

BALLARAT ASSOCIATED SCHOOLS ROWING

Boys' Head of the Lake 2023

Winner of the DOWLING CHALLENGE CUP

Ballarat Clarendon College

Girls' Head of the Lake 2023

Winner of the PATTERSON SHIELD

Ballarat Clarendon College

The HAROLD DEVESON CUP will be held by the Premier
Boys' Rowing School during 2024.

2023 Winner - St Patrick's College

The J. H. NETHERWAY CUP will be held by the Premier
Girls' Rowing School during 2024.

2023 Winner - Loreto College

**All racing will be conducted according to the
Ballarat Associated Schools regulations, as outlined
in the BAS Handbook, or, when not specified,
the rules that apply at Rowing Victoria Regattas.*

The competing schools will wear the following colours:

Ballarat High School - Light Blue and Navy Blue

Ballarat Clarendon College - Red & Black with Blue & Gold Stripe

St. Patrick's College - White, Green Shamrock, Blue Facing

Ballarat Grammar - Blue, Brown & Gold Stripes

Loreto College - Royal Blue & Gold

Damascus College - Navy with Maroon & Gold



THE PATTERSON SHIELD
(Winner of the Girl's Head of the Lake)
Ballarat Clarendon College



J.H. NETHERWAY CUP
(Girl's Premiership Trophy)
Loreto College



*THE DOWLING CHALLENGE CUP
(Winner of the Boy's Head of the Lake)
Ballarat Clarendon College*



*HAROLD DEVESON CUP
(Boy's Premiership Trophy)
St Patrick's College*

Race 1

To start at 9:00

1000 metres

FEMALE SCHOOL COXED QUAD SCULL YEAR 9 DIV. 5 & 6

Lane 2

LORETO COLLEGE

D. Sommerville, I. Wise,

A. Ashby, A. Taylor

Cox: O. Valenzuela Coaches: J. Stute & L. Delaney

Lane 3 **BALLARAT CLARENDON COLLEGE**

I. McNaughton, M. Xiong,

S. Weber, P. Lohchab

Cox: L. Gillespie Coach: T. Lourey

Lane 4

LORETO COLLEGE

P. McTigue, S. Templar,

E. Geljon, P. Drew

Cox: A. Price Coaches: J. McKinnis & M. Howard

Lane 5 **BALLARAT CLARENDON COLLEGE**

R. Rwabwogo, K. Smith,

E. Sasee, M. Ahmed

Cox: N. Bethapudi Coach: J. Novak

Lane 5

BALLARAT GRAMMAR

L.Muldoon, E.Morgan,

T.Smith, E.Hanrahan

Cox: P. Mills Coach: W.Clarke

PLACE

1.....

2.....

3.....

Time:minsec

Race 2

To start at 9:05

1000 metres

MALE SCHOOL COXED QUAD YEAR 9 DIVISION 5 - 7

Lane 2 **ST PATRICK'S COLLEGE**

J. Murfet, T. Stevens,

J. Roney, H. Bennett

Cox: C.Seakins Coaches: O. Watkins & I. Martin

Lane 3 **BALLARAT HIGH SCHOOL**

J. Hamill, J. Howden,

E. Ladd, J. Marbella

Cox: B. James Coaches: S. Coles, F. Tomich

Lane 4 **ST PATRICK'S COLLEGE**

K. McInerney, O. Florence,

L. Banks, L. Cowell

Cox: K. Bellin Coach: D. Stute

Lane 5 **BALLARAT GRAMMAR**

A. McKenzie, M. Buchanan,

L. Hirth, F. Heagney

Cox: A. Farrell Coach: K. Walker

Lane 6 **ST PATRICK'S COLLEGE**

K. Kydd, C. Quick,

T. Loudon, C. Beechey

Cox: H. Reeve Coach: J. Shaw

PLACE

1.....

2.....

3.....

Time:minsec

Race 3

To start at 9:10

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 9 DIVISION 4

Lane 2

LORETO COLLEGE

E. McConchie, E. Trigg,
M. Templar, I. Peucker

Cox: A. Donald Coaches: A. Hoffman & G. Phillips

Lane 3

DAMASCUS COLLEGE

M. Murphy, E. Jennings,
G. Alsop, K. Brown

Cox: V. Jones Coach: A. Singline

Lane 4 **BALLARAT CLARENDON COLLEGE**

A. Leppik, M. Riddle,
L. Aslan-Wong, N. Harper

Cox: A. Lin Coaches: K. McClure & L. Dwyer

Lane 5

BALLARAT GRAMMAR

S. Pinder, L. Peters,
P. Shields, I. Harris

Cox: M. Vendy Coach: H. Geddes

PLACE

1.....

2.....

3.....

Time:minsec

Race 4

To start at 9:15

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 9 DIVISION 3

Lane 2 **BALLARAT HIGH SCHOOL**

M. Krnel, M. Hayes,
A. Connell, L. Krawczuk
Cox: A. Johnston Coaches: A. Cornish & E. Barber

Lane 3 **BALLARAT CLARENDON COLLEGE**

S. Cheesman, L. Grainger,
M. Gillespie, I. Ebenwaldner
Cox: S.Li Coach: E. Ebenwaldner

Lane 4 **BALLARAT GRAMMAR**

E. Hopkins, E. Mihaljevic,
G. Burt, I. Huntington
Cox: K. Burke Coach: B. Clarke

Lane 5 **LORETO COLLEGE**

L. Timpano, S. McAteer,
H. Gardner, A. Antrobus
Cox: G. Cooney Coaches: L. Dodd & S. Augustine

Lane 6 **DAMASCUS COLLEGE**

C. Rowe, A. Lewis,
K. Austin, M. Singline
Cox: M. Huf Coach: L. Skidmore

PLACE

1.....

