



IGSA Sport

Rowing Regatta

Sunday 26 February 2023

Program & Crew List

Sydney International Regatta Centre,
Castlereagh Rd, Penrith

Live streaming available via Rowing NSW: <https://www.youtube.com/watch?v=jFjnOgH3SY>

Risk Warning

(Under Section 5M of Civil Liability Act 2002)

On Behalf of IGSA and participating IGSA Member Schools listed below:

Abbotsleigh	MLC School	Santa Sabina College
Ascham School	Monte Sant' Angelo	SCEGGS Darlinghurst
Brigidine College	Mount St Benedict	Stella Maris College
Canberra Girls Grammar	NEGS	St Catherine's School
Danebank School	OLMC Parramatta	St Patrick's College
Frensham	PLC Armidale	St Scholastica's College
Kambala	PLC Sydney	St Vincent's College
Kincoppal-Rose Bay	Pymble Ladies' College	Tangara School
Loreto Kirribilli	Queenwood	Tara
Loreto Normanhurst	Ravenswood	Wenona
Meriden School	Roseville College	

IGSA Sport Rowing Regatta 2023

The Association of Heads of Independent Girls' Schools NSW trading as Independent Girls' Schools Association (**IGSA**) and its members' schools organises many individual and team sporting activities during the course of a year. Some of these are organised with IGSA Sport, a sub-committee of the Association of Heads of Independent Girls' Schools NSW (AHIGS), now trading as IGSA. Students participating in these sporting activities take part in practice and in competitions.

IGSA and its members' schools expect students to take responsibility for their own safety by wearing compulsory safety equipment, by thinking carefully about the use of safety equipment that is highly recommended and by behaving in a safe and responsible manner towards team members, opponents, spectators, officials, property and grounds.

IGSA and its members' schools Sport also expect parents, spectators and other participants to behave in a safe and responsible manner, to comply with the Codes of Conduct and to set a good example for the girls.

While IGSA and its members' schools take measures to make the rowing regatta as safe as reasonably possible for participants, there is a risk that students can be injured and suffer loss (including financial loss) and damage as a result of their participation in these sporting activities, whether at training or in actual events. Parents, spectators and officials could also be injured or suffer loss.

Such injury can occur while the student is engaging in or watching the rowing regatta, or travelling to and from the event. The injury may result from a student's actions, the actions of others, the state of the premises or equipment failure.

In particular, injury at the rowing regatta may result from slipping and falling, collisions with equipment and / or other participants, exposure to weather and water or being inadequately trained and / or prepared for the event.

On some occasions, an injury can be serious (such as torn ligaments, dislocations, back injuries, concussion, sunstroke, water inhalation / ingestion, trauma or broken bones). In very rare cases an injury can be life threatening or result in permanent disability. If a student has a pre-existing injury, participating in a sporting activity could result in an exacerbation of that injury.

Students could also suffer loss as a result of their personal property being lost, stolen, damaged or destroyed.

It is the responsibility of IGSA members' schools to ensure that all staff and volunteers undertaking duties at any IGSA Sport event have the required "Working with Children" clearance.

Independent Girls' Schools Association (IGSA)

2023 IGSA Sport Annual Rowing Regatta

IGSA Sport Standing Committee

President

Ms Lisa Moloney, MLC School

Treasurer

Ms Laetitia Richmond, Brigidine College

Committee

Mr Andrew Powell, Ascham School

Dr Kate Hadwen, Pymble Ladies' College

Dr Paul Burgis, PLC Sydney

Mr Dale Berg, Ravenswood

Ms Jasmine Palmer, Abbotsleigh

Mrs Sonia Berry, IGSA Executive Officer

Ms Vicki Fitzgerald, IGSA Director of Community and Pathways

Mr Matt Mulroney, IGSA Director of Sport

IGSA Sport Regatta Co-ordinators

Ms Vicki Fitzgerald, IGSA Director of Community and Pathways

Ms Donna Baker – IGSA Sport Rowing Convener

Referee & Boat Race Officials

Rowing NSW officials

Announcer

Liz Chapman (NSWIS)

Regatta Secretariat

Owen Nix, Rowing NSW

Computing and Technical Operations

Stephen Croot

First Aid

MediFAST

Regatta Protest Committee

Vicki Fitzgerald, Donna Baker, an IGSA Head of School

The regatta will be conducted in accordance with the Rules, By-Laws and Laws of Boat Racing of Rowing NSW.

Regatta Duties 2023

Regatta Secretary:	Donna Baker, Loreto Kirribilli
BRO Liaison & Equipment:	IGSA
Program & Draw:	IGSA and Rowing NSW
Presentations:	Tara (1) & IGSA
Presentation Dias Boat Marshall	Roseville College (1)
First Aid:	MediFast
Finish Tower Results	Loreto Kirribilli (1)
Finish Tower Timing	MLC School (2), Roseville College (1)
Timekeepers (Timing Huts):	500m - PLC Sydney (2) 1000m – Canberra Girls Grammar (2) 1500m – Pymble Ladies’ College (2)
Speed Boat Set up	Rowing NSW
Speed Boat Pack up	Loreto Normanhurst (1)
BRO Speed Boat Drivers:	Loreto Normanhurst (1), Loreto Kirribilli (1), Queenwood (2), Ascham (1)
Marshall (Bridge):	St Catherine’s School (1) & Ascham (1)
Water Rescue & First Aid:	4 first aid personnel
Boat Holders:	Loreto Normanhurst (1 supervisor + 9 students)

Each school supplied with parking passes for the people allocated a regatta duty.

