

Notice of the 118th

ISIS Engineering

VLC NATIONAL SPRINT REGATTA

Saturday 24th and Sunday 25th January 2026

**This notice of regatta is an invitation to all rowing clubs
who wish to participate in this sprint regatta**

1. VENUE:

Victoria Lake, Lake Road, Germiston, Johannesburg

2. DATE:

Saturday 24th and Sunday 25th January 2026

3. TIME:

Racing starts at 07h00 on Saturday and Sunday.

4. EVENTS/PARTICIPANTS:

- ❖ The regatta will be run in terms of the relevant rules and laws as published in the RowSA Rules of Racing and in terms of the conditions contained in this notice.
- ❖ Masters racing will be handicapped as per the RowSA Rules of Racing handicap system implemented in 2017.
- ❖ The entering of your club members serves as an acceptance of Indemnity in this regatta, namely that you declare that you accept the rules of entry and that you shall participate in the Victoria Lake Rowing Club Regatta at your own risk and indemnify the Regatta Organizers, Sponsors and Officials of this rowing regatta against any claim of whatsoever nature and howsoever arising, which may result from your club's and your members' participation".
- ❖ All rowers need to be registered on the rowing system with a photograph, before they can be entered to row at the regatta. Random computer checks will be used to confirm crews entered for races. Failure of a rower to be registered on the rowing system could result in the crew being issued a yellow card.
- ❖ Any event attracting less than 3 entries from at least 2 different clubs at the time of the draw will be cancelled, and the clubs concerned will be notified of such cancellation.
- ❖ Entries are limited to 3 per club per event. 4th and subsequent entries will be accommodated if there are lanes available, to fill the lanes during the first draw.
- ❖ Races will not be held up due to crew or boat clashes.
- ❖ Composite crews will be permitted, but will not be awarded points for the affiliated clubs.

- ❖ Please note that this regatta is a National Senior Sprint Regatta. In the opinion of the regatta organizer, many junior rowers can and should compete for the relevant national titles. Accordingly:
 - There will be no 1st junior (U19A) events; however, rowers who normally row in 1st junior events are encouraged to race in Senior A events.
 - There will be no 2nd junior (U19B) events; however, rowers who normally row in 2nd junior events are encouraged to race in Senior B events.
 - There will be no U16 events; however, rowers who normally row in U16 events are encouraged to race in Senior C events.
 - The recommendations above are not binding - junior men and women can choose in which category they would like to race
- ❖ If you are interested in entering a para rowing crew/event, please email Herbie Kojetin
herbertkojetin@gmail.com
- ❖ The complete list of available events can be found in Annexure A.
- ❖ The order of events can be found in Annexure B.

5. ENTRY FEES FOR COMPETITORS & SPECTATORS

- ❖ **Spectators:**
 - A non-competing spectator gate entry fee will be R50/day for adults and R30/day for children(u18)and pensioners.
 - Free secure parking is available.
- ❖ **Competitors:**
 - Masters and Senior Club competitors will be charged R50 per rower per event (excluding coxswains).
 - Junior clubs (scholars) will be charged R50 per rower per event (excluding coxes).
 - All fees must be paid along with entries according to the final draw.
 - Seat fees should be paid to:

Victoria Lake Rowing Club

Standard Bank Eastgate, Branch Number 018505

Account Number 200521365

Reference : SCHOOL/CLUB NAME – Regatta Fee

For invoices please email traceywilliamspost@gmail.com Please include a list of entries.

Please send Proof of Payment to traceywilliamspost@gmail.com before Wednesday 21 January 2025.

6. REGATTA WATER RULES

- ❖ Diagram of The Victoria Lake Rowing Course Regatta Traffic Rules can be found in Annexure D.
- ❖ Each lane is equipped with a rope start buoy. Coaches, please take the time to teach your younger rowers the correct procedure in their use.

