



# Head of the Fort Regatta

Hosted by the University of Fraser Valley Rowing

## Location

- The Race is being held in the Bedford Channel, Fort Langley (see attached map)
- Trailers can be parked on Billy Brown Road, or over the bridge and into the day use area of Brae Island/Fort Camping day use. There are washrooms and picnic tables on shore there, directly across from the boat-house. Access is via the bridge and turn left at Fort Camp ground, and left into the day-use parking.
- There is lots of parking in Fort Langley, with no cost involved. Fort Camping day use area will have room for trailers and cars, Marina Park off Church and Mavis St. has parking (east side of Glover Road). Bedford Landing adjacent to the boathouse has lots of little streets down closer to the channel, as well. Parking maps attached. Please see business maps at [www.fortlangley.com](http://www.fortlangley.com) or [www.bedfordlanding.com](http://www.bedfordlanding.com) for maps as well.

## Event Categories

- Juniors: Under 19, Under 17, Novice
- Senior: Under 23, Open, Novice
- Masters: AA (aged 21 to 27) and the usual A through J, Novice
  - AA - B average age: 21 - 44 years
  - C - J average age: 45 - 90 years

## Launch

- Practice row can happen between 7am-8:15am, but only in the warm-up/cool down area, west of the bridge.
- If practicing, boats must be checked by safety officials/ dock marshall before you go out on the water.
- Coach/coxswain's meeting @ 8:00am.

8:10 am: Boats can be launched.

8:50 am: Pre-start line-up begins between the pump-house and (1km west of the bridge). You will be directed.

8:50 am: Safety check-in closes.

9:00 am: First race begins, with a running start, going off every 10 seconds (approximately).

10:15 am: Can begin launching for Second Race.

10:45am: Pre-start line-up begins.

11:00 am: Second race begins, with a running start, going off every 10 seconds (approximately).

12:30pm: Third Launch for Novice Crews





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## Race

- Crews will race east, keeping to the starboard shore, slower crews moving off to starboard to allow faster boats to pass. Keep the red buoys to your port side.
- After passing the tip of McMillan Island (landmass on your port side), will be 1000m to the turn. There will be a cluster of red buoys to mark the turning buoy, to be rounded (500m east of the Fort Langley Seaplane Airport). A 20 second penalty will be applied to any boat that cuts a corner by not correctly rounding these bright yellow buoys, not yielding to the right of way for a faster crew.
- The overtaking crew has right of way and the overtaken crew must yield water away from the overtaking crew. No crew may compromise the safety of another during passing. Especially in tight water safety is the responsibility of both crews. Listen to officials if they ask you to delay passing. Disqualification will result for failing to heed an official's warning or compromising the safety of another crew.
- Once again, crews will keep closer to the starboard shore, red buoys on your port side, taking caution with the end of the island, boathouses and dock appearing on starboard side before you reach the bridge.
- You will have 3 spans of the bridge to choose from (marked by arrows on the North/East side), and so, have the availability to pass crews, through the bridge.
- The Finish Line is at the south-west end of the channel, at the pier (the longer observation deck, after the little red pump-house – south side), and marked by orange buoys.
- After finishing the race, all crews will not be allowed to dock but must remain in the cool down area, until after every boat has come through the finish line.
- Crews can move into the cool-down area, keeping the same course in that area as the race course. There is still another 2km row in that cool-down area.
- You will be called to dock, by the warm-up/cool-down area Safety boat.

## Boats not Finishing

- If you retire or choose not to complete the course for any reason, please advise the nearest safety boat.

## Risk

- Competitors and crews participate in the race entirely at their own risk. The decision to race is that of the competing crew alone. The organizers will not accept any liability for material damage, personal injury or death sustained in conjunction with, or during or after the event.

## Amenities

- The athletes lounge will be adjacent to the boathouse ramp.
- Fort Langley has a great deal to offer with regards to amenities. Lelam Coffeehouse, the Fort Pub, and





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the Village Coffee & Tea Shop are popular places to check out.

- The Fort Pub is adjacent to the Riverside Centre (washrooms, first aid).
- There are lots of quaint shops for browsing in post-race.

**Good Sportsmanship is alive and well in the sport of rowing!**

