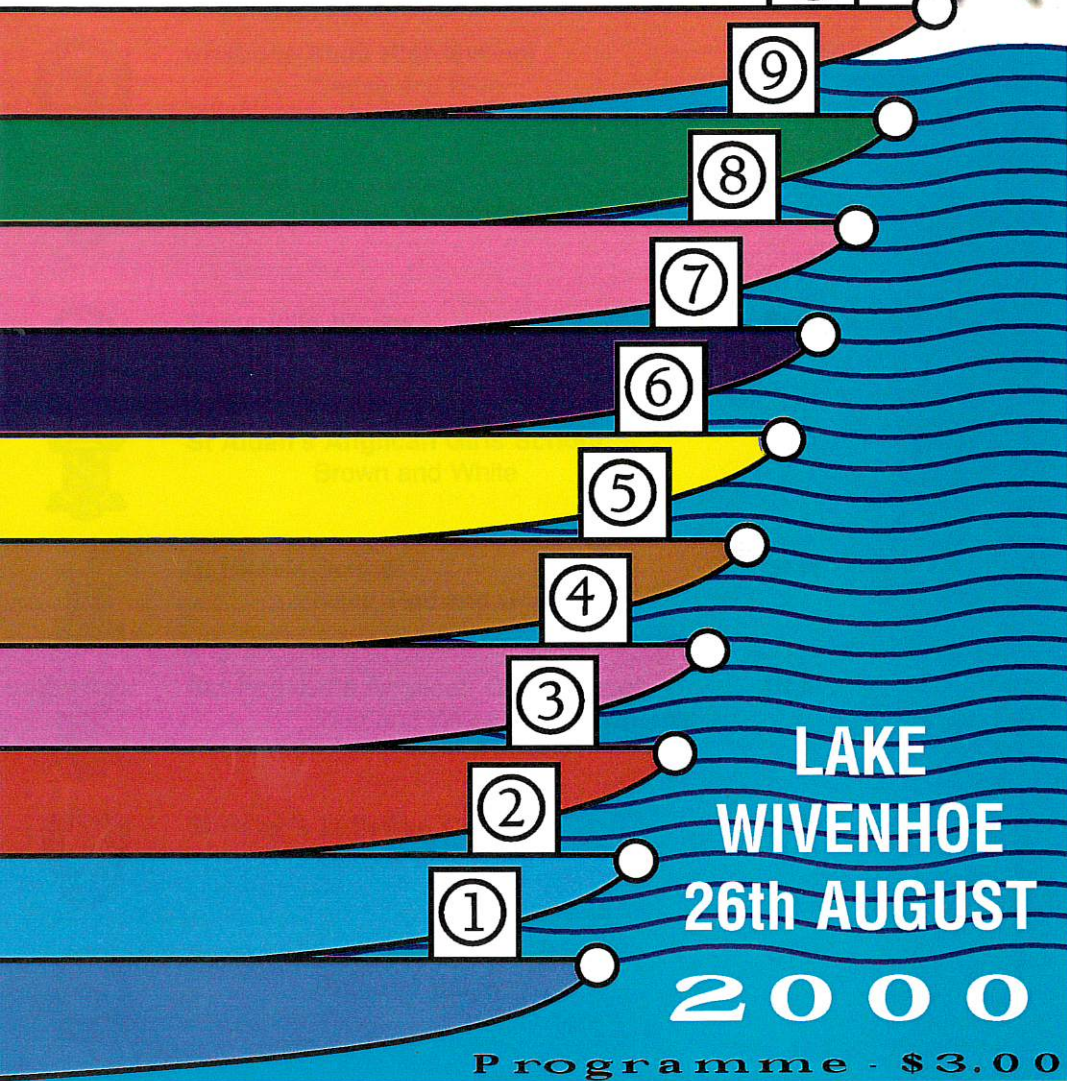
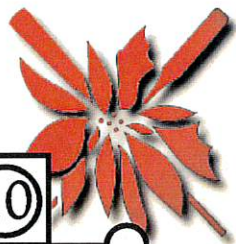


