



BALLARAT ASSOCIATED SCHOOLS

ONE HUNDREDTH AND ELEVENTH

HEAD OF THE LAKE 2025 OFFICIALS

Supplied by Rowing Victoria

PRESIDENT OF THE JURY David Grubits

Pollyanna Harvey, Ross Litchfield, Bruce McInnes, John Nichols, David Pitt, Alastair Shaw, Deborah Spring, Stephen Spring, Shane Wood, Michael Eastaughffe

Announcer: Richard Dorrstein

WINNING CREWS WILL BE PRESENTED WITH PENNANTS AND MEDALLIONS IMMEDIATELY FOLLOWING THEIR RACE ON THE PRESENTATION PONTOON NEAR THE LORETO SPIT.

PRESENTATIONS FOR SENIOR DIVISION 1 & 2 CREWS WILL OCCUR AT THE CONCLUSION OF THE PROGRAM.

PREMIERSHIPS WILL BE PRESENTED AT THE RESPECTIVE SCHOOL AT A DATE TO BE CONFIRMED.

TROPHIES TO BE PRESENTED

GIRLS' EVENTS

J. H. NETHERWAY CUP (Girls' Premiership Trophy) Presented by Mr. Andrew Netherway

THE PATTERSON SHIELD (Winner of the Girls' Head of the Lake) Presented by Ms. Susan Patterson

BOYS' EVENTS

HAROLD DEVESON CUP (Boys' Premiership Trophy) Presented by Mr. Lance Deveson

THE DOWLING CHALLENGE CUP (Winner of the Boys' Head of the Lake) Presented by Mr. Tom Dowling

BALLARAT ASSOCIATED SCHOOLS ROWING

Boys' Head of the Lake 2024 Winner of the DOWLING CHALLENGE CUP St Patrick's College

Girls' Head of the Lake 2024 Winner of the PATTERSON SHIELD Ballarat Clarendon College

The HAROLD DEVESON CUP will be held by the Premier Boys' Rowing School during 2025.

2024 Winner - St Patrick's College

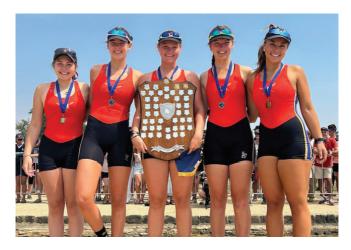
The J. H. NETHERWAY CUP will be held by the Premier Girls' Rowing School during 2025.

2024 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) St Patrick's College



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

MALE SCHOOL COXED QUAD YEAR 9 DIV. 5

Lane 2 ST PATRICK'S COLLEGE

J.Tobin, M.Slater, W.Richardson, J.Debrincat Cox: O.Chadwick Coach: W.Charles, T.Stute, T. O'Loughlin

Lane 3 BALLARAT GRAMMAR

H.Peters, H.Jones, E.Bruce, S.Phillips Cox: N.Barclay Coach: T.Unwin, B.Meakin

Lane 4 BALLARAT CLARENDON COLLEGE

C.Fyffe, K.Li, H.Brizzi, L.Arul Cox: M.Adamson Coach: E.Glover

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FEMALE SCHOOL COXED QUAD YEAR 9 DIV. 5 & 6

Lane 2 BALLARAT GRAMMAR 6

I.Lovick, L.Page, I.Nash, A.Yovich Cox: E.Wilson Coach: E.Ferguson

Lane 3 LORETO COLLEGE 6

L.Grumley, G.Vila Pouca, B.Middleton, I.McMahon Cox: Z.Andrews Coach: P.Wheaton

Lane 4 BALLARAT CLARENDON COLLEGE

E.Sohal, S.Mehta, T.Fitzgerald, S.Channon Cox: S.Oishorjo Coach: A.Anderson, M.Goss

Lane 5 BALLARAT GRAMMAR 5

C.Gull, A.Justin, L.Williams, B.Bingham Cox: M.Mason Coach: J.Klein

Lane 6

LORETO 5

M.Kinnersly, E.Phillips, M.Flanagan, L.Svanosio Cox: M.Goodbourn Coach: M.McTigue

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MALE SCHOOL COXED QUAD YEAR 9 DIV. 4

Lane 2 BALLARAT GRAMMAR

B.Marshall, W.Kinnersly, L.Watson, A.Yates Cox: S.Quon, Coach: P.Jenkins

Lane 3 BALLARAT HIGH SCHOOL

R.Van Oorschot, B.Bell, S.Mibus, W.Edwards Cox: M.Fernando, Coach: S.Coles

Lane 4 BALLARAT CLARENDON COLLEGE

L.Shackell, L.McRoberts, A.Davies, J.Brouwer Cox: Y.Mann Coach: C.McRoberts

Lane 5 ST PATRICK'S COLLEGE

T.Meek, T.Boatman, L.Speechley, H.Gilbert, Cox: S.Johns Coach: P.O'Brien, N.Bennett