2.....

3.....

Time:minsec

Race 5

To start at 9:20

1000 metres

MALE SCHOOL COXED QUAD YEAR 9 DIVISION 3 & 4

Lane 2 **BALLARAT GRAMMAR 4**

H. Collins, J. Craig,
E. Joyce, T. McIntyre
Cox: E. Uppal Coach: A. Mendoza

Lane 3 **ST PATRICK'S COLLEGE 4**

K. Geljon, R. Ward,
A. Svanosio, L. Pickles
Cox: A. Lester Coaches: W. Hexter & J. Halsall

Lane 4 **BALLARAT GRAMMAR 3**

S. Molesworth, A. Siemensma,
O. Tickell, N. Oswin
Cox: H. Toohey Coach: J. Cumper

Lane 5 **BALLARAT CLARENDON COLLEGE**

R. Sutcliffe, A. Singh,
P. Oqueli, F. Francis
Cox: H. Freeman Coach: A. Svensson O'Shea

Lane 6 **ST PATRICK'S COLLEGE 3**

L. Chiswell, O. Sim,
C. Saw, M. Aylward
Cox: C. McKay Coaches: M. Gatt & T. Sands

PLACE

1.....

2.....

3.....

Time:minsec

Race 6

To start at 9:25

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 9 DIVISION 2

Lane 2 **BALLARAT CLARENDON COLLEGE**

A. Bray, E. Maxwell,

E. Finch, C. Tuohey

Cox: A. Rosewarne Coach: C. Goldsworthy

Lane 3 **BALLARAT GRAMMAR**

M. Roberston, M. Moll,

L. Calvert, G. Godde,

Cox: G. Jones Coach: R. Kalla

Lane 4 **LORETO COLLEGE**

M. Grant, B. Mulcahy,

E. Ffrench, S .Huf

Cox: G. O'Connor Coaches: B. O'Brien & B. Bales

Lane 5 **DAMASCUS COLLEGE**

P. Watt, I. Storey,

I. Dickson, S. Mercer

Cox: C. Johnston Coaches: M. Ashley & C. Reid

PLACE

1.....

2.....

3.....

Time:minsec

Race 7

To start at 9:30

1000 metres

MALE SCHOOL COXED QUAD YEAR 9 DIVISION 2

Lane 2 **BALLARAT CLARENDON COLLEGE**

T. O'Reilly, L. Harris,
J. Irwin, A. Feizollahi
Cox: S. O'Reilly Coach: J. Whatley

Lane 3 **ST PATRICK'S COLLEGE**

O. Elliott, H. Quigley,
L. Cameron, L. Shaw
Cox: J. Morrison Coach: R. Gribble

Lane 4 **BALLARAT GRAMMAR**

F. Naylor, C. Rimmington,
C. Conroy, O. Wright
Cox: J. Jess Coach: G. Wright

Lane 5 **BALLARAT HIGH SCHOOL**

B. Davidge, F. Ramsay,
P. Hill, O. Edmonston
Cox: B. James Coaches: S. Coles & F. Tomich

PLACE

1.....

2.....

3.....

Time:minsec

Race 8

To start at 9:35

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 9 DIVISION 1

Lane 2

BALLARAT GRAMMAR

M. Howard, C. Kennedy,
A. Miller, L. Alcock
Cox: M. Cust Coach: K. Lanyon

Lane 3

LORETO COLLEGE

L. Barlow, J. Charleson,
A. Molloy, L. McTigue
Cox: G. Barr Coach: C. Dodd

Lane 4

DAMASCUS COLLEGE

K. Orchard, E. Howard,
G. Rivett, A. Ashley
Cox: M. Young Coach: P. Blanchfield

Lane 5

BALLARAT HIGH SCHOOL

S. Kotek, M. Cannell,
I. Loader, C. Turnbull
Cox: J. Dawe Coach: D. Biggin

Lane 6 **BALLARAT CLARENDON COLLEGE**

R. Pierce, M. Mason,
E. Freeman, W. Watson
Cox: R. Brizzi Coach: E. Bathurst

PLACE

1.....

2.....

3.....

Time:minsec

Race 9

To start at 9:40

1000 metres

MALE SCHOOL COXED QUAD YEAR 9 DIVISION 1

Lane 2 **ST PATRICK'S COLLEGE**

J. Elliott, J. Lee,
P. Stute, X. Cummins
Cox: J. Davies Coach: S. O'Brien

Lane 3 **BALLARAT GRAMMAR**

A. Fraser, M. Scott Barber,
T. Kinnersly, H. Hanlon
Cox: H. Geddes Coach: M. Hanlon

Lane 4 **DAMASCUS COLLEGE**

J. Bowler, B. O'Kelly,
T. Hodge, O. Henderson
Cox: J. Martin Coaches: R. Davis & S. Hutchison

Lane 5 **BALLARAT CLARENDON COLLEGE**

H. Clark, H. Ross,
C. Lawler, C. Whatley
Cox: I. Fitzpatrick Coach: D. Hunter

PLACE

1.....

2.....

3.....