# BSRA

BRISBANE SCHOOLGIRLS' ROWING ASSOCIATION

## HEAD of the RIVER



10

9

8

7

6

5

4

3

2

1

LAKE  
WIVENHOE  
26th AUGUST  
2000

Programme - \$3.00

## ACKNOWLEDGMENTS



The Brisbane Schoolgirls' Rowing Association acknowledges the following organisations and individuals for their contribution to schoolgirl rowing throughout 2000 and this regatta.

South East Queensland Water Board

•

Rowing Queensland

•

Queensland Boat Race Officials

•

Mr Ben Tidey

•

Mr Ray Ebert and Mr Rod Tiley

•

Time Keepers - Supplied by Somerville House

•

Miss Bernie Williams

•

Queensland Newspapers

•

Bennett and Francis

•

Adrian and Jan Davis - Kwik Kopy

•

Scoreboard Operators

•

Boat Holders

•

Trophy, Pennant and Certificate Presenters

•

The Coaches

•

The Parents and Supporters

## WELCOME FROM THE CHAIRMAN



The Brisbane Schoolgirls Rowing Association and Rowing Queensland welcome guests, parents, friends and competitors to the 2000 Schoolgirls "Head of the River".

Today you will witness some of the most spectacular racing ever seen at Lake Wivenhoe, with the first ever 10 lane races being held in a BSRA Head of the River. With several State and National Champions also competing today, you can be assured of the highest quality schoolgirl racing in Australia.

The "Head of the River" is the primary goal of every crews preparation. Today is the culmination of many months hard work for athletes, coaches and coordinators. In just a few minutes of racing the past six months of dedication to the sport will be displayed.

There will be a wide variety of emotions displayed across competitors today ranging from disappointment to elation. However, tomorrow the 2000 Head of the River will already be history and all crews can be proud of their contribution to their school while experiencing and learning more than those who have never taken part. We look forward to an exciting day of racing which I am sure will be fought out in the same friendly rivalry and spirit that has been evidenced in the lead-up regattas.

On behalf of all member schools I wish all competitors a successful and enjoyable regatta.

Damon Stokes  
Chairman

### Catering

A wide range of Hot food, sandwiches, cakes and drinks are available from the catering tent near the finishing line. Both athletes and spectators will enjoy the variety on offer.

### Merchandising

Rowing Queensland are selling "Head of the River" shirts from the Castaways tent near the catering tent.

## PRESENTATIONS



Trophies, Pennants and Certificates will be presented near the judging tower at the completion of the racing.

### *Prizes to be presented today:*

#### **Aggregate Cup:**

Awarded to the school with the best overall performance. The school with the most number of points accumulated by the completion of racing will win this trophy. Points are allocated from first to last place. Therefore, competing and finishing last will still benefit the points tally of the school.

#### **Percentage Cup:**

Presented to the school with the largest number of points per head of school population. The aggregate points total is divided by the number of year 8 to 12 female students in the school.

#### **Open First VIII's trophy donated by the Grummitt family:**

This trophy is presented to the winner of the Open First VIII's race.

#### **Pennants:**

These will be presented to all winning crews and coaches.

#### **Certificates:**

2nd and 3rd placed crews and coaches will all receive certificates.

### Special Thanks

To all Life members and special guests  
who will present these awards today.

## HISTORY OF THE B.S.R.A



The Inaugural Schoolgirls' Head of the River was held on the Brisbane River on October the 13th 1990. The seven schools that competed were All Hallows', Brisbane State High School, St Aidan's, St Hilda's, St Margaret's, St Peter's and Somerville House. Sixteen events were competed that year and the Open Eight had three entries.

In 1991, the newly formed Brisbane Schoolgirls Rowing Association organised the Head of the River. By 1992, the number of entries in the Open 8+ had doubled to six.