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FEMALE SCHOOL COXED QUAD YEAR 9 DIV. 4

Lane 2 BALLARAT CLARENDON COLLEGE

A.Emmerling, C.Ashman, R.Davies, S.Patel Cox: A.Chen Coach: C.Ellis, L.Dwyer

Lane 3 BALLARAT GRAMMAR

H.Marriott, G.Tayler,
A.Pincott, I.Bickell
Cox: C.Dunstan Coach: A.McKnight

Lane 4 DAMASCUS COLLEGE

K.Austin, I.Corcoran, A.Lethlean, L.Henderson Cox: V.Jones Coach: H.Kennett

Lane 5 LORETO COLLEGE

S.Addison, E.Cahill, C.Power, M.Russell Cox: C.Irvin Coach: A.Hoffmann, M.Stewart

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MALE SCHOOL COXED QUAD YEAR 9 DIV. 3

Lane 2 DAMASCUS COLLEGE

H.Elliot, M.Firth, J.Nunan, V.Howgate Cox: A.Montgomery Coach: R.Davis

Lane 3 BALLARAT CLARENDON COLLEGE

L.Patterson, M.McBratney-Owen, E.Bassett-Zwar, L.Smith Cox: H.Smith Coach: J.Quartermain

Lane 4 ST PATRICK'S COLLEGE

T.Vanderkley, J.Stephen, A.Bolt, S.Volz Cox: H.Lane Coach: O.Watkins, I.Martin

Lane 5 BALLARAT GRAMMAR

L.Dean, S.McKay, M.Ravisa, W.Armytage Cox: L.Metcalf Coach: A.Watson

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FEMALE SCHOOL COXED QUAD YEAR 9 DIV. 3

Lane 2 BALLARAT GRAMMAR

L.Mathers, T.Matthews, Z.Donaldson, K.Beechey Cox: V.Phillips, Coach: R.Kalla

Lane 3 DAMASCUS COLLEGE

G.Alsop, H.James, B.Hall, I.Dickson Cox: T.Campbell. Coach: A.Singline

Lane 4 LORETO COLLEGE

R.Kavanagh, C.Klein, E.Carter, M.Malone Cox: S.Middleton Coach: L.Delaney

Lane 5 BALLARAT CLARENDON COLLEGE

M.Anderson, S.Cardoso, M.McGill, M.Kirsanovs Cox: C.Masuku Coach: A.Svensson O'Shea

Lane 6 BALLARAT HIGH SCHOOL

A.Johnston, M.Eldridge, C.Johnston, A.Prenc Cox: S.Hussein Coach: A.Cornish, E.Barber

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Time:sec

MALE SCHOOL COXED QUAD YEAR 9 DIV. 2

Lane 2 BALLARAT CLARENDON COLLEGE

K.Dhulipala, H.Freeman, L.Tadros, J.Lang Cox: E.Hunter Coach: D.Hunter

Lane 3 ST PATRICK'S COLLEGE

K.McKay, J.Woodburn, O.Romeril, N.Connell Cox: C.Farrugia Coach: J.Halsall, J.Shaw

Lane 4 BALLARAT GRAMMAR

O.Gibson, L.McDonald, G.Morrison, R.Dorahy Cox: C.Fawcett Coach: L.Geddes

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FEMALE SCHOOL COXED QUAD YEAR 9 DIV. 2

Lane 2 DAMASCUS COLLEGE

M.Singline, C.Mathews, G.Kelynack, M.Murphy Cox: M.Huf Coach: L.Skidmore

Lane 3 LORETO COLLEGE

C.Delahunty, A.Byvoet, P.Halsall, M.Martin Cox: E.Cummins Coach: G.Phillips

Lane 4 BALLARAT CLARENDON COLLEGE

T.Young, C.Forsyth, M.Edwards, M.Ferguson Cox: G.Bourke Coach: B.Bilney

Lane 5 BALLARAT GRAMMAR

W.Clare, M.O'Donohue, V.Stapleton, C.Moller Cox: Z.Lancucki Coach: R.Draffin

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MALE SCHOOL COXED QUAD YEAR 9 DIV. 1