Time:minsec

Race 10

To start at 9:50

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 10 DIVISION 5-6

Lane 2 **BALLARAT GRAMMAR 5**

C. Adams, E. Davon,
C. Ravisa, C. Phillips
Cox: E. Draffin Coach: Zarli Clark

Lane 3 **LORETO COLLEGE**

E. Roney, C. Duffy,
E. Blake, M. Williams
Cox: D. Donovan-Clancy Coaches: A. Ridley & Z. Klain

Lane 4 **BALLARAT CLARENDON COLLEGE 1**

A. Ronan, S. Scalora,
T. McGill, I. Long
Cox: E. Brousek Coach: A. Svensson O'Shea

Lane 5 **BALLARAT GRAMMAR 6**

E. Mason, S. Quon,
E. Miezis, C. Dellar
Cox: A. Pincott Coach: A. McKnight

Lane 6 **BALLARAT CLARENDON COLLEGE 2**

H. Gill, T. Gray,
A. Sudholz, S. Tadros
Cox: G. Mata Coach: B. Bilney

PLACE

1.....

2.....

3.....

Time:minsec

Race 11

To start at 9:55

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 10 DIVISION 4

Lane 3

LORETO COLLEGE

L. Bennett, J. Knobel,
M. Constable, Z. Brudenhall
Cox: S. Martin Coach: M. Robertson

Lane 4 **BALLARAT CLARENDON COLLEGE**

J. Croft, H. Loats,
Z. Smyth, H. Beardmore
Cox: E. Dent Coach: M. Ward

Lane 5

BALLARAT GRAMMAR

G. Jackson, S. Read,
S. Calvert, M. Matthews
Cox: L. Bray Coach: H. Potts

PLACE

1.....

2.....

3.....

Time:minsec

Race 12

To start at 10:00

1000 metres

MALE SCHOOL COXED QUAD YEAR 10 DIVISION 4 & 5

Lane 2

BALLARAT GRAMMAR

R. Scott, I. Philippiadis,

J. Tanner, F. Wilson

Cox: R. Dorahy Coaches: A. Lowe & C. Sharkey

Lane 3

ST PATRICK'S COLLEGE

M. Erdody, B. Eckel,

P. McGreevy, E. Walters

Cox: T. Boatman Coach: G. Yanes

Lane 4

BALLARAT CLARENDON COLLEGE

F. Grima, J. Grogan,

R. Grogan, C. King

Cox: J. Tippett Coach: C. Littlejohn

Lane 5

ST PATRICK'S COLLEGE

W. Caldow, N. Bennett,

F. Russell, H. Jones

Cox: E. Monk Coaches: M. Bleicher & E. Niehus

PLACE

1.....

2.....

3.....

Time:minsec

Race 13

To start at 10:05

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 10 DIVISION 3

Lane 2 **BALLARAT HIGH SCHOOL**

E. Keyte, R. Beer,
L. Ross, I. Emmerson
Cox: P-M. Emmerson Coach: C. Kinnane

Lane 3 **BALLARAT CLARENDON COLLEGE**

O. Hickingbotham, K. Dent,
O. Sanapareddy, R. McAuliffe
Cox: A. Sun Coach: L. Matheson

Lane 4 **BALLARAT GRAMMAR**

C. Armytage, K. Mitchell,
K. Watson, G. Draffin
Cox: H. Briody Coach: L. Geddes

Lane 5 **LORETO COLLEGE**

A. Jones, M. Geljon,
I. Mann, L. Molloy
Cox: M. Hudson Coach: L. O'Loughlin

PLACE

1.....

2.....

3.....

Time:minsec

Race 14

To start at 10:10

1000 metres

MALE SCHOOL COXED QUAD YEAR 10 DIVISION 3

Lane 2 **BALLARAT HIGH SCHOOL**

J. Bunning, R. Funston,

A. Hinde, O. Vermey

Cox: J. Davidge Coaches: J. Wray & D. Taylor

Lane 3 **BALLARAT CLARENDON COLLEGE**

N. Roberts, C. Stevens,

H. Prior, S. McInnes

Cox: A. Michie Coaches: Z. Lang & A. Moffat

Lane 4 **ST PATRICK'S COLLEGE**

K. Kupisz, B. Wattlelet,

L. Lloyd, D. O'Brien

Cox: J. Woodburn Coaches: S. Wood & O. Frangos

Lane 5 **BALLARAT GRAMMAR**

A. Plant, A. Rolfe-Barnes,

W. Balkin, C. Mitchell

Cox: D. White Coach: H. Woodburn

PLACE

1.....

2.....

3.....

Time:minsec

Race 15

To start at 10:15

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 10 DIVISION 2

Lane 2 **BALLARAT CLARENDON COLLEGE**

Z. Ambrose, A. Moffat,
T. Geljon, S. Cardoso
Cox: S. Ward Coach: A. Geljon

Lane 3 **BALLARAT GRAMMAR**

C. Tyndall, L. Gollan,
B. Morrison, K. Johnson
Cox: B. Jenkins Coaches: R. Draffin & M. Francis

Lane 4 **LORETO COLLEGE**

S. Robertson, A. Clarke,
E. Watson, M. Woodburn
Cox: K. Hutson Coach: S. Parry

Lane 5 **BALLARAT HIGH SCHOOL**

M. Hocking, A. Harris,
C. Lovison, I. Kaletsch
Cox: L. Wilson Coach: P. Carnes

PLACE

1.....

