27. The age of a Masters rower shall be that which they attain during the current calendar year.

Masters events shall be held in the following crew age categories:

- A Minimum age: 27 years
- B Average age: 36 years or more
- C Average age: 43 years or more
- D Average age: 50 years or more
- E Average age: 55 years or more
- F Average age: 60 years or more
- G Average age: 65 years or more
- H Average age: 70 years or more
- I Average age: 75 years or more
- J Average age: 80 years or more
- K Average age: 83 years or more.
- L Average age: 86 years or more
- M Average age: 89 years or more

The average age of a crew (excluding the coxswain) will be calculated by dividing the total number of years of age of the crew by the number of members of the crew rounded down to the nearest whole number.

Entries

Entries will be taken via [Rowing Manager](#) and can be completed by a club administrator.

For international entries, please contact Alice at Rowing Australia aevens@rowingaustralia.com.au

No late entries will be accepted. All athletes should CHECK THEIR ENTRIES ARE LODGED before entries close.

Schedule

An indicative race schedule will be available on [Rowing Manager](#) by 1 December 2023

Please note that a preliminary schedule will be released following the close of entries and the final race schedule will be released following the close of the withdrawal without penalty period. As always, please ensure you check online during the regatta for any changes in scheduling.

Lightweight Rowers

Rowers entered in Lightweight 1x events will be required to provide a medical certificate from their regular doctor or a Sports Physician confirming that they are naturally and healthily at or below the weight required, and that they will not need to take any measures on a normal day to weigh in at the appropriate weight. This certificate can be sent to aevens@rowingaustralia.com.au who will provide confirmation of receipt of the certificate. Those that have provided a certificate in the last three years and/or have competed in the LW event in the last two years and were comfortably under the weight required do not need to do this and can provide a previous certificate.

Lightweight rowers will be required to weigh in under the conditions and at the weight as per the [RA Rules of Racing \(Rule 31, p 21\)](#). In addition to this weigh in, lightweight rowers will be required to do a preliminary weigh in on the day before their scheduled lightweight event to confirm their suitability for entry in the event. The regatta medical team may reject an entry in the lightweight event if, in their sole opinion, an athlete will be unable to make the requirement maximum weight without measures that may put their health at risk.



Rowers are advised that they will not be able to compete in the lightweight and standard single scull event in the same age category as they will be conducted consecutively. Notwithstanding, lightweight scullers who will be near the weight limit may enter both the standard and the lightweight single scull in the same age category (but will only be charged for one). Where an entry in both the lightweight and the standard single scull (in the same age category) is made one entry will be removed, without penalty, upon confirmation of weight on the day prior to the scheduled race and completion of a withdrawal form. If an athlete is unable to present for the preliminary weigh-in on the day before their scheduled race they should contact Alice Evans (aevens@rowingaustralia.com.au) who will provide specific instructions depending on the circumstances.

Health

It is recommended that rowers participating in Australian Masters Rowing Championships undergo a Health Screening at least annually and prior to the commencement of this event.

All rowers and coxswains must be able to swim 50m and tread water for 3 minutes as a minimum.

Orphan Rowers

Information will be available here in due course:

<https://www.rowingtasmania.com.au/australian-masters-rowing-championships/quick-links/>

Boat Hire

Information on boat hire can be found here: <https://www.rowingtasmania.com.au/australian-masters-rowing-championships/boat-hire/>.

Team Tents, Trailers and Boat Storage

- Team tent registration can be found here: <https://www.rowingtasmania.com.au/events/196989/>
- Boat Trailer Registration will be available shortly to assist with trailer arrival management
- Boat Racking will be provided on site with some boats to be stored on trailers.

Sprit of Tasmania Bookings

Book early to ensure reserved space on the Spirit of Tasmania. The event booking page can be found here:

<https://www.spiritoftasmania.com.au/offers/australian-masters-rowing-championships-2024>



Training Times

Training Times and Venue open times will be advertised in Bulletin 2

Event Merchandise

A range of official merchandise will be available from The Regatta Shop who will be located onsite during the event.



Merchandisers/Exhibitors

To have an exhibitors' site during the event in the regatta village, head to the registration link here:
<https://www.rowingtasmania.com.au/australian-masters-rowing-championships/quick-links/>

Sponsorship

For sponsor queries, please contact Rob Prescott at admin@rowingtasmania.asn.au

Volunteers

We need your help! To register to volunteer at the event express your interest here:
<https://www.rowingtasmania.com.au/events/61351/>

Enquiries

Queries specific to racing please contact:

Alice Evans at Rowing Australia: aevas@rowingaustralia.com.au

All other queries please contact: admin@rowingtasmania.asn.au



Rowing Tasmania is delighted to welcome Bont Rowing as naming rights sponsor for AMRC2024.

Best known for its technically advanced and anatomically correct rowing shoes, Bont Rowing will be onboard at Lake Barrington International Rowing Course, supporting competitors at Australia's pinnacle event for Master Rowers.

Bont Rowing proudly supports rowing within Australia as Official Partner of Rowing Australia.

Bont Rowing Director Istvan Nemeth was delighted to confirm the relationship.

"We are excited to be heading back to Lake Barrington, arguably one of the most beautiful rowing courses in the world. Supporting our sport for Bont Rowing has never been just about supporting elite rowers – our love and appreciation of the sport has always ensured our support would include all levels from juniors to masters."

To discover more about Bont Rowing, its products and technology, head over to their [website](#).

WELCOME BONT ROWING!

See you lakeside In Tasmania from May 8-11, 2024.