Entries

1. All entries must be entered using the Rowing NSW website, by an authorised person who must have the endorsement of the school’s Principal and / or Director of Sport. (<http://www.rowingmanager.com>).
2. No late entries will be accepted.
3. 2023 entries are due by 5pm Monday 20th February 2023 on the Rowing NSW website.
4. Entries unaccompanied by the correct entry fee will not be accepted.
5. Seat fee – A per racing seat fee will be payable to Rowing NSW (as per their fees). There will also be an IGSA nomination fee of \$24 (including GST) for each rower - billed to the school in their term 1 accounts.
6. Girls can only nominate to row in one event (except for coxes who may cox more than 1 event provided they do not cox down an age group: a cox may also row). Any requests seeking special consideration from the above must be directed to IGSA in writing with the Head of Sport’s signature before entries are due.
7. Substitutions of up to 50% of the crew are allowed on the day of the regatta as per Rowing NSW Rules of Boat Racing – provided they are eligible and drawn from a lesser graded crew. IGSA Sport must be notified at least 30 minutes prior to the starting time of the first race of the event (ie 7.30 am). Please refer to **“Event Information – 13. Withdrawals and Substitutions”** for further details.
8. All races are conducted in accordance with the Rowing NSW Laws of Boat Racing, apart from any IGSA specific changes.

Eligibility

Senior Events are open to those competitors who are attending an IGSA member school and enrolled in Year 11 or 12 in the year of competition.

Year 10 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 10 in the year of competition.

Year 9 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 9 in the year of competition.

Year 8 Events are open to those competitors who are attending an IGSA member school and enrolled in Year 8 in the year of competition.

Rowing Up: All rowers are able to row up 1 age group (i.e. Year 10 can row in senior events, Year 8 can row in Year 9, etc.) but can only nominate to row in one race.

First Eight: Senior programs of 12 or more rowers are expected to row an eight. Where a school is able to row an eight, it must row as the First Eight. The First Eight will be rowed in heats and a final as the numbers of entries dictate.

Second Eight: The Second Eight is regarded as the second highest ranked boat in the competition. Schools are invited to boat a Second (and Third) Eight which should include senior squad competitors, i.e., competitors may “row up” into the Second Eight, however First Eight competitors may not “row down”. The Second / Third Eight will be rowed in heats and a final as the numbers of entries dictate.

Senior Four and Senior Quad: Schools are encouraged to take into consideration the physical ability of their rowers when deciding which of these events is most suitable to the individual competitor. Schools entering the Second Eight may rank their quads 2, 3, etc. and nominate them in the 2nd Quad race. Schools may only enter a Second Four if they have entered a First Eight.

Para Events: The Para events are open to students from any year group 7 - 12.

Year 10 Four and Year 10 Eight: Schools are encouraged to take into consideration the physical ability of their rowers when deciding which of these events is most suitable to the individual competitor.

Schools must enter their crews in consecutive divisions e.g. Quad 1 entered in Division 1, Quad 2 entered in division 2 etc. (with the exception of those entering a Second Eight see above). Any special grading requests are to be made to IGSA Sport prior to entries.

Event Information

1. **Trailer access:** the **gates will be opened at 6.00 am** on Sunday 26th February for entry to SIRC. Car passes will be issued to competing schools to allow trailer and bus access to the island side (finish tower side). Trailers must be unloaded promptly and parked as directed. Please be aware of all people who may be passing by and in the area.
2. **Entry** to the Sydney International Rowing Centre will be **\$10 per car**. Please advise all parents and friends attending.
3. **Programs** will be emailed to schools prior to the event for distribution to competitors. There will be a minimum number of copies available from the finishing tower.
4. **Food and drink** can be purchased from the SIRC kiosk throughout the regatta.
5. **Marquees / shade shelters** may be pitched on the hill adjacent to the grandstand. This will be on a “first in” basis. Grandstand facilities are also on a “first in” basis.
6. The regatta will be conducted within the Laws of Boat Racing of Rowing NSW.
7. There must be a minimum of two schools nominated, for a race to be conducted (except for para events).
8. **Alpha numeric bow numbers** will used. They can be picked up from the tower prior to the start of the regatta. They must be returned to the tower after every 10 races. Schools will be charged for missing bow numbers.

9. Lanes at SIRC are numbered 1 - 9 with **lane #1 on the left side looking from start to finish.**
10. The **referee** for the regatta will be located at the finishing line.
11. **Boat race officials** will assemble at **7.30am** in the **finish tower.**
12. **Crews and scullers travelling to the start** and using the warm up lake must strictly **abide by SIRC procedures.** At no time are crews to row on the course after they have completed their event.
13. **Withdrawals and substitutions** must be notified to the referee on the official forms, **30 minutes prior to the starting time** of the first race of the event. Forms are available in the finishing tower. A medical certificate or letter from the Head of Sport will be required on the day or the next business day. **Penalty for breach of the substitution rule will be disqualification**
14. **Crews and scullers** must **report to the starter** at least **10 minutes before** the **starting time** of their event.
15. During the regatta **no powerboats** other than umpires' boats are permitted to navigate on or near the **rowing course.** Penalty for breach of the traffic regulations may be disqualification.
16. **First aid facilities** will be provided and are situated in the medical centre approximately 50m past the finishing tower.
17. **Medals** will be presented to crews and scullers who place 1st, 2nd and 3rd. Each presentation will take place on the pontoon adjacent to the finishing tower. Crews receiving medals are requested to row directly to the presentation pontoon after each race if possible. However if the boat is required by another crew, the boat should move to the 2nd pontoon (near the first aid hut) and swap over there with the crew to row around the back lake to marshalling. Please note that invitational races will not receive medals.
18. **Dogs on a leash** are permitted **except on the concourse area opposite the pontoon.**
19. All competitors must supply their own **medication** on and off the water.
20. All **bicycles** must be ridden in a safe and courteous manner and cyclists must wear a safety helmet. Extreme caution must be taken at all times. Riders should keep to the left and watch out for other riders, children and adults, who may also be using the track. Bikes may follow races on the following conditions:
 - On the south bank – opposite the grandstand – from 100m above the start to the finish.
 - On the north bank – grandstand side – from 100m above the start to the timing hut 200m from the finish. A barricade will be placed at the timing hut and no cyclist may proceed beyond that point.
 - All cyclists are required BY LAW to wear a safety helmet. There is a fine for any cyclist found not to be wearing a properly fitted helmet.
 - Cyclists must proceed with all due care and safety for others using the venue.
 - Cyclists must give way at all times to venue management vehicles and authorised event management vehicles.
21. Parking passes, where available, will be provided by IGSA to any school Principal who indicates that they will be attending.
22. Weigh ins are not required on the IGSA regatta.

