

2023

**world
rowing**[®]
masters regatta



WORLD ROWING
MASTERS REGATTA
21.09 - 24.09

Tshwane
South Africa
2023



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ORGANISING COMMITTEE

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Event Director	Colleen Orsmond
Financial Director	Carolyn Thompson
Marketing & Regatta Operations	Anne Kilian
Venue Facilities	Selwyn Jackson
Venue Services	James Thompson & Niamh Faherty



WORLD ROWING MASTERS COMMISSION

Chair Ron Chen (USA)
 Gary Bain (GBR)
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ROWING SOUTH AFRICA

President Sean Kerr

The organizing committee of the **WRRM2023** thanks its government partners for their extensive support and cooperation in preparing for the event!

Gauteng Tourism Authority
 Gauteng Department of Infrastructure Development
 Gauteng Department of Sport, Arts and Culture
 Gauteng Department of Economic Development (Dinokeng Project)



Welcome!

Dear Rowing Friends & Community

In September this year, the city region of Gauteng will mark another milestone with the hosting of the 2023 World Rowing Masters Regatta event at our global diplomatic and outdoor adventure capital, city of Tshwane. As many of you prepare to touchdown on the African soil for the first time, we extend our warm and proudly South African ubuntu welcome.

In a true joined-up approach of cooperative governance, we have been working hard with the local organising committee to deliver a world-class regatta that is profoundly African in nature, and that leaves a lasting legacy for the sport of rowing, and for the hosting communities around our beautiful regatta venue, Roodeplaat Dam and our golden city region of Gauteng.

As the gateway to Africa, Gauteng is South Africa's smallest province, and the continent's economic powerhouse. While our citizens work hard, they also like to play hard, and to this end sport entertainment and cultural interfaces are central to Gauteng's lifestyle and DNA.

We are the Home of Champions, the epicentre of sports excellence and social cohesion front troopers. We take pride in our state-of-the-art sporting facilities as well as our wonderful attractions, like nature reserves a stone's throw away from our major cities.

Our prestigious Roodeplaat dam, the home to the World Rowing Masters Regatta 2023 and South African rowing, combines all the above features in one. We have excellent rowing facilities within a region that boasts a majestic Big 5 game reserve, the globally acclaimed Cullinan mine, home to the largest diamond ever discovered in the world, and in just 15 minutes' drive, you are at the seat of our nation's capital, the Union Buildings in the City of Tshwane.

Ke NAKO!

It's time for nations and people of the world to gather, play, unite and share in our common human ancestry through sport.

Africa is calling...

Tasneem Motara

Gauteng MEC for Economic Development

Accordingly, in Gauteng we are looking forward to using this platform to increase visitation to our city region, unlock economic development opportunities especially for our adjacent townships and informal settlement areas through the heightened implementation of the Gauteng Township Economic Development Act, an offshoot of the Growing Gauteng Together Vision 2030.

Over 15 million residents of Gauteng, united in our diversity, are ready to welcome you, play together, do business together, win together and building a lasting bond of solidarity, peace, and harmony through sport.

As you make your plans to travel to our beautiful country, I urge you to extend your trip or stay another day and immerse yourselves within this golden province of opportunities and country of exceptionalism.



Dear Rowing Friends

We have been planning this event for nearly five years and look forward to welcoming you all to beautiful South Africa. We are privileged to be hosting the first ever World Rowing event on African soil in South Africa.

There are many reasons for us wanting to host this event, but most importantly hosting this event will leave a long-lasting legacy for rowing in South Africa and indeed the continent. We have made some fantastic investments in our infrastructure to host you all. These will continue to be enjoyed by our rowers long after the event.

We hope that you will consider spending more time in South Africa than only just over the Regatta week. From bush to sea, mountains to winelands - South Africa has a diverse offering. I understand if you cannot spend more time this time around and perhaps this trip to the WRMR will bring you back to South Africa in the future – you will always be welcome.

This year's event could not be organized by a more competent organising committee, and I have no doubt that they will deliver a world class event with true African spirit. And I have no doubt that the competition on the water will be as competitive as any.

Sean Kerr

President, South African Rowing Federation



**You'll be visiting a country
and not just a city. We look
forward to welcoming you all,
our friends from the global
rowing world, in September.**



ABOUT SOUTH AFRICA



South Africa, officially the Republic of South Africa (RSA), is the southernmost country in Africa. It is bounded to the south by 2,798 kilometres of coastline that stretch along the South Atlantic and Indian Oceans; to the north by the neighbouring countries of Namibia, Botswana, and Zimbabwe; and to the east and northeast by Mozambique and Eswatini (Swaziland). It also completely enclaves the country Lesotho. It is the second-most populous country located entirely south of the equator, after Tanzania.



FACTS ABOUT SOUTH AFRICA

Area: 1,221,037 km²

Population: 60 604 992

Ethnicity: Multiethnic society encompassing a wide variety of cultures, languages and religions.

Currency: South Africa Rand (1 EUR = 19.42 ZAR, approximate rate at the time of publication).

Capital: South Africa is the only country in the world with three capital cities:
Pretoria (Executive capital)
Cape Town (Legislative capital)
Bloemfontein (Judicial capital)

Voltage: 230 Volts

Languages: 11 official languages – the two most spoken first languages are Zulu (22.7%) and Xhosa (16.0%).

The next most widely spoken languages are Afrikaans (13.5%) and English (9.6%).

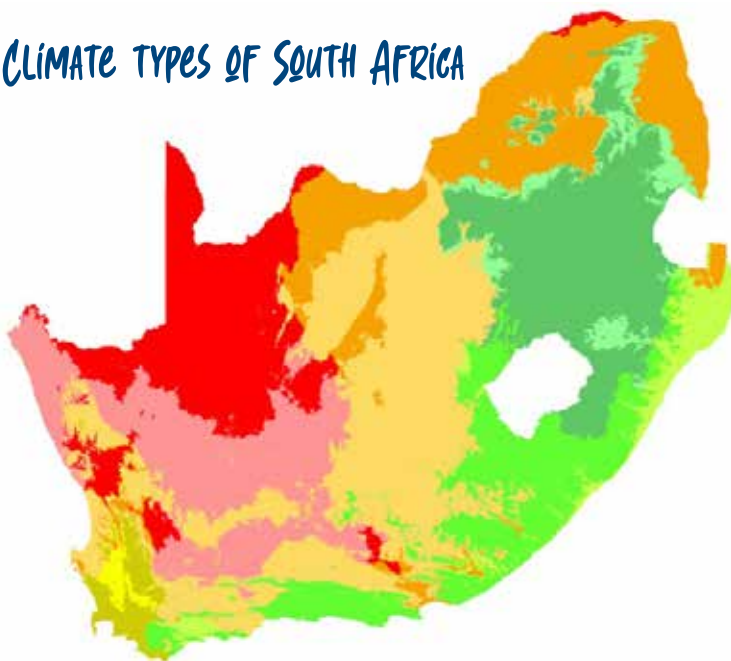
English is spoken throughout South Africa and is the common business language.

Flag: The South African flag is the only national flag with six colours (in its primary design and without a seal and brocade).

