GOLDEN GEAR

COMPETITOR GUIDE

2026

PRESENTED BY CANBERRA AIRPORT

HOSTED BY RED SHED

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LETTER TO COMPETITORS

PLEASE NOTE: Information pack is subject to change. Please refer to Rowing Manager event page for the most up-to-date information.

Dear Golden Oar Competitor,

Red Shed, Rowing ACT and the Canberra rowing community are thrilled to host you, your crew, and your supporters. We're looking forward to a weekend filled with exciting racing, great company, and plenty of fun. To help you prepare, we've put together an information pack covering everything you need to know about the venue, racing courses, training times, boat racking, and the mandatory Thursday briefing.

Mandatory Briefing

An event briefing will be held:

Thursday Oct 29, 5:00-6:00pm @ RED SHED (and online)

Briefing will be held in the Telopea Room at the Red Shed. Each crew must send at least one representative. The briefing will be led by Rowing ACT's Chief Umpire, Catherine Garrington, a FISA-licensed official, qualified to oversee international events including World Championships and Olympic Games and Peter Wright, Golden Oar Race Director.

Please have one representative from your crew collect your ticket envelope at the briefing - this will contain tokens for each crew member to collect their 776BC Performance Tee on Saturday or Sunday, during the event. Sizing is on a first come, first served basis.

Event Site Plan Site

- Boat racking
- Pontoon access
- Bow number pickup
- Coxswain weigh-in
- And more!

Lake Traffic Flow

- Watercraft Safety Traffic Flow Guide
  - Please note the Rowing Course Rules on Yarramundi Reach (this guide is to be followed during non-racing times)

Racing Maps

- Friday's Sprint Race Map
- Saturday's 1500m race
  - Map Note: Red and yellow traffic crossover at the finish line will be marshalled
- Sunday's Time Trial Map
  - Yellow crossover at the start will be marshalled
  - Red buoys must be rounded correctly – missing them will incur a 30-second penalty
- Sunday's Sprint Race Map

Full Weekend Program

- Everything from the rowing to the entertainment, food and drink, music and more!

Entries, draw and results information will all be available from Rowing Manager HERE

In addition to the information on the following pages, please note the following:

Training Schedule

- Friday 30 Oct: Time Trial & 1500m training open from 7:00am to 3:00pm
- Saturday 31 Oct: Time Trial training open from 4:00pm to 6:00pm
- Note: The Sprint Course goes against normal traffic flow and as such, for safety reasons, there will be no Sprint Training available at any time

Boat Park Details

The secure boat park opens at 7:00am on Friday. Please rack and tie down your boats using the racks provided. If your crew plans to arrive earlier, please contact Red Shed.

To celebrate the spirit of the Golden Oar Regatta, we ask that all crews – including local Canberra crews – boat from the Red Shed. You're welcome to paddle over anytime Friday and use the racks provided. Overnight security will be in place.

Rules of Racing

Please refer to goldenoar.com.au/competitor-info/

Should you have any questions, please email hello@goldenoar.com.au

Thanks for joining us at the Golden Oar Regatta 2026. We wish you smooth water, great racing, and a fantastic weekend in Canberra with your teammates, friends, and family.

Kind regards,

The Golden Oar Organising Committee
www.goldenoar.com.au

VENUE MAP



1. RED SHED / FIRST AID
2. PREMIUM MARQUEE
3. MERCH STALLS
4. FOOD VANS
5. BOAT RACKS
6. CHANGE ROOMS
7. KIDS ZONE
8. PUBLIC MANUKA
9. MOLTO ITALIAN
10. RED SHED PONTOONS
11. RADFORD PONTOONS
12. SUNSET BEACH
13. LIME MOBILITY STATION
14. TREK BIKE VALET
15. FINISH TOWER

RED SHED

- LOCKER STORAGE
- RSX GYM
- ERGOMETERS
- SAUNA & COLD PLUNGE
- TELOPEA ROOM
- LOCKER STORAGE
- CHANGING ROOMS
- FIRST AID
- INFO
- EASY OAR CAFE
- ACCESSIBLE TOILETS
- TOILETS
- SHOWERS

TRAFFIC FLOW & MAPS

Canberra's Lake Traffic Flow and Safety Guidelines can be found via the links below. Please note the Rowing Course Rules on Yarramundi Reach, which should be followed at all non-racing times.