Trophies

Trophy Winners in 2022

Champion School	Loreto Kirribilli
Champion School - Handicap Donated by Queenwood	Loreto Kirribilli
1st VIII	Queenwood School
Most Improved Donated by St Catherine's School	Loreto Kirribilli
Year 8 Quad Donated by Loreto Kirribilli	Loreto Kirribilli
Year 9 Quad Donated by Loreto Normanhurst	Queenwood School
Year 10 Quad	Queenwood School

All trophies are to be returned on the day of the carnival – CLEANED and ENGRAVED.

Champion School Point Score

1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
10	8	7	6	5	4	3	2

Points are multiplied by the number of seats in the boat.

Example: VIII placing 3rd will receive 8 x 7 points = 56 points.

Invitational races do not score points.

Champion School – Handicap Point Score

This is awarded to the school with the highest aggregate point score per point scoring seats rowed. (Only eligible to schools with a minimum of 10 rowers).

Most Improved School

The Most Improved School will be awarded a perpetual trophy. This is determined by the school who improves their position in the Champion School Point Score by the most places. In the event that multiple schools are the most improved (three schools or more) the trophy will not be awarded.

Race Order for 2023

Racing will start at 8am.

Regatta Events

#	Code	Event	Type	Distance	
1	8:00 AM	9	SGYr8-1 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 1	Heat 1 1000M
2	8:04 AM				Heat 2 1000M
3	8:10 AM	8	SGYr8-2 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 2	Heat 1 1000M
4	8:15 AM				Heat 2 1000M
5	8:20 AM	5A.	SGYr8-6 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 6	Final 1000M
6	8:30 AM	11	SG Para 1x 500	Schoolgirl Para Single Scull Recreational 500	Final 500M
7	8:40 AM	2	SGYr10 8+	Schoolgirl Year 10 Eight	Final 2000M
8	8:48 AM	18	SGYr9-1 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 1	Heat 1 1000M
9	8:53 AM		-		Heat 2 1000M
10	8:58 AM	3	SGYr9 1x	Schoolgirl Year 9 Single Scull	Final 1000M
11	9:03 AM	4	SGYr9 2x	Schoolgirl Year 9 Double Scull	Final 1000M
12	9:08 AM	5	SGYr8-5 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 5	Final 1000M
13	9:16 AM	6	SGYr8-4 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 4	Final 1000M
14	9:24 AM	7	SGYr8-3 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 3	Final 1000M
15	9:32 AM	8	SGYr8-2 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 2	Final 1000M
16	9:40 AM	9	SGYr8-1 4x+	Schoolgirl Year 8 Coxed Quad Scull Division 1	Final 1000M
17	9:48 AM	12	SGYr10 1x	Schoolgirl Year 10 Single Scull	Final 2000M
18	9:56 AM	13	SGYr10 2x	Schoolgirl Year 10 Double Scull	Final 2000M
19	10:04 AM	14	SGYr9-5 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 5	Final 1000M
20	10:09 AM	15	SGYr9-4 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 4	Final 1000M
21	10:14 AM	16	SGYr9-3 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 3	Final 1000M
22	10:22 AM	17	SGYr9-2 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 2	Final 1000M
23	10:30 AM	18	SGYr9-1 4x+	Schoolgirl Year 9 Coxed Quad Scull Division 1	Final 1000M
24	10:35 AM	19	SGYr8 1x	Schoolgirl Year 8 Single Scull	Final 1000M
25	10:40 AM	20	SGYr8 2x	Schoolgirl Year 8 Double Scull	Final 1000M
26	10:56 AM	22	SGY10-4 4x+	Schoolgirl Year 10 Coxed Quad Scull Division 4	Final 2000M
27	11:04 AM	23	SGY10-3 4x+	Schoolgirl Year 10 Coxed Quad Scull Division 3	Final 2000M
28	11:12 AM	24	SGY10-2 4x+	Schoolgirl Year 10 Coxed Quad Scull Division 2	Final 2000M
29	11:20 AM	25	SGY10-1 4x+	Schoolgirl Year 10 Coxed Quad Scull Division 1	Final 2000M
30	11:28 AM	26	SG 2x	Schoolgirl Double Scull	Final 2000M
31	11:36 AM	27	SG 1x	Schoolgirl Single Scull	Final 2000M
32	11:44 AM	28	SG 4+	Schoolgirl Four	Final 2000M
33	11:52 AM	29	SG2 4x+	Schoolgirl 2nd Coxed Quad Scull	Final 2000M
34	12:00 PM	30	SG1 4x+	Schoolgirl 1st Coxed Quad Scull	Final 2000M
35	12:10 PM	31	SG2 8+	Schoolgirl Second Eight	Final 2000M
36	12:20 PM	32	SG1 8+	Schoolgirl 1st Eight	Final 2000M