Lane 2 ST PATRICK'S COLLEGE

J.Stringer, L.Goodall, N.Ward, Z.Galvin Cox: H.Peters Coach: R.Gribble

Lane 3 BALLARAT GRAMMAR

H.Jenkins, H.Kent, H.Miller, H.Geddes Cox: S.Pinder Coach: K.Lanyon

Lane 4 BALLARAT HIGH SCHOOL

A.Davies, B.Sri Dargon, J.O'Rourke, H.Drain Cox: C.Loh Coach: M.Sorensen, L.Wallace

Lane 5 BALLARAT CLARENDON COLLEGE

R.Bi, O.Williams, O.Connolly, W.Eckel, Cox: E.King Coach: J.Goodwin

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FEMALE SCHOOL COXED QUAD YEAR 9 DIV. 1

Lane 2 LORETO COLLEGE

P.McTigue, L.Phyland - McClure, C.Edmondston, L.Constable Cox: P. Le Grand

Lane 3 BALLARAT CLARENDON COLLEGE

M.Heagney, M.Peele, D.Kopke-Veldhuis, N.Sutherland Cox: D.Harris Coach: A.Geljon

Lane 4 BALLARAT HIGH SCHOOL

A.Hart, S.Steenhuis, D.Powell, E.Linguey Cox; A.Pompe Coach: D.Biggin

Lane 5 BALLARAT GRAMMAR

E.Draffin, L.Johnson, A.Myers, G.Marles Cox: G.Bentley Coach: R.Draffin

Lane 6 DAMASCUS COLLEGE

D.Crilly, M.Hexter, G.Rivett, A.Madigan Cox: L.Henderson Coach: P.Blanchfield

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MALE SCHOOL COXED QUAD YEAR 10 DIV. 5 - 6

Lane 3 ST PATRICK'S COLLEGE 5

F.Edwards, C.Beechey, J.Delaney, K.McInerney, Cox: H.Valenzuela Coach: M.Bleicher, E.Niehus

Lane 4 BALLARAT GRAMMAR

J.Jess, T.McIntyre, M.Sampson, E.Uppal Cox: M.Leske, Coach: B.Meakin

Lane 5 ST PATRICK'S COLLEGE 6

J.Canavan, T.Stevens, J.Murfet, T.Louden Cox: J.Braszell Coach: J.Elliott. J.Williamson

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FEMALE SCHOOL COXED QUAD YEAR 10 DIV. 5 - 6

Lane 2 LORETO COLLEGE

S.Sims, J.Clarke, Z.Schiltz, M.Simpson Cox: E.Gunn Coach: C.Smith

Lane 3 BALLARAT GRAMMAR 5

P.Pittard, E.Hope, E.Jackson, N.Nalder Cox: V.Phillips Coach: K.Lanyon, M.Francis

Lane 4 BALLARAT GRAMMAR 6

A.Goss, S.Cust, C.Taylor, A.Novak Cox: E.Wilson Coach: W.Beechey

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MALE SCHOOL COXED QUAD YEAR 10 DIV. 4

Lane 2 **BALLARAT HIGH SCHOOL**

J.Howden, J.Marbella, J.Gibbs. R.Van Ek. Cox: J.Dawe Coach: E.Jones, L.Styles, E.McKay

Lane 3 **BALLARAT GRAMMAR**

D.Smith. I.Philippiadis. T.Hinkley, M.Buchanan Cox: A.Jess Coach: K.Walker

Lane 4 BALLARAT CLARENDON COLLEGE

P.Oqueli, H.Whatley, K.Mahasuar, A.Ferguson Cox: F.Whatley Coach: T.Kirsanovs

Lane 5 ST PATRICK'S COLLEGE

H.Bennett, O.Florence, R.Ward, L.Pickles Cox: C.Seakins Coach: G.Yanes

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FEMALE SCHOOL COXED QUAD YEAR 10 DIV. 4

Lane 2 BALLARAT CLARENDON COLLEGE

Z.Horne, M.Riddle, P.Dingle, C.Crowder Cox: E.Hammon Coach: A.Jenkins

Lane 3 BALLARAT GRAMMAR

R.Reichelt, E.Scollary, G.Ayars, A.Merrick Cox: P.Shields Coach: K.Lanyon, M.Francis

Lane 4 LORETO COLLEGE

S.Templar, A.Donald, P .Drew, A.Taylor Cox: S.Jayasooriya Coach: L.Delaney

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MALE SCHOOL COXED QUAD YEAR 10 DIV. 3

Lane 2 BALLARAT CLARENDON COLLEGE

R.Sutcliffe, A.Singh, F.Francis, J.Irwin Cox: T.Carden Coach: J.Whatley

Lane 3 ST PATRICK'S COLLEGE

O.Sim, K.Kydd, C.Saw, L.Chiswell Cox: K.Bellin Coach: O.Frangos, J.Shaw

Lane 4 BALLARAT GRAMMAR

C.Conroy, J.Craig, A.Siemensma, J.Stewart Cox: R.Pougnault Coach: A.Mendoza

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FEMALE SCHOOL COXED QUAD YEAR 10 DIV. 3