Time Zone: UTC +2

Height above sea level (Tshwane): 1,300m
(Roodeplaat Dam is 1,216m above sea level).

CLIMATE TYPES OF SOUTH AFRICA



Köppen climate type

BWh (Hot desert)	Csa (Hot-summer mediterranean)	Cfa (Humid subtropical)
BWk (Cold desert)	Csb (Warm-summer mediterranean)	Cfb (Oceanic)
BSh (Hot semi-arid)	Cwa (Humid subtropical)	Cfc (Subpolar oceanic)
BSk (Cold semi-arid)	Cwb (Subtropical highland)	

*Isotherms used to separate temperate (C) and continental (D) climates is -3°C
Data source: Climate types calculated from data from WorldClim.org

SOUTH AFRICAN HIGHLIGHTS

AMAZING WILDLIFE

South Africa is famous for being one of the best safari destinations in the world with a treasure trove of national parks and private game reserves. Discover the Big Five (buffalo, elephant, lion, leopard, and rhino) in the Kruger National Park in Mpumalanga, a must do for any visitor to South Africa. There are game lodges to suit any budget or style, from the most basic tented camp to five-star luxury.

Visit Addo Elephant National Park in the Eastern Cape, where elephants rule the bush. And you don't need to travel far to see the Big Five as the Dinokeng Big 5 Game Reserve is right on the doorstep of WRMR2023. Not too much further afield, the Pilansberg National Park will amaze you with its incredible diversity of fauna and flora.

South Africa is also home to several endangered animals, such as the African Wild Dog and the Pangolin. We have an abundant variety of marine life, and whale watching is always spectacular, as is cage diving with great whites.



STUNNING LANDSCAPES

From the winelands and Cape mountains to the African bushveld and the arid Karoo, past the green hills of Natal and mountains of the Drakensburg - there are breathtaking elements everywhere.

The jewel of Cape Town, Table Mountain, was crowned one of the new 7 Wonders of the World in 2011 and when you see her you will understand why. A stunning backdrop to "The Mother City", her beauty is on show everywhere you turn.

While the country's wild side is the first thing that comes to mind when people think of South Africa, the beaches should not be overlooked.

All the way along South Africa's Garden Route and KwaZulu-Natal's Indian Ocean coastline, you'll find long stretches of pristine soft sand lapped by waves that become warmer and warmer the further north you go.

There are even tropical coral reefs and excellent diving and snorkeling spots to discover.





DIVERSE CULTURAL HERITAGE

South Africa is nicknamed the Rainbow Nation because there are 11 official languages spoken here. Visitors often comment on the fact that South Africans smile a lot... yes, we are a friendly bunch!

We are a melting pot of many fascinating cultures forming one nation, so you'll hear several distinct accents in our English, notice many different faces, and taste a rich fusion of flavours in our cuisine.

The story of South Africa is shared in museums across the country and expressed through food, music, and cultural traditions.

"Township" tours are a great way to delve into the heart of local culture. The Soweto tour in Johannesburg is highly recommended. Experience everything from township communities to jazz bars and urban markets. Uphold the memory of Nelson Mandela and visit Robben Island where he was imprisoned.

How far back do you want to go when visiting South Africa? We have the Cradle of Humankind right on the doorstep of WRMR2023, where the 2.3-million-year-old fossil nicknamed Mrs. Ples was found - along with numerous other (and some of the oldest) hominin fossils.

SUPERB FOOD & WINE

Cape Town is South Africa's oldest 'foodie' destination, but Johannesburg is catching up fast! Both are hubs for craft beer, great coffee, exciting markets, and inspiring restaurants that meld local flavours with international trends.

South African cuisine is a unique fusion of many different external cultural influences including Dutch, French, Indian and Malaysian flavours.

The best thing is with the weak Rand, food and service is incredibly cheap for foreign travellers so you will feast like kings!

Our culture of wine is renowned and there are several wine routes scattered throughout the country, plus wine festivals, wine estates and wine tasting to tempt the connoisseur. Time in the Cape Winelands is a must! This is the country's undisputed 'gourmet capital'.

Explore the beautiful estates, sample award-winning wines in cool cellars and on vine-covered patios, and relish some of the world's finest cuisine in its incredible restaurants.



ROODEPLAAT TSHWANE

Tshwane is the administrative capital of South Africa and consists of Pretoria and surrounding areas. It lies only 50km from OR Tambo International Airport and is connected to the airport by the Gautrain rapid rail link. Five major highways lead into the City of Tshwane providing vital access from all over the region. Roodeplaat Dam is situated 22km north-east of Tshwane and is the main rowing venue in Gauteng, often referred to as the home of South African rowing.



TSHWANE WEATHER IN SEPTEMBER

Sunrise & sunset (September)

05h57 / 18h03

Average wind velocity

3.5-4 m/sec

Average temperature

28°C / 13°C

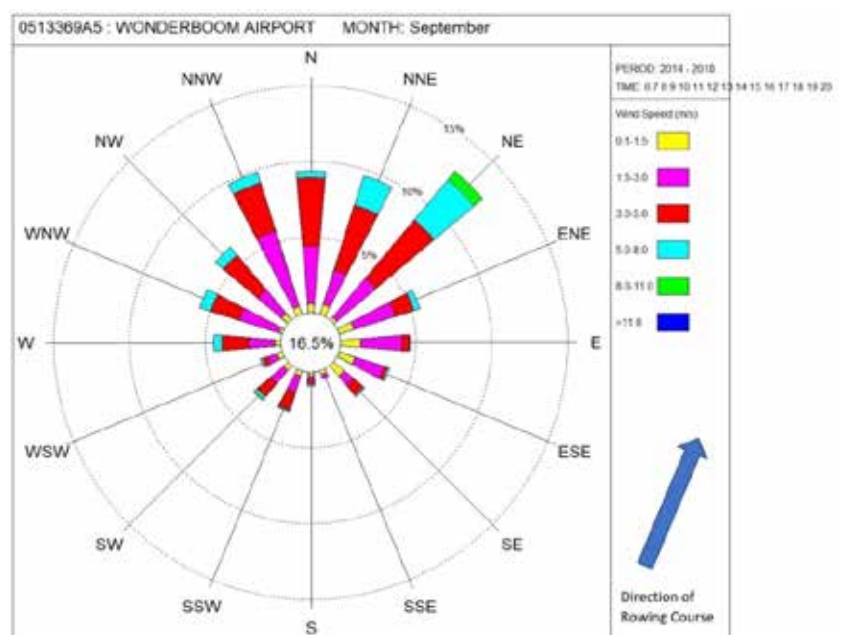
Average rainfall

20mm (2 days)

Over the past 10 years for the second half of September, the average maximum temperature was 33.7°C and the average minimum temperature was 7.4°C.

The average rainfall was 5.1mm over an average of 2.5 days.

The wind rose to the right is for the month of September (2014 to 2018) for the hours 06:00 to 20:00.



TSHWANE TRIVIA

JACARANDA CITY

Pretoria is known as Jacaranda City after the numerous trees that colour the city purple each spring.

EMBASSIES

Pretoria has the second largest number of embassies in the world, after Washington, D.C. in the United States.