6.1 Rowing to the start

- ❖ Competitors proceeding to the start must row westward on the northern shore of the lake;
- ❖ Passing between the pump-house and the shore;
- ❖ Keeping at least 20 meters (one wide lane width) clear of Lane 1 of the racing course; and
- ❖ Must row round the rear (to the North) of the starter's platform at the west end of the lake.

6.2 Warm up area

- ❖ The warm up area is on the south side of lane eight of the rowing course;
- ❖ Competitors wanting to access the warm-up area must row round the back of the starting area, giving way to all crews assembling to start;
- ❖ Large orange buoys will mark the warm up area.
- ❖ In doing so they must remain thoroughly aware of the presence of all other competitors;
- ❖ Must give way to all boats assembling to race; and
- ❖ Listen to all instructions from race officials.
- ❖ **Access to and use of the warm up area is restricted to Senior and Masters crews only.**
- ❖ All other crews are to use the designated ergo warm up area before venturing onto the water.

6.3 Traffic rules in the warm-up area

- ❖ The warm-up circuit is clockwise and is the only clockwise circuit for rowers on the lake. So initially (while rowing Eastwards) they will be rowing parallel to the racing, and as such:
 - They may not do practice start within 200m of the start; or alongside crews that are racing
 - They may not pace racing crews; and
 - They may not enter the racing lanes and must stay at least 30 meters clear of lane 8 which is the most southerly racing lane.
- ❖ All competitors warming up must not cut the warm-up circuit short. Crews are thus requested to row around the buoys keeping the buoys on their bow side of their rowing shells as per the course illustration provided;
- ❖ Once round the East end of the warm-up circuit, competitors should turn westward and row parallel to the southern shore of the lake;

- ❖ Competitors must maintain at least 30 metres of clear water between their boat and the warm-up circuit;
- ❖ Competitors should beware of a rocky outcrop off the southern shore (approximately 150 metres from the west end of the lake). They should row inside (north) the red buoy marking the outcrop;
- ❖ Care should be taken moving from the warm up area into the constricted racing assembly area;
- ❖ Competitors may not cross into racing lanes in front of the start line;
- ❖ Competitors must go around the back of the start line; and
- ❖ Consider the presence of other crews moving into the warm up area.

6.4 Excluded and withdrawing crews

- ❖ Excluded competitors as well as others not racing for other reasons must return to the jetties by rowing Eastwards on the southern side of lane eight of the racing course. In doing so:
 - They must comply with Rule 6.4; and
 - When they get to the east end of the lake, they must row round the east end of the finish line, taking care of boats racing, and proceed to the rowing jetties in the normal way, as if they had been racing.

7. LOCAL RULES

- ❖ Due to prevailing winds at VLC, normal lane seeding for seeded events is from lane 1 through lane 8 with lane 1 being the highest seeding.
- ❖ Masters 1st division heats shall be seeded into lanes based on the average prognostic percentage achieved at the crew's last 3 races (excluding social regattas). New crews/combinations will not be seeded.

8. ENTRIES

- ❖ Entries close 10 days before the regatta at 17h00 on Monday, 12th January 2026.
- ❖ Entries are to be made exclusively on the internet at www.regatta.co.za.
- ❖ If you do not have a *username* and *password*, please contact the RowSA Administrator, details as follows:

Phone: 082 570 4932

Email: row@rowsa.co.za
- ❖ The first draft draw and competitors list will be published on the website on Wednesday 14th 2026.
- ❖ Late entries will be accepted provided there are available lanes. All changes and/or late additions must be e-mailed to RowSA Administrator (row@rowsa.co.za) and Rob Holness (rholness@netactive.co.za) by 12h00 on Monday 19th 2024.
- ❖ The final draw will be posted on the website by Wednesday, 21st January 2026.

9. ORDER OF EVENTS AND TIME GAPS

- ❖ Club captains' and coaches' attention is drawn to the intervals between races as set out in the draft draw. Crew entries and boat allocation should be planned around these times. The organizers will not be able to delay the published start times of any races to accommodate crew or boat clashes.