Lane 2 DAMASCUS COLLEGE

B.Fuentealba, M.Murnane A.Lewis, G.Thompson Cox: A.Karameros Coach: L.Skidmore

Lane 3 BALLARAT GRAMMAR

M.Roberston, L.Dennis, L.Calvert, E.Morgan Cox: K.Burke Coach: A.Holmes

Lane 4 LORETO COLLEGE

S.Huf, I.Wise, E.McConchie, S.McAteer Cox: O.Valenzuela Coach: J.Stute

Lane 5 BALLARAT CLARENDON COLLEGE

P.Lohchab, S.Weber, S.Cheesman, E.Finch Cox: I.Ebenwaldner Coach: H.Richardson, E.Richardson

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MALE SCHOOL COXED QUAD YEAR 10 DIV. 2

Lane 2 BALLARAT CLARENDON COLLEGE

L.Folbigg, L.Harris, H.Ross, T.O'Reilly Cox: H.Davies Coach: B.Davies

Lane 3 ST PATRICK'S COLLEGE

M.Aylward, L.Shaw, H.Quigley, L.Cowell Cox: A.Lester Coach: J.Phillips, S.Coghlan

Lane 4 BALLARAT GRAMMAR

O.Wright, E.Joyce, A.Page, N.Oswin Cox: O.Old Coach: A.Litras

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FEMALE SCHOOL COXED QUAD YEAR 10 DIV. 2

Lane 2 BALLARAT GRAMMAR

L.Alcock, I.Harris, I.Huntington, C.Dellar Cox: M.Vendy Coach: A.Pittard

Lane 3 LORETO COLLEGE

L.Timpano, B.Mulcahy, M.Templar, H.Gardner Cox: M.Davies Coach: A.Ridley

Lane 4 BALLARAT CLARENDON COLLEGE

W.Watson, B.Ambrose, C.Tuohey, A.Bray Cox: R.Brizzi Coach: E.Ebenwaldner

Lane 5 BALLARAT HIGH SCHOOL

M.Hayes, E.Wylie, J.Parker, R.Manwaring Cox: P.Norman Kinna Coach: A.English, E.Wray

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MALE SCHOOL COXED QUAD YEAR 10 DIV. 1

Lane 2 ST PATRICK'S COLLEGE

J.Elliott, O.Elliott, P.Stute, L.Cameron Cox: B.Roberts Coach: S.Hutchison, B.Gribble

Lane 3 BALLARAT GRAMMAR

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

Lane 4 BALLARAT HIGH SCHOOL

J.Hamill, R.Van Kempen, B.Davidge, P.Hill Cox: G.English Coach: Z.Edwards, A.Coutts

Lane 5 BALLARAT CLARENDON COLLEGE

C.Stephens, C.Lawler, C.Whatley, H.Clark Cox: W.Belcher Coach: M.Olver

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FEMALE SCHOOL COXED QUAD YEAR 10 DIV. 1

Lane 2 LORETO COLLEGE

M.Grant, E.Ffrench, J.Charleson, L.Barlow Cox: G.O'Connor Coach: H.Bogers

Lane 3 BALLARAT CLARENDON COLLEGE

L.Aslan-Wong, R.Pierce, M.Mason, E.Freeman Cox: H.Henjak Coach: E.Bathurst

Lane 4 BALLARAT HIGH SCHOOL

I.Loader, M.Kaletsch, C.Turnbull, S.Kotek Cox: T.Loader Coach: C.Kinnane

Lane 5 BALLARAT GRAMMAR

M.Howard, C.Kennedy, A.Miller, M.Moll Cox: M.Cust Coach: L.Marriott

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DOUBLE / SINGLE SCULLS

DAMASCUS COLLEGE

K.Govan, H.McNaughton Coach: P.Govan

DAMASCUS COLLEGE

W.Cattanach Coach: L.Skidmore, P.Blanchfield, C.Reid

ST. PATRICK'S COLLEGE

W.Caldow Coach: K.Long, S.Wood

BALLARAT CLARENDON COLLEGE

M.Ahmed

BALLARAT GRAMMAR

F.Wilson

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MALE SCHOOL COXED 4 OPEN DIV. 5

Lane 2 BALLARAT HIGH SCHOOL

J.Cox, L.Brogan, W.Hudson, A.Williams Cox: M.Hocking Coach: H.Carnes, E.Strawhorn

