

1. See General Regulations Governing Sporting Competitions.
2. Rowing is conducted under the rules of Rowing Victoria (RV) unless otherwise stated and according to the APS Racing Code. **Zonal Umpiring will be implemented from 2024 onwards.**
3. **REGATTAS**
 - 3.1 **Coaching during the race.**
All coaches should note that that APS Sport forbids any coaching from the bank whether by voice, using amplification, by radio or any other means. Offenders risk disqualification of their crew or removal of that crew from the race. It should be understood that the ethics of racing are that it is a race between the crews concerned and that coaches should leave it to the participants.
 - 3.2 **Order of Entry:** Schools should enter all crews from the top down, and multiple entries are then entered in the lowest division.
The top down entry for all crews occur according to the following existing divisions: Boys Open First VIII, Open Second VIII, Open Third VIII, Open Fourth VIII, Open IV. For the APS Regatta (Heads of the River), schools must enter all of their Year 10 and Year 9 crews in all divisions (Quads, Fours, Eights), top down.
 - 3.3 The draw for the APS Regatta Heats based on seeding for The APS Regattas (HoR) is as follows:

Option A	L8	L7	L6	L5	L4	L3	L2
Heat 1	-	11	7	4	1	5	9
Heat 2	-	-	8	3	2	6	10
Option B	L8	L7	L6	L5	L4	L3	L2
Heat 1	-	10	6	2	3	8	11
Heat 2	-	-	9	5	1	4	7
 - 3.4 From 2023 onwards, all Open 2000m events at The APS Regatta (Heads of the River) with between 4 and 6 entries race a Preliminary Event.
 - 3.5 From 2023 The APS Regatta (Heads of the River) Girls and Boys 1st VIII race will alternate and the entire program schedule including the Presentations should reflect the change annually.
4. At The APS Regatta no crew may row before the proclaimed sunrise time. (2026: **7:23am**)
5. **Safety Officer:** At The APS Regatta (Heads of the River) Regatta, a Safety Officer be on the Course from 12.00 pm Friday, and from sunrise until 15 minutes before the first race on Saturday, with associated traffic management plans as part of the overall safety management plan.
6. **Presentation:** At the conclusion of The APS Regatta (Heads of the River) both winning Firsts crews will row to the landing for the Trophy Presentations.

CREW	RACE DISTANCE	PROGRESSION TO FINAL	REMARKS
1st & 2nd Open Boys Eights	2000m	The Scotch Mercs Regatta results (14 March 2026) will determine The APS Regatta (HoR) Heats. The first and second placed crews from each heat go through to the A Final at Scotch Merc's, with the balance of crews to two repechages. The winner of each repechage will then go thru to the A Final and all other crews to the B Final.	May row at Nagambie after 12 noon Friday 20 March, after Safety Boat has been deployed Schools are asked only to send Firsts and Seconds crews or next most senior crew to The APS Regatta (Heads of the River) on the Friday night before No rowing before sunrise on Saturday 21 March. (7.22am)
3rd & 4th Open Boys Eights	2000m	The Scotch Mercs Regatta results (14 March 2026) will determine The APS Regatta (HoR) Heats.	
Year 10 Boys Eights Division 1, 2, 3	2000m	The Scotch Mercs Regatta results (14 March 2026) will determine The APS Regatta (HoR) Heats.	
Boys Open Quad	2000m	First and Final or Divisions as appropriate according to seeding.	
Year 10 Boys Quad	1000m	First and Final or Divisions as appropriate according to seeding.	
Year 9 Boys Eights Division 1, 2, 3	1000m	According to seeding. Heats if required.	
Year 9 Boys Quads All Divisions	1000m	First and Final as appropriate according to seeding.	All Divisions in unrestricted boats. A school entering 2 Quads may enter the B eight, if 4 Quads entered may enter C eight.

THE APS REGATTA (HEADS OF THE RIVER)

**SATURDAY 21 MARCH 2026
AT NAGAMBIE LAKES
COMMENCING AT 9.00AM**

Regatta Referee:	Mr. Andrew N Guerin
Regatta Secretary:	Ms. Elizabeth G Ballan
Trophies:	Fairbairn Challenge Cup (1st VIII Boys), Geelong Ladies Challenge Cup (1st VIII Girls)
Preliminary Entries:	To the APS Sport Office by Friday 30 January 2026 .
Firm Entries & Crew Names:	To Rowing Victoria via RM (Rowing Manager) online entry by Sunday 8 March . (for printing of Program). Any crew changes by Friday 20 March for results.
Seeding:	All Crews to be seeded on the results of the Scotch Merics Regatta. The Seeding Regatta adopt the RA model (Heats, Repêchages, and Finals) which includes a random draw for the initial heats, conducted by APS Sport at the Rowing TsIC Meeting in February.
Rowing Victoria Draws:	To APS Chief Executive Officer & Chair of Rowing - Monday 9 March .
Events:	Other than 1st & 2nd Crews (Boys & Girls) Events with 6 or fewer entries will be First & Final only. If two schools are entered in the lowest division in any Senior (Open) event, this event must be included in The APS Regatta program.
Adverse Weather:	If the Adverse Weather Policy is invoked at the APS Regatta (Heads of the River), lanes for the final will be allocated as follows: 1. Best lane: Higher ranked heat winner 2. Second best lane: Lower ranked heat winner 3. Third best lane: Higher ranked of crews finishing second in heats 4. Fourth best lane: Lower ranked of crews finishing second in heats 5. Fifth best lane: Higher ranked of crews finishing third in heats 6. Sixth best lane: Lower ranked of crews finishing third in heats, etc.
Minimum weights of Coxswains:	Boys 1st & 2nd VIII is 55kg. All other crews unrestricted. Any crew may have a male or female Cox.
Coxes weigh in:	3.00 pm - 4.30 pm in the First Aid Shelter of the Boat Shed on Friday.
1000M Crew:	All 1000m Crew, Coxes and Stroke to meet in the Boat Shed immediately following the conclusion of the 1st VIII Heats.