Lake Burley Griffin Traffic Flow Map: Download Here

Traffic Flows and Give Way Points Across the Lake: Download Here

Tinny Etiquette: Download Here

Regatta Weston Park Traffic Flow Download Here

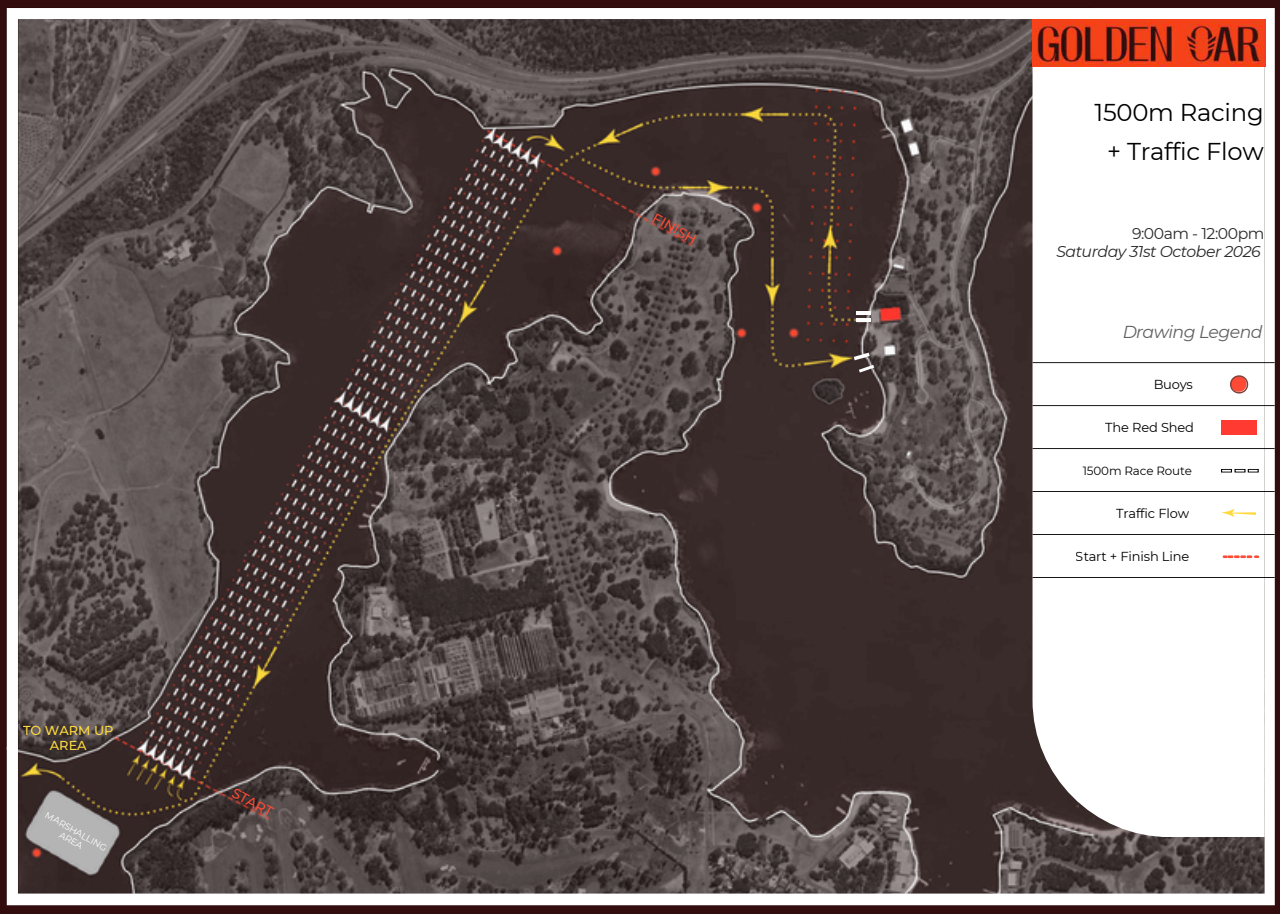
The following pages (06-07) outline traffic flow and courses for the Golden Oar racing. Please note, these may be different from the above and should only be followed during specific racing timeframes. As such, please ensure all crews listen to Rowing ACT umpires and marshall directions.