10. HEATS & FINALS

- ❖ Heats and finals will only be rowed for MA and WA events:
 - Additional finals may be included if there is enough time in the racing schedule. This will be done at the regatta organizer's discretion.
- ❖ The President of the Jury may combine heats should entries reduce to 8 or less due to withdrawals or scratches.
- ❖ If more than 8 entries are received for senior events, other than MA and WA events, the entries will be divided by draw into heats, which will be rowed successively. The crew recording the fastest time across all heats will be declared the winner and awarded the medal(s) accordingly.

11. CONTROL COMMISSION

- ❖ Any alterations to entries and/or scratches of crews must be reported to Control Commission at least 1 hour prior to the published start time of the race. Control Commission will refer changes to the President of the Jury and other officials.
- ❖ Lightweight rowers and coxswains for Senior A events must weigh in a maximum of 2 hours and minimum of 1 hour prior to the published start time of their respective events; coxswains must supply their own ballasts if required.
- ❖ Boat weights must comply with RowSA weight constraints.

12. TRAILERS, PARKING AND SECURITY

- ❖ Rowing clubs that are based at VLC are requested to remove their rowing trailers from the premises by Thursday, 22nd January 2026 at 15h00. Trailers may be returned on Sunday, 25th January 2026 after 16h00.
- ❖ Cars will not be allowed to park or drop off rowers on the VLC premises. Spectators, officials, competitors and coaches are requested to park across the road. Only towing vehicles and vehicles with permits are allowed onto the VLC grounds for the duration of the regatta.
- ❖ A car with a roof rack and scull is not considered a tow vehicle and should be parked across the road.
- ❖ A secure parking area has been arranged across the road from VLC. Parking is free.
- ❖ Areas allocated for trailer parking and boat rigging will be distributed to all visiting clubs and/or schools one (1) week prior to the regatta. Please advise Rob Holness (rholness@netactive.co.za) if your trailer will be arriving at VLC on or before Friday 23rd January. Trailer parking in the canoeing area will be organized on a first come first serve basis.

- ❖ Security will be provided from the 16h00 on Friday afternoon until 16h00 on Sunday afternoon. All visiting clubs are reminded that they need to make their own insurance arrangements and that the Victoria Lake Club will not accept liability for any loss or damage to equipment on our premises.

13. FOOD, REFRESHMENTS AND LIQUOR

- ❖ Food and refreshments will be available throughout the day.
- ❖ The Club restaurant is fully licensed and therefore **NO LIQUOR may be brought onto VLC premises**. The Club's bar facilities will be available for the purchase of refreshments for the duration of the regatta.
- ❖ The Regatta Organizing Committee would appreciate it if you could remind your club members and supporters of the restrictions on liquor at VLC premises.

14. INDEMNITY

- ❖ The entering of your school, participants or members onto the premises of VLC serves as an acceptance of Indemnity in this regatta, namely that you declare that you accept your own risk and indemnify the Regatta Organisers, Sponsors and Officials of this rowing regatta against any claim of whatsoever nature and howsoever arising, which may result from your schools, clubs and/or your rowers' participation.
- ❖ The entering of your school or members further serves as confirmation that athletes placed onto the water have passed their required water safety testing and that the responsibility for such competency has been accepted by the school, club and coaches concerned.
- ❖ **All entries must comprise competent swimmers who must have successfully completed the Sculling Test in terms of Rule 2.1.2 of the Rules of Racing, 28 July 2018 Edition.**

15. POINTS FOR FLOATING TROPHIES

- ❖ Points will be awarded according to the points table in Annexure C.
- ❖ The floating trophies for the regatta are as follows:

Donoratica Trophy

Senior clubs and universities will receive points for medal positions for the overall race in any of the Men's and or Women's Senior A, B and C events.

Ian MacGregor Trophy

School and junior clubs will receive points for medal positions for the overall race in any of the Senior A, B and/or C events.

Keith Maybery Trophy

Schools and junior clubs will receive points for medal positions achieved in any of the U14 and/or U15 events.

Selwyn Tucker Plate

Masters 1st and 2nd Division quads receive points for each final.