BIG FIVE

Tshwane is renowned for its natural heritage and recently became the only city in the world with a big-five game reserve within city boundaries: the 90 000-hectare Dinokeng Big 5 Game Reserve.

PUBLIC ART

Pretoria is home to an extensive portfolio of public art. It boasts a vibrant art scene and a variety of works that range from sculptures to murals to pieces by international and local artists.

LARGEST DIAMOND

The Cullinan Diamond (the largest diamond ever found) was discovered near Cullinan at the Premier Mine on 26 January 1905.

FOSSILS

Mrs Ples, the nickname for what is considered one of the oldest intact skulls of a distant ancestor of humankind, dating back over 2-million-years ago, is housed at the Ditsong Museum of Natural History in Pretoria.

VISA INFORMATION

You will need a valid and acceptable passport or travel document for your stay in South Africa. Requirements for visitor visas differ from country to country and are subject to change.

A number of countries do not require a visa for a short stay: [Click here for a list of the exempt countries](#)

However, we recommend that you enquire with your nearest South African mission or consulate to determine whether you require a visa.

Note that the minimum time to process a South African visa is five working days, depending on how busy the mission is, so please consider this when planning your application.

VISA INVITATION LETTERS

If you require an invitation letter from the Organising Committee for your visa application, click on the link below to submit a request form, noting that ALL fields are required. Our team will prepare your invitation letter within 10 working days, so be sure to submit your request well in advance.

If you require an invitation letter from the Organising Committee for your visa application, click on the link below to submit a request form, noting that ALL fields are required. Our team will prepare your invitation letter within 10 working days, so be sure to submit your request well in advance. [Click here to request a visa invitation letter](#)

The organising committee through its government partners will contact the South African consulates and missions issuing visas to try to expedite your visa application process. Should you need this support, please send your visa invitation letter along with your visa application reference number to info@wrmr2023.africa

CUSTOMS REQUIREMENTS

There are certain goods that you cannot bring into South Africa and others on which duties need to be paid.

[Click here for the customs requirements for travellers entering South Africa](#)

COVID-19

At the time of publication, the South African government had lifted all requirements to present a PCR test or vaccine certificate on arrival in South Africa.

These regulations may change at short notice however, for example due to a new COVID-19 variant.

We recommend that you keep an eye on our website and check with your travel company or airline for any changes prior to departing for South Africa.





GETTING TO SOUTH AFRICA

The main airport serving both Johannesburg and Tshwane is OR Tambo International Airport (JNB). Located to the east of Johannesburg, it offers quick and easy access to both metropolitan cities by car or train (the "Gautrain").

The Lanseria International Airport is located to the northwest of Johannesburg and while a smaller airport, it offers domestic, regional and international flight connections. It is primarily used by commercial airlines as a link between Johannesburg and Cape Town or Durban.

A welcome desk will be set up at OR Tambo where our volunteers will be able to direct you to the official shuttles (if you have booked an airport transfer), to the car rental providers or to the Gautrain.

Please note that the organising committee will not provide any welcome or shuttle facilities at Lanseria Airport.

<https://ortambo-airport.com>

<https://lanseria.co.za>

BOOKING AN AIRPORT TRANSFER

The organising committee is offering an airport transfer service. You will be able to book your airport shuttles to your hotel and back to the airport at the end of the regatta via our website. This facility will be available soon - please keep an eye on our website and social media platforms for updates.

GETTING TO ROODEPLAAT DAM

SHUTTLE SERVICE

A shuttles will run at regular intervals between the official regatta hotels (see page 14) and the regatta venue from the early morning until the venue closes.

A booking system that details the daily charge as well as shuttle schedules will soon be available online at

www.wrmr2023.africa

We strongly recommend utilising this service for safe, stress-free and reliable transport to and from the venue.

BY CAR

From OR Tambo (approximately 50 minutes)

Take the R21 highway towards Pretoria and then N1 north towards Polokwane. Take exit 152 and head west on Sefako Makgatho Drive (R513) for 1.1km then turn left onto Moloto Road (R573). Travel 9.4km on the Moloto Road until you see the entrance to Roodeplaat Dam on your right.

From Johannesburg (approximately 50 minutes)

Take the N1 north towards Pretoria. Take exit 152 and head west on Sefako Makgatho Drive (R513) for 1.1km then turn left onto Moloto Road (R573). Travel 9.4km on the Moloto Road until you see the entrance to Roodeplaat Dam on your right.

From Hatfield (approximately 25 minutes)

Take the N4 north towards Polokwane / Rustenburg, then connect to the N1 north in the direction of Polokwane. Take exit 152 and head west on Sefako Makgatho Drive (R513) for 1.1km then turn left onto Moloto Road (R573). Travel 9.4km on the Moloto Road until you see the entrance to Roodeplaat Dam on your right.

TAXIS & E-HAILING APPS

Taxis and e-hailing services are well established and widely used throughout South Africa, with several options to choose from, however the most common are Uber and Bolt.

These services are generally safe but for safety tips see:

<https://www.arrivealive.mobi/e-hailing-taxi-services-and-road-safety>

Please note that Roodeplaat Dam is relatively remote and Uber and BOLT drivers may not always be readily available.

<https://www.uber.com/za/en/>

<https://bolt.eu/en-za/>

CAR RENTAL

Many international car rental companies operate in South Africa. The OR Tambo International Airport website offers information on the car rental companies operating from the airport: <https://ortambo-airport.com/car-rental.html>

BY RAIL

The Gautrain is a higher-speed express commuter rail system that links Johannesburg, Tshwane and OR Tambo International Airport. To reach Hatfield, Pretoria (the closest Gautrain station to Roodeplaat Dam) from OR Tambo International Airport, you will need to travel to Sandton or Marlboro Station and connect there for the train to Hatfield. It is a 20 to 25-minute drive from Hatfield Station to Roodeplaat Dam. The organising committee will not be providing a shuttle service from Hatfield Station.

<https://www.gautrain.co.za/>



BY BIKE

We do not recommend that you travel by bike from your hotel to the regatta venue or any other locations.

ACCOMMODATION

A range of accommodation options can be found close to Roodeplaats Dam. From 5-star luxury hotels and lodges to backpacker accommodation and camping, you can find something to suit your budget.

The organizing committee has vetted and secured excellent rates at a number of hotels and lodges in the vicinity of the regatta venue. You can also stay in our glamping village on the water's edge at the regatta venue.

Browse the options and book directly at www.wrmr2023.africa/Online-Bookings

Participants staying at the official hotels have access to the shuttle service running between the hotel and the venue, for a safe, secure and hassle-free regatta experience.