1993 saw the dominance of Brisbane State High School and Somerville House in the Open 8+ broken for the first time. Brisbane Girls Grammar became the first school to win an Eight's race outside of State High and Somerville. This year saw the first presentation of the Grummitt family Trophy for Open First Eights and was presented to Brisbane State High School.

In 1994, the Head of the River Regatta was held for the first time on Lake Wivenhoe. Eleven schools competed that year.

In 1995, insufficient water at Lake Wivenhoe meant the Head of the River was moved to Hinze Dam. 1995 also saw the beginning of a development plan to change younger crews across to Quad Sculls. This move was made to provide girls with a better technical and physiological development. This year also saw the first presentation of the Aggregate Trophy for the most successful school and was presented to Somerville House.

1996 saw the full implementation of the BSRA development plan with Year 8, Year 9 and Year 10 girls all competing in Quad Sculls. This has produced competitive and high quality racing across these groups. The inaugural presentation of the Percentage cup based on school population was made to Somerville House. All Hallows' achieved their first Head of the River victory in the First VIII, while St Margaret's won the the Aggregate cup for the first time.

Schoolgirl rowing came of age in 1997 with a standard of competition previously unseen in Brisbane. Eight of the nine schools achieved wins, while St Margaret's retained the Aggregate trophy and won the First VIII for the first time.

1998 was the most competitive season ever seen between schools. Stuartholme became the fifth school to win the First VIII and Somerville claimed the Aggregate trophy from St Margaret's by the smallest margin on record.

1999 saw the introduction of Lourdes Hill College as invitational entries and St Margaret's clinched both the First Eight Trophy and Aggregate Trophy in the last event of the day.

# REGATTA OFFICIALS



**Starter:** Mr R Hinchy  
**Aligner:** Mr T Levick  
**Referee:** Mr R Hinchy  
**Judges:** Mrs T Burton, Mr D Buchbach  
**Umpires:** Mr A Ebert, Mr R Wickens, Mr P Jell

## Withdrawals

### **Please note Regatta By - Law 19**

If a crew desires to withdraw from a race, notice thereof shall be given by the BSRA school delegate of the school concerned, not later than 30 minutes before the starting time of the race, to the Regatta Chairman who shall record such withdrawal.

## Substitutions

### **Please note Regatta By - Law 28(b)**

Notice of any substitution shall be given by the BSRA school delegate of the school concerned, not later than 30 minutes before the starting time of the race, to the Regatta Chairman who shall record such substitutions.

## Protests

1. Except in unavoidable circumstances, a crew claiming that its race has been improperly run must make its protest to the umpire immediately after the finish of the race and before getting out of the boat. The umpire will then notify the regatta referee, judges and Appeals Committee of the protest.
2. The BSRA school delegate of such crew shall confirm any such protest in writing to the Appeals Committee within 30 minutes of the completion of the race concerned setting out the reasons for the protest and lodging the sum of \$20 with the committee.
3. The Appeals Committee in consultation with the race umpire concerned shall decide if the protest was justified and shall announce its decision not later than one hour after the last race of the day.
4. Following the announcement of the decision of the Appeals Committee NO FURTHER PROTESTS WITH RESPECT TO THIS EVENT WILL BE PERMITTED. All money lodged on account of the protest shall be refunded if the protest is upheld.

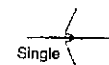
## Notes:

- Lane No 1 is closest to the spectator side of the lake
- All crews must display Rowing Queensland approved bow numbers
- All crews must be in the starters control 5 minutes prior to the scheduled start time of the event.
- Power boats other than official regatta boats are not permitted on the lake from 9.30am to the conclusion of the regatta

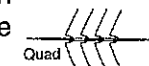
# A GUIDE TO ROWING



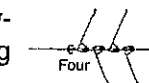
**1x Single Scull:** The smallest boat used. Rowed by one sculler using 2 oars (sometimes called sculls)



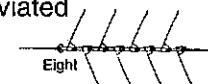
**4x Quadruple (Quad) Scull:** Four scullers each using 2 oars. In schoolgirl competition, this boat is coxed but at club and elite level is coxless.



