



## Canadian Henley 2024

*Row New Jersey is going to Canada! 2024 will be our inaugural trip for the junior team. The following information is an overview intended to help our team members with summer planning.*

The 140<sup>th</sup> Royal Canadian Henley Regatta is scheduled for July 30<sup>th</sup> to August 4<sup>th</sup> 2024 in Ontario Canada. Both coaches Rob Welsh and Jackie Davison have participated at the Canadian Henley and are excited to bring a group of our team to the race this summer.

What to expect in general:

### **Regatta size & venue description**

Canadian Henley is one of the largest regattas in North America. Originating in 1880, it has been witnessed by celebrities like Grace Kelly and multiple Canadian prime ministers at one time or another. Today it is still by far Canada's largest and most prestigious regatta, taking place on spectator-friendly Martindale's Pond in Saint Catharines, Ontario not far from Niagara Falls. It is one of the best rowing venues in North America. When international events are held on this side of the Atlantic, they are usually held here.

All races are 2000 meters, side by side with top finishers advancing based on the number of entries -- heats to semifinals and eventually semifinals if appropriate over the course of six days. Each junior category often sees dozens of entries from all over Canada for sure but also local regional powers like PNRA, Saint Joe's Prep, and Christian Brothers Academy as well as American participants from Boston, Buffalo, and even as far as the west coast.

Because it takes place during a lull in the college season, college scouts can often be in attendance.

**Drive time** from Lake Hopatcong is approximately 6.5 hours.

You will need a **passport** to enter Canada. Check the expiration dates of current passports (if within 6 months, be sure to renew in advance) or apply ASAP even if you are not 100% sure you are going to participate.

**Border crossing** times can be unpredictable – it can take 15 minutes to 2.5 hours depending upon traffic, security levels, etc. Make sure you allow for this in your travel planning.

**Bridge Border Crossing Information** – EZ Pass works on the bridges

Bridge/Border Crossing Information. EZ pass works on the bridges. From [http://www.peacebridge.com/index.php?option=com\\_content&view=article&id=18&Itemid=639](http://www.peacebridge.com/index.php?option=com_content&view=article&id=18&Itemid=639) “Choose

which bridge to take. Make an informed decision when deciding which bridge to cross by checking the Peace Bridge Traffic Web Cams before traveling or checking the CBSA website or CBP website to see what their posted wait times are for Niagara Region international bridges. While traveling go to [mobile.peacebridge.com](http://mobile.peacebridge.com) on your web-enabled mobile device or call 1-800-715-6722 to get the wait times for Niagara Region international bridges. These options are updated hourly. Have proper identification ready to present to the Customs agent. [Click here to view border identification requirements.](#)”

**Cell Phones-** Cell phones do not usually work when you cross the border unless you have an international plan – so you will need to contact your carrier to determine what your plan includes or make temporary modifications to your plan for your travel. (Roaming expenses can be quite high so please plan accordingly)

**Travel:** Families/athletes are responsible for their own transportation to and from Canada as well as to & from the race venue. If athletes are traveling with other families, the team must be notified in advance. Each family that is arranging for another family/adult to act as their athlete’s chaperone must make arrangements to have a notarize consent form to assist in border crossing and regatta participation. We will provide suggested forms and request a copy with contact information prior to the team leaving for Canada.

**Accommodations:** Families/athletes are responsible for the cost of and making their own accommodation reservations. Row New Jersey will be sharing team hotel block information in the near future. Families are not required to stay in the same location; however, it is encouraged that you make arrangements with boatmates for ease of transportation and social activities.

**Meals:** All meals are the responsibility of the family/athlete. Water and regatta snacks will be available at the trailer for athletes only. Row NJ will work to organize one team social event in Canada. Boats often plan dinners together to foster team bonding. Contact lists will be shared prior to the trip.

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### **Practice & Racing Expectations- Athletes**

All athletes must show a **photo ID** at the race course in order to race. Please make sure that the athlete has one with them in order to gain access.

#### *Preliminary Itinerary for 2024*

Saturday, July 27 - after Overpeck Sprints, return to Lake Hopatcong/Lee's Marina and load trailer for Canadian Henley.

Sunday, July 28<sup>th</sup> – Trailer to travel to Canada

Monday, July 29 – Athletes arrive at course, Saint Catherine's, Ontario Martindale Pond. **Afternoon practice all participants.**

Evening Opening Ceremony & Fireworks (details TBA by host)

Tuesday, July 30

Girls u19 4+ heats (10:36am-11:06am)

Boys 19 4+ heats (1:36pm - 2:06pm)

Girls u17 8+ heats (4:12pm-4:17pm)

*All Wednesday racers arrive at course for PM practice\**

Wednesday, July 31:

Boys u17 8+ heats (12:06-12:18pm)

Girls u19 4+ semis if qualified (2:48-3pm)

Boys u19 4+ semis if qualified (4:12pm-4:24pm)

*All Thursday racers arrive at course for PM practice\**

Thursday, Aug 1:

Girls u17 4+ heats(8:42am - 9:10am)

Boys u19 pair heats (9:17am-9:45am)

Girls u19 pair heats (11:12am-11:36am)

Girls u19 4+ finals if qualified (4:01pm)

Boys u19 4+ finals if qualified (4:43pm)

Girls u17 8+ finals if qualified (5:25pm)

*All Friday racers arrive at course for PM practice\**

Friday, Aug 2:

Boys u17 4+ heats (9:12am - 9:30am)

Boys u19 8+ heats (10:24-10:42am)

Girls u17 4+ semis if qualified (12:18pm-12:30pm)

Boys u19 pair semis if qualified (12:42-12:48pm)

Girls u19 pair semis if qualified (1:12-1:24pm)

Boys u17 8+ final if qualified (3:48pm)

*All Saturday racers arrive at course for PM practice if applicable\**

Saturday, Aug 3:

Girls u18 8+ heats (12:50pm - 1:02pm)

Boys u17 4+ semis if qualified, (2:32-2:38pm)

Boys u19 8+ semis if qualified (2:44pm-2:50pm)

Girls u17 4+ final if qualified (4:11pm)

Boys u19 pair final if qualified (4:18pm)

Girls u19 pair final if qualified (5pm)

All Sunday racers arrive at course for PM practice if applicable\*

Sunday Aug 4:

Boys u17 4+ - finals if qualified (11:10am)

Boys u19 8+ finals if qualified (12:10pm)

Girls u19 8+ final if qualified (12:30pm)

\*times to be announced by coach once the schedule is confirmed by the event organizers.