PROGRAMME OF EVENTS

1 - 3 SEPTEMBER	Normal access to Roodeplaat rowing venue	
4 - 10 SEPTEMBER	Restricted access (rowing only, no training camps)	
11 - 17 SEPTEMBER	Venue lockdown (no rowing, no access) (17 September - Tented Camp open for check-in).	
MON 18 - WED 20 SEPTEMBER	08h00	Venue Open
	08h30 - 17h30	Official training day - course opening and closing times
THURSDAY, 21 SEPTEMBER	07h00	Venue Open
	07h30	Course Open
	08h30 to 16h00 (to be confirmed after draw)	Racing
	17h30	Opening Ceremony Sculling Medals Ceremony
FRIDAY, 22 SEPTEMBER	07h00	Venue Open
	07h30	Course Open
	08h30 to 16h00 (to be confirmed after draw)	Racing
	17h30 (to be confirmed after draw)	Octogenarian Ceremony Sculling Medals Ceremony
SATURDAY, 23 SEPTEMBER	07h00	Venue Open
	07h30	Course Open
	08h30 to 16h00 (to be confirmed after draw)	Racing
	17h30	Club Trophy Ceremony Sculling Medals Ceremony Closing Ceremony and Flag Handover Masters Party
SUNDAY, 24 SEPTEMBER	07h00	Venue Open
	07h30	Course Open
	08h30 to 12h00 (to be confirmed after draw)	Racing

CEREMONIES & SOCIALS



An entertainment zone located between the finish tower and the bar will offer a wonderful space to connect with new and old friends during the regatta. It will be the site for official ceremonies, the Master's party on Saturday evening as well as daily entertainment provided by DJs and South African bands from the close of racing into the evening. We encourage you to linger longer after racing to enjoy the best time of day at the water's edge!

OPENING CEREMONY

On Thursday 21 September, the opening ceremony will start at 17h30 at the regatta venue. Join us for an evening of truly South African music and all-round fun. Food and drinks will be on sale..

SCULLING MEDAL CEREMONIES

Medals will be awarded every evening in a special ceremony for the winners of the Single Scull Finals which took place on that day. A gold, silver and bronze medal will be awarded in each age category.

OCTOGENARIAN CEREMONY

Each competitor who is 80 years old or over and starts in a race will receive a medal with a special Octos lanyard. The Ceremony will take place on 22 September Friday evening at 17:30 in the entertainment zone.

CLUB TROPHY CEREMONY

The Club Trophy Ceremony will be held on Saturday at 17h30. Three trophies will be awarded:

- Trophy for men's events
- Trophy for women's events
- Trophy for the combined points for both women's & men's events

Please refer to the website for the rules relating to awarding of points for these trophies.

CLOSING CEREMONY & FLAG HANDOVER

The Closing Ceremony will take place at 17h30 on Saturday 23 September. During this ceremony the World Rowing flag will be handed over to the organising committee for the 2024 World Rowing Masters Regatta, signalling the start of the countdown to next year's event.

MASTERS PARTY

The Master's party will start immediately after the Closing Ceremony on Saturday evening. It promises to be a celebration of the 2023 regatta and new friendships forged with music from some amazingly talented South African artists. There is no admission fee for the party and food and beverages will be on sale.

RACING SCHEDULE



Exact race times will be added after the draw in mid-August 2023

THURSDAY			FRIDAY			SATURDAY			SUNDAY		
101	WA	4-	201	A	4x	301	H	4-	401	MIX D	4x
102	H	2-	202	WH-M	8+	302	WB	1x	402	MIX G	8+
103	WD	1x	203	I	1x	303	A	2x	403	MIX B	2x
104	G	4-	204	WA	4x	304	D	4+	404	MIX E	4x
105	D	8+	205	F	8+	305	WE	4-	405	MIX PR3	2x
106	WG-M	2-	206	WF	1x	306	G	2x	406	MIX H	8+
107	J-M	4-	207	D	4x	307	WH	1x	407	MIX C	2x
108	F	2x	208	WB	4+	308	J-M	2x	408	MIX F	4x
109	WB	2-	209	B	2x	309	E	4-	409	MIX I-M	8+
110	A	1x	210	WD	4x	310	WC	2-	410	MIX A	2x
111	D	4-	211	E	2x	311	B	1x	411	MIX D	8+
112	WF	2x	212	WI-M	1x	312	H	8+	412	MIX G	2x
113	G	1x	213	G	4x	313	WB	4-	413	MIX B	4x
114	B	2-	214	WC	1x	314	A	4+	414	MIX E	8+
115	WD	4-	215	I-M	2-	315	D	2x	415	MIX H	2x
116	WA	8+	216	WG	4x	316	WE	1x	416	MIX C	4x
117	F	4+	217	C	1x	317	B	4-	417	MIX F	8+
118	WF	4-	218	A	2-	318	WG	2x	418	MIX I-M	2x
119	I-M	8+	219	WE	4+	319	WB	8+	419	MIX A	4x
120	WC	2x	220	F	1x	320	G	4+	420	MIX D	2x
121	A	8+	221	B	4+	321	J-M	4x	421	MIX G	4x
122	D	1x	222	WC	8+	322	WF	2-	422	MIX B	8+
123	WE	2-	223	H	2x	323	WD	2x	423	MIX E	2x
124	WH-M	4x	224	G	2-	324	C	2-	424	MIX H	4x
125	G	8+	225	WF	8+	325	F	4x	425	MIX C	8+
126	J-M	1x	226	C	4-	326	WA	4+	426	MIX F	2x
127	WB	4x	227	J-M	4+	327	H	1x	427	MIX I-M	4x
128	C	4+	228	WD	2-	328	WG-M	4+	428	MIX A	8+
129	WG	8+	229	A	4-	329	WC	4x			
130	E	4x	230	W PR3	2x	330	E	1x			
131	I	2x	231	D	2-	331	WE	8+			
132	WD	8+	232	WH	2x	332	I	4+			
133	B	4x	233	WC	4-	333	C	4x			
134	WF	4+	234	H	4+	334	WA	2x			
135	WA	1x	235	WA	2-	335	F	2-			
136	E	2-	236	F	4-	336	M PR3	2x			
137	WE	4x	237	WE	2x	337	B	8+			
138	WC	4+	238	C	8+	338	WF	4x			
139	C	2x	239	WG-M	4-	339	WI-M	2x			
140	WG	1x	240	E	4+	340	E	8+			
141	H	4x	241	WB	2x	341	WD	4+			
SF	SCULLING FINALS WA, WD, WG, A, G, D, J-M		242	I	4-	342	I	4x			
			SF	SCULLING FINALS WC, WF, WI-M, I,C,F							
						SF	SCULLING FINALS WB, WE, WH, B, H, E				

RULES OF RACING

A rower may compete as a masters rower from the beginning of the year during which he or she turns 27.

Masters rowers are then placed in categories A to M, 'A' being a crew with an average of 27 years or over, and 'M' being an average of 89 years or over.

Dependent on the age they turn that year, the masters rower will then compete against others in crews with the same or higher average age in the respective category.

The average and minimum age of a crew competing excludes that of the coxswain.

MASTERS ROWING AGE GROUPS

The age of a rower in a masters rowing event shall be that which he/she attains during the year of the event. Masters rowing events shall be held in the following crew age categories:

- **Category A** - minimum age 27 years
- **Category B** - average age 36 years or more
- **Category C** - average age 43 years or more
- **Category D** - average age 50 years or more
- **Category E** - average age 55 years or more
- **Category F** - average age 60 years or more
- **Category G** - average age 65 years or more
- **Category H** - average age 70 years or more
- **Category I** - average age 75 years or more
- **Category J** - average age 80 years or more
- **Category K** - average age 83 years or more
- **Category L** - average age 86 years or more
- **Category M** - average age 89 years or more



REGATTA INFORMATION

ENTRY INFORMATION

- Entries will open on 1 March 2023 at 08h00 (UTC +2) and will close on 2 August 2023 at 12h59 (UTC +2).
- Entries will be processed on the [Regatta Central System](#)
- The standard entry fee is 35 EUR per seat.
- Entries must be made in the name of a bona fide club registered with its national rowing federation.