**4+ Coxed Four:** Four rowers each using one oar. In school rowing this boat is always coxed. Sometimes abbreviated using Roman numerals as "IV".



**8+ Coxed Eight:** Eight rowers each using one oar. Traditionally the "Blue Ribbon" event of rowing. Sometimes abbreviated using Roman numerals as "VIII"



## What to look for in a good crew:

**Continuous motion.** Rowing should be a continuous and fluid motion.

**Synchronisation.** Rowers strive for perfect timing in all actions.

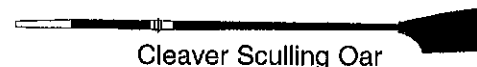
**Clean blade work.** Blades going in and out of the water should throw up as little water as possible. The spoon will be close to the water between strokes.

**Easy looking movement.** Good rowers will not look like they are working hard when they are racing.

## Race distances:

In Brisbane schoolgirl competition, distances raced are:  
 Eights - 2000m  
 Fours, Quads and Singles - 1000m

In still weather conditions, Schoolgirl Eights will cover the distance in sub-seven minutes. Age group Single sculls, Fours and Quads will vary between about 3 minutes and 30 seconds to about 4 minutes and 30 seconds for the 1000m distance.



Cleaver Sculling Oar



Cleaver Rowing Oar



Macon Rowing Oar

## Oars

Oars currently in use are a fibre-glass/carbon fibre construction. They are either symmetrical or assymetrical in shape. Sculling oars are shorter and have a smaller "spoon" area.

















Event 32	3:00	Open 1st VIII					2000 m			
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8	Lane 9	Lane 10
		Som H	St M	BSHS	LHC	All H	Stu	BGGS	St A	
Bow		S Gault	R Ward	R Lowe	S Brehaut	G Kilroy	K Doyle	J Schmidt	S Hind	
Two		N Seebeck	C Winks	T Dahl	A Keogh	M Martin	L Morrissey	J Heading	C Green	
Three		K Campbell	K Oswald	C St.John	K Von Darsen	H Tohill	B Bryan	S Ohtomo	B Scott	
Four		T Hardie	T Slawson	L Balzat	T Vidal	S Kerr	L Bird	T MacGinnley	K Woodman	
Five		A Kelly	S Brown	R Botha	K Steel	J McKee	J Wallrock	A Langton	A Gilchrist	
Six		K Gothmann	E Brown	K Morton	M Arndt	E Anderson	J Hurley	K Clarkson	E Davis	
Seven		J Campbell	K Markey	J Burt	L Streets	C Moran	A Trotter	V Weekes	C Maria	
Stroke		T Dreaver	K Laidler	E Shurte	J Boyce	R Bliss	K Jones	P Warner	S Green	
Cox		E O'Neill	J McLay	L Warszawski	S Chaplin	A Thompson	A Ash	J Cantamessa-Heatley	A Edser	
Coach		C Grummitt	G Morrison	A Service	J Brock	P Howard	P Toon	P Finch	G Lynagh	
Coach			T Elliot			A Howard	L Major		N Collins	
Placing										

History of the Open 1st VIII

	1st	2nd	3rd
1990	Somerville House	St Margaret's	Brisbane State High
1991	Somerville House	Brisbane State High	St Margaret's
1992	Brisbane State High	Somerville House	All Hallows' School
1993	Brisbane State High	Brisbane Girls Grammar	Somerville House
1994	Somerville House	Brisbane State High	All Hallows' School
1995	Somerville House	St Margaret's	Brisbane State High
1996	All Hallows' School	Somerville House	Brisbane State High
1997	St Margaret's	All Hallows'	Somerville House
1998	Stuartholme	St Margaret's	Somerville House
1999	St Margaret's	Somerville House	St Aidan's



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