#	Event	Heat	Time	Dist	Alpha	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
1	9. SGYr8-1 4x+	Heat 1	8:00 AM	1000 M	A			Roseville	MLC School	Pymble Ladies'	Canberra Girls Grammar	Loreto Normanhurst 1		
2		Heat 2	8:04 AM	1000 M	B			Loreto Kirribilli 1	Queenwood	PLC Sydney	Tara School	St Catherine's NSW		
3	8. SGYr8-2 4x+	Heat 1	8:10 AM	1000 M	C			Loreto Normanhurst 2	Loreto Kirribilli 2	Tara School	MLC School	Canberra Girls Grammar		
4		Heat 2	8:15 AM	1000 M	D			Roseville	Pymble Ladies'	Queenwood	PLC Sydney	St Catherine's NSW		
5	5A. SGYr8-6 4x+	Final	8:20 AM	1000 M	E		St Catherine's NSW	Roseville 2	Loreto Kirribilli	Canberra Girls Grammar	Queenwood 1	Roseville 1	Queenwood 2	
6	11. SG Para 1x 500	Final	8:30 AM	500M	F	PLC Sydney			PLC Sydney		PLC Sydney			
7	2. SGYr1 0 8+	Final	8:40 AM	2000 M	G			Loreto Normanhurst 1	Loreto Kirribilli 1	Loreto Kirribilli 2	Loreto Normanhurst 2	Loreto Kirribilli 3		
8	18. SGYr9-1 4x+	Heat 1	8:48 AM	1000 M	H	Cancelled								
9		Heat 2	8:53 AM	1000 M	I	Cancelled								
10	3. SGYr9 1x	Final	8:58 AM	1000 M	J			MLC School 2	Pymble Ladies'	Ascham 3	Ascham 2	Ascham 1		
11	4. SGYr9 2x	Final	9:03 AM	1000 M	K		MLC School 2	Wenona	MLC School 3	Loreto Kirribilli 1	MLC School 6	MLC School 5		
12	5. SGYr8-5 4x+	Final	9:08 AM	1000 M	L			Queenwood	Canberra Girls Grammar	Roseville	St Catherine's NSW	Loreto Kirribilli		
13	6. SGYr8-4 4x+	Final	9:16 AM	1000 M	M		Canberra Girls Grammar	Pymble Ladies'	Loreto Kirribilli 4	St Catherine's NSW	Queenwood	Roseville		
14	7. SGYr8-3 4x+	Final	9:24 AM	1000 M	N	PLC Sydney	Queenwood	Tara School	St Catherine's NSW	Loreto Normanhurst 3	Pymble Ladies'	Loreto Kirribilli 3	Roseville	Canberra Girls Grammar
15	8. SGYr8-2 4x+	Final	9:32 AM	1000 M	O	Draw Not Available								

#	Event	Heat	Time	Dist	Alpha	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
16	9. SGYr8-1 4x+	Final	9:40 AM	1000 M	P	Draw Not Available								
17	12. SGYr10 1x	Final	9:48 AM	2000 M	Q		Loreto Normanhurst	MLC School	Ascham	Roseville	PLC Sydney 1	Tara School		
18	13. SGYr10 2x	Final	9:56 AM	2000 M	R			Ascham	St Catherine's NSW	MLC School	Pymble Ladies'			
19	14. SGYr9-5 4x+	Final	10:04 AM	1000 M	S	Pymble Ladies' 2			Pymble Ladies' 1	Loreto Kirribilli	Loreto Kirribilli 6	St Catherine's NSW 2	Queenwood	St Catherine's NSW 1
20	15. SGYr9-4 4x+	Final	10:09 AM	1000 M	T		Wenona	Loreto Kirribilli 4	Loreto Normanhurst 4	St Catherine's NSW	Queenwood	Pymble Ladies'		
21	16. SGYr9-3 4x+	Final	10:14 AM	1000 M	U	Loreto Kirribilli 3	Queenwood	St Catherine's NSW	PLC Sydney	Pymble Ladies'	Loreto Normanhurst 3	Canberra Girls Grammar	Roseville	
22	17. SGYr9-2 4x+	Final	10:22 AM	1000 M	V	Pymble Ladies'	Queenwood	St Catherine's NSW	Loreto Normanhurst 2	Canberra Girls Grammar	Loreto Kirribilli 2	Roseville	Tara School	PLC Sydney
23	18. SGYr9-1 4x+	Final	10:30 AM	1000 M	W	Draw Not Available								
24	19. SGYr8 1x	Final	10:35 AM	1000 M	X		Pymble Ladies'	Wenona	Pymble Ladies'	Ascham	Pymble Ladies'	Loreto Kirribilli 1		
25	20. SGYr8 2x	Final	10:40 AM	1000 M	Y				MLC School 3	Pymble Ladies'				
26	22. SGY10-4 4x+	Final	10:56 AM	2000 M	Z			Pymble Ladies' 3	Pymble Ladies' 1	Queenwood	Pymble Ladies' 2			
27	23. SGY10-3 4x+	Final	11:04 AM	2000 M	A			Loreto Normanhurst	Pymble Ladies'	Canberra Girls Grammar	Queenwood			
28	24. SGY10-2 4x+	Final	11:12 AM	2000 M	B			Loreto Normanhurst	Canberra Girls Grammar	Queenwood	Pymble Ladies'			
29	25. SGY10-1 4x+	Final	11:20 AM	2000 M	C	Loreto Normanhurst	St Catherine's NSW	Queenwood	Pymble Ladies'	Canberra Girls Grammar	Tara School	Wenona	PLC Sydney	
30	26. SG 2x	Final	11:28 AM	2000 M	D		Canberra Girls Grammar	Pymble Ladies'	MLC School	Ascham	Canberra Girls Grammar	Loreto Normanhurst		