2.....

3.....

Time:minsec

Race 16

To start at 10:20

1000 metres

MALE SCHOOL COXED QUAD YEAR 10 DIVISION 2

Lane 3

ST PATRICK'S COLLEGE

C. Belleville, T. Coelho,

T. Cosgriff, F. Sandlant

Cox: A. Dalton Coaches: S. Coghlan & J. Phillips

Lane 4

BALLARAT GRAMMAR

R. Brennan, L. Goss,

T. Faull, J. Sharkey

Cox: E. McNabb Coach: J. Cumper

Lane 5 **BALLARAT CLARENDON COLLEGE**

W. Bray, D. Chandler,

D. Demidov, O. Fumi

Cox: W. Belcher Coach: J. Nijhof

PLACE

1.....

2.....

3.....

Time:minsec

Race 17

To start at 10:25

1000 metres

FEMALE SCHOOL COXED QUAD YEAR 10 DIVISION 1

Lane 2

BALLARAT GRAMMAR

A. Booth, L. Geddes,
B. Walker, O. Beechey

Cox: A. Timms Coaches: R. Draffin & M. Francis

Lane 3

LORETO COLLEGE

N. Griffiths, M. Kavanagh,
O. Lanyon, A. Kinnersly
Cox: E. Dodd Coach: S. Parry

Lane 4

BALLARAT HIGH SCHOOL

M. Jenkins, M. Aitken,
P. Smith, M. McBride

Cox: G. Reid Coaches: W. Payne & A. Jolly

Lane 5 **BALLARAT CLARENDON COLLEGE**

C. Bullen, S. Houlihan,
O. Buckland, A. Gilbert
Cox: C. Ferguson Coach: J. Novak

PLACE

1.....

2.....

3.....

Time:minsec

Race 18

To start at 10:30

1000 metres

MALE SCHOOL COXED QUAD YEAR 10 DIVISION 1

Lane 2

BALLARAT GRAMMAR

C. Dunstan, G. Magee,

H. Myers, J. Howard

Cox: L. Ashmore Coach: P. Myers

Lane 3

BALLARAT HIGH SCHOOL

Z. Marios, J. Jumamoy,

R. Webster, J. Murray

Cox: A. Keddie Coach: R. Simmonds

Lane 4 **BALLARAT CLARENDON COLLEGE**

J. Belcher, A. Forsyth,

T. Williams, J. Connolly

Cox: A. Grima Coach: C. Littlejohn

Lane 5

ST PATRICK'S COLLEGE

I. Kopke-Veldhuis, F. Russell,

F. Puddy, G. Charles

Cox: B. Roberts Coaches: C. Murfett & H. Swan

PLACE

1.....

2.....

3.....

Time:minsec

Race 19

To start at 10:35

1000 metres

FEMALE SCHOOL COXED FOUR OPEN DIVISION 5 & 6

Lane 3 **BALLARAT HIGH SCHOOL**

S. Goodie, E. Howlett,
M. Hucker, O. Bell

Cox: E. Slade Coaches: E. McKay, E. Jones & L. Styles

Lane 4 **LORETO COLLEGE**

R. Sheridan, C. Templar,
O. Jones, D. Molloy

Cox: S. Hoiles Coach: S. Parry

Lane 5 **BALLARAT CLARENDON COLLEGE**

J. Qerim, M. Goss,
G. Li, M. Cook

Cox: P. Miller Coaches: L. Richardson & H. Richardson

PLACE

1.....

2.....

3.....

Time:minsec

Race 20

To start at 10:40

1000 metres

DOUBLE / SINGLE SCULLS

Lane 3

BALLARAT GRAMMAR

M.Lu

Coaches: C. Grieve & A. Pittard

Lane 4

DAMASCUS COLLEGE

W. Busuttill

Coaches: P. Blanchfield & L.Skidmore

Lane 5

LORETO COLLEGE

O. James, C. Halsall

Coach: B. Halsall

PLACE

1.....

2.....

3.....

Time:minsec

Race 21

To start at 10:55

2000 metres

FEMALE SCHOOL COXED FOUR OPEN DIVISION 4

Lane 4

LORETO COLLEGE

A. Cartledge, E. Templar,

A. Phillips, P. McIlwaine

Cox: H. Boyd Coaches: A. Foley & H. Augustine

Lane 5 **BALLARAT CLARENDON COLLEGE**

H. McRoberts, J. Grove,

P. Lopez O'Donnell, A. Lewis

Cox: M. Peele Coach: S. Lamb

PLACE

1.....

2.....

3.....

Time:minsec

Race 22

To start at 11:05

2000 metres

MALE SCHOOL COXED FOUR OPEN DIVISION 4

Lane 2 **ST PATRICK'S COLLEGE 5**

L. Warland, B. Hackwill,
J. Florence, C. Mong
Cox: G. Muller Coach: N. Frichot

Lane 3 **ST PATRICK'S COLLEGE 4**

L. Severino, J. Elliott,
J. Williamson, P. Bennett,
Cox: L. Pickles
Coaches: N. Moran, G. Lukich & A. McPherson

Lane 4 **BALLARAT CLARENDON COLLEGE**

J. Hunter, S. Wong,
A. Dawar, J. Clarke
Cox: D. Harris Coach: A. Tippet

Lane 5 **ST PATRICK'S COLLEGE 6**

S. Valenzuela, M. Chalmers,
K. Jones, L. McColl,
Cox: L. Goodall Coaches: G. Morris & K. Long

PLACE

1.....