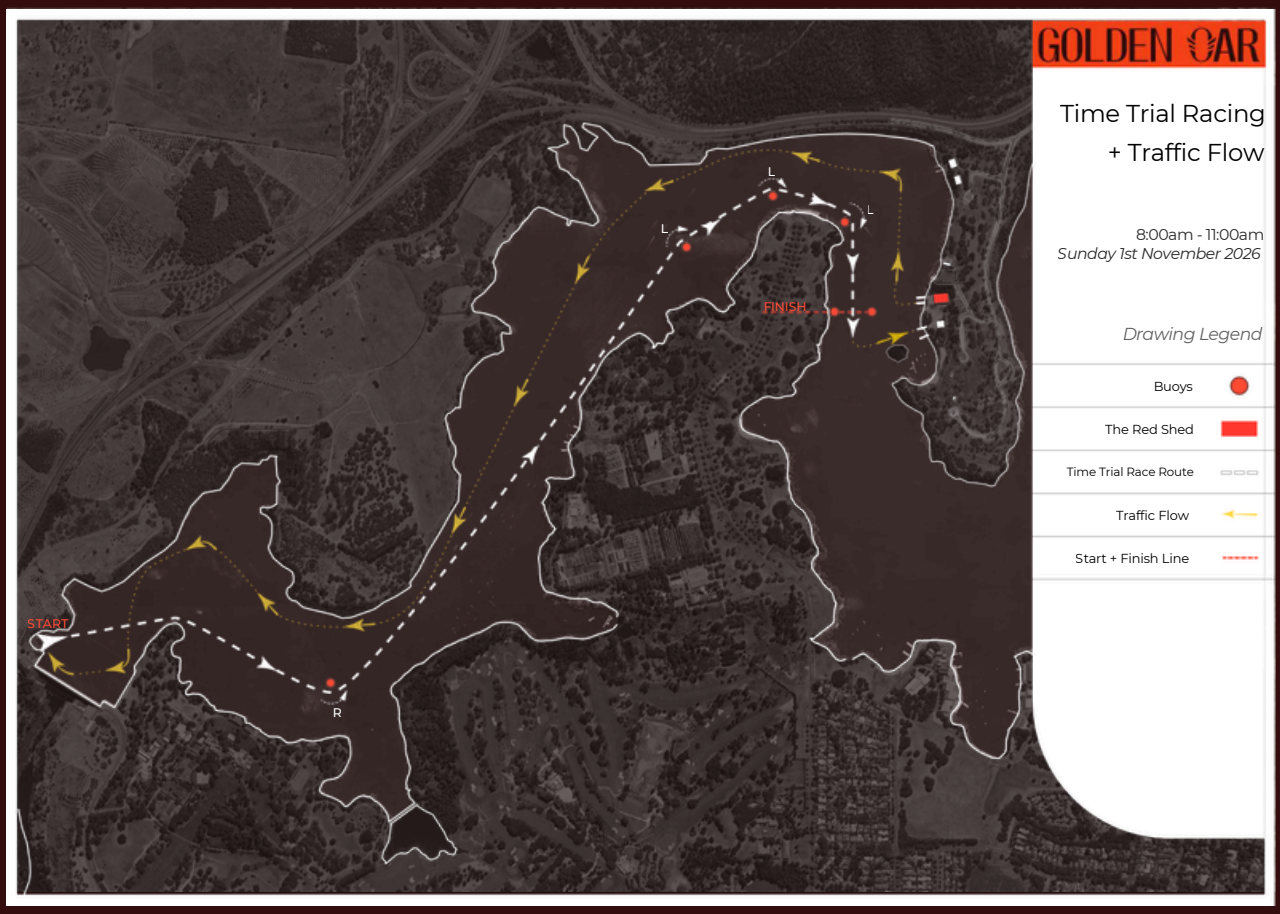
COURSE MAP