All participants dismissed once their final races are over and unneeded equipment reloaded, whichever day that is (dependent of boat advancement)

Canadian Henley participants arrive at Lake Hopatcong/Lee's Marina Monday, August 5th afternoon 4pm to unload trailer before learn-to-row.

## **Entries and Boat Selection:**

All races 2000m, side by side, with 1 to 3 boats from each flight advancing depending on number of entries in the category. Heats, semi-finals and final races are involved. Some entries could possibly not make it beyond the heats. The coaches plan on organizing the participants so that they are in more than one boat class.

In other words, coaches will try to enter every RowNJ participant in multiple events at the regatta. Team members will arrive at the venue at least the afternoon before their first event for PM practice. They will then race their event the next day, advancing their entry as far as they can, while also practicing for their next event in the early evening. It's a complicated matrix for the coaching staff but will actually be fairly straightforward for the athletes once they are assigned their respective crews. In short, once at Canadian Henley, the kids will row and row until all their events are eliminated. Depending on their speed, that could be anywhere from three to six days.

## **While at the course- Athlete Expectations**

On racing days athletes are expected/required to be at the venue 2 hours prior to race time. Before being dismissed from the race course daily the crews will properly store their shells and equipment per coach directive and clean up trash around the trailer.

## **Prior to Canada- summer training requirements:**

Athletes will practice during the summer season and race normally in two regattas. But they will often be asked to do so at a more intense level and occasionally hold extra sessions early at the lake on weekends or even at the land training facility in Whippany later in the day or on weekends. Family vacations during the summer are not disqualifying from participation. Neither are summer jobs, etc. We will work with selected participants to make sure they are ready so long as their approach to the trip is of a sufficient enthusiasm and intensity.

Rowers who are training elsewhere (ex: high performance camp) in the summer may also participate for RowNJ once they return. Non-coxswains simply must be training or rowing in some kind of organized system wherever they are prior to their return home or Canada. Sorry but this is not the kind of race where one can roll off the beach for a fun

crew experience because they swear they've "been totally jogging every day blah blah blah".

Casual attendance during the summer is not a guarantee for making boat selection for the Canadian Henley. Consistent attendance (*no more than 2 weeks vacation time missed will be permitted*) to water practice as well as additional indoor training (dates & times to be announced) will be expected.

<p><b>Why are we just hearing about this race now?</b></p>	<p>The short answer is Covid. It simply knocked this option off the table for this current generation. Prior to that Row NJ rarely had the potential speed to make such a trip worthwhile. Now that everything is back at full strength, including this regatta, we believe we have the staff, logistics, organizing personnel, and talent to make such a trip a worthwhile experience for some Row New Jersey families.</p>
<p><b>I am attending a multi-week high performance camp in June &amp; July, can I participate with RNJ at the Canadian Henley?</b></p>	<p><b>If you have trained all summer with a high performance program such as USRowing selection camp or PennAC, yes you can participate (fees will be defined for this scenario). Attending a one week camp does not quantify the appropriate training prep for Canadian Henley.</b></p>

<b>I am on vacation the week of 4<sup>th</sup> of July and won't be practicing that week- can I still attend?</b>	<b>Yes, up to 2 weeks of summer rowing can be missed to participate in the CH</b>
<b>Will every athlete who wants to attend Canadian Henley be able to go?</b>	<b>Coaches will make boat selections. In some cases, not all athletes may be eligible this summer. We'll be as inclusive as possible to a point. We have to be reasonable that our entries are appropriate to make the effort and expense for all families worthwhile.</b>
<b>Can I row and race this summer with the team but not attend the Canadian Henley?</b>	<b>Yes, this is an option. You do not have to attend Henley to participate in our summer program. You will register without the Canadian Henley option.</b>

<p><b>My parents can't take me, can I still go to Canadian Henley?</b></p>	<p><b>Athletes and parents must arrange their own chaperones. The team/coaching staff will not be chaperoning this event. Row NJ will require that you complete a form notifying us of a chaperoning situation.</b></p>
<p><b>I am a graduating senior, can I still attend Canadian Henley?</b></p>	<p><b>If you meet the age cut requirements (under 19) then yes you can be considered for the event. Some of our graduating seniors will unfortunately age out.</b></p>
<p><b>If my boat does not qualify for the finals can we leave Canada early?</b></p>	<p><b>Yes, if you are no longer racing in any other events, your boat(s) has been derigged and loaded on the trailer, been dismissed by the coaches then you can depart before the final day of the regatta.</b></p>
<p><b>I am unable to attend Canadian Henley summer of 2024, will the team go again next summer?</b></p>	<p><b>Row New Jersey will announce participation annually. We do plan on attending again in the future on an annual or biennial basis.</b></p>

## Helpful Links

Canadian Henley Website: <https://henleyregatta.ca/>

Border Crossing Requirements:

<https://www.peacebridge.com/index.php/autos-passenger-vehicles/id-requirements>