VLC Rowing Cup for Girls

School and junior clubs will receive points for medal positions for the overall race in any of the girls' Junior and Senior A and B events.

VLC Rowing Cup for Boys

School and junior clubs will receive points for medal positions for the overall race in any of the boys Junior and Senior A and B events.

Allan Francis Trophy

Most points received by a co-ed school for medal positions for the overall race in any of the boys and girls Junior and Senior A, B and/or C events.

VLC Cup for Masters

Masters will receive points for medal positions achieved in any master's event.

Winners of the abovementioned floating trophies are determined using the following points system:

- To obtain maximum points in an event, a final must compose of a minimum of four participating boats, from at least two different clubs.
- In the event of a three-boat final with boats from at least two different clubs, the first two places will receive points equivalent to second and third places, for example, 12 points for 1st place and 6 points for 2nd in a Senior A 1X event.
- No points will be awarded when there is a row-over.

❖ Other trophies include:

Chris Barratt Plate	Consol Trophy	Atlanta Challenge for Men Rainbow Challenge for Women	Alison Mulder Trophy	ABSA Trophy for Men & Women	Bob and Jill Tucker Trophy
WA 8+	MA 8+	MA 1x WA 1x	WA 2X	MA 2- WA 2-	MA 2x

- ❖ Medals in A, B, C & 1st 2nd, 3rd Division Masters will be awarded for 1st (Gold), 2nd (Silver) and 3rd (Bronze) places.
- ❖ In Masters Events, each heat is considered a final and medals will be awarded accordingly.

Alumni Trophies for Men and Women

Alumni will receive points in line with B Events for their school or University.

16. PRIZE GIVING

- ❖ Competitors will be awarded medals after their races at the Regatta Office.
- ❖ Floating trophy presentations will be made after the final event on Sunday 26th January 2025.

The Victoria Lake Rowing Club and the Regatta Organizing Committee look forward to your company at what we trust will be a most enjoyable and successful regatta. Please encourage as many non-rowers as possible to attend the event and see South African rowing at its best.

Yours sincerely

ROB HOLNESS

Regatta Organising Committee Chairperson

E-mail: Rholness@netactive.co.za | Mobile: 082 576 4688

ANNEXURE A: LIST OF EVENTS

Senior Men and Women

All events offered in A, B and C divisions, except Para events which are all A events

Heavyweight

1x, 2x, 2-, 4x+/4x-, 4+/4-, 8+

Lightweight

1x, 2x

Para Rowing

PR1 1x, PR2 Mixed 2x, PR3 Mixed 4+

Junior Men and Women

All events offered in A and B divisions only

JM14, JW14, JM15 and JW15

1x, 2x, 4x+, 8x+

Masters

Men and Women

1st Division Only

2-, 4-

All Divisions

1x, 2x-, 4x-, 8+, Mix 2x-, Mix 4x-

2nd and 3rd Division Only

8x+, Mix 8+

Alumni Challenge

4x-, 4x+, 4- and 4+ in the same event - Crews can be mixed but Men's/Women's only races are offered.

Notes:

1. Events may be combined or split into heats at the discretion of the ROC
2. Masters events will be handicapped according to the RowSA Rules of Racing

