

SYDNEY AUSTRALIAN
ROWING
 CHAMPIONSHIPS
 18 - 24 MARCH 2024



AUSTRALIAN
OPEN
ROWING
 CHAMPIONSHIPS

KING'S &
 QUEEN'S
 CUPS INTERSTATE
 REGATTA

AUSTRALIAN
OPEN
SCHOOLS
ROWING
 CHAMPIONSHIPS



2024 EVENT PROGRAM

– 18 - 24 MARCH 2024 –

HOSTED BY



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Australian Government
 Australian Sports Commission





CONTENTS

WELCOME FROM NEW SOUTH WALES GOVERNMENT	5
ROWING AUSTRALIA COUNCIL	8
ROWING AUSTRALIA BOARD	8
MESSAGE FROM PRESIDENT OF ROWING AUSTRALIA	9
FOUR REGATTAS IN ONE EVENT	10
SUMMARY OF RACING	11
AUSTRALIAN OPEN ROWING CHAMPIONSHIPS	11
AUSTRALIAN OPEN SCHOOLS ROWING CHAMPIONSHIPS	12
THE KING'S AND QUEEN'S CUPS INTERSTATE REGATTA	12
AUSTRALIAN SPRINT ROWING CHAMPIONSHIPS	12
HISTORY OF THE KING'S AND QUEEN'S CUP REGATTAS	13
REGATTA INFORMATION	15
REGATTA RULES	15
ENTRIES.....	15
THE DRAW	15
VENUE OPENING HOURS AND TRAINING	15
TRAFFIC RULES	15
ATHLETE AND BOAT WEIGHING.....	15
MEDALS	16
DRAW AND RESULTS	16
LIVE WEBCAST.....	16
CREW LISTS.....	16
THE WAY TO THE FINAL	17
RACE FOR LANES.....	18
SPECTATOR INFORMATION	19
CAR PARKING	19
MEDICAL.....	19
FOR YOUR SAFETY	19
“LEARN AND LOAD” PRESENTED BY DRIVE EXTENDED	19
“WOMEN IN SPORT” BREAKFAST.....	19
ALCOHOL	19
CATERING.....	19
ROWUNION	19
CONTACT DETAILS AND MORE INFORMATION	19
CLUB AND SCHOOL COLOURS	21
MAPS.....	26



WELCOME FROM NEW SOUTH WALES GOVERNMENT

Welcome to Penrith, the heart of Sydney's golden west for the 2024 Australian Rowing Championships, an event supported proudly by the NSW Government's tourism and major events agency, Destination NSW.

The Australian Rowing Championships is known to be one of the most inclusive sporting events inviting participants from secondary schools, all the way to Olympians and Paralympians. After 5 years, the eagerly anticipated Australian Rowing Championships is making its return to Western Sydney's world-class Sydney International Regatta Centre with elite rowers from across the country competing in the largest rowing event in Australia to take home the title of national champion.

The Australian Rowing Championships is a week-long prestigious event showcasing one of the best rowing and sprint kayak courses in the world, providing a stunning backdrop of Penrith Lakes and the Lower Blue Mountains.

The Australian Rowing Championships also makes a vital social and economic contribution to Western Sydney, attracting thousands of competitors, supporters and officials who stay in our hotels and spend locally, supporting local businesses and jobs throughout Western Sydney's visitor economy.

With a vibrant sport and cultural events calendar, a range of outdoor adventure activities and numerous fine dining precincts all within proximity to the World Heritage-listed Blue Mountains and an easy train ride to Sydney's CBD, Western Sydney is fast developing a reputation as home to some of the nation's best visitor experiences.

Best of luck to all participants, enjoy the event and take some time to explore the exciting and diverse visitor experiences on offer throughout Western Sydney waiting to be discovered at Sydney.com.



📍 Mahon Pool, Maroubra



[sydney.com](https://www.sydney.com)





Champions are made
when no one is watching

BR1



BR2



BR3



Make every row your best
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ROWING AUSTRALIA

ROWING AUSTRALIA COUNCIL

Australian Capital Territory	Tobias Wehr-Candler
Rowing New South Wales	Stephen Handley
Rowing Queensland	Scott Austin
Rowing South Australia	Fearnley Szuster
Rowing Tasmania	Mick Casey
Rowing Victoria	Deb Spring
Rowing Western Australia	Craig James OAM



ROWING AUSTRALIA BOARD

President and Chairman	Rob Scott
Director	Malcom Batten
Director	Georgia Beattie
Director	Brigadier Alison Creagh AM CSC (Retd)
Director	Ben Dodwell
Director	Rachael Kininmonth
Director	Sally Leake
Director	Richard Finlayson
Director, Athletes' Representative	Luke Letcher

Rowing Australia (RA) is the national governing body for the sport of rowing.

Rowing is one of the Australia's oldest and most successful sports, recognised as much for its tradition and appeal to athletes of all ages as for its fantastic health benefits. Rowing is a cornerstone Olympic sport and Australian rowing has a long and proud history of success, consistently returning multiple medals at major international competitions.

Rowing is a part of Australia's national sporting and cultural heritage, with international success dating back to 1867 when Edward "Ned" Trickett won Australia's first ever sporting World Championship. Rowing continues to play an important part in Australia's sporting culture, providing safe, fun and healthy opportunities for Australians of all ages and abilities to participate in a sport that provides unparalleled health benefits.

Rowing is a sport for life, accessible to people of all ages, genders, fitness and skill levels, and currently enjoyed by over 60,000 participants and 25,000 active members ranging from young rowers at school through to those at universities and in the wider community right through to masters rowing.

Rowing Australia member associations operate in seven states with over 185 schools and 156 clubs offering rowing programs.

MESSAGE FROM PRESIDENT OF ROWING AUSTRALIA

On behalf of the Board and Council of Rowing Australia, it is with immense pride that I welcome athletes, coaches, sponsors, officials, guests, and supporters to the 2024 Australian Rowing Championships.

This year marks a significant return to Sydney, a city with a storied history in Australian rowing, as we convene at the iconic Sydney International Regatta Centre. It's our first time back since the memorable events of 2019, and we are thrilled to showcase this world-class venue once again in the Olympic and Paralympic year.

Rowing Australia is honoured to host this premier event, a cornerstone of the domestic rowing calendar, symbolising the unity, competition, and excellence our sport embodies.

The anticipation from the rowing community has reached new heights this year as the excitement of Paris grows. We've seen record entries from all over Australia and will no doubt see another week of spirited racing as clubs, schools and states go head-to-head.