Lane 3 ST PATRICK'S COLLEGE

B.Eckel, P.Buttler, K.Jones, S.Valenzuela Cox: M.Zuidland Coach: S.Wood, K.Long

Lane 4 BALLARAT CLARENDON COLLEGE

A.Natt, J.Spencer, D.Hill, N.Roberts Cox: W.Bray Coach: J.Forsyth, C.McClure

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FEMALE SCHOOL COXED 4 OPEN DIV. 5 & 6

Lane 3 LORETO COLLEGE

C.Templar, I.Mann, C.Halsall, E.Cartwright Cox: S.Sosinski

Lane 4 BALLARAT GRAMMAR 5

R.Lake, M.Gorey, A.Pincott, M.Lu Cox: E.Mason Coach: I.Flamsteed, C.Grieve

Lane 5 BALLARAT GRAMMAR 6

G.Jackson, E.Miezis, C.Ravisa, S.Read Cox: L.Bra. Coach: C.Grieve

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MALE SCHOOL COXED 4 OPEN DIV. 4

Lane 3 ST PATRICK'S COLLEGE

J.McLean, L.Warland, J.Florence, F.Sandlant Cox: T.Dubos Coach: C.Farrington

Lane 4 BALLARAT CLARENDON COLLEGE

J.Hunter, A.Dawar, J.Nunn, A.Cheesman Cox: J.Croft Coach: S.Freeman

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FEMALE SCHOOL COXED 4 OPEN DIV. 4

Lane 3 BALLARAT CLARENDON COLLEGE

R.Halabarec, S.Houlihan, T.Geljon, H.McRoberts Cox: E.Moore Coach: A.Goodson, M.Salmi

Lane 4 BALLARAT GRAMMAR

E.Davon, K.Johnson, D.Sheehan, C.Armytage Cox: A.Timms Coach: I.Flamsteed, Z.Clark

Lane 5 LORETO COLLEGE

A.Cartledge, E.Watson, E.Templar, M.Constable Cox: D.Graafmans Coach: M.Robertson, P.Goodbourn

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MALE SCHOOL COXED 4 OPEN DIV. 3

Lane 3 BALLARAT CLARENDON COLLEGE

J.Belcher, F.Russell, D.Chandler, D.Demidov Cox: A.Grima Coach: J.Irwin

Lane 4 ST PATRICK'S COLLEGE

B.Hackwill, T.Coelho, T.Cosgriff, C.Belleville Cox: L.Driscoll Coach: D.Kittelty, C.Murfett

Lane 5 BALLARAT GRAMMAR

A.McIntyre, W.Balkin, L.Goss, R.Brennan Cox: H.Beechey Coach: M.Tol

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FEMALE SCHOOL COXED 4 OPEN DIV. 3

Lane 3 BALLARAT GRAMMAR

S.Calvert, G.Draffin, M.Tayler, S.Collins Cox: B.Jenkins Coach: Z.Clark

Lane 4 LORETO COLLEGE

A.Phillips, N.Griffiths, J.Main, A.Clarke Cox: K.Hutson Coach: M.Robertson, P.Goodbourn

Lane 5 BALLARAT CLARENDON COLLEGE

R.McAuliffe, O.Sanapareddy, S.Cardoso, A.Gilbert, Cox: A.Tucker Coach: C.Littlejohn, M.Salmi

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MALE SCHOOL COXED 4 OPEN DIV. 2

Lane 2 BALLARAT CLARENDON COLLEGE

T.Freeman, S.McInnes, D.Pritchard, O.Fumi Cox: Z.Doddamani Coach: R.McClure

Lane 3 ST PATRICK'S COLLEGE

L.Severino, H.Grant J.Roberts, G.Charles Cox: G.Muller Coach: J.King

Lane 4 BALLARAT GRAMMAR

H.Bryant, M.Tumolero, A.Moll, L.Smith Cox: B.Japp Coach: L.Pougnault, P.Myers

Lane 5 BALLARAT HIGH SCHOOL

O.Vermey, Z.Marios, R.Tomich, J.Murray Cox: J.Davidge Coach: R.Simmonds

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FEMALE SCHOOL COXED 4 OPEN DIV. 2

Lane 2 BALLARAT GRAMMAR

B.Morrison, A.Booth, C.Tyndall, K.Watson Cox: L.Ashmore v Coach: A.Tyndall

Lane 3 LORETO COLLEGE

B.Molloy, M.Kavanagh, A.Pituch, S.Robertson Cox: B.Atherton Coach: C.Smith

Lane 4 BALLARAT CLARENDON COLLEGE

J.Grove, A.Lewis, C.Bullen, O.Buckland Cox: E.Brousek Coach: C.Boatman, M.Salmi

Lane 5 BALLARAT HIGH SCHOOL

I.Emmerson, A.Harris, E.Keyte, I.Kaletsch Cox: M.McBride Coach: P.Carnes, A.Jolly