EARLY BIRD SPECIAL

- An early bird special of **28€** per seat will be offered.
- This is a **25% discount** off the standard entry fee of 35€.
- The special offer **closes on 30 April 23:59** (UTC + 2).

MIXED ENTRIES

- Entries into the mixed events taking place on Sunday 24 September can be submitted until 18:00 (UTC +2) on Friday, 22 September 2023.
- Entries can be made on the [Regatta Central System](#)
- Access to the entry platform will be available through the Regatta Central team at the Registration Centre at the venue.

SINGLE SCULL FINALS

Singles finals will be raced at the end of Thursday, Friday and Saturday. Qualification for the singles finals is based on the following principles:

- The eight fastest times from the heats of the corresponding events of the same age group will qualify and be seeded into the lanes for the final with the fastest qualifiers in the centre lanes.
- Rowers can only qualify for these finals in the event of their own age group.
- The singles finals will take place after the official races of the World Rowing Masters Regatta. No final will take place less than two hours after the corresponding heats.
- Rowers that qualify for the singles final but do not wish to race it will be asked to notify the regatta organisers as soon as possible after the qualifiers are published so that the next qualifiers can be notified.
- No entry fee will be charged for the final races of the Masters Single Final. The award ceremony will take place in the evening after the conclusion of the races.

- If an age group has eight or less participants, that heat will be counted directly as the final race of the Masters Single Final and the final will be omitted. The singles finals medals will still be awarded however, in addition to the World Rowing Masters Regatta medals. These will be awarded at the evening medal ceremony after the conclusion of the races as per the regatta programme.

INCLUSION RACES

Inclusion doubles are in the World Rowing Masters Regatta race schedule for the first time in 2023 (W, M or MIX PR3 2x). Athletes are eligible to race in the inclusion double if they have an eligible impairment for Para-rowing caused by an underlying condition and meet the minimal impairment criteria for Para-rowing.

- An inclusion double consists of one able bodied rower and one para rower with a valid classification. The following inclusion doubles will be raced at WRMR2023: Inclusion W2x; Inclusion M2x and Inclusion Mixed 2x.
- A national or international classification is required to enter these races. Interested participants must approach their National Rowing Federations to seek classification. International classification will not be required for this event.
- To see if you are eligible read [Eligible Impairment Types and Medical Diagnostic Requirements for PARA-ROWING](#)
- For those athletes who are not able to access a national classification, World Rowing will offer a virtual classification.
- Send an email to classification@worldrowing.com to enquire about the process and requirements.

ENTRY CAPS

- As most of the participants are expected to be renting boats, to ensure the availability of boats to all competitors the Organising Committee reserves the right to cap entries to certain events in case of high demand. Once those caps are reached you will be put on a waiting list.
- We will review the waiting list every Wednesday and release your entry should that be the case.
- Details on the specific caps will be provided on Regatta Central.

MASTERS YOUTH DEVELOPMENT FUND

All entry fees include 1 EUR for the Masters Fund for youth development.

SOUTH AFRICAN ROWING DEVELOPMENT FUND

TEACH THE NATION TO ROW

"Sport has a unique power to relay important messages, foster cultural inclusion and tolerance and bridge a divided society."

Indoor rowing was introduced in 2007 to drive rowing development in South Africa and focuses on previously disadvantaged areas. The focus is not only on the school that runs the programme, but to ensure sustainability it also involves the parents and the community at large. The goal of the project was to use indoor rowing as a vehicle for talent identification and transform the sport of rowing across age, gender and disability. Even more importantly, this sport has given young, disadvantaged South Africans who have grown-up with enormous hardships and day-to-day challenges, an outlet which helps them build their self-esteem, enjoy camaraderie with friends, and appreciate the physical health benefits of exercising hard and eating well.

Teaching these young people discipline, commitment and healthy living will form strong societal bonds in our diverse community in South Africa and encourage their success in the future.

The time has come to take indoor rowing to the next level and convert some of these clubs into water rowing clubs. To do this these clubs need rowing boats, oars, coach boats and boat trailers. The South African Rowing Development fund has been established to raise funds to assist these clubs in moving to the next level of rowing.

Together we will not only teach a nation to row, we will build a united South Africa committed to the development and success of all its people.



BOAT & OAR RENTAL INFORMATION

The Organising Committee has contracted four official boat suppliers to provide approximately 400 rental boats for the regatta. Falcon, Filippi and Swift will be providing boat rental services, along with Concept 2 and Braca who will be renting oars and sculls. We will also have a local boat rental supplier offering a range of boats from our local clubs, including Filippis, Empachers, Swifts and local boats by boat manufacturer, John Waugh.

BOAT RENTAL

Please contact the boat builders directly on the details below, to determine what they offer and what they charge per seat.

FILIPPI rent@filippiboats.com

FALCON contact@falconracing-europe.com

SWIFT www.swiftracing.com/boat-rental

OUR LOCAL BOAT RENTAL SUPPLIER rsaboatrentalwm2023@gmail.com

OAR RENTAL

- There will be no independent oar rental suppliers at this regatta
- Oars will be available for rental from the official boat suppliers

IDENTIFICATION OF PARTICIPANTS

- All participants of the 2023 Masters Regatta must bring a copy of their ID or passport.
- It must be carried as means of identification at all times including in the boat during racing and can be checked for security and safety reasons at any moment.
- There will also be spot checks on the outgoing and incoming pontoons and no medal will be handed out without showing appropriate ID.

WORLD ROWING MASTERS DATABASE VERIFICATION

- Please note it is mandatory to get your details (name, date of birth, gender, nationality) verified for the World Rowing Masters database before being allowed to race.
- If you've had your details verified at one of the previous World Rowing Masters Regattas, you do not need to do it again.

MEDALS

- Medals will be awarded to the winners of each heat.
- If the number of entries in an event exceeds the number of racing lanes, the entries will be divided into two or more heat finals.
- In cases where there are not enough entries in a race to fill a full heat, the race may be combined with another age group. In this case, medals will still be awarded for each age category.
- This applies to both men's and women's events.
- Separate medals will be awarded to the winners of the sculling finals.

CREW CHANGES

- A substitute shall not be permitted if the age of the substituting rower would lower the average age of the crew by more than one year or change the age category of that crew.
- Masters crews will also be allowed to invite a substitute from another club. However, this would turn a pure club crew into a composite crew, make the crew ineligible for the club trophy points.
- The crew would remain eligible for medals.

ZONAL UMPIRING

- At World Rowing Masters Regattas, zonal umpiring will be used to eliminate wash from motorboats.
- There will therefore be no motorboats following the races; the number of such boats on the water will be kept to the minimum needed to ensure safety, efficient operation and maintenance of the course.
- At the discretion of the World Rowing Masters Commission and/or President of the Jury, an Umpire's launch may be used to follow races.