#	Event	Heat	Time	Dist	Alpha	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9
31	27. SG 1x	Final	11:36 AM	2000 M	E	Wenona	St Vincent's College	Wenona	Ascham	Loreto Normanhurst	PLC Sydney	Tara School	Loreto Normanhurst	Loreto Kirribilli 1
32	28. SG 4+	Final	11:44 AM	2000 M	F		Tara School	Loreto Normanhurst 1	PLC Sydney	Roseville 2	Pymble Ladies'	Roseville 1		
33	29. SG2 4x+	Final	11:52 AM	2000 M	G				Canberra Girls Grammar	Roseville	St Catherine's NSW			
34	30. SG1 4x+	Final	12:00 PM	2000 M	H		Ascham	St Catherine's NSW	PLC Sydney	Canberra Girls Grammar	Pymble Ladies'	Roseville	MLC School	
35	31. SG2 8+	Final	12:10 PM	2000 M	I				Queenwood	Pymble Ladies'	Loreto Kirribilli 2			
36	32. SG1 8+	Final	12:20 PM	2000 M	J			St Catherine's NSW	Queenwood	Pymble Ladies'	Loreto Kirribilli 1			

Crew List (names withheld)

as at 24 February 2023, 8:00 am

Race 1 9. SGYr8-1 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 1

Start Time: 8:00 AM

Heat 1

1000M

A3 09.08 Roseville
A4 09.04 MLC School
A5 09.06 Pymble Ladies'
A6 09.01 Canberra Girls Grammar
A7 09.03 Loreto Normanhurst 1

Progress: 1,2,3,4->Final; Rest->Eliminated

Race 2 9. SGYr8-1 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 1

Start Time: 8:04 AM

Heat 2

1000M

B3 09.02 Loreto Kirribilli 1
B4 09.07 Queenwood
B5 09.05 PLC Sydney
B6 09.10 Tara School
B7 09.09 St Catherine's NSW

Progress: 1,2,3,4->Final; Rest->Eliminated

Race 3 8. SGYr8-2 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 2

Start Time: 8:10 AM

Heat 1

1000M

C3 08.03 Loreto Normanhurst 2
C4 08.02 Loreto Kirribilli 2
C5 08.09 Tara School
C6 08.10 MLC School
C7 08.01 Canberra Girls Grammar

Progress: 1,2,3,4->Final; Rest->Eliminated

Race 4 8. SGYr8-2 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 2

Start Time: 8:15 AM

Heat 2

1000M

D3 08.07 Roseville
D4 08.05 Pymble Ladies'
D5 08.06 Queenwood
D6 08.04 PLC Sydney
D7 08.08 St Catherine's NSW

Progress: 1,2,3,4->Final; Rest->Eliminated

Race 5 5A. SGYr8-6 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 6 Final

Start Time: 8:20 AM

1000M

E2	5A.07	St Catherine's NSW
E3	5A.06	Roseville 2
E4	5A.02	Loreto Kirribilli
E5	5A.01	Canberra Girls Grammar
E6	5A.03	Queenwood 1
E7	5A.05	Roseville 1
E8	5A.04	Queenwood 2

Race 6 11. SG Para 1x 500 : Schoolgirl Para Single Scull Recreational 500

Start Time: 8:30 AM

Final

500M

F1	11.01	PLC Sydney
F4	11.02	PLC Sydney
F6	11.03	PLC Sydney

Race 7 2. SGYr10 8+ : Schoolgirl Year 10 Eight

Start Time: 8:40 AM

Final

2000M

G3	02.04	Loreto Normanhurst 1
G4	02.01	Loreto Kirribilli 1
G5	02.02	Loreto Kirribilli 2
G6	02.05	Loreto Normanhurst 2
G7	02.03	Loreto Kirribilli 3

Race 8 18. SGYr9-1 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 1

Start Time: 8:48 AM

Heat 1

1000M

CANCELLED

Race 9 18. SGYr9-1 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 1

Start Time: 8:53 AM

Heat 2

1000M

CANCELLED

Race 10 3. SGYr9 1x : Schoolgirl Year 9 Single Scull

Start Time: 8:58 AM

Final

1000M

J3	03.04	MLC School 2
J4	03.05	Pymble Ladies'
J5	03.03	Ascham 3
J6	03.02	Ascham 2
J7	03.01	Ascham 1

Race 11 4. SGYr9 2x : Schoolgirl Year 9 Double Scull

Start Time: 9:03 AM

Final

1000M

K2	04.02	MLC School 2
K3	04.06	Wenona
K4	04.03	MLC School 3
K5	04.01	Loreto Kirribilli 1
K6	04.05	MLC School 6
K7	04.04	MLC School 5

Race 12 5. SGYr8-5 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 5

Start Time: 9:08 AM

Final

1000M

L3	05.03	Queenwood
L4	05.01	Canberra Girls Grammar
L5	05.04	Roseville
L6	05.05	St Catherine's NSW
L7	05.02	Loreto Kirribilli