This year's event is packed with engaging initiatives, including our 'Learn & Load' sessions and the Women in Sport breakfast, underscoring our commitment to development, innovation, and inclusivity in rowing.

Our heartfelt gratitude extends to Hancock Prospecting and our Patron, Mrs Gina Rinehart AO, for their unwavering support and significant investment in rowing. We're equally thankful to our partners and suppliers, including 776BC, Tempur, Bolle, Inglewood, Fillipi, and Bont Rowing, for their contributions.

I must also commend the Rowing Australia and Rowing NSW staff for their expertise and dedication in organising what promises to be a spectacular and memorable event where history is made once again.

Our clubs and schools are joined by elite and pathway athletes from across the country, including the Australian Rowing Team, freshly selected for the 2024 international season.

This year, we celebrate the increase in the number of events, entries, and competitors, a testament to the strength and enthusiasm within our rowing community. With 130 events and over 2100 competitors taking up some 4900 seats, we're witnessing a remarkable increase in racing activity.

We are grateful for the support of the NSW Government, through Destination NSW, for backing this event and offering everyone the chance to explore the beauty and attractions of NSW. Thanks also to the City of Penrith for their support in making this event a shared success.

The commitment and enthusiasm of our volunteers are what make the Australian Rowing Championships possible. A heartfelt thank you to the NSW community and the volunteers who have come from far and wide. Your support is invaluable to the success of Australia's premier rowing event.

I wish all participants the best of luck in their races and hope all spectators enjoy a fantastic week of competition. I eagerly anticipate witnessing some thrilling racing and celebrating the spirit of the 2024 Australian Rowing Championships.



Rob Scott
President and Chairman,
Rowing Australia

FOUR REGATTAS IN ONE EVENT

The 2024 Australian Rowing Championships combines four regattas into the nation's premier rowing event - the **King's and Queen's Cup Interstate Regatta**, the **Australian Open Rowing Championships**, the **Australian Open Schools Rowing Championships** and the **Australian Rowing Championships Sprints**. A record number of competitors of all ages will contest more than 100 events in more than 600 races over seven days of competition.

The King's and Queen's Cup Interstate Regatta is the 'blue ribbon' of Australian rowing limited to one representative crew or sculler **from each state** in each of the ten Interstate events.

The Australian Open Rowing Championships and Australian Open Schools Championships are open to all competitors who are members of clubs or schools affiliated to Member Associations or members of clubs or schools affiliated to other National Rowing Federations recognised by Rowing Australia.

These events will be conducted over the 2000 metre course in a 7 lane progression of heats, repechages, semi-finals and finals.

The Australian Rowing Championships Sprints are open to competitors in the Open, School and University categories competing over a 'flying' 500 metres.

THE JOHN COATES AC INTERSTATE CHAMPION CUP

The John Coates AC Interstate Champion Cup will be presented to the Member Association which secures the highest overall score for events conducted in the Interstate Regatta. States will be awarded points in each event on the following basis:

First place	8 points
Second place	6 points
Third place	5 points
Fourth place	4 points
Fifth place	3 points
Sixth place	2 points
Seventh place	1 point

CLUB POINTS SCORE

A 'club points score' will be in operation in addition to the medal table, for all events within the Australian Open Rowing Championships (not Open Schools Championships). The points score will be published on the event website - points will be awarded on the following basis:

BOAT	FIRST	SECOND	THIRD
Eight (8+)	24	18	12
Fours (4-+)/Quad (4x)	16	12	8
Pairs (2-)/Doubles (2x)	12	9	6
Singles (1x)	8	6	4

SCHOOL POINTS SCORE

A 'school point score' will be in operation in addition to the medal table, for schools competing in events within the Australian Open Championships and Open Schools Championships. The points score will be published on the event website - points will be awarded on the following basis:

BOAT	FIRST	SECOND	THIRD
Eight (8+)	24	18	12
Fours (4-+)/Quad (4x)	16	12	8
Pairs (2-)/Doubles (2x)	12	9	6
Singles (1x)	8	6	4

SUMMARY OF RACING

AUSTRALIAN OPEN ROWING CHAMPIONSHIPS

The following events will be contested at the Australian Open Rowing Championships:

Under 17 Men (U17M)	1x	2x	4x+				
Under 17 Women (U17W)	1x	2x	4x+				
Under 19 Men (U19M)	1x	2x	2-	4x	4-	4+	8+
Under 19 Women (U19W)	1x	2x	2-	4x	4-	8+	
Under 21 Men (U21M)	1x	2x	2-	4x	4+		
Under 21 Women (U21W)	1x	2x	2-	4x	4+		
Under 21 Lightweight Men (U21LM)	1x						
Under 21 Lightweight Women (U21LW)	1x						
Under 23 Men (U23M)	1x	2x	2-	4x	4-	8+	
Under 23 Women (U23W)	1x	2x	2-	4x	4-	8+	
Under 23 Lightweight Men (U23LM)	1x	2x	2-	4-			
Under 23 Lightweight Women (U23LW)	1x	2x	4x				
Open Men (OM)	1x	2x	2-	4x	4-	4+	
Open Women (OW)	1x	2x	2-	4x	4-	8+	
Open Lightweight Men (OLM)	1x	2x	2-	4x	4-	8+	
Open Lightweight Women (OLW)	1x	2x	4x				
Club Men (CM)	2x	4-	8+				
Club Women (CW)	2x	4-	8+				

The **Para-rowing** events to be contested are:

PR3 Men	1x	Mix2x	Mix4+
PR3 Women	1x	Mix2x	Mix4+
PR2 Men	1x	Mix2x	
PR2 Women	1x	Mix2x	
PR1 Men	1x		
PR1 Women	1x		

Please note that all Para-rowing events are to be conducted over 2000m.