EXCEPTIONAL CASES

In exceptional cases (e.g. suspension of the regatta), the necessary decisions will be made by the Chair of Organizing Committee in consultation with the President of the Jury and the Chair of the World Rowing Masters Commission.

The World Rowing Masters Commission shall adjudicate on behalf of the World Rowing Executive Committee on all cases not covered by the racing rules, the byelaws and the present regulations, as well as on disputes which may arise during any World Rowing Masters Regatta. The decision of the World Rowing Masters Commission shall be final.

MEDICAL CERTIFICATE

Medical certificates are not mandatory to compete or take part in sports event in South Africa, however, competitors are referred to Rule 14 of the World Rowing Rules of Racing and Related Bye-laws, which require that all rowers entering international events, including the World Rowing Masters Regatta have a state of health and fitness which allows them to compete at a level commensurate with the competition level of the event.

It is also strongly recommended that rowers competing in the World Rowing Masters Regatta undergo a pre-competition health screening. Participants are also reminded that they are responsible for having their own medical insurance in place to cover any potential medical expenses that may arise during the event.



DOPING CONTROL

Following the introduction of Doping Control tests in 2018, several anti-doping tests will be conducted at the 2023 World Rowing Masters Regatta. Tests will be conducted by an internationally certified anti-doping agency.

Athletes will be selected for testing by a pre-determined "blind" system. If selected for an anti-doping test, the Athlete will be notified upon arriving at the pontoon after their race and given a prescribed amount of time to report to the Doping Control Officer. During that time, selected athletes will be accompanied by a chaperone and are restricted in their activities which will be further explained by the chaperone. Selected athletes MUST report to the Doping Control Officer within this time or will be regarded as having an anti-doping violation.

Athletes who are competing within the prescribed time in another race, must report this to the Doping Control Officer. They will be chaperoned until they launch their boat for that race. After completion of that race, they will be immediately escorted back by a chaperone to the Doping Control Officer.

At the Doping Control Station athletes should be prepared to declare all medications that they currently take, whether or not they might have been found on the WADA Prohibited List. Failure to declare medication could also constitute an anti-doping-violation, and therefore World Rowing recommends that athletes have a list of current medication available. It is not recommended to stop use of any medication that is prescribed by a physician due to diagnosed medical conditions and that is appropriate for the medical condition, since this may result in unwanted medical complications.

It is not necessary for athletes at the World Rowing Masters Regatta to have procured a so-called "Therapeutic Use Exemption" ("TUE") prior to competing. If selected for testing, an athlete who is using a substance on the Prohibited List must seek a retroactive TUE within 14 days of the regatta, executed by a competent medical authority. The principles of the World Anti-Doping Code allow athletes with medical conditions to be treated with a Prohibited Substance or Prohibited Method if:

1. the treatment is needed to treat an acute or chronic medical condition and significant impairment to health would result if the treatment were to be withheld;
2. it is highly unlikely to produce any additional enhancement of performance beyond a normal state of health;
3. there is no reasonable therapeutic alternative; and
4. the necessity for the treatment is not a consequence, wholly or in part, of the prior use of medication.

Master athletes are strongly advised to have a medical file prepared and ready to demonstrate their compliance with the TUE conditions set out in Article 4.1 of the International Standards for Therapeutic Use Exemptions ("ISTUE"), if they need to submit an application for a retroactive TUE following Sample collection.

IMPORTANT INFORMATION

The prohibited substances and methods is a cornerstone of the World Anti-Doping Code

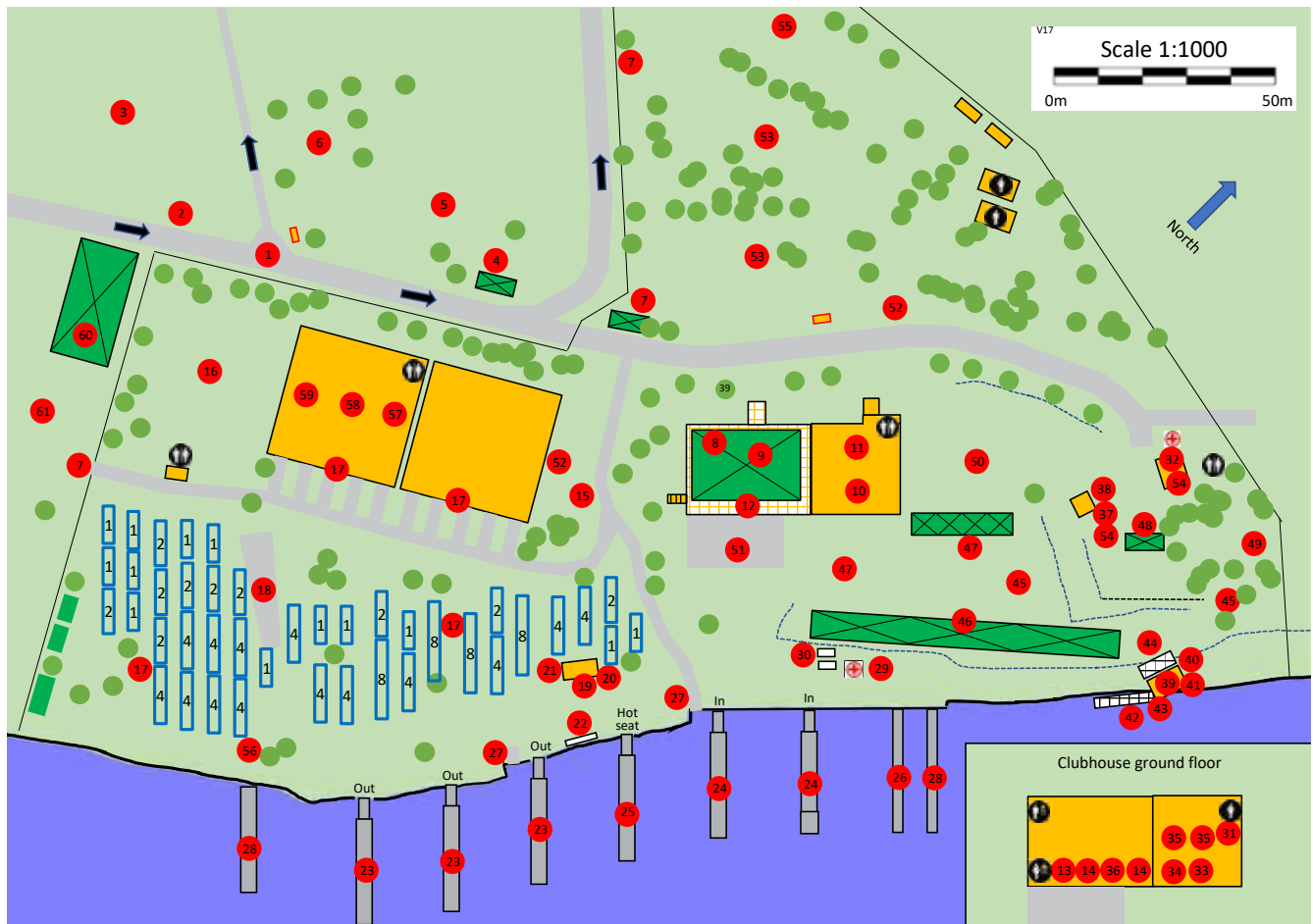
THE PROHIBITED LIST

International Standards for Therapeutic Use Exemptions ("ISTUE")