2.....

3.....

Time:minsec

Race 23

To start at 11:15

2000 metres

FEMALE SCHOOL COXED FOUR OPEN DIVISION 3

Lane 3 **BALLARAT CLARENDON COLLEGE**

I. McRoberts, B. Wise,
G. Miller, M. Yuanjit
Cox: I. Channon Coach: C. Boatman

Lane 4 **BALLARAT GRAMMAR**

H. Torrance, E. Ferguson,
S. Collins, D. Sheehan
Cox: C. Dunstan Coaches: C. Grieve & A. Pittard

Lane 5 **LORETO COLLEGE**

E. Gowans, J. Main,
M. Lynch, C. Peucker
Cox: G. Bales Coaches: A. Foley & H. Augustine

PLACE

1.....

2.....

3.....

Time:minsec

Race 24

To start at 11:25

2000 metres

MALE SCHOOL COXED FOUR OPEN DIVISION 3

Lane 3 **BALLARAT CLARENDON COLLEGE**

J. Nunn, A. Cheesman,
Z. Spencer, O. Finch
Cox: Z. Doddamani Coach: J. Irwin

Lane 4 **ST PATRICK'S COLLEGE**

J. Roberts, W. Charles,
H. Grant, C. Neil
Cox: C. Geddes Coaches: D. Kittelty & B. Evans

Lane 5 **BALLARAT GRAMMAR**

A. McIntyre, M .Magee,
M. Tumolero, F. Buchanan
Cox: W. Beechey Coach: M. Tol

PLACE

1.....

2.....

3.....

Time:minsec

Race 25

To start at 11:35

2000 metres

FEMALE SCHOOL COXED FOUR OPEN DIVISION 2

Lane 2 **BALLARAT CLARENDON COLLEGE**

L. Goodson, T. Mason,
M. Salmi, C. Peele
Cox: R. Bourke Coach: G. Howard

Lane 3 **BALLARAT GRAMMAR**

E. Cassidy, J. Klein,
M. Shaw, D. Walsh
Cox: E. Marshall Coach: H. Bogers

Lane 4 **LORETO COLLEGE**

C. Connell, B. Molloy,
A. Pituch, I. Rossato
Cox: M. Lane Coach: C. Smith

Lane 5 **DAMASCUS COLLEGE**

C. Coad, R. Byrne,
O. Radisich, L. Leonard
Cox: H. Elliot Coaches: P. Blanchfield & B. Beutel

Lane 6 **BALLARAT HIGH SCHOOL**

A. Carnes, E. Wray,
E. Strawhorn, H. Carnes
Cox: T. Noakes Coaches: O. Spagnolo & R. Holding

PLACE

1.....

2.....

3.....

Time:minsec

Race 26

To start at 11:45

2000 metres

MALE SCHOOL COXED FOUR OPEN DIVISION 2

Lane 2 **ST PATRICK'S COLLEGE**

O. Farrington, L. Belleville,
J. Clark, T. Stute

Cox: H. Lester Coaches: J. King & C. Farrington

Lane 3 **BALLARAT GRAMMAR**

R. Read, A. Moll,
L. Smith, H. Bryant

Cox: B. Japp Coach: D. Wright

Lane 4 **DAMASCUS COLLEGE**

D. Newman, F. Rivett,
H. Bennett, J. Henderson

Cox: M. Watt Coach: P. Blanchfield

Lane 5 **BALLARAT CLARENDON COLLEGE**

T. Freeman, M. Hickingbotham,
D. Pritchard, J. Mann

Cox: A. Tucker Coach: R. McClure

PLACE

1.....

2.....

3.....

Time:minsec

Race 27

To start at 11:55

2000 metres

FEMALE SCHOOL COXED FOUR OPEN DIVISION 1

Lane 2

BALLARAT GRAMMAR

Z. Wright, E. Adem,

A. Maxted, G. Walsh

Cox: A. Gillbee Coach: A. Tyndall

Lane 3

LORETO COLLEGE

L. Cushing, T. Stringer,

M. McTigue, R. Hunt

Cox: T. Kinnersly Coach: C. Smith

Lane 4

DAMASCUS COLLEGE

S. Crilly, C. Gartlan,

L. Bylsma, M. Mason

Cox: P. Govan Coach: B. Beutel

Lane 5

BALLARAT HIGH SCHOOL

A. English, N. Jenkins,

A. Coutts, M. James

Cox: W. Marbella Coaches: O. Spagnolo & R. Simmonds

Lane 6 **BALLARAT CLARENDON COLLEGE**

P. Maher, M. Kopke-Veldhuis,

A. Moloney, T. Kirsanovs

Cox: C. Nolle Coach: N. Plucinski

PLACE

1.....

2.....

3.....

Time:minsec

Race 28

To start at 12:05

2000 metres

MALE SCHOOL COXED FOUR OPEN DIVISION 1

Lane 2

BALLARAT GRAMMAR

B. Meakin, H. Tol,

L. Heath, H. Walsh

Cox: M. Barclay-Smith Coach: L. Pougault

Lane 3

BALLARAT HIGH SCHOOL

L. Wallace, R. Webster,

M. Sorensen, A. Pynn

Cox: Z. Edwards Coach: C. Nielsen

Lane 4 **BALLARAT CLARENDON COLLEGE**

S. Hall, M. Mason,

J. Forsyth, C. McClure

Cox: R. Belcher Coach: I. Peele

Lane 5

ST PATRICK'S COLLEGE

N. Bennett, A. Murfett,

P. O'Brien, H. Reinehr

Cox: J. McLean Coach: D. O'Doherty

PLACE

1.....