Race 13 6. SGYr8-4 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 4

Start Time: 9:16 AM

Final

1000M

M2	06.01	Canberra Girls Grammar
M3	06.03	Pymble Ladies'
M4	06.02	Loreto Kirribilli 4
M5	06.06	St Catherine's NSW
M6	06.04	Queenwood
M7	06.05	Roseville

Race 14 **7. SGYr8-3 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 3**
Start Time: 9:24 AM

Final
1000M

- N1 07.05 PLC Sydney
- N2 07.07 Queenwood
- N3 07.10 Tara School
- N4 07.09 St Catherine's NSW
- N5 07.03 Loreto Normanhurst 3
- N6 07.06 Pymble Ladies'
- N7 07.02 Loreto Kirribilli 3
- N8 07.08 Roseville
- N9 07.01 Canberra Girls Grammar

Race 15 **8. SGYr8-2 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 2**
Start Time: 9:32 AM

Final
1000M

- O1
- O2
- O3
- O4
- O5
- O6
- O7
- O8
- O9

Race 16 **9. SGYr8-1 4x+ : Schoolgirl Year 8 Coxed Quad Scull Division 1**
Start Time: 9:40 AM

Final
1000M

- P1
- P2
- P3
- P4
- P5
- P6
- P7
- P8
- P9

Race 17 12. SGYr10 1x : Schoolgirl Year 10 Single Scull

Start Time: 9:48 AM

Final

2000M

Q2	12.02	Loreto Normanhurst
Q3	12.03	MLC School
Q4	12.01	Ascham
Q5	12.05	Roseville
Q6	12.04	PLC Sydney 1
Q7	12.06	Tara School

Race 18 13. SGYr10 2x : Schoolgirl Year 10 Double Scull

Start Time: 9:56 AM

Final

2000M

R3	13.01	Ascham
R4	13.04	St Catherine's NSW
R5	13.02	MLC School
R6	13.03	Pymble Ladies'

Race 19 14. SGYr9-5 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 5

Start Time: 10:04 AM

Final

1000M

S1	14.05	Pymble Ladies' 2
S4	14.04	Pymble Ladies' 1
S5	14.02	Loreto Kirribilli
S6	14.03	Loreto Kirribilli 6
S7	14.08	St Catherine's NSW 2
S8	14.06	Queenwood
S9	14.07	St Catherine's NSW 1

Race 20 15. SGYr9-4 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 4

Start Time: 10:09 AM

Final

1000M

T2	15.06	Wenona
T3	15.01	Loreto Kirribilli 4
T4	15.02	Loreto Normanhurst 4
T5	15.05	St Catherine's NSW
T6	15.04	Queenwood
T7	15.03	Pymble Ladies'

Race 21 16. SGYr9-3 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 3

Start Time: 10:14 AM

Final

1000M

U1	16.02	Loreto Kirribilli 3
U2	16.06	Queenwood
U3	16.08	St Catherine's NSW
U4	16.04	PLC Sydney
U5	16.05	Pymble Ladies'
U6	16.03	Loreto Normanhurst 3
U7	16.09	Canberra Girls Grammar
U8	16.07	Roseville

Race 22 17. SGYr9-2 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 2

Start Time: 10:22 AM

Final

1000M

V1	17.04	Pymble Ladies'
V2	17.05	Queenwood
V3	17.07	St Catherine's NSW
V4	17.02	Loreto Normanhurst 2
V5	17.09	Canberra Girls Grammar
V6	17.01	Loreto Kirribilli 2
V7	17.06	Roseville
V8	17.08	Tara School
V9	17.03	PLC Sydney

Race 23 18. SGYr9-1 4x+ : Schoolgirl Year 9 Coxed Quad Scull Division 1

Start Time: 10:30 AM

Final

1000M

W1	_____
W2	_____
W3	_____
W4	_____
W5	_____
W6	_____
W7	_____
W8	_____
W9	_____

Race 24 19. SGYr8 1x : Schoolgirl Year 8 Single Scull
Start Time: 10:35 AM 1000M

Final

X2 19.05 Pymble Ladies'
X3 19.06 Wenona
~~X4~~ 19.04 Pymble Ladies'
X5 19.01 Ascham
~~X6~~ 19.03 Pymble Ladies'
X7 19.02 Loreto Kirribilli 1

Race 25 20. SGYr8 2x : Schoolgirl Year 8 Double Scull
Start Time: 10:40 AM

Final
1000M

Y4 20.01 MLC School 3
~~Y5~~ 20.02 Pymble Ladies'

Race 26 22. SGY10-4 4x+ : Schoolgirl Year 10 Coxed Quad Scull Division 4
Start Time: 10:56 AM

Final
2000M

Z3 22.04 Pymble Ladies' 3
Z4 22.01 Pymble Ladies' 1
Z5 22.02 Queenwood
Z6 22.03 Pymble Ladies' 2

Race 27 23. SGY10-3 4x+ : Schoolgirl Year 10 Coxed Quad Scull Division 3
Start Time: 11:04 AM

Final
2000M

A3 23.05 Loreto Normanhurst
A4 23.03 Pymble Ladies'
A5 23.01 Canberra Girls Grammar
A6 23.04 Queenwood

Race 28 24. SGY10-2 4x+ : Schoolgirl Year 10 Coxed Quad Scull Division 2
Start Time: 11:12 AM

Final
2000M

B3 24.05 Loreto Normanhurst
B4 24.01 Canberra Girls Grammar
B5 24.04 Queenwood
B6 24.03 Pymble Ladies'