THERAPEUTIC USE EXEMPTIONS



VENUE MAPS



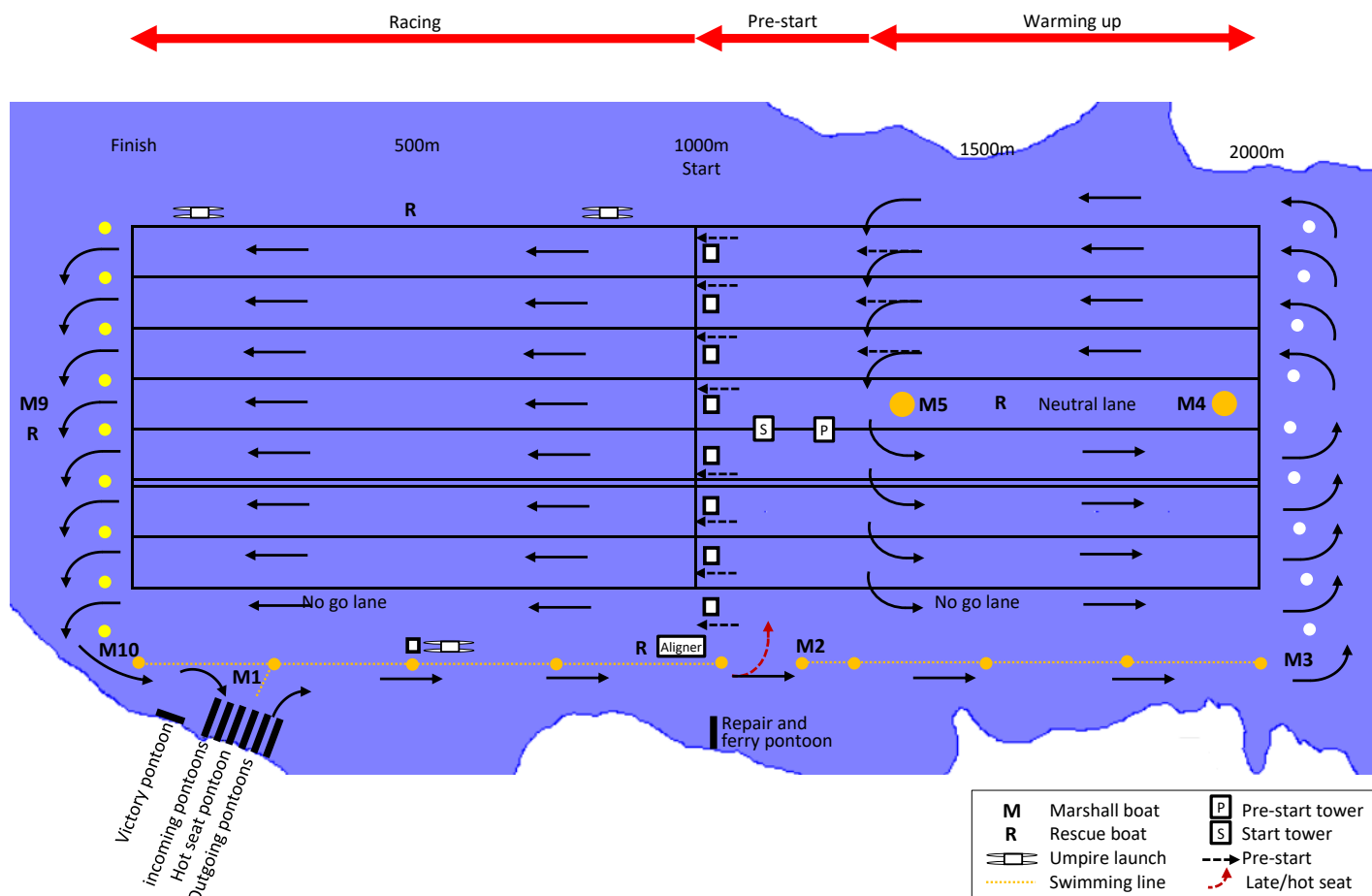
No	Description
1	Traffic control point
2	Spectator drop off point
3	Public parking
4	Shuttle bus stop
5	Bus parking
6	VIP parking
7	Access control
8	Information centre
9	Registration centre
10	Athlete rest area
11	Massage area
12	Viewing deck
13	Bag drop
14	Warm up Ergometers and bikes
15	Drinking water station
16	Boat racks general
17	Official boat rental suppliers
18	Boat washing
19	Control commission
20	Bow number issuing
21	Cox weighing
22	Traffic rules sign
23	Outgoing pontoons
24	Incoming pontoons
25	Hot seat pontoon
26	Rescue pontoon

No	Description
27	Slipway
28	Motorboat pontoon
29	Rescue centre
30	Ambulances
31	Doping control
32	Medical centre
33	WR office
34	OC office
35	Meeting room
36	Equipment room
37	Media centre
38	Joint Control Centre (JOC)
39	Finish tower
40	Commentators/sports presentation
41	Timing and jury
42	Victory ceremony
43	Medal preparation
44	Stage and video board
45	Spectators
46	Covered seating
47	Food stalls
48	Bar area
49	Boma
50	Marketplace
51	WR Official Merchandise
52	Rowing expo area

No	Description
53	Club tents
54	Storage
55	Boat builders' containers
56	Fuel store
57	ITOs and NTOs rest area
58	Jury dining room
59	Volunteers dining and rest area
60	Catering
61	Glamping village
[Yellow Box]	Building
[Green X]	Tent
[Grid]	Scaffolding
[Grey Box]	Pontoon
[Blue Box]	Road
[Blue Box]	Boat rack
[Orange Box]	Electrical sub-station
[Green Circle]	Trees
[Green Box]	Greenhouses for bio controls
[Blue Line]	Embankments