**AUSTRALIAN
OPEN
ROWING
CHAMPIONSHIPS**

AUSTRALIAN OPEN SCHOOLS ROWING CHAMPIONSHIPS

The following events will be contested at the Australian Open Schools Rowing Championships:

Schoolboy Under 17 (SBU17)	8+				
Schoolgirl Under 17 (SGU17)	8+				
Schoolboy (SB)	1x	2x	4x+	4+	8+
Schoolgirl (SG)	1x	2x	4x+	4+	8+

**AUSTRALIAN
OPEN
SCHOOLS
ROWING
CHAMPIONSHIPS**

THE KING'S AND QUEEN'S CUPS INTERSTATE REGATTA

The following events will be contested at the King's and Queen's Cups Interstate Regatta:

Men's	PR3 1x	1x	L4-	Youth8+	8+
Women's	PR3 1x	1x	L4x	Youth8+	8+

**KING'S &
QUEEN'S
CUPS INTERSTATE
REGATTA**

AUSTRALIAN SPRINT ROWING CHAMPIONSHIPS

The following race categories will be contested at the Australian Sprint Rowing Championships:

Open Men's	4x+	8+
Open Women's	4x+	8+
Schoolgirls	4x+	8+
Schoolboys	4x+	8+
University Men's	4x	8+
University Women's	4x	8+
Men's	PR3 1x	
Women's	PR3 1x	



HISTORY OF THE KING'S AND QUEEN'S CUP REGATTAS



THE KING'S CUP (INTERSTATE MEN'S COXED EIGHT)

Inter-colonial racing in eight-oared boats commenced in 1878 when the Victorian Rowing Association invited New South Wales oarsmen from the Sydney and the Mercantile clubs to boat crews for a race on the lower Yarra River over about four miles. Since 1921 the crews have competed for the King's Cup. The trophy had been won by a First Australian Imperial Force crew at the Royal Peace Regatta held in London in 1919 and was provided by King George V and presented to Captain H. Disher on behalf of the victorious crew by Princess Arthur of Connaught. In time, and in against dogged resistance from the Australian War Memorial, the Victorian Rowing Association petitioned the King to express his intention for the Cup, and at his command it became the perennial trophy to be presented to the winning state representative men's eight at the annual Australian Rowing Championships.



THE QUEEN'S CUP (INTERSTATE WOMEN'S COXED EIGHT)

The premier interstate event for women was the ULVA trophy which from 1920 till 1998 was a fours event. The trophy had first been presented by the United Licensed Victuallers Association (ULVA) of Queensland, and is affectionately known as Bertha. In 1999 the women's interstate race was changed to an event for VILs. In 2003, the trophy became officially known as the Queen Elizabeth II Trophy, or the Queens Cup. The original ULVA trophy remains the perpetual trophy.

THE PRESIDENT'S CUP (INTERSTATE MEN'S SINGLE SCULL)



An intercolonial sculling race between New South Wales and Victoria was first held in 1868 and then annually from 1895 with Queensland also racing. Tasmania has consistently been represented since 1903. South Australia and West Australia have entered scullers with some regularity but not consistently until the 1960s. The first President of the Australian Amateur Rowing Council, Mr E.C. Watchorn, donated the President's Cup in 1925 as the perpetual trophy for the annual Australian Interstate Single Sculling Championship.

THE NELL SLATTER TROPHY (INTERSTATE WOMEN'S SINGLE SCULL)



The first interstate championship for the Women's Single Scull was not conducted until 1963 in Brisbane and has continued annually since that date. The Nell Slatter Trophy was presented by the Queensland Women's Rowing Association in 1963 to be the perpetual trophy for the event as a tribute to the then Queensland President Nell Slatter.

THE PENRITH CUP (INTERSTATE MEN'S LIGHTWEIGHT FOUR)



The Interstate Lightweight Four Championship was introduced in 1958 after a long history of lightweight rowing within Australia. The Penrith Cup was presented to the Australian Amateur Rowing Council in 1958 by the Penrith City Council as the perpetual trophy for the event. The event was the pinnacle of a lightweight oarsman's career until 1974 when the first FISA Championships were conducted.

THE VICTORIA CUP (INTERSTATE WOMEN'S LIGHTWEIGHT QUAD)



The first Women's Interstate Lightweight Four-Oared Championship was contested on the Yarra River in Melbourne on 28th April, 1968. The Victoria Cup, presented by the Victorian Ladies' Rowing Association, is the perpetual trophy for this event. In 1999, the change was made from coxless four to quad scull as most lightweight women's rowing was in sculling boats due to the introduction of an Olympic women's lightweight double scull.

THE NOEL F WILKINSON TROPHY (INTERSTATE MEN'S YOUTH EIGHT)



The first Championship was conducted in Victoria in 1974, and in that same year, the Australian Rowing Council accepted an offer by Noel Wilkinson to provide a perpetual trophy for the event. Noel was a great fundraiser for both Australian rowing teams and Australian Olympic teams. He was also a long serving Treasurer of the Council.

THE BICENTENNIAL CUP (INTERSTATE WOMEN'S YOUTH EIGHT)



A women's youth event was commenced in 1988 (the year of Australia's Bicentenary) in coxed fours. The event became an eight oared event in 1994 due the continued growth in women's rowing. The Cup was presented by the NSW Rowing Association.

PR3 MEN'S SINGLE SCULL

The PR3 Men's Single Scull (formally the LTA Men's Single Scull) made its debut in the Interstate Regatta in 2016. In its inaugural year it was won by Kevin du Toit of New South Wales. The race results contribute to the overall States' point scores and help to decide who may win the Rowing Australia Cup at the conclusion of the Regatta.

PR3 WOMEN'S SINGLE SCULL

The PR3 Women's Single Scull (formally the LTA Women's Single Scull) made its debut in the Interstate Regatta in 2016. In its inaugural year it was won by Paralympian Kate Murdoch of New South Wales. The race results will contribute to the overall States' point scores and help to decide who may win the Rowing Australia Cup at the conclusion of the Regatta.

For more detailed histories please visit: www.rowinghistory-aus.info

REGATTA INFORMATION

REGATTA RULES

The Australian Open Rowing Championships, Australian Open Schools Rowing Championships and the Interstate Regatta will be conducted according to the rules and regulations of Rowing Australia, including for lightweight and coxswain weight restrictions and weighing-in times.

The JURY for the event:

- **President of the Jury and Referee:** Grant Ford (WA)

- **Assistant President of the Jury:** William Webster (VIC)

Lachlan Balfour (QLD), Paul Diggerson (VIC), Philip Fraser (TAS), Catherine Garrington (ACT), David Grubits (VIC), Kim Harrison (NZ), Rene Klupacs (VIC), Paul Knight (SA), Duncan MacKinnon (VIC), Tina Maher (TAS), Bruce McCarthy (QLD), Stewart McQuade (QLD), Karen Mills (QLD), John Murdoch (WA), Brooke Parsons (VIC), John Proper (QLD), Jack Quirk (NZ), Rod Roy (QLD), Rob Stobie (QLD), Chris Tucker (NSW), Zara Underwood (QLD), Jacqueline Williams (ACT).

ENTRIES

A complete list of entries into each event can be found on the event website: arc.rowingaustralia.com.au

THE DRAW

The draw for all Australian Open and Open Schools Rowing Championship events will be conducted on site on Sunday 17 March 2024 at 3pm.

VENUE OPENING HOURS AND TRAINING

The Sydney International Regatta Centre will be open at 6.30am each day for athletes and coaches, and 7.00am for spectators; and will close at 7.30pm.

