

52nd ANNUAL HEAD OF THE RIDEAU REGATTA

SUNDAY, SEPTEMBER 27, 2026

at Mooney's Bay Beach and Park, 2960 Riverside Dr., Ottawa

Reminder!

- All Parking on site is paid parking (Payment by credit card -Parking App)
- Launching times will be respected; Avoid registering in consecutive Divisions. Athletes missing the launch window will be considered a scratch for the race.
- All Divisions capped to 60 boats total (exception: Division #1 with a cap of 90 total)
- All singles and crewboats need a helper for oars, footwear and holding the boat while launching.

REGULATIONS

1. To participate in this Rowing Canada Aviron (RCA) sanctioned regatta, all competitors must be in good standing with their national and provincial (or territorial) rowing associations in 2026.

2. Entries must be made in Regatta Central (www.regattacentral.ca)

The entry fees are:

Late Fees:

- | | | |
|------------|-------|-------|
| • Singles: | \$67 | \$87 |
| • Doubles: | \$82 | \$103 |
| • Fours: | \$113 | \$133 |
| • Eights: | \$164 | \$185 |

*HST and the RCA/RO seat fees are in addition to the above entry fees. The HST and seat fees will be added to your invoice on Regatta Central.

3. Entry deadline is Saturday, September 19, 11:59AM (noon). Late entries may be accepted after the entry deadline closes if the program allows. A late fee per entry applies to all entries submitted after September 19st, 11:59AM (noon).

4. **There is no refund for any scratched or no-show to a race after registration has closed.**

5. The Coaches' meeting will be at 7:15AM at the control commission (beach area) on Sunday morning before races start.

6. Weigh-ins: Take place on Mooney's Beach **at the washrooms near the concessions.**

a. Lightweight competitors must weigh-in for weight restricted events that they are competing in, but they do not have to weigh-in as a crew.

b. An allowance to the maximum for lightweight competitors will be 2.5kg. Men: No individual rower shall weigh more than 75.0kg. Women: No individual rower shall weigh more than 61.5kg

- c. The weigh-in station for lightweight competitors will be open from 7:00AM to 9:00AM
 - d. Lightweight rowers or crews that exceed the required weight by the end of the allotted time, may still race but with the status of exhibition (they will get a time, but no ranking or points).
 - e. Lightweight competitors must present their ID (proof of age by government issued document with photo) at the weigh-in station.
 - f. There will be no practice scale.
 - g. Coxswains will not be weighed at the regatta
7. All singles and crew boats must be accompanied by a coach or helper to manage oars, footwear, and hold the boat in the water for more efficient launching and docking.
8. In mixed events, the crew (excluding the coxswain) shall have at least one female and one male.
9. In all boats there must be a rower or coxswain in all seats. (No empty seats). Coxed quads with a coxswain will be accepted in the straight quad events.
10. Composite crews with rowers from different clubs are allowed in non-varsity events.
11. Faster crews have the right-of-way in safe passing zones of the course, therefore all slower crews MUST yield to faster crews; failure to do so may result in a penalty at the discretion of the umpires. All coaches and athletes must familiarize themselves with the course to identify safe passing zones.
12. There will be a clearly marked buoy in the south end of Mooney's Bay to separate the holding area (on the east side) and the racing lane (on the west side). There is a 30 sec penalty when racing boats fail to pass on the western side of the yellow buoy (the buoy has to be on the starboard side of the racers)
13. All racers must finish the race with their boat passing between the finish-line buoy markers. Boats that do not finish the race between the finish-line buoy markers will be assessed a 30 second penalty.
14. The 5km start zone flow pattern is clockwise.
15. The Head of Rideau course is designed to have crews only travelling in 1 direction at a time. While every attempt will be made to minimize interactions, the Rideau Waterway remains publicly open.
16. All coaches and athletes must familiarize themselves with the regatta Emergency Action and First Aid plan.
17. Awards will be presented to the winners of each event provided there is a minimum of two boats in that category and to the university men's and women's team accumulating the highest number of points.
18. All age categories are based on competitor's age as of December 31, 2026. While identification will not be verified when launching boats, upon request, photo ID (proof of age by government issued document with photo) must be produced.
- Recreational: Rowers registered in a non-competitive program at their club.
 - Open Mixed: The crew (excluding the coxswain) shall have at least one female and one male