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MALE SCHOOL COXED 4 OPEN DIV. 1

Lane 2 ST PATRICK'S COLLEGE

J.Clark, O.Farrington, H.Reinehr, L.Belleville Cox: C.Geddes Coach: D.O'Doherty

Lane 3 BALLARAT GRAMMAR

H.Tol, J.Howard, G.Magee, H.Myers

Cox: E.Marshall Coach: L.Pougnault, P.Myers

Lane 4 BALLARAT HIGH SCHOOL

R.Webster, J.Jumamoy, R.Barber, C.O'Dwyer Cox: J.Howden Coach: C.Nielsen

Lane 5 DAMASCUS COLLEGE

S.Erwin, O.Henderson, D.Newman, J.Henderson Cox: R.Clark Coach: C.Reid, P.Blanchfield

Lane 6 BALLARAT CLARENDON COLLEGE

S.Hall, T.Williams, M.Mason, J.Connolly Cox: R.Belcher Coach: I.Peele

PLACE

Time: ..

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Race 31

FEMALE SCHOOL COXED 4 OPEN DIV. 1

Lane 2 LORETO COLLEGE

M.Lynch, I.Rossato, O.Lanyon, M.McTigue Cox: E.Dodd Coach: C.Smith

Lane 3 BALLARAT CLARENDON COLLEGE

B.Wise, C.Peele, G.Miller, L.Goodson Cox: R.Bourke Coach: G.Howard

Lane 4 BALLARAT HIGH SCHOOL

M.Aitken, A.Carnes, P.Smith, N.Jenkins Cox: G.Reid Coach: W.Payne

Lane 5 BALLARAT GRAMMAR

A.Maxted, B.Walker, L.Geddes, O.Beechey Cox: M.Whitehead Coach: A.Tyndall

Lane 6 DAMASCUS COLLEGE

I.Storey, M.Mason, C.Coad, O.Radisich Cox: M.Huf Coach: B.Beutel, P.Blanchfield

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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 though 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.
- (a) 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 <u>individual rower</u> 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 tp 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 2024: 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 2024: 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

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	2024 - L.C.
1994 - B.G.S.	2010 - B.C.C.	

BEST TIMES

GIRLS YR9

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 YR9

6ths	3 min 56.34 sec	SPC 2020		
5ths	3 min 55.36 sec	SPC 2020		
4ths	3 min 52.08 sec	BHS 2020	* 3 min 39.12 sec	BG 2024
3rds	3 min 35 sec	BG 2013	* 3 min 34.15 sec	BG 2024
2nds	3 min 01.17 sec	BG 2017		
1sts	3 min 29.54 sec	BGS 2003	* 3 min 29.26 sec	BG 2024

GIRLS YR 10

6ths	3 min 46.05 sec	BG 2024*		
5ths	4 mins 11.41 sec	LC 2017	* 3 min 38.04 sec	BG 2024
4ths	4 min 08.14 sec	BGS 2003		
3rds	4 min 05.62 sec	BGS 2003	* 3 min 59.66 sec	BG 2024
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 09.16 sec	SPC 2024

^{# 2003 2000}m events not eligible for best times due to shortened course that year

[#] NO records kept away from Lake Wendouree - 2005 - 2011

^{*} denotes NEW Boat Class

^{**} event held at Nagambie Lakes

GIRLS OPEN

10ths	4 min 09.10 sec	BGS 2002	1000m
9ths	4 min 02.87 sec	BHS 2002	1000m
8ths	4 min 21.63 sec	BGS 2002	1000m
7ths	4 min 10.59 sec	BGS 2002	1000m
6ths	4 min 03.26 sec	MC 2004	1000m **
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	8mins 13.86	BCC 2021	2000m
2nds	7 min 10:00 sec	BCC 2014	2000m
1sts	7 min 25.55 sec	BCC 2002	2000m

BOYS OPEN

10ths	3 min 49.52 sec	BGS 1995	1000m
9ths	3 min 39.00 sec	BGS 2002	1000m
8ths	3 min 39.8 sec	SPC 1985	1000m
7ths	3 min 38.28 sec	SPC 2002	1000m
6ths	3 min 24.30 sec	BHS 2022	1000m
6ths	8 min 07.21 sec	SPC 2024	2000m
5ths	3 min 17.40 sec	SPC 2022	1000m
5ths	7 min 49.48 sec	SPC 2024	2000m
4ths	3 min 22.31 sec	BGS 2003	1000m
4ths	7 min 29.63 sec	SPC 2024	2000m
3rds	3 min 17.50 sec	BGS 2005	1000m **
3rds	7min 07.02 sec	SPC 2024	2000m
2nds	6 min 41.34 sec	BGS 2007	2000m **
1sts	6min 38.14 sec	BG 2021	2000m