The course will officially open for training at 7.00am on Sunday 17 March.

Crews may hit the water for post-racing training (if time permits and as advertised daily) from the start of the last race of the day but shall not be allowed onto the course until 15min after the last race. The course shall close for training at 6.30pm each day

TRAFFIC RULES

Maps relating to the traffic rules during training are [included in this program](#) and will be displayed around the venue.

ATHLETE AND BOAT WEIGHING

Boat weighing will take place in Boatsheds 2 and 3. Athlete weighing will take place in boatshed 4. Scales will be available from 7.00am Sunday 17 March 2024.

MEDALS

Where there are four or more starters in an event, 1st, 2nd and 3rd place medals shall be awarded. Where there are three starters, 1st and 2nd place medals shall be awarded. Where there are two starters, 1st place medals only shall be awarded. Where there is one starter, 1st place medals are awarded following a row-over.

DRAW AND RESULTS

The draw for each day's racing will be posted on all noticeboards at the venue as soon as possible and no later than 60 minutes prior to the commencement of each session. It will also be available on the website: arc.rowingaustralia.com.au/competitors/daily-draws

Results of each race will be available on as each race progresses.

Go to: arc.rowingaustralia.com.au/arc-results-2024

LIVE WEBCAST

A live webcast of racing will be available for all seven days of racing. It will be accessible through the ARC website: arc.rowingaustralia.com.au

CREW LISTS

Go to <https://rowingmanager.com/regattas/6278>



THE WAY TO THE FINAL

AUSTRALIAN OPEN ROWING CHAMPIONSHIPS - EIGHT LANE PROGRESSION SYSTEM TO DETERMINE FINALISTS

CREWS	RACE TYPE	NO CREWS	PROGRESSION
1..8	1 Heat	Up to 8	Selection Events: Compulsory Preliminary Round Nominated Events (see Below): Non-Compulsory Preliminary Round All crews to Final All other events: First and Final
	1 Final		
9..12	2 Heats	4 to 6	1..2 -> Final A, Rest to Repechage
	1 Rep	5 to 8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 2 Finals	Finals of up to 8	
13..16	2 Heats	6 to 8	1..2 -> Final A, Rest Repechage
	2 Reps	4 to 6	1..2 -> Final A, Rest Eliminated (or Final B)
	Up to 2 Finals	Finals of up to 8	
17..20	3 Heats	5 to 7	1..4 -> Semi A/B, Rest -> Repechage
	1 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
21..24	3 Heats	7 or 8	1..4 -> Semi A/B, Rest Repechage
	2 Reps	4 to 6	1..4 -> Semi A/B, Rest Eliminated (or Final C)
	2 Semis	8	1..4 -> Final A, Rest Eliminated (or Final B)
	up to 3 Finals	Finals of up to 8	
25..28	4 Heats	6 or 7	1..3 -> Semi A/B, Rest Repechage
	2 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	4 to 6	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	
29..32	4 Heats	7 or 8	1..2 -> Semi A/B, Rest Repechage
	4 Reps	5 or 6	1..2 -> Semi A/B, Rest Eliminated (or Semi C/D)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 4 Finals	Finals of up to 8	

33..37	6 Heats	5 to 7	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated
		5 to 8	1..2 -> Semi A/B, Last to Final E, Rest to Semi C/D
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	6 to 8	1..4 -> Final C, Rest -> Final D
	up to 5 Finals	Finals of up to 8	
38..46	6 Heats	5 to 8	1 -> Semi A/B, Rest Repechage
	5 Reps	5 to 8	1..2 -> Semi A/B, Rest Eliminated (or 3 - 5 to Semi C/D, Rest to Final E/F)
	2 Semis A/B	8	1..4 -> Final A, Rest Eliminated (or Final B)
	2 Semis C/D	7 or 8	1..4 -> Final C, Rest Final D
	up to 6 Finals	Finals of up to 8	
47..54	6 Heats	7 to 9	1 -> Semi A/B, Rest Repechage
	6 Reps	6 to 8	1..2 -> Semi A/B, Rest Eliminated (or 4 - 6 to Semi C/D, Rest to Final E/F/G)
	2 Semis A/B	9	1..4 -> Final A, Rest Eliminated (or 5 - 8 to Final B, 9 to Final C)
	2 Semis C/D	9	1..3 -> Final C, 4..7 -> Final D, Rest -> Final E
	up to 7 Finals	Finals of up to 8	

Notes:

- The Fairness Commission may alter the progression at any time. In such cases ample notice will be given to competitors.
- The Technical Delegate(s) in consultation with the President of the Jury and the Fairness Committee will determine the Progression system to apply to each event/category.
- The Australian Open Schools Rowing Championship 4x+, 4+ and 8+ events will use an exhaustive finals progression – Final B, Final C, Final D etc. for all events with the exception of the 1x and 2x which will run only A and B Finals. Please note this is a change from previous years.

RACE FOR LANES

In Under 19 and School events that attract 8 entries or less, a non-compulsory race for lanes will be conducted.

In events used for selection purposes (U21 1x, U21 2-), a compulsory race for lanes will be conducted, where 8 entries or less are received.

In the remaining U17 (club), U21 and U23 and in Open and Para events, where 8 or less entries are received, competitors will proceed directly to a final.

SPECTATOR INFORMATION

CAR PARKING

All car parking at ARC will be **free of charge**. All public entry to the Sydney International Regatta Centre will be via Gate B on Old Castlereagh Road. Please follow the directions of all venue parking staff and volunteers.

MEDICAL

The Regatta Doctor will be located in the Dr Bill Webb Medical Centre, 50m from the finish line.

FOR YOUR SAFETY

NO BARE FEET: Wear shoes, sandals, scuffs when walking around the venue.

KEEP HYDRATED: SIP, SIP, SIP and then SIP some more.

KEEP YOUR HEAD COVERED: Wear a hat.

BLOCK OUT THE SUN: Apply sun screen and re-apply every two hours.

STAY OFF YOUR FEET: Limit the amount of walking you do.

“LEARN AND LOAD” PRESENTED BY DRIVE EXTENDED

On Wednesday March 20 at 5:30pm. Rowing Australia will host this event to highlight the online series “The Drive Extended” as well as being a pathways opportunity for schools. There will be a free Pasta Night for attendees and it will be held outside the Lakeside Restaurant. Registrations are available online at arc.rowingaustralia.com.au

“WOMEN IN SPORT” BREAKFAST

Thursday March 21 at 8:00am in the ROWunion Marquee will feature a panel discussion celebrating the amazing achievements of Women in sport. The Panel features Sarah Cook, CEO of Rowing Australia, Heather Garriock the Founder and CEO of Game Face Pro Nikki Ayers Australian Paralympic Rower, Suzy Balogh OAM OLY Fomer Olympic Shooter and Alexandra Viney Australian Paralympic Rower.