- Junior Development: U17 Rowers with 1-2 years experience in rowing and not in a competitive program at their club.
- Varsity: Ontario University Athletics (OUA) requirements and categories will be used
- Novice (university): rowers must be in their first year of competition.
- Masters: average boat age (calculated in Regatta Central), no age-adjusted time system, and events with few entries may be grouped:

Singles

- 21 to 49 years of age (AA-C)
- 50 to 59 years of age (D-E)
- 60 years of age + (F-L)

Crew boats

- 21 to 49 years of age (AA-C)
- 50 + years of age (D-L)

19. The 3-km race course is reserved for rowers in the categories: recreational, junior-development, university-novice, and U-17 single.

20. If a crew cannot meet the criteria in their proper age and gender event or if a crew cannot participate because of boat conflicts, then contact us at rowing@ottawarowingclub.com to request permission to register with a status exhibition in another event within the same boat class. Exhibition means that the crew gets a time but no ranking.

21. Flipped Crews: can continue to race once they are in their boat, provided it does not delay the race.

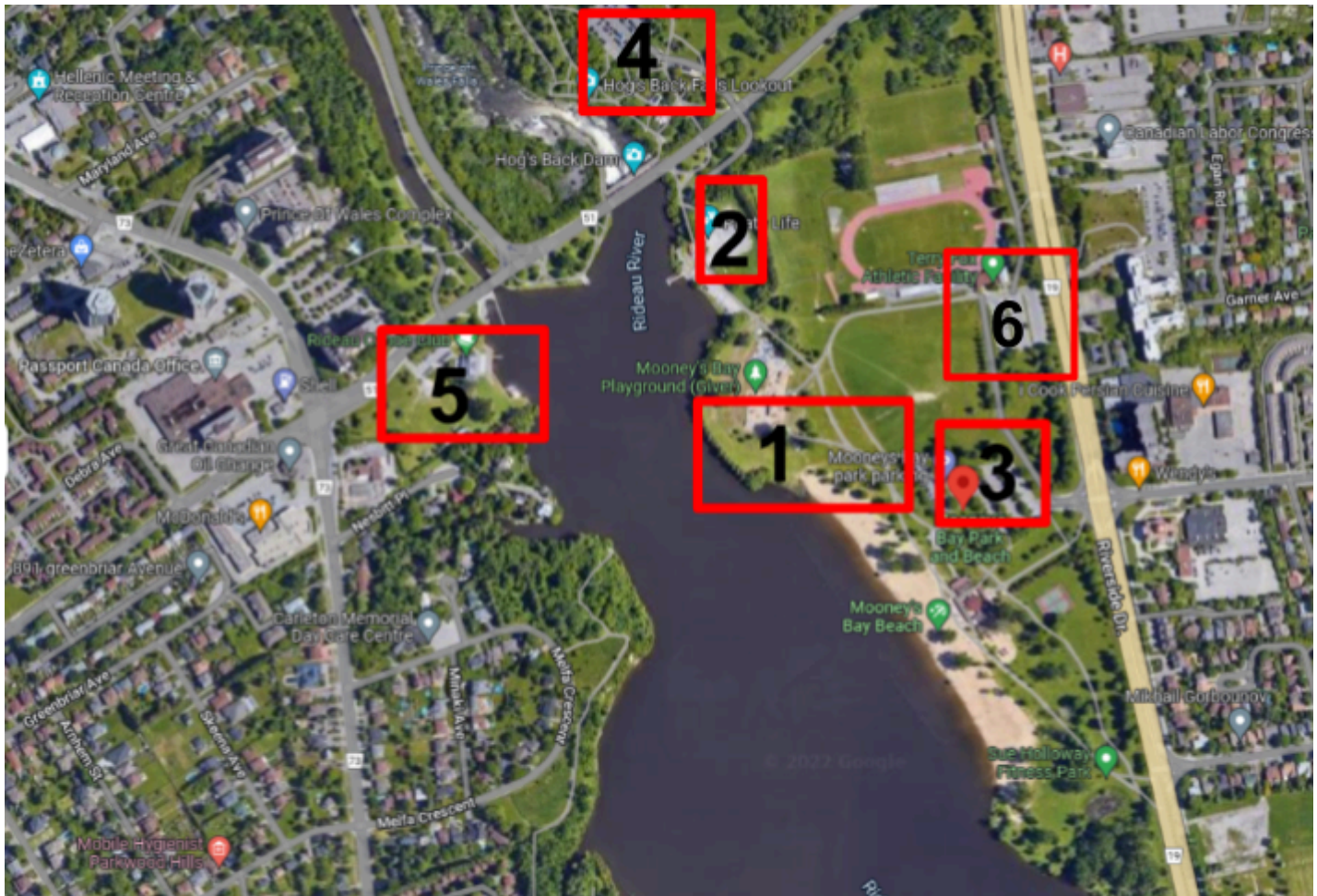
22. There are NO lifeguards on duty at Mooney's Bay beach. Swimming is at your own risk.