Race 29 25. SGY10-1 4x+ : Schoolgirl Year 10 Coxed Quad Scull Division 1

Start Time: 11:20 AM

Final

2000M

C1	25.08	Loreto Normanhurst
C2	25.07	St Catherine's NSW
C3	25.03	Queenwood
C4	25.02	Pymble Ladies'
C5	25.01	Canberra Girls Grammar
C6	25.04	Tara School
C7	25.05	Wenona
C8	25.06	PLC Sydney

Race 30 26. SG 2x : Schoolgirl Double Scull

Start Time: 11:28 AM

Final

2000M

D2	26.02	Canberra Girls Grammar
D3	26.06	Pymble Ladies'
D4	26.05	MLC School
D5	26.01	Ascham
D6	26.03	Canberra Girls Grammar
D7	26.04	Loreto Normanhurst

Race 31 27. SG 1x : Schoolgirl Single Scull

Start Time: 11:36 AM

Final

2000M

E1	27.09	Wenona
E2	27.06	St Vincent's College
E3	27.08	Wenona
E4	27.01	Ascham
E5	27.04	Loreto Normanhurst
E6	27.05	PLC Sydney
E7	27.07	Tara School
E8	27.03	Loreto Normanhurst
E9	27.02	Loreto Kirribilli 1

Race 32 28. SG 4+ : Schoolgirl Four

Start Time: 11:44 AM

Final

2000M

F2	28.06	Tara School
F3	28.01	Loreto Normanhurst 1
F4	28.02	PLC Sydney
F5	28.05	Roseville 2
F6	28.03	Pymble Ladies'
F7	28.04	Roseville 1

Race 33 29. SG2 4x+ : Schoolgirl 2nd Coxed Quad Scull

Start Time: 11:52 AM

Final

2000M

G4	29.01	Canberra Girls Grammar
G5	29.03	Roseville
G6	29.04	St Catherine's NSW

Race 34 30. SG1 4x+ : Schoolgirl 1st Coxed Quad Scull

Start Time: 12:00 PM

Final

2000M

H2	30.01	Ascham
H3	30.06	St Catherine's NSW
H4	30.03	PLC Sydney
H5	30.02	Canberra Girls Grammar
H6	30.04	Pymble Ladies'
H7	30.05	Roseville
H8	30.07	MLC School

Race 35 31. SG2 8+ : Schoolgirl Second Eight

Start Time: 12:10 PM

Final

2000M

I4	31.03	Queenwood
I5	31.02	Pymble Ladies'
I6	31.01	Loreto Kirribilli 2

Race 36 32. SG1 8+ : Schoolgirl 1st Eight

Start Time: 12:20 PM

Final

2000M

J3	32.04	St Catherine's NSW
J4	32.03	Queenwood
J5	32.02	Pymble Ladies'
J6	32.01	Loreto Kirribilli 1

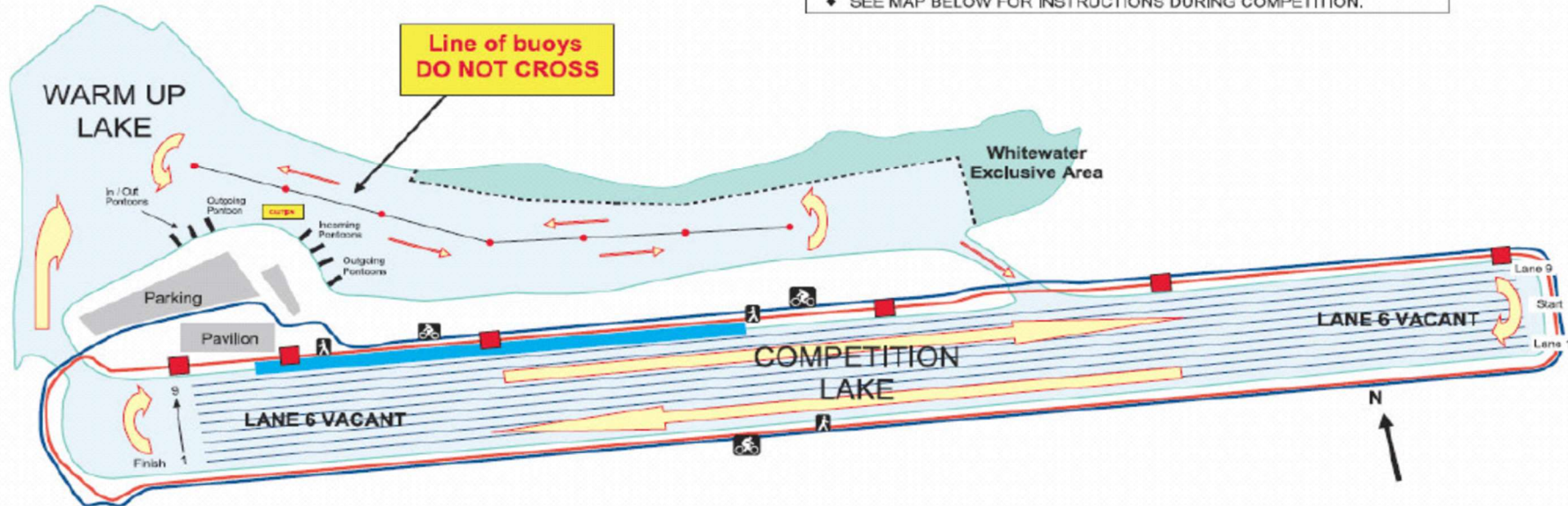


ON WATER TRAFFIC FLOW PROCEDURES

DURING TRAINING

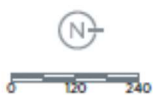
TRAINING INSTRUCTIONS

- ◆ Lanes 1 to 5 Proceed from Start to Finish
 - Lanes 1 & 2 - Fast - long racing pieces
 - Lane 3 - Pace - pressure pieces
 - Lanes 4 & 5 - Low intensity row / paddle through
- ◆ Lane 6 Vacant Lane (no rowing / padding in this lane)
- ◆ Lanes 7, 8 & 9 Return to Start
- ◆ Use caution moving into the Warm Up Lake and starting back up the course.
- ◆ Exclusive swimming training lane between Lane 9 and Northern Bank shoreline, extending from the Presentation Pontoon to the 1000m Hut.
- ◆ Various users row, paddle and sail on the Warm Up Lake. Please respect other users and employ caution while training on this Lake.
- ◆ No access is permitted to the Whitewater Exclusive Area.
- ◆ SEE MAP BELOW FOR INSTRUCTIONS DURING COMPETITION.