ALCOHOL

You will be able to purchase alcohol at the venue, however, as it is a ticketed event, you will not be able to bring alcohol into the venue. Random bag checks will be carried out by security marshals. People who have brought alcohol into the venue will have this confiscated: intoxicated people will be asked to leave the venue.

CATERING

There will be a variety of food and drink options available at the event around the venue.

ROWUNION

The Rowunion bar will operate from Wednesday to Sunday.

CONTACT DETAILS AND MORE INFORMATION

Australian Rowing Championships

c/- Rowing Australia

P.O. Box 7147, YARRALUMLA ACT 2600

Email: aevans@rowingaustralia.com.au

Tel: +61 2 6214 3526 Website: arc.rowingaustralia.com.au



CLUB AND SCHOOL COLOURS

CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
ANA Rowing Club	ANA Rowing Club	ANA	WA	Black and white verticle stripes
ANU Boat Club	ANU	ANU	ACT	White with 3 blue bands
Adelaide High School	Adelaide High	AHS	SA	Black with white facings
Adelaide Rowing Club	Adelaide	ADEL	SA	Black, red and gold hoops, black shorts
Adelaide University Boat Club	Adelaide Uni	ADLUN	SA	White with black V", black shorts
Albert Park College	Albert Park College	APC	VIC	Sky blue with dark blue side stripes with yellow. A yellow "A" on back
All Hallows' School	All Hallows'	AHS	QLD	Light blue and navy
Ascham School	Ascham	ASCH	NSW	Red w/ blue/khaki/blue side stripes
Ballarat Clarendon College	Ballarat Clarendon	BTCCL	VIC	Black shorts, red top, gold side panels
Ballarat Grammar School	Ballarat Grammar	BALGR	VIC	Royal blue with gold shoulder and side panels on top, large gold logo on back.
Ballarat High School	Ballarat High	BLRHS	VIC	Navy blue shorts, royal blue and navy blue striped "V"
Banks Rowing Club	Banks	BANKS	VIC	Pink, navy bottom, club motif on front, letters banks in navy across back
Barker College	Barker College	BARK	NSW	Red with navy shorts and trim and yellow red stripes down the side
Barwon Rowing Club	Barwon	BARW	VIC	Thin blue and white hoops, blue shorts
Black Mountain Rowing Club	Black Mountain	BMRC	ACT	Red
Brisbane & GPS Rowing Club	Brisbane & GPS	BGPS	QLD	Blue and aqua
Brisbane Boys' College	Brisbane Boys	BBC	QLD	Green, black and white
Brisbane Girls Grammar School	Brisbane Girls GS	BGGS	QLD	Navy blue and white
Brisbane Grammar School	Brisbane Grammar	BRISG	QLD	Light blue and dark blue
Brisbane State High School	Brisbane SHS	BNESH	QLD	Cerise and navy
Buckingham Rowing Club	Bucks	BRC	TAS	Gold with green hoops
Bundaberg Rowing Club	Bundaberg	BUND	QLD	Black and gold
Bundaberg State High School	Bundaberg SHS	BUNSH	QLD	Light blue/dark blue
Canberra Girls Grammar School	Canberra Girls Grammar	CGGS	ACT	Green, red and white
Canberra Grammar School	Canberra Grammar	CGS	ACT	Sky blue/navy blue
Canberra Rowing Club	Canberra	CANB	ACT	Blue to black gradient with yellow dot swirl
Capital Lakes Rowing Club	Capital Lakes	CLRC	ACT	Green, red, blue & white
Carrum Rowing Club	Carrum	CARM	VIC	Black with fluorescent green/yellow back and side panels