23. Trailers are allowed to arrive in Mooney's Bay only from **4PM - 7PM Saturday** and **6 am Sunday morning**. Trailers must be **off the regatta site by 7 pm Sunday**.

Please email rowing@ottawarowingclub.com with your ETA

Site Overall Plan

1. Main Regatta Site:
 - a. Only Boat Trailers (and towing trucks) are allowed on the Regatta Site.
 - b. Cartopped Singles - boats can be dropped off but cars must park in designated parking
2. Parking \$
3. Parking \$
4. Parking \$
5. Rideau Canoe Club: Umpire parking, access to umpire motor boats, finish line, results center.
6. There is no parking at the Terry Fox Track parking lot. However, bus are encouraged to use this parking lot to drop off and pick up athletes. It is easier maneuvering for large vehicles.



Trailer Parking

- The trailer area is accessible from the Mooney's Bay parking lot and only **after 4 pm on Saturday**.
- Car-topping singles and doubles must drop off their boat(s) and park in parking lots.
- Trailers can only have one truck on site.
- Trailers will be parked on the park grass near the beach and play area away from the bike paths
- Boats will be set up on stretchers on the grass around the beach area.
- Parked trailers and boats on stretchers must leave the bike passages clear.
- There is security on site Saturday evening. **Trailers must be removed by 7pm on Sunday**



Control Commission, Medical and Weigh-Ins

Crew boats will be wet launched from the beach area (no docks). Athletes will carry their boat into the water and get into the boats from the water.

The Control Commission and Medical (St John's First Aid)will have a portable pop up tent set up on the beach to monitor boats and athletes going in and out of the river.

Weigh-Ins will take place near the closed concession stands in the middle of the beach area.



Food & Water

- All Crews are encouraged to bring full jugs of drinking water on site as water is limited. The City may or may not have the water fountains running depending on the temperatures.
- There will be jugs of water available to fill water bottles at the Control Commission.
- A Food truck will be located near the Control Commission, to be determined.
- **Tim Hortons (1.4km)** and **McDonalds (1.3km)** are on Prince of Wales
- **Farmers Pick Grocery Store (1.4km)** (Deli makes subs to order) next to the Tim Hortons in the mall
- **Wissams Fruit and Vegetable Store (1.4km)** in the mall behind McDonald