^{# 2003 2000}m events not eligible for best times due to shortened course that year

[#] NO records kept away from Lake Wendouree - 2005 - 2011

^{*} denotes NEW Boat Class

^{**} event held at Nagambie Lakes

Ballarat Associated Schools would
like to extend their thanks to
Adam Harrison, Linda Skidmore
and Liz Ballan
from Rowing Victoria,
David Grubits and ALL RV Officials
in attendance today.

Thank you to
the Ballarat Rowing Association,
Life Saving Victoria,
First Aid Training Group,
The Ballaarat Yacht Club,
the City of Ballarat
and Damascus College,
their parent group and support staff,
as the 2025 host school,
for their assistance in staging
the 2025 Head of the Lake.

HEAD OF THE LAKE

BOYS	1968-No Race	GIRLS
1912 - Declared No Race	1969 - BHS 1, BCC 2, SPC 3	1980 - BGS
1913 - BGS	1970 - BCC 1, BGS 2, BHS 3	1981 - BCC
1914 - SPC	1971 - BGS 1, BCC 2, BHS 3	1982 - BGS
1915 - SPC 1, BC 2, GS 3	1972 - BCC 1, SPC 2, BGS 3	1983 - BCC
1916 - GS 1, BC 2, SPC 3	1973 - BCC 1, BGS 2, BHS 3	1984 - BCC
1917 - GS 1, BC 2, SPC 3	1974 - BCC 1, BGS 2, BHS 3	1985 - BGS
1918 - SPC 1, GS 2, BC 3	1975 - BCC 1, BHS 2, SPC 3	1986 - BHS
1919 - GS 1, BC 2, SPC 3	1976 - BCC 1, BHS 2, BGS 3	1987 - BGS
1920 - BC 1, GS 2, SPC 3	1977 - BGS 1, BCC 2, SPC 3	1988 - BGS 1, BCC 2, BHS 3
1921 - GS 1, BC 2, SPC 3	1978 - BGS 1, SPC 2, BHS 3	1989 - BCC 1, BGS 2, BHS 3
1922 - SPC 1, GS 2, BC 3	1979 - BGS 1, BCC 2, SPC 3	1990 - BGS 1, BHS 2, BCC 3
1923 - GS 1, BC 2, SPC 3	1980 - BGS 1, BCC 2, SPC 3	1991 - BHS 1, BGS 2, BCC 3
1924 - SPC 1, GS 2, BC 3	1981 - BCC 1, SPC 2, BGS 3	1992 - BGS 1, BHS 2, BCC 3
1925 - GS 1, SPC 2, BC 3	1982 - BGS 1, BHS 2, BCC 3	1993 - BGS 1, BHS 2, BCC 3
1926 - GS 1, SPC 2, BC 3	1983 - BHS 1, BCC 2, BGS 3	1994 - BGS 1, BHS 2, BCC 3
1927 - SPC 1, GS 2, BC 3	1984 - BHS 1, BCC 2, SPC 3	1995 - BGS 1, BHS 2, BCC 3
1928 - BC 1, SPC 2, GS 3	1985 - BCC 1, BHS 2, SPC 3	1996 - BGS 1, BCC 2, BHS 3
1929 - GS 1, SPC 2, BC 3	1986 - BGS 1, BCC 2, SPC 3	1997 - BGS 1, BCC 2, BHS 3
1930 - SPC 1, BC 2, GS 3	1987 - BHS 1, BCC 2, BGS 3	1998 - BGS 1, BHS 2, BCC 3
1931 - GS 1, BC 2, SPC 3	1988 - BGS 1, BCC 2, SPC 3	1999 - BGS 1, BHS 2, BCC 3
1932 - BC 1, GS 2, SPC 3	1989 - BGS 1, BCC 2, BHS 3	2000 - BGS 1, BCC 2, BHS 3
1933 - GS 1, BC 2, SPC 3	1990 - SPC 1, BCC 2, BGS 3	2001 - BGS 1, BCC 2, BHS 3
1934 - GS 1, BC 2, SPC 3	1991 - BHS 1, BCC 2, BGS 3	2002 - BCC 1, BGS 2, BHS 3