ANNEXURE B: ORDER OF EVENTS

SATURDAY 24th JANUARY

Event No	Event	Event No	Event
56	MA 1x heats	17	JW 15 A 1x
62	WA 1x heats	18	JM 14 B 1x
1	JM 14 B 8X+	19	JW 14 B 2x
2	Mast 3rd Div 2x	20	Mast 3rd Div 4X
3	JW 14 B 1x	21	JM 15 B 4x+
88	Mast 1 st Div Mixed 2x	90	Mast 2 nd Div Mixed 2x
4	JW 15 B 4X+	22	JM 14 A 2x
5	JM 15 B 2x	23	JW 15 A/B 8x+
6	JW 14 A 4x+	24	JW 14 A 1x
7	JM 14 A 8x+	36	MC 1x heats
8	JW 15 A 2x	66	WC 1x heats
83	MB 1x heats	89	Mast 1 st Div Mixed 4x
42	WB 1x heats	25	JM 15 A 4x+
9	Mast 3 rd Div 1x	26	JW 14 B 4x+
10	JM 15 A 1x	27	JM 14 B 2x
91	Mast 2 nd Div Mixed 4x	28	JM 15 B 8x+
11	JM 14 B 4X+	29	JW 15 B 1x
12	JW 15 B 2x	30	Mast 3 rd Div 8+/8x+
13	JW 14 A/B 8x+	31	JW 14 A 2x
14	JM 15 B 1x	32	JM 14 A 1x
15	JM 14 A 4x+	33	JM 15 A 8x+
16	JM 15 A 2x	34	JW 15 A 4x+

SUNDAY 25th JANUARY

Event No	Event	Event No	Event
58	Mast 1 st / 2 nd Div W 1x	56	MA 1x Final
92	LWA 2x Heats	57	MC 2-
93	LMA 2x Heats	59	Mast 4-
41	WA 2x Heats	60	MB 8+
46	MA 2x Heats	61	LWA 1x Final
35	WC 2x	62	WA 1x Final
37	Mast 1st Div M 1x	63	MA 2- Final
48	WA 2- Heats	64	WB 8+
63	MA 2- Heats	65	Mast 1 st Div M 4x
38	PR3 Mix 4+/PR 1x	67	MC 2x
39	Mast 1 st /2 nd Div W 2x	68	Mast 2 nd Div 8+/8x+/Mixed
40	WC2-	69	WB 2x
92	LWA 2x Final	70	WA 8+
41	WA 2x Final	71	MB 2-
43	MB 4x/4x+	72	MA 4x-
44	MB 4-/4+	73	MA 4x+
45	Mast 2 nd Div M 4x	74	Mast 2-
93	LWM 2x Final	75	MA 4-
46	MA 2x Final	76	MA 4+
47	MC 8+	77	MC 4x/4x+
48	WA 2- Final	78	MC 4-/4+
49	Mast 1 st Div M 2x	79	Mast 1 st / 2 nd Div W 4x
50	WC 4x/4x+	80	WB 4x/4x+
51	MB 2x	81	WB 4-/4+
52	WB 2-	82	Mast 1 st Div 8+
53	ALUMNI CHALLENGE	84	Mast 2 nd Div M 2x
54	Mast 2 nd Div M 1x	85	WA 4x/4x+
55	LMA 1x Final	86	MA 8-

The order of race numbers for heats will depend on the number of entries received for events.

ANNEXURE C: POINTS TABLE

Event	A Section & 1 st Division			B Section & 2 nd Division			C Section & 3 rd Division		
	1 st	2 nd	3 rd	1 st	2 nd	3 rd	1 st	2 nd	3 rd
Single Sculls									
Snr LW 1x	18	12	6						
Snr 1x	18	12	6	12	8	4	9	6	3
Masters 1x	18	12	6	12	8	4	9	6	3
Jnr 14/15 1x	12	8	4	8	5	2			
Pairs									
Snr 2-	21	14	7	12	9	6	9	6	3
Snr LW 2-	21	14	7						
Doubles									
Snr 2x	21	14	7	12	9	6	9	6	3
Masters 2x/2-	21	14	7	12	9	6	9	6	3
Jnr14/15 2x	15	10	5	9	6	3			
Quads									
Snr 4x/4x-	24	16	8	15	10	5	9	6	3
Masters 4x/4-	24	16	8	15	10	5	9	6	3
Jnr 14/15 4x+	18	12	6	10	7	4			
Alumni 4x/4-				10	7	4			
Fours									
Snr 4-/4+	24	16	8	15	10	5	9	6	3
Octuples									
Jnr 14/15 8x+	21	14	7	12	8	4			
Eights									
Sen 8+	30	20	10	18	12	6	12	8	4
Masters 8+	30	20	10	18	12	6	12	8	4

ANNEXURE D: COURSE TRAFFIC RULES