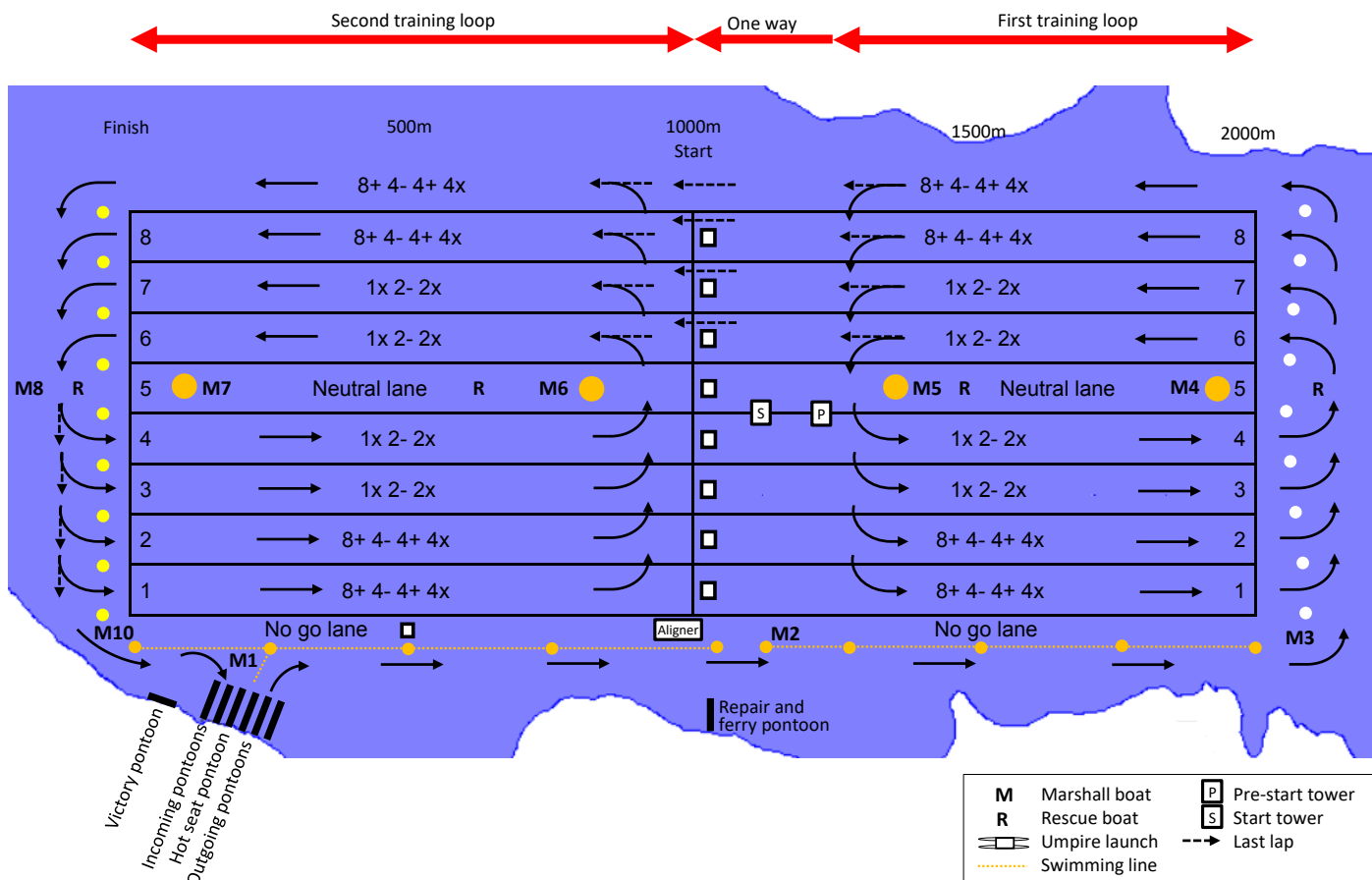
WRMR TRAFFIC RULES

RACING



WRMR TRAFFIC RULES

TRAINING



FACILITIES & SERVICES

The following facilities and services will be provided at the regatta venue. Their locations are indicated on the venue layout plan in section 11 for the location of these facilities.

BOAT PARK

- The boat park is located between the permanent boat hangars and the launching pontoons
- The organising committee will allocate boat racks to the official boat suppliers and to clubs bringing their own boats
- Those clubs and participants bringing their own boats will be required to submit a form in advance to request boat racks
- Keep an eye out for the request form that will soon be available on our website at wrmr2023.africa/contact-us/boatracks

BOAT WASHING

- There is a designated area for boat washing where water, buckets and approved cleaning liquids will be provided for your use
- Please do not wash boats in any other areas

BOW NUMBERS

- Crews may collect their bow numbers from the bow number distribution tent from one hour before the race
- The bow number distribution tent is located next to Control Commission
- Bow numbers will be collected by volunteers at the incoming pontoons

PONTOONS

- There are three outgoing and two incoming pontoons plus one hot-seating pontoon
- There will be no dedicated pontoons for rental boats and all crews will use the same pontoons

ATHLETE REST AREA

- An athlete rest area furnished with stretching mats and comfortable seating will be provided in the clubhouse next to the Information and Registration centres
- It will be accessible for all competitors

CLUB TENTS

- Clubs wishing to rent a gazebo can do so online at www.wrmr2023.africa
- The gazebos will be basic 5x5m structures with a roof and no sides
- The rental will include a limited number of chairs and a table
- Additional furniture may be rented as needed
- The deadline for all tent and furniture rentals is **Friday 1 September 2023**
- Those clubs wishing to bring their own gazebos may do so however you will still need to book a space in the club tent area
- This can be done on the same platform as the gazebo rentals

BAG DROP

- The bag drop is a free bag storage service that will operate during all opening times of the venue
- It is located below the Information Centre next to the Official Merchandise tent

ERGOMETERS & STATIONARY BIKES

- Ergometers and stationary bikes will be provided for training, warm up and cool down
- They are located in the boat hangars on the ground floor of the main clubhouse, below the Information and Registration Centres

BIKE RENTALS

- No bike rental service will be provided at the regatta
- Riding bikes is prohibited within the regatta venue

CATERING

- A range of catering services will be offered at the venue
- There will be a large dining tent that services both the glamping village and the regatta venue
- Tickets for these meals will be available closer to the regatta time on www.wrmr2023.africa
- In addition to the dining tent, a range of casual-dining options as well as a bar will be available in the spectator area

MEDICAL & RESCUE SERVICES

- The medical centre will be open during all opening times of the venue
- It is located below the Athlete Rest Area
- An ambulance will be on site on all training days, with two ambulances present on all racing days
- A rescue service will operate on the water at all times that the course is open for training and racing

DRINKING WATER

- Drinking water will be available from temporary water stations located throughout the venue
- Tap water that is drinkable will be signposted
- To reduce the amount of plastic and glass waste generated by the event, we urge you to bring or buy reusable water bottles and refill them at the water stations provided

RECYCLING STATIONS

- We are aiming to recycle as much of the waste generated by the regatta as possible
- Recycling bins will be clearly marked - please use them!

ENTRY TO THE VENUE & PARKING

- All private vehicles will be charged a fee to enter the Roodeplaat Dam facility
- For more information on buying a multi-day pass, please keep an eye on our website and social media pages
- Parking is included in the entrance fee and will be provided close to the regatta venue
- The parking areas will be patrolled by security personnel
- Note that users of the official shuttle service will not need to pay to enter the venue

PAYMENT SYSTEM

- We will be operating a cashless venue for the regatta
- Credit and debit cards will be accepted for payments throughout the venue

EXHIBITORS & VENDORS

- The regatta market place will host a large variety of local produce and merchandise
- Exhibitors wishing to reserve a space at the website should send an email to info@wrmr2023.africa no later than 31 August 2023
- Note that the organising committee reserves its right to approve vendors



THE STAGE IS SET FOR A GREAT EVENT!



Under an African sky...

**We cannot wait to welcome
you to our beautiful country!**

email info@wrmr2023.africa **web** wrmr2023.africa



#wrmr2023southafrica