1935 - GS 1, SPC 2, BC 3	1992 - SPC 1, BCC 2, BGS 3	2003 - BGS 1, BCC 2, BHS 3
1936 - BC 1, SPC 2, GS 3	1993 - BHS 1, SPC 2, BCC 3	2004 - BGS 1, BCC 2, BHS 3
1937 - SPC 1, GS 2, BC 3	1994 - SPC 1, BHS 2, BGS 3	2005 - BCC 1, BHS 2, BGS 3
1938 - GS 1, SPC 2, BC 3	1995 - SPC 1, BHS 2, BCC 3	2006 - BGS 1, BCC 2, BHS 3
1939 - BC 1, GS 2, SPC 3	1996 - BHS 1, SPC 2, BCC 3	2007 - BGS 1, BCC 2, BHS 3
1940 - GS 1, SPC 2, BC 3	1997 - SPC 1, BHS 2, BGS 3	2008 - BCC 1, BGS 2, BHS 3
1941 - GS 1, BC 2, SPC 3	1998 - BCC 1, SPC 2, BHS 3	2009 - BGS 1, BCC 2, BHS 3
1942 - BC 1, GS 2, SPC 3	1999 - BGS 1, SPC 2, BHS 3	2010 - BCC 1, BGS 2, LC 3
1943 - BC 1, GS 2, SPC 3	2000 - BHS 1, SPC 2, BGS 3	2011 - BCC 1, BHS 2, BGS 3
1944 - GS 1, SPC 2, BHS 3	2001 - BCC 1, BHS 2, BGS 3	2012 - BGS 1, BCC 2, LC 3
1945 - No Race	2002 - BGS 1, BHS 2, BCC 3	2013 - BGS 1, BCC 2, LC 3
1946 - No Race	2003 - BGS 1, BCC 2, BHS 3	2014 - BCC 1, BGS 2, LC 3
1947 - BHS 1, GS 2, SPC 3	2004 - SPC 1, BGS 2, BHS 3	2015 - BCC 1, LC 2, BGS 3
1948 - GS 1, BC 2, SPC 3	2005 - BGS 1, BHS 2, SPC 3	2016 - BGS 1, BHS 2, BCC 3
1949 - BC 1, SPC 2, BHS 3	2006 - BGS 1, BHS 2, SPC 3	2017 - LC 1, DC 2, BCC 3
1950 - BC 1, GS 2, SPC 3	2007 - SPC 1, BGS 2, BHS 3	2018 - BG 1, DC 2, LC 3
1951 - BC 1, GS 2, BHS 3	2008 - SPC 1, BGS 2, BCC 3	2019 - BG 1, BCC 2, BHS 3
1952 - BC 1, GS 2, BHS 3	2009 - SPC 1, BGS 2, BHS 3	2020 - LC 1, BG 2, BHS 3
1953 - GS 1, BC 2, SPC 3	2010 - SPC 1, BCC 2, BGS 3	2021 - BCC 1, BG 2, LC 3
1954 - BC 1, SPC 2, BHS 3	2011 - BGS 1, BCC 2, SPC 3	2022 - BCC 1, BG 2, LC 3
1955 - SPC 1, GS 2, BHS 3	2012 - BGS 1, BHS 2, SPC 3	2023 - BCC 1, LC, 2, BG 3
1956 - BHS 1, BC 2, GS 3	2013 - BGS 1, BHS 2, SPC 3	2024 - BCC 1, LC 2, BHS 3
1957 - BHS 1, SPC 2, GS 3	2014 - BHS 1, BGS 2, SPC 3	
1958 - BHS 1, BC 2, GS 3	2015 - BGS 1, BHS 2, SPC 3	
1959 - BC 1, SPC 2, GS 3	2016 - BCC 1, BHS 2, SPC 3	
1960 - BC 1, SPC 2, GS 3	2017 - SPC 1, BGS 2, BHS 3	
1961 - SPC 1, BC 2, BHS 3	2018 - SPC 1, BG 2, BCC 3	
1962 - GS 1, BC 2, BHS 3	2019 - BG 1, DC 2, BCC 3	
1062 PC 1 PUS 2 CS 2	2020 PG 1 PCC 2 SPC 2	

2020 - BG 1, BCC 2, SPC 3

2021 - BG 1, SPC 2, BCC 3

1965 - BCC 1, BHS 2, BGS 3 2022 - BG 1, SPC 2, BCC 3 1966 - BGS & BCC 1, BHS 3 2023 - BCC 1, SPC 2, BG 3 1967 - BGS 1, BCC 2, BHS 3 2024 - SPC 1, BCC 2, BHS 3

1963 - BC 1, BHS 2, GS 3

1964 - BC 1, BHS 2, GS 3