2.....

3.....

Time:minsec

BAS ROWING TRAINING REGULATIONS AND CODE OF CONDUCT

1. Definitions

1.1 Session Times

A training session time is the time of actual physical participation in the activity.

1.2 Land Training

Training conducted or organised by coaches that does not involve the rowing of boats. Land training is deemed to be any program organised as a conditioning program for rowers and includes, for example, organised weight training, ergo use, gymnasium work, swimming and running.

1.3 Water Training

Actual training time conducted on water with a crew.

1.4 Week

Sunrise Monday to the following sunset Sunday (inclusive).

1.5 Term:

A normal school term, except that, for the purpose of these guidelines.

1.6 Permitted Year Levels

Crews will consist of students from years 12 to 9 (term 1). No year 8 crews are allowed to race at the Head of the Lake Regatta.

2. Purpose

The purposes of these guidelines are to:

2.1 Provide a framework where the sport of rowing can be conducted

- i.* upon agreed best training practices
- ii.* in an environment that ensures that the physical, emotional and academic welfare of the athlete is not jeopardised through training regimes

2.2 Ensure that no school or crew gets an unfair advantage over another school or crew through excessive training sessions.

3. Coaching Conduct and Qualifications

3.1 Coaches, in conducting training will:

- (a)* Act in a professional and ethical manner and exercise appropriate Duty of Care
- (b)* Be positive, supportive and encouraging of crews.
- (c)* Train crews in accordance with the best practice for rowing being mindful of the needs of the individual and level of the crew.
- (d)* Not exceed training times set out in these Guidelines
- (e)* Model sportsmanship and appropriate behaviours at regattas, training and camps.
- (f)* Ensure that members of any crews adhere to the School's Codes of Conduct.
- (g)* Ensure school policies concerning uniform, sun protection and harassment are adhered to.
- (h)* Maintain effective communication with the Rowing Co-ordinator and crews at all times.

3.2 Coaches will be supported by the school, and/or the school's rowing club, in gaining minimum coaching accreditation qualifications.

4. Training Regulations

4.1 The following training times are permitted.

- These times represent the **MAXIMUM** crews/squads may train. It be would be considered most unusual for the maximum to be used throughout a term.
- Coaches will exercise professional judgement, having regard for the wellbeing of the athlete in determining training programs.
- On-water training will not exceed 1 hour 30 minutes duration per session.
- A coach may substitute land training for on-water training (taking account of weather, illness, water levels, etc.)

No coach will permit any individual rower to exceed the maximum training times permitted under these guidelines. (Also see 4.8)

The school's Rowing Co-ordinator will monitor the training of all rowers, crews and squads and accept responsibility for adherence to these regulations.

Permitted Sessions

| Term 3 | On Water | Land training per week |
|----------------------------------|--|------------------------------|
| Senior Crews (Year 10 and 11) | Nil | Up to 3 Sessions per week |
| Intermediate Crews (Year 9) | Nil | Up to 1 session per week |
| Junior Crews (Year 8) | 4-week introductory program for Year 8's at the end of Term 3. 1½ hours per week for 4 weeks, not an intensive program. | Up to 1 session per week |

| Term 4 | On-water training per week | TOTAL Number of training sessions per week |
|--------------|----------------------------|---|
| Senior Squad | Up to 3 sessions | Up to 6 sessions |
| Year 9 | Up to 2 sessions | Up to 4 sessions |
| Year 8 | Up to 2 sessions | Up to 3 sessions |

| Term 1 | On-water training per week | TOTAL Number of training sessions per week |
|--------------|----------------------------|---|
| Senior Squad | Up to 4 sessions | Up to 6 sessions |
| Year 10 | Up to 3 sessions | Up to 4 sessions |
| Year 9 | Up to 2 sessions | Up to 3 sessions |

Term 2

That rowing activities in Term 2 & 3 be considered on a case by case basis by application to BAS Inc. (e.g. Henley tour and Edmund Rice Challenge)

Length of time for session as per the original regulations

| | |
|-----------|--|
| Senior | on-water 1.5 hours / off water 1.5 hours |
| Year 9/10 | on-water 1.5 hours / off water 1.0 hour |
| Year 8/9 | on-water 1.5 hours / off water 1.0 hour |

Each school will be permitted to conduct a rowing camp(s) of up to 5 days' duration between 15th December and 26th January plus an extra 2 days at a time that suits individual schools.

The intended spirit of these regulations is that boys and girls and their families should not be under pressure to arrange their summer vacation to accommodate group training for Rowing.

All camp dates and locations are to be forwarded to the Executive Officer at the end of November each year.

Except for official rowing camps, there will be no training conducted by the School, and no use by rowers of school rowing boats between 15th December and 26th January.

During all school holidays there will be no formal or organised, on or off water training to take place other than the specified Dec/Jan Camp period (as specified above).

For further clarity - formal refers to the training occurring on school property OR with a school coach".

As directed by the Rowing Co-ordinator, crews shall be able to train outside of the BAS weekly training regulations on the proviso the total amount of training completed within any four-week period does not exceed four times the maximum number of weekly sessions for that period. This will apply to on-water training only.