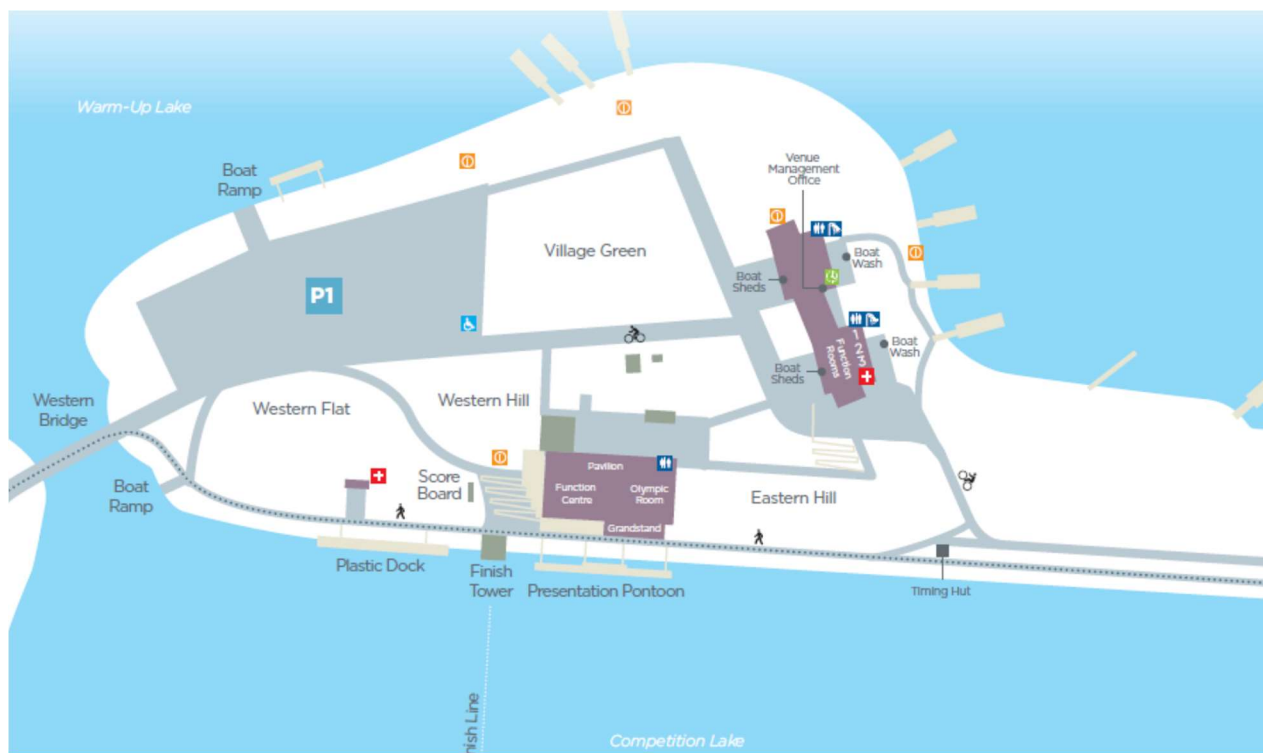


SYDNEY INTERNATIONAL REGATTA CENTRE

Centre Map 1



Sydney International Regatta Centre – Centre Map 2



Please refer to the Sydney International Regatta Centre (SIRC) website for their venue regulations - <https://regattacentre.nsw.gov.au/venueregulations>. An extract of some of which are listed below.

The purpose of these Regulations is to:

1. Prevent any damage to the Sydney International Regatta Centre ("Venue");
2. Protect visitors from suffering any physical injury or harassment while at the Venue; and
3. Notify of risks in engaging in recreational activities at the Venue.

The co-operation of all visitors is sought to preserve and protect the Venue for the enjoyment of all.

If any visitor carries out any of the **listed prohibited activities**, they will be asked to leave the venue immediately and **may be reported to NSW Police**. ** Please visit the venue website for the list of prohibited activities.

The SIRC has unfenced access to the Lakes as well as cycle and pedestrian paths that at times are used by vehicles. **Parents are required to supervise children at all times.**

Attention Dog Owners: Dogs are only permitted in the Venue if the following conditions are satisfied at all times:

- Dogs must be on a leash and kept under control
- Dogs are prohibited from wading or swimming in the lakes;
- Dog owners must collect their dog's faeces and deposit them in the receptacles provided;
- Dogs are prohibited within the restaurant; and
- Cyclists, roller bladers and vehicle drivers must not lead or be towed by dogs.

Attention Cyclist: All cyclists must:

- Wear a helmet;
- Obey the direction indicated on travel signs (i.e. anti-clockwise on the cycle track);
- Keep to the left of the cycle track unless overtaking;
- Not hang on to any motor vehicle to be towed or pushed.