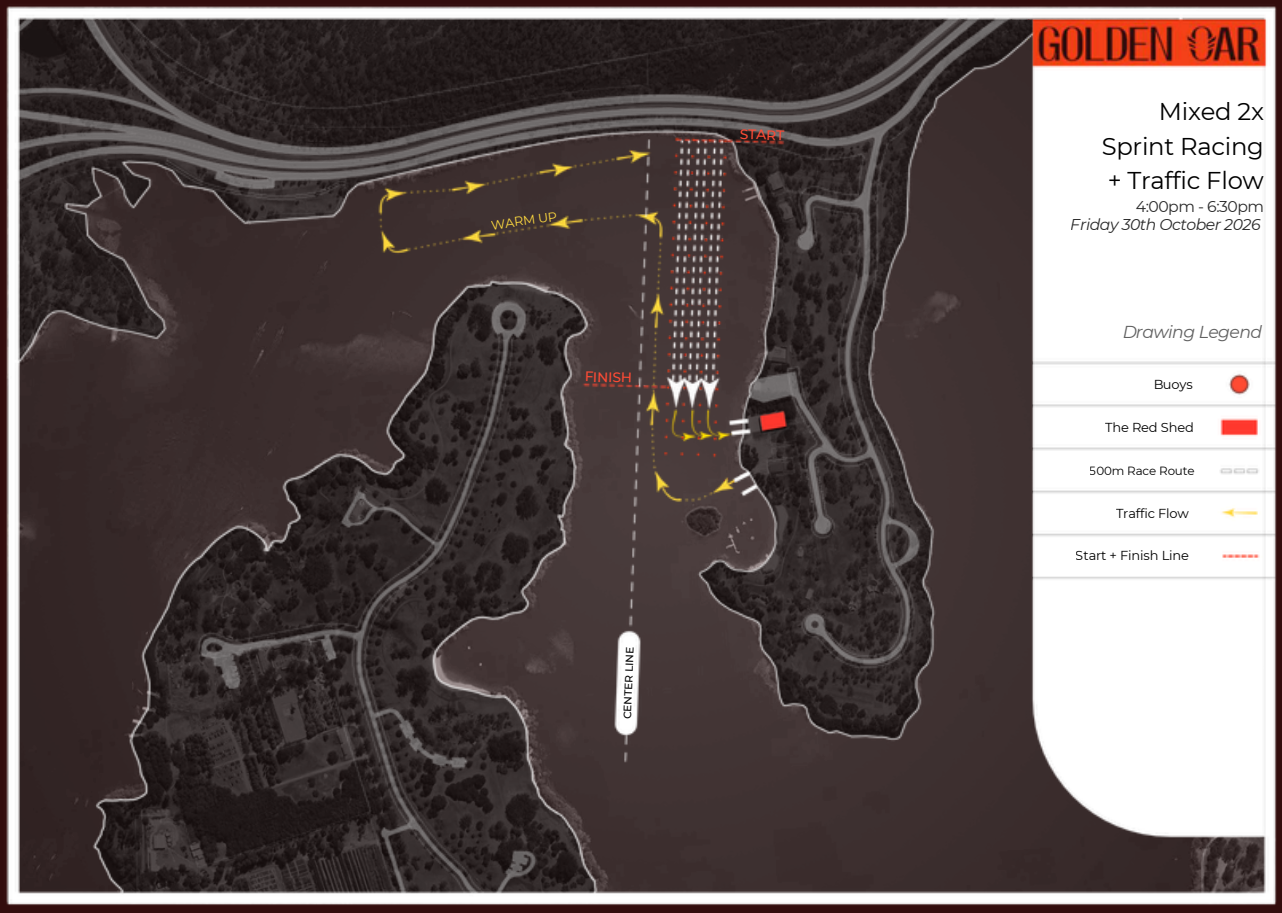


COURSE MAP:

1. Red Shed
2. 450m Sprint
3. 1500mm Race
4. 3km Time Trial
5. Spectator Marquees
6. Trailer Parking
7. Event Parking


GOLDEN OAR
1500m Racing
+ Traffic Flow
9:00am - 12:00pm
Saturday 31st October 2026
Drawing Legend
Buoys
The Red Shed
1500m Race Route
Traffic Flow
Start + Finish Line
FINISH
TO WARM UP AREA
START
MARSHALLING AREA


GOLDEN OAR
Time Trial Racing
+ Traffic Flow
8:00am - 11:00am
Sunday 1st November 2026
Drawing Legend
Buoys
The Red Shed
Time Trial Race Route
Traffic Flow
Start + Finish Line
L
L
L
FINISH
START
R


GOLDEN OAR
START
WARM UP
FINISH
CENTER LINE
Mixed 2x
Sprint Racing
+ Traffic Flow
4:00pm - 6:30pm
Friday 30th October 2026
Drawing Legend
Buoys
The Red Shed
500m Race Route
Traffic Flow
Start + Finish Line


GOLDEN OAR
START
WARM UP
FINISH
CENTER LINE
Sprint Racing
+ Traffic Flow
12:00pm - 2:00pm
Sunday 1st November 2026
Drawing Legend
Buoys
The Red Shed
500m Race Route
Traffic Flow
Start + Finish Line



Team Managers Meeting (Mandatory)
Thursday, October 29 @ 5:30pm
Telopea Room, RED SHED

Schedule Day 1 – Friday 30 Oct

TIME	LAKE BURLEY GRIFFIN	RED SHED	PREMIUM HOSPITALITY
12:00pm	Mixed Doubles Training		
1:00pm			
2:00pm			BOOK NOW goldenoar.com.au
2:30pm			
3:00pm			
3:30pm			
4:00pm	GO Mixed Doubles & Corporate 'Spring Fling' Regatta		
4:15pm			
4:30pm			
4:45pm			
5:00pm			
5:15pm			
5:30pm			
5:45pm			
6:00pm			
6:15pm			
6:30pm		Mixed Doubles & Corporate Presentations	
6:45pm			
7:00pm			

Friday Afternoon

Schedule Day 2 – Saturday 31 Oct

TIME	LAKE BURLEY GRIFFIN	RED SHED	PREMIUM HOSPITALITY
8:00am	Boating & Warmup for 1500m Races		
8:30am			
9:00am	Rowing 1500m Race (Yarramundi Reach)	Food & Merch Opens	Saturday
10:00am		Casuarina Lawn: Cardboard Boat Regatta Construction (12+)	
11:00am			
11:15am			
11:30am			
11:45am			
12:00pm	Canberra Wild Swim	Face Painting & Other Kids Activities	
12:15pm			
12:30pm			
12:45pm	Rowing Pro-Am Dash		
1:00pm			
1:15pm			
1:30pm	YMCA Cardboard Boat Regatta		
1:45pm			
2:00pm		RowNation Ergometer Relay Challenge	
2:15pm			
2:30pm			
2:45pm			
3:00pm		Live Entertainment	Saturday Afternoon
3:15pm			
3:30pm			
3:45pm			
4:00pm			
4:15pm			
4:30pm			
4:45pm			
5:00pm			
5:15pm			
5:30pm			
5:45pm			
6:00pm			
6:15pm			
6:30pm			
6:45pm			
7:00pm			

BOOK NOW
goldenoar.com.au

Schedule Day 3 – Sunday 01 Nov

TIME	LAKE BURLEY GRIFFIN	RED SHED	PREMIUM HOSPITALITY
8:30am	GO 3km Time Trial Racing		
8:45am			
9:00am			
10:00am			
11:00am			
11:15am			
11:30am			
11:45am			
12:00pm	GO 450m Sprint Racing		
12:15pm			
12:30pm			
12:45pm			
1:00pm			
1:15pm			
1:30pm			
1:45pm			
2:00pm			
2:15pm		Awards Presentation	
2:30pm			
2:45pm			
3:00pm			

BOOK NOW
goldenoar.com.au

Sunday

Being an outdoor event, some changes to the program may be required. For the most current information relating to the event program please refer to www.goldenoar.com.au for Festival activities; and Rowing Manager for Rowing activities

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