Official rowing camps will not be subject to session limitations in 4.4.

Coaches will conduct training with an understanding that rowing is a school sport and that the school has overriding authority in the conduct of all aspects of its rowing program.

Prior to the commencement of term 4 rowing, the Rowing Co-ordinators will meet with their coaches to explain the Code of Conduct and the rowing guidelines.

All schools will clearly display the Guidelines and Codes of Conduct in their respective boat sheds. All coaches will be given a copy of the guidelines and Code of Conduct.

5. *Procedures for dealing with alleged breaches of training regulations*

- 5.1 *A protest is made by a Principal forwarding allegations and substantiating evidence in writing to the Principal of the School concerned and the Chair of Rowing Schools. (This Chair would invite another Principal to deputise if the allegation concerns his/her school.)*
- 5.2 *The Principal of the School concerned will, through the Rowing Co-ordinator, investigate the allegations and report on this investigation to the Chair of Rowing Schools and the Principal who lodged the protest.*
- 5.3 *If a breach of regulations is proven, the Principal of the School concerned will agree with the Chair of Rowing Schools on an appropriate course of action. This would then be reported to Principals of all rowing schools. (If agreement cannot be reached, a Principals' meeting would decide on a course of action.)*
- 5.4 *A decision about a course of action would take into account both the seriousness of the breach and the culpability of either the coach or the crew members or both.*
- 5.5 *In case of a first proven breach, a warning would normally be issued by the Chair of Rowing Schools. Subsequent or persistent breaches may be dealt with by dismissal of the coach, or loss of premiership points in the Head of the Lake.*
- 5.6 *Review - At the completion of a rowing season, the Rowing Co-ordinators will meet to review guidelines and other aspects of the season. A written report of the outcomes of this review, and any recommendations arising, will be forwarded to the Chair of Rowing School*

BALLARAT ASSOCIATED SCHOOLS ROWING PREMIERSHIP

Boy's Rowing Premiership

Scoring by Points: 1st-6; 2nd-4, 3rd-3; 4th-2, 5th-1. Premiers 2023: SPC

| RACE | B.C.C. | B.G. | B.H.S. | D.C. | S.P.C. |
|---------------|---------------|-------------|---------------|-------------|---------------|
| Yr 9 - Div 2 | | | | | |
| Yr 9 - Div 1 | | | | | |
| Yr 10 - Div 3 | | | | | |
| Yr 10 - Div 2 | | | | | |
| Yr 10 - Div 1 | | | | | |
| Open - 4th | | | | | |
| Open - 3rd | | | | | |
| Open - 2nd | | | | | |
| Open - 1st | | | | | |
| TOTAL | | | | | |

Girl's Rowing Premiership

Scoring by Points: 1st-6; 2nd-4, 3rd-3; 4th-2, 5th-1. Premiers 2023: LC

| RACE | B.C.C. | B.G. | B.H.S. | D.C. | L.C. |
|---------------|---------------|-------------|---------------|-------------|-------------|
| Yr 9 - Div 2 | | | | | |
| Yr 9 - Div 1 | | | | | |
| Yr 10 - Div 3 | | | | | |
| Yr 10 - Div 2 | | | | | |
| Yr 10 - Div 1 | | | | | |
| Open - 4th | | | | | |
| Open - 3rd | | | | | |
| Open - 2nd | | | | | |
| Open - 1st | | | | | |
| TOTAL | | | | | |

BOYS ROWING PREMIERSHIP

| | | |
|---------------|---------------|---------------|
| 1969 - B.C.C. | 1987 - B.H.S | 2005 - S.P.C. |
| 1970 - B.C.C. | 1988 - B.C.C. | 2006 - S.P.C. |
| 1971 - B.C.C. | 1989 - S.P.C. | 2007 - S.P.C. |
| 1972 - B.C.C. | 1990 - B.C.C. | 2008 - S.P.C. |
| 1973 - B.G.S. | 1991 - B.C.C. | 2009 - S.P.C. |
| 1974 - B.G.S. | 1992 - S.P.C. | 2010 - S.P.C. |
| 1975 - B.C.C. | 1993 - S.P.C. | 2011 - S.P.C. |
| 1976 - B.C.C. | 1994 - S.P.C. | 2012 - B.G.S |
| 1977 - S.P.C. | 1995 - S.P.C. | 2013 - B.G.S |
| 1978 - S.P.C. | 1996 - S.P.C. | 2014 - B.G.S |
| 1979 - S.P.C. | 1997 - S.P.C. | 2015 - S.P.C. |
| 1980 - S.P.C. | 1998 - S.P.C. | 2016 - S.P.C. |
| 1981 - B.G.S. | B.C.C. | 2017 - S.P.C. |
| 1982 - B.H.S. | 1999 - B.G.S. | 2018 - B.G. |
| 1983 - B.H.S. | 2000 - B.G.S. | 2019 - B.G. |
| B.G.S. | 2001 - B.G.S. | 2020 - B.G. |
| 1984 - B.H.S. | 2002 - B.G.S. | 2021 - B.C.C. |
| 1985 - B.H.S | 2003 - B.G.S | 2022 - B.C.C. |
| 1986 - B.G.S. | 2004 - B.G.S | 2023 - S.P.C. |