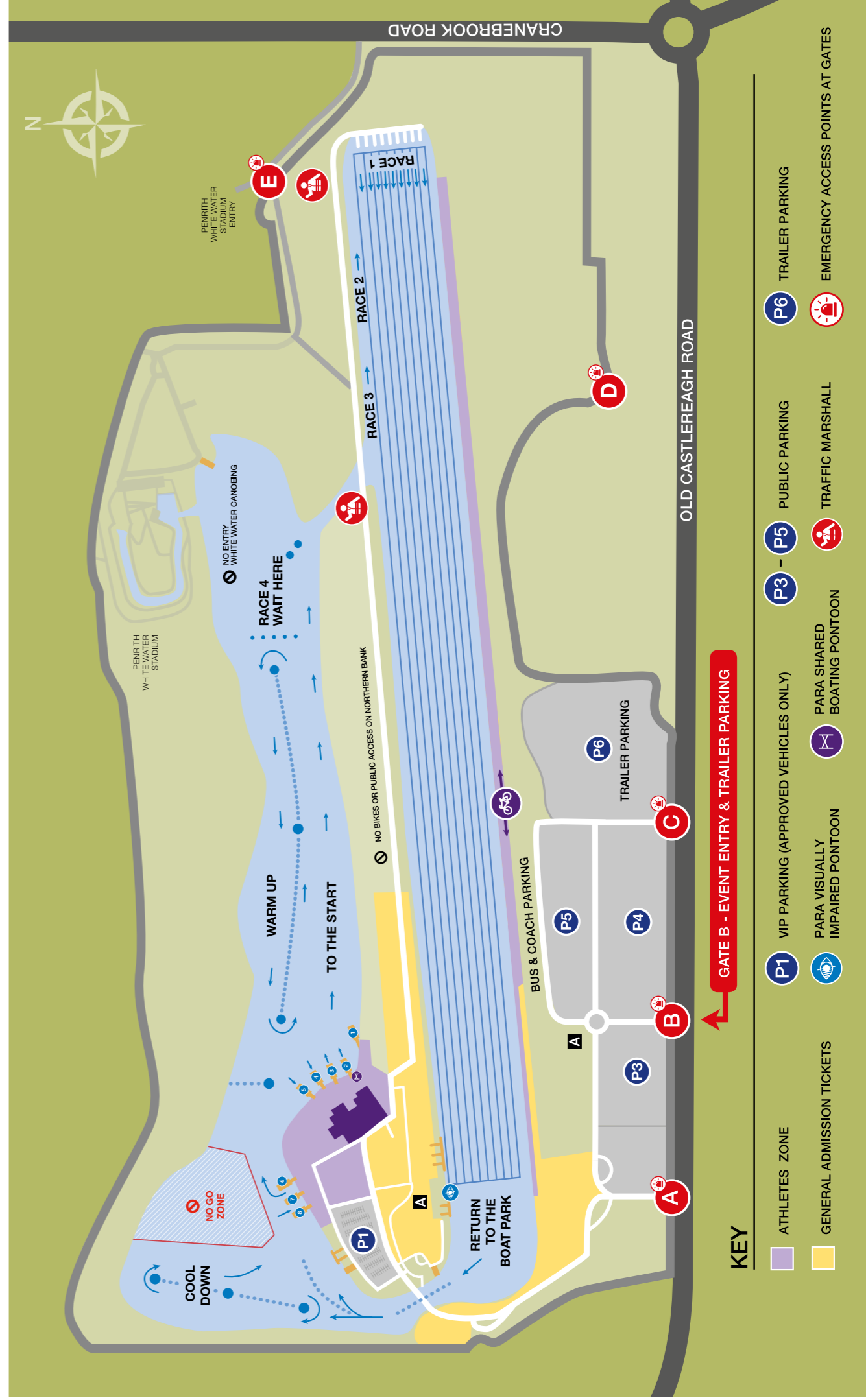
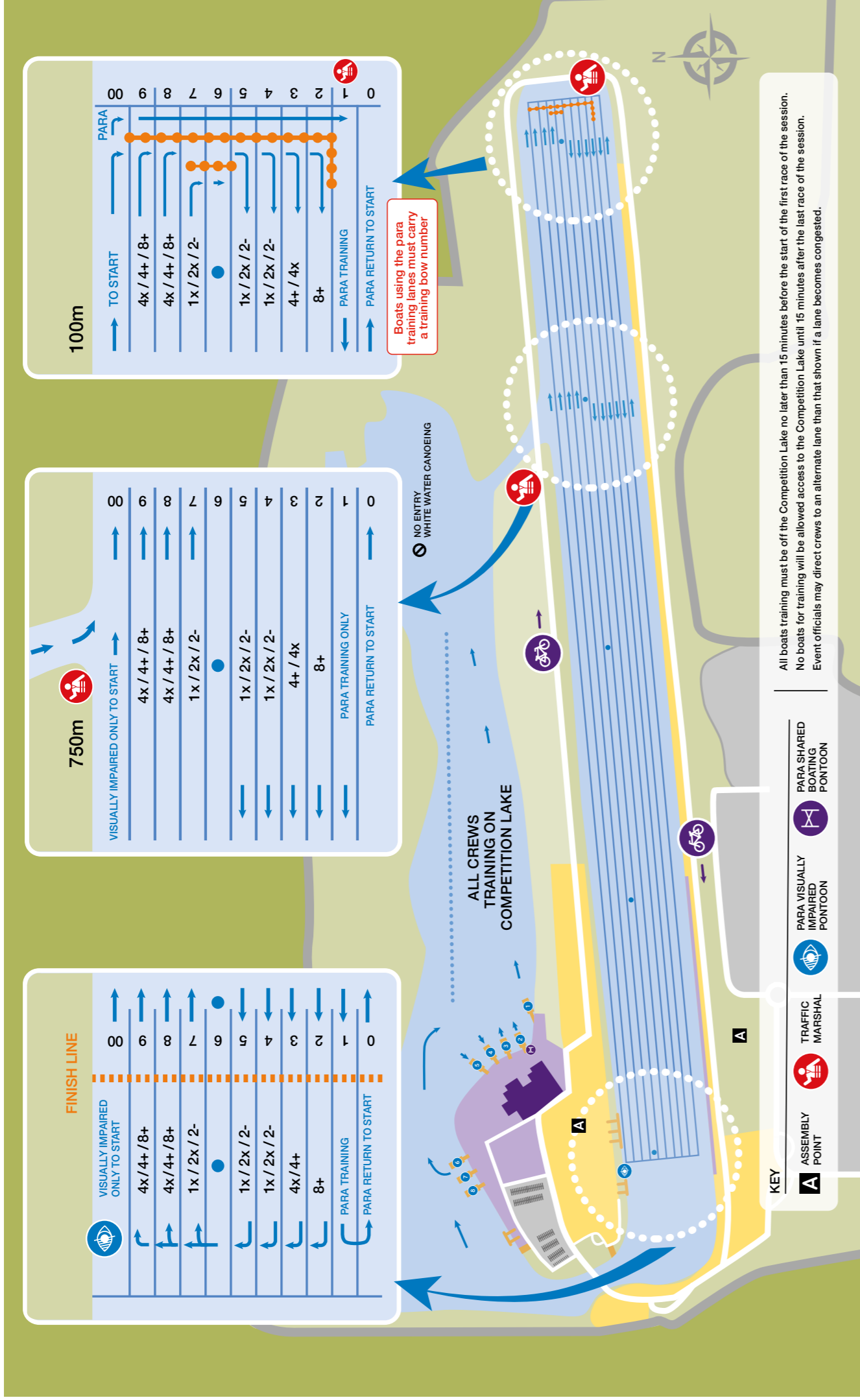
CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
Centenary Rowing Club	Centenary	CENT	QLD	Red, white and blue
Christian Brothers College	Christian Bros	CBC	SA	White with purple facings
Christian College, Geelong	Christian College, Geelong	CCG	VIC	Cranberry yoke ove white "V" with navy blue shorts
Commercial Rowing Club	Commercial	COMM	QLD	Light blue and dark blue
Community Rowing Club	Community	CRC	NSW	Dark violet shorts, cyan green top with crest, cyan green side panel with crc, dark violet, white & cyan green side stripe
Corio Bay Rowing Club	Corio Bay	CORIO	VIC	Purple, gold trimmings
Cranbrook School	Cranbrook	CRANB	NSW	White with a dark blue bands
Damascus College	Damascus College	DAM	VIC	Navy, maroon and gold diagonal stripes
Derwent Mercantile Collegiate Rowing Club	DMCRC	DMCRC	TAS	White, red side panels
Drummoyne Rowing Club	Drummoyne	DRC	NSW	Dark green front & lower back panel. Gold upper back panel & side panels. Dark green trim. Crest on chest. Black shorts
Easter Rowing Club	Easter Rowing Club	ERC	SIN	
Emmaus College	Emmaus College	EMC	QLD	Red, white and dark blue
Essendon Rowing Club	Essendon	ESSEN	VIC	Black, red sash
Firbank Grammar School	Firbank Grammar	FRBGR	VIC	Bright yellow with grey shorts
Fremantle Rowing Club	Fremantle	FRC	WA	Cambridge blue and white
Genazzano FCJ College	Genazzano	GNFCJ	VIC	Navy blue, white yoke, maroon & white horizontal stripes
Genesis Christian College	Genesis Christian	GCC	QLD	
Gippsland Grammar	Gippsland Grammar	GGG	VIC	Green with white & black diagonal stripes
Glebe Rowing Club	Glebe	GLEBE	NSW	Maroon with white v on back and white trim w/crest
Griffith University Surfers Paradise Rowing Club	Griffith Uni Surfers Paradise	GUSP	QLD	Red & black
Haileybury	Haileybury	HLBY	VIC	Black with magenta side panels with gold stripe
Hawthorn Rowing Club	Hawthorn	HAWTH	VIC	Blue and white hoops
Hunter Valley Grammar School	Hunter Valley Grammar	HVGS	NSW	Navy blue with yellow, green, light blue bands
Ignatius Park College	Ignatius	IGNAT	QLD	Royal blue and white
Kand Rowing Club Inc	Kand	KRC	QLD	
Kardinia International College	Kardinia Int'l College	KIC	VIC	Royal blue with burgandy side panels, school logo on centre of chest
King's College Boat Club	King's College Boat Club	KCBC	QLD	
Kinross Wolaroi School	Kinross Wolaroi	KINR	NSW	Sky blue with navy blue, white and navy blue horizontal stripes across chest. Navy blue shorts

CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
Korowa Anglican Girls School	Korowa AGS	KAGS	VIC	Charcoal grey suit with cherry red yoke and white/cherry red side stripes, white korowa across the back
Lake Macquarie Rowing Club	Lake Macquarie	LMRC	NSW	Green shoulders, curved yellow panels, blue centre panel
Launceston Grammar	Launceston Grammar	LCGS	TAS	White and blue vertical stripes
Leichhardt Rowing Club	Leichhardt	LEICH	NSW	White with red and royal blue "V"
Loreto - Toorak	Loreto - Toorak	LMHT	VIC	Hyacinth blue, white and yellow side panels
Loreto College - Ballarat	Loreto - Ballarat	LCB	VIC	Gold with royal blue trim and bottom, fleur de lys crest on chest
Loreto College Marryatville	Loreto Marryatville	LORM	SA	Sax blue and gold
Loreto Kirribilli	Loreto Kirribilli	LOR-K	NSW	Royal blue, yellow diagonal sash, school crest
Loreto Normanhurst	Loreto Normanhurst	LOR-N	NSW	Navy blue, white bib with school crest and gold sleeves
Lourdes Hill College	Lourdes Hill	LOURD	QLD	Purple and white
MLC School	MLC School	MLCSC	NSW	Navy blue with half white, half sky blue side panels
Manning River Rowing Club	Manning River	MANN	NSW	Royal blue and red vertical stripes
Manning Valley Anglican College	Manning Valley Anglican College	MVAC	NSW	
Marist College Canberra	Marist College	MCC	ACT	Dark blue/light blue
Melbourne Girls' College	Melbourne GC	MGC	VIC	Navy w purple, white & green horizontal stripes & crest
Melbourne Girls' Grammar School	Melbourne Girls' GS	MLBGG	VIC	Navy blue, white logo on chest & 'Melbourne' on back
Melbourne High School	Melbourne HS	MLBHS	VIC	Maroon, white side panels
Melbourne University Boat Club	Melbourne University	MUBC	VIC	Black & white
Mercantile Rowing Club	Mercantile	MERC	VIC	White, cambridge blue trim, motif & badge
Mersey Rowing Club	Mersey	MERS	TAS	Red, royal blue, light blue "M" trim
Methodist Ladies' College	MLC Kew	MLCK	VIC	White, diagonal green stripe, black shorts
Mosman Rowing Club	Mosman	MOSM	NSW	White and red hoops
Nagambie Rowing Club	Nagambie	NRC	VIC	Royal blue, cardinal sash and trimmings
Nepean Rowing Club	Nepean	NEPN	NSW	Light blue with royal blue vertical stripe w crest
Nestles Rowing Club	Nestles	NESTL	VIC	White and maroon, large "N" on back
Newcastle Grammar School	Newcastle Grammar	NEWGR	NSW	Navy and aqua blue vertical stripes with burgundy and white pinstripes. Crest on chest, navy blue shorts
Newcastle Rowing Club	Newcastle	NEWC	NSW	Red, white and blue bands
Newcastle University Boat Club	Newcastle Uni	NUBC	NSW	Maroon with white shoulders and white and maroon side stripes. Black shorts. Crest on chest and logo on back
Newington College	Newington	NWGTN	NSW	White with black vertical stripe, black wyvern crest

CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
North Esk Rowing Club	North Esk	NESK	TAS	Sky blue and white
Northern Beaches Secondary College	N Beaches Secondary	NBSC	NSW	Navy blue with red, white and blue horizontal bands across chest
Norwood International High School	Norwood International High	NIHS	SA	Navy blue, red & gold facings
Oxenford Rowing Club	Oxenford	OXFRD	QLD	
Pembroke School	Pembroke School	PMBHS	SA	Green, gold and navy trim
Penrith Rowing Club	Penrith	PENRI	NSW	Navy blue w/ pink and yellow side panels, "Penrith" on back, crew motif on front
Presbyterian Ladies College	PLC Sydney	PLCS	NSW	Red top with black trim. White and black swipes across chest. Plc sydney on back. Black shorts
Presbyterian Ladies' College - Perth	PLC	PLCWA	WA	Green top with navy blue and white diagonal stripes
Prince Alfred College	Prince Alfred College	PAC	SA	Maroon with white trim
Pymble Ladies College	Pymble Ladies'	PYMB	NSW	Navy blue with white side panels, red triangle centre
Queenwood School	Queenwood	QUEEN	NSW	Charcoal red side panel with stars, "Q" on back
Radford College	Radford College	RADF	ACT	Maroon, navy & sky blue
Redlands	Redlands	REDL	NSW	Navy blue and gold vertical stripes
Richmond Rowing Club	Richmond	RCHMD	VIC	Black front, yellow back with black sash and white stripe, black shorts
Rockhampton Fitzroy Rowing Club	Rockhampton Fitzroy	RFITZ	QLD	Blue & white
Rockhampton Girls Grammar School	Rockhampton Girls GS	RGGS	QLD	Blue and yellow
Rockhampton Grammar School	Rockhampton Grammar	ROCKG	QLD	Red and black
Roseville College	Roseville	ROSE	NSW	Maroon bottom with gold and navy "V", white top with crest on front
Rowing ACT	Aust Capital Territory	ACT	ACT	
Rowing New South Wales	New South Wales	NSW	NSW	Sky blue
Rowing Queensland	Queensland	QLD	QLD	
Rowing South Australia	South Australia	SA	SA	
Rowing Tasmania	Tasmania	TAS	TAS	
Rowing Victoria	Victoria	VIC	VIC	Navy blue with a white "V"
Rowing WA	Western Australia	WA	WA	
Rutherglen Lake Rowing Club	Rutherglen Lake	RLRC	VIC	Maroon, blue sash
Ruyton Girls' School	Ruyton Girls'	RGS	VIC	Navy shorts, white top with navy and gold side panels, emblem on centre of chest.
Ryan Catholic College	Ryan Catholic	RCC	QLD	Light blue and blue
Scotch College - Adelaide	Scotch College ADEL	SCADL	SA	Gold with navy facings. Blue trim
Scotch Oakburn College	Scotch Oakburn	SCOAK	TAS	Gold

CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
Seymour College	Seymour College	SEY	SA	Green, navy and white
Shalom College	Shalom	SHAL	QLD	Red and black
Shelford Girls' Grammar	Shelford Girls' Grammar	SGS	VIC	Navy, royal blue sash, light blue and white side stripes
Shellharbour Rowing Club	Shellharbour City	SHELL	NSW	Yellow w/ diagonal white stripes
St Aidan's Anglican Girls School	St Aidan's	SAAGS	QLD	Brown, white and navy
St Augustines College	St Augustines	STAUG	NSW	Mineral green with gold sash and black and red trim sash; black shorts with green side panel
St Catherine's School	St Catherine's	STCAT	VIC	Light blue, dark blue with yellow stripe & crest
St Catherine's School	St Catherine's	STCAT	NSW	White w/ red, yellow, blue hoops & side panel
St George Rowing Club	St George	STGEO	NSW	White with red band w/crest
St Ignatius College	St Ignatius	STIGN	NSW	Royal blue with white trim, centre school crest
St Joseph's Nudgee College	Nudgee	SJNC	QLD	Royal blue and white
St Joseph's College	St Josephs	STJOE	NSW	Cerise with royal blue trim
St Joseph's Gregory Terrace	Gregory Terrace	GREGT	QLD	Black and red
St Luke's Anglican School	St Lukes AS	SLAC	QLD	Green, blue and red
St Mary's College	St Marys	SMC	TAS	Blue with green and brown hoops
St Michael's Collegiate School	Collegiate	STMIC	TAS	
St Patrick's College	St Patricks	STPAT	TAS	Green and gold vertical stripes
St Patrick's College	St Patrick's College	STPAT	VIC	White green trim & shamrock
St Patrick's College Townsville	St Patrick's Townsville	SPC	QLD	Gold & navy blue with navy & white side stripes
St Peter's College	St Peter's College	STPET	SA	Royal blue with white facings
St Peter's Lutheran College	St Peters Lutheran College	SPLC	QLD	Maroon, white and gold
St Virgil's College	St Virgils	SVC	TAS	Blue, gold side panels
Strathcona BGGs	Strathcona	SBGGS	VIC	Black front with pink back, with diagonal striped pattern
Stuartholme School	Stuartholme	SHLME	QLD	Red and yellow
Swan River Rowing Club	Swan River	SRRC	WA	Navy blue with white edge
Sydney Girls High School	Sydney Girls	SGHS	NSW	Chocolate brown w/ yellow & white sash
Sydney Grammar School	Sydney Grammar	GRAMM	NSW	Black with gold side panels
Sydney Rowing Club	Sydney	SRC	NSW	Sky blue with crest
Sydney University Boat Club	Sydney University	SUBC	NSW	White with gold and royal blue band
Tamar Rowing Club	Tamar	TAMAR	TAS	Navy blue and white
Tasmania University Boat Club	TUBC	TUBC	TAS	Gold and black, red trim
Team Singapore	Team Singapore	SIN	SIN	

CLUB TITLE	CREW TITLE	ABBREVIATION	STATE	COLOURS
Team Thailand	Team Thailand	THA	THA	
Team Vietnam	Team Vietnam	VIE	VIE	
The Armidale School	The Armidale School	ARMS	NSW	Prussian blue and white hoops
The Cathedral School	The Cathedral School	CATHQ	QLD	Dark blue, brown and white
The Friends School	Friends	TFNDS	TAS	Red
The Hutchins School	Hutchins	THS	TAS	Black with magenta trim
The King's School	Kings	KINGS	NSW	Sky blue w/ crest on back; navy shorts
The Scots College	Scots	SCOTS	NSW	Gold with navy blue band, school crest
The Shore School	Shore	SHORE	NSW	White w/ navy blue trim
The Southport School	The Southport School	TSS	QLD	Red, white and blue
Toorak College	Toorak College	TC	VIC	Navy blue with red band flanked two narrow yellow bands
Toowong Rowing Club	Toowong	TOOW	QLD	Blue and gold
Torrens Rowing Club	Torrens	TORR	SA	Red and white hoops; black shorts
Townsville & James Cook University Rowing Club	Townsville JCU	TOWNS	QLD	Blue and white
Trinity Grammar School, Kew	Trinity	TRI	VIC	Green with yellow side panels
Trinity Lutheran College	Trinity Lutheran College	TLC	QLD	Green, black & white
UTS Haberfield Rowing Club	UTS	UTS	NSW	White and black vertical stripes
University of NSW Rowing Club	University of NSW	UNSW	NSW	White w/ yellow "V", crest, 'UNSW' on back
University of Queensland Boat Club	Uni of QLD	UQBC	QLD	Maroon and light blue
University of WA Boat Club	UWABC	UWABC	WA	White with blue, green and gold
Unley High School	Unley High	UHS	SA	Oxford and cambridge blue vertical stipes
Varsity College	Varsity College	VCGC	QLD	
Walford Anglican School	Walford Anglican	WALF	SA	Sky blue, gold facings, navy shorts
Wendouree - Ballarat Rowing Club	Wendouree Ballarat	WENDB	VIC	Red, white star, 1 wide white band flanked by 2 narrow white bands
Wenona School	Wenona	WENOA	NSW	Navy blue with white bib and centre crest
West Australian Rowing Club	WARC	WARC	WA	Cardinal and gold
Western Heights College	Western Heights College	WHC	VIC	Navy blue, orange trimmings, white detailing
Wilderness School	Wilderness School	WS	SA	White, two sky blue hoops, black shorts
Yarra Yarra Rowing Club	Yarra Yarra	YARRA	VIC	Cardinal with navy blue shorts, navy striped side panels





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