HEAD OF THE RIDEAU REGATTA COURSE MAP

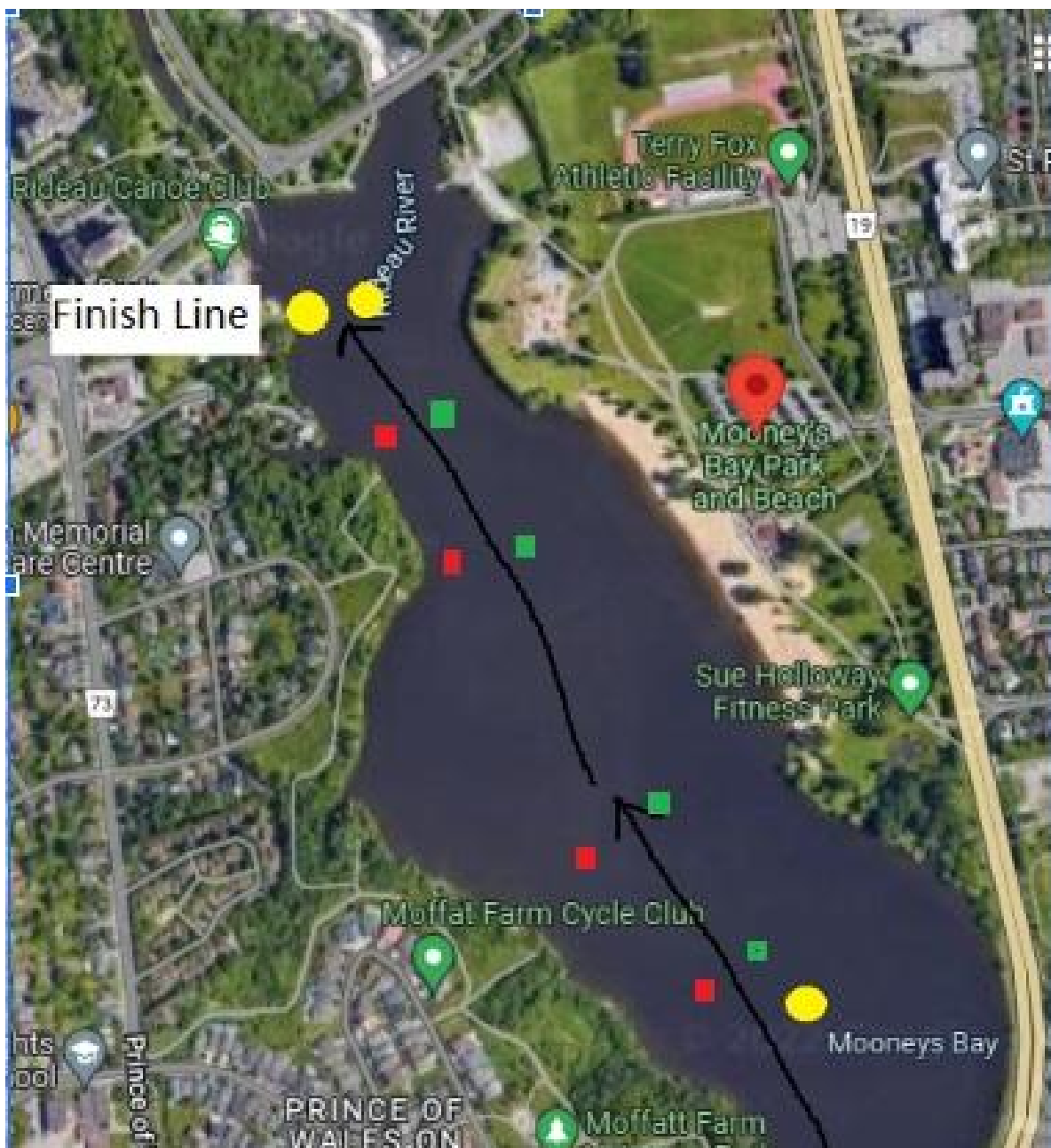


Racing Penalties

Finish line buoys: 30 sec penalty when failing to cross the finish line between the 2 yellow buoys

South of Mooney's Bay: 30 sec penalty when failing to pass on the western side of the yellow buoy- row between west shoreline and the yellow buoy. (the buoy has to be on the starboard side of the racers)

Navigational buoys: It is up to the discretion of the rowers whether they go between the red and green navigational buoys after the last bend towards the finish line. There are NO penalties going around the navigational buoys.



2026 Events List:

The start times are subject to change based on the final draw.