GIRLS ROWING PREMIERSHIP

| | | |
|---------------|---------------|---------------|
| 1980 - B.G.S. | 1995 - B.G.S. | 2011 - B.C.C. |
| B.H.S. | 1996 - B.G.S. | B.G.S |
| 1981 - B.C.C. | 1997 - B.G.S. | 2012 - B.G.S |
| 1982 - B.G.S | 1998 - B.G.S. | 2013 - B.C.C. |
| 1983 - B.G.S. | 1999 - B.G.S. | 2014 - B.C.C. |
| 1984 - B.C.C. | 2000 - B.G.S. | 2015 - L.C. |
| 1985 - B.G.S. | 2001 - B.G.S. | 2016 - B.G.S |
| 1986 - B.G.S. | 2002 - B.G.S. | 2017 - L.C. |
| 1987 - B.G.S. | 2003 - B.G.S | 2018 - L.C. |
| 1988 - B.G.S. | 2004 - B.G.S | 2019 - L.C. |
| 1989 - B.C.C. | 2005 - B.G.S | 2020 - L.C. |
| 1990 - B.C.C. | 2006 - B.G.S | 2021 - B.C.C. |
| 1991 - B.H.S | 2007 - B.G.S | 2022 - L.C. |
| 1992 - B.G.S. | 2008 - B.G.S | 2023 - L.C. |
| 1993 - B.G.S. | 2009 - B.G.S | |
| 1994 - B.G.S. | 2010 - B.C.C. | |

BEST TIMES

| | | | | |
|--------------------|-------|------------------|----------|---------------------------------|
| GIRLS YR 9 | 5ths | 4 min 13.94 sec | LC 2020 | |
| | 4ths | 3 min 31 sec | LC 2013 | |
| | 3rds | 4 min 01.87 sec | LC 2020 | |
| | 2nds | 3 mins 52.85 sec | BG 2020 | |
| | 1sts | 3 min 35.76 sec | BHS 2017 | |
| BOYS YR 9 | 6ths | 3 min 56.34 sec | SPC 2020 | |
| | 5ths | 3 min 55.36 sec | SPC 2020 | |
| | 4ths | 3 min 52.08 sec | BHS 2020 | |
| | 3rds | 3 min 35 sec | BG 2013 | |
| | 2nds | 3 min 01.17 sec | BG 2017 | |
| GIRLS YR 10 | 1sts | 3 min 29.54 sec | BGS 2003 | |
| | 5ths | 4 mins 11.41 sec | LC 2017 | |
| | 4ths | 4 min 08.14 sec | BGS 2003 | |
| | 3rds | 4 min 05.62 sec | BGS 2003 | |
| | 2nds | 3 min 49.60 sec | LC 2020 | |
| | 1sts | 3 min 38.67 sec | BCC 2020 | * 3 min 33.54 sec LC 2022 |
| BOYS YR 10 | 5ths | 4 min 01.68 | SPC 2021 | * 3 min 49.68 sec BG 2022 |
| | 4ths | 3 min 42.36 sec | SPC 2019 | * 3 min 34.62 sec BCC 2022 |
| | 3rds | 3 min 35.04 sec | SPC 2003 | * 3 min 30.56 sec BCC 2022 |
| | 2nds | 3 min 26.08 sec | SPC 2020 | * 3 min 17.91 sec BCC 2022 |
| | 1sts | 3 min 14.79 sec | BG 2020 | * 3 min 12.59 sec BCC 2022 |
| | | | | <i>* denotes NEW Boat Class</i> |
| GIRLS OPEN | 10ths | 4 min 09.10 sec | BGS 2002 | |
| | 9ths | 4 min 02.87 sec | BHS 2002 | |
| | 8ths | 4 min 21.63 sec | BGS 2002 | |
| | 7ths | 4 min 10.59 sec | BGS 2002 | |
| | 6ths | 4 min 03.26 sec | MC 2004 | |
| | 5ths | 3 min 56.75 sec | LC 2019 | 1000m |
| | 4ths | 3 min 53.28 sec | LC 2020 | 1000m |
| | 4ths | 8 min 11.92 sec | LC 2022 | 2000m |
| | 3rds | 3 min 47.8 sec | BGS 2003 | 1000m |
| | 3rds | 7mins 52.20 | LC 2022 | 2000m |
| | 2nds | 7 min 10:00 sec | BCC 2014 | |
| | 1sts | 7 min 25.55 sec | BCC 2002 | |
| BOYS OPEN | 10ths | 3 min 49.52 sec | BGS 1995 | |
| | 9ths | 3 min 39.00 sec | BGS 2002 | |
| | 8ths | 3 min 39.8 sec | SPC 1985 | |
| | 7ths | 3 min 38.28 sec | SPC 2002 | |
| | 6ths | 3 min 24.30 sec | BHS | |
| | 5ths | 3 min 17.40 sec | BG 2022 | 1000m |
| | 4ths | 3 min 22.31 sec | BGS 2003 | 1000m |
| | 4ths | 7 min 35.53 sec | BCC 2022 | 2000m |
| | 3rds | 3 min 17.50 sec | BGS 2005 | 1000m |
| | 3rds | 7 mins 07.23sec | BGS 2006 | 2000m |
| | 2nds | 6 min 41.34 sec | BGS 2007 | |
| | 1sts | 6min 38.14 sec | BG 2021 | |

** 2003 2000m events not eligible for best times due to shortened course that year

** NO records kept away from Lake Wendouree - 2005 - 2011

** event held at Nagambie Lakes