DIVISION 1	Event	Category	
Beach Launch Open: 7:40	1.01	RM2x	(3km) Recreational Men's Double
Beach Launch Closed: 8:25	1.02	RW2x	(3km) Recreational Women's Double
Channel Closed: 8:30	1.03	M1x	Men's Single
3km Start: 8:45	1.04	VM1x	Varsity Men's Single
5km Start: 8:55	1.05	LM1x	Lightweight Men's Single
Finish: 9:45	1.06	LVM1x	Varsity Lightweight Men's Single
	1.07a	MM1x	Master's Men's Single (AA-C)
	1.07b	MM1x	Master's Men's Single (D-E)
	1.07c	MM1x	Master's Men's Single (F+)
	1.08	U19M2x	U19 Men's Double
	1.09	W1x	Women's Single
	1.10	VW1x	Varsity Women's Single
	1.11	LW1x	Lightweight Women's Single
	1.12	LVW1x	Varsity Lightweight Women's Single
	1.13a	MW1x	Master's Women's Single (AA-C)
	1.13b	MW1x	Master's Women's Single (D-E)
	1.13c	MW1x	Master's Women's Single (F+)
	1.14	U19W2x	U19 Women's Double
DIVISION 2			
Beach Launch Open: 9:00	2.01	RX4+	(3km) Rec Mixed Coxed Four
Beach Launch Closed: 9:45	2.02	NM8+	(3km) (University) Novice Men's Eight
Channel Closed: 9:50	2.03	M8+	Men's Eight
3km Start: 10:15	2.04	VW8+	Varsity Women's Eight
5km Start: 10:25	2.05	LVW8+	Varsity Lightweight Women's Eight
Finish: 11:05	2.06a	MW8+	Masters Women's Eight (AA-C)
	2.06b	MW8+	Masters Women's Eight (D+)
	2.07	U19M8+	U19 Men's Eight
	2.08	VM4+	Varsity Men's Coxed Four
	2.09	LVM4+	Varsity Lightweight Men's Coxed Four
	2.10a	JVM4+	Junior Varsity Men's Coxed Four
	2.11a	MM4+	Masters Men's Coxed Four (AA-C)
	2.11b	MM4+	Masters Men's Coxed Four (D+)
DIVISION 3			
Beach Launch Open: 10:20	3.01	U19M4x+	(3km) U19 Men's Coxed Quad
Beach Launch Closed: 11:05	3.02	RX2x	(3km) Recreational Mixed Double
Channel Closed: 11:10	3.03	RM1x	(3km) Recreational Men's Single
3km Start: 11:35	3.04	RW1x	(3km) Recreational Women's Single

5km Start: 11:45	3.05	U17W1x	(3km) U17 Women's Single
Finish: 12:25	3.06a	WM4x	Masters Women's Quad (AA-C)
	3.06b	WM4x	Masters Women's Quad (D+)
	3.07	W2x	Women's Double
	3.08	VW2x	Varsity Women's Double
	3.09	LVW2x	Varsity Lightweight Women's Double
	3.10	JVW2x	Junior Varsity Women's Double
	3.11a	MM2x	Masters Men's Double (AA-C)
	3.11b	MM2x	Masters Men's Double (D+)
	3.12	U19W1x	U19 Women's Single
DIVISION 4			
Beach Launch Open: 11:40	4.01	RX8+	(3km) Recreational Mixed Eight
Beach Launch Closed: 12:25	4.02	NW8+	(3km) (University) Novice Women's Eight
Channel Closed: 12:30	4.03	VM8+	Varsity Men's Eight
3km Start: 12:55	4.04	LVM8+	Varsity Lightweight Men's Eight
5km Start: 13:05	4.05a	MM8+	Masters Men's Eight (AA-C)
Finish: 13:45	4.05b	MM8+	Masters Men's Eight (D+)
	4.06	W8+	Women's Eight
	4.07	U19W8+	U19 Women's Eight
	4.08	M4+	Men's Coxed Four
	4.09	U19M4+	U19 Men's Coxed Four
	4.10a	MW4+	Master's Women's Coxed Four (AA-C)
	4.10b	MW4+	Master's Women's Coxed Four (D+)
DIVISION 5			
Beach Launch Open: 13:00	5.01	U19W4x+	(3km) U19 Women's Coxed Quad
Beach Launch Closed: 13:45	5.02	U17M1x	(3km) U17 Men's Single
Channel Closed: 13:50	5.03	M2x	Men's Double
3km Start: 14:15	5.04	VM2x	Varsity Men's Double
5km Start: 14:25	5.05	LVM2x	Varsity Lightweight Men's Double
Finish: 15:05	5.06	JVM2x	Junior Varsity Men's Double
	5.07a	MW2x	Masters Women's Double (AA-C)
	5.07b	MW2x	Masters Women's Double (D+)
	5.08	OX2x	Open Mixed Double
	5.09	U19M1x	U19 Men's Single
DIVISION 6			
Beach Launch Open: 14:20	6.01	NM4+	(3km) (University) Novice Men's Coxed Four
Beach Launch Closed: 15:05	6.02	NW4+	(3km) (University) Novice Women's Coxed Four
Channel Closed: 15:10	6.03	M4x	Men's Quad
3km Start: 15:35	6.04a	MM4x	Masters Men's Quad (AA-C)
5km Start: 15:45	6.04b	MM4x	Masters Men's Quad (D+)
Finish: 16:25	6.05	W4x	Women's Quad