

POST'S
GUIDE
to the
PAN AM
GAMES



ROWING

GUIDE TO THE GAMES

BY ERIC KOREEN, NATIONAL POST

Venue

Royal Canadian Henley Rowing Course

Venue acronym

HEN

Landmark status

High

The facility, on Martindale Pond in St. Catharines, was built back in 1903 to be the home of the Royal Canadian Henley Regatta. It has held the world rowing championships twice, most recently in 1999. There was an \$820,000 upgrade to get it ready for the Games.

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Other events at venue

None

Transit options

If you can get yourself to the Burlington Go Stop, the 12 bus (Niagara Falls Train Meet Service) will take you to the St. Catharines Fairview Mall Stop, where there is a shuttle that will take you to the venue.

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 11-12 Heats and repechages

July 13 Finals in men's and women's double sculls, women's pair and men's four

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July 14 Finals in women's single sculls, men's and women's lightweight double sculls, men's quadruple sculls, men's pair.

July 15 Men's single sculls, women's lightweight single sculls, men's lightweight four, women's quadruple sculls, men's eight.

[See the full competition schedule at the Pan Am website](#)

How it works

With their backs to the finish line, individuals or teams propel a boat down a 2,000-metre course. Sculls boats use two oars per person; other boats use one. In eights' racing, the marquee event of any regatta, a coxswain, a person facing the rowers, steers and makes tactical calls.

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Nations competing

Argentina, Brazil, Canada, Chile, Cuba, El Salvador, Guatemala, Mexico, Nicaragua, Paraguay, Peru, United States, Uruguay, Venezuela.

Canada's crews

Women's single scull

Carling Zeeman, Cambridge, Ont.

Lightweight women's single scull

Liz Fenje, Victoria

Women's double sculls

Kerry Maher-Shaffer, Welland, Ont.; Antje von Seydlitz, Smithers, B.C.

Women's lightweight double sculls

Fenje; Kate Sauks, Owen Sound, Ont.

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Women's pair

Kristin Bauder, Langley, B.C.; Rosanne DeBoef, Victoria

Women's quadruple sculls

Kate Goodfellow, Perth, Ont.; Maher-Shaffer; von Seydlitz; Zeeman

Men's single scull

Rob Gibson, Kingston, Ont.

Men's double sculls

Matthew Buie, Duntroon, Ont.; Pascal Lussier, St-Jean-sur-Richelieu, Que.

Men's lightweight double sculls

Saul Garcia-Alvarez, Victoria; Mark Henry, Guelph, Ont.

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Men's pair

Martin Barakso, Nanaimo, B.C.;
Mike Evans, Victoria



Will Crothers took a celebratory dip after the Canadian men's eight won the silver medal at the 2012 Olympics. Crothers will compete in men's four and eight at the Pan Am Games.

Photo:

Sean Kilpatrick / The Canadian Press

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Men's quadruple sculls

Julien Bahain, Angers, France;
Matthew Buie, Duntroon, Ont.;
Will Dean, Kelowna, B.C.; Gibson.

Men's four

Crothers, Kingston, Ont.; Kai
Langerfeld, North Vancouver;
Conlin McCabe, Brockville, Ont.;
Tim Schrijver, Thedford, Ont.

Men's lightweight four

Brendan Hodge, Delta, B.C.; Max-
well Lattimer, Delta, B.C.; Nicolas
Pratt, Kingston, Ont.; Eric Woelfl,
St. Catharines, Ont.

Men's eight

Bahain, Barakso, Crothers, Dean,
Evans, Langerfeld, McCabe,
Schrijver; Jacob Koudys (cox),
Fonthill, Ont.

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Tournament format

There are heats for each event, with winners advancing directly to the event final. Boats that do not win are entered into the “re-pechage,” in which they compete with other losing boats to qualify for the final. Then there is an A final — where the medals are handed out — and a consolation B final.

Results from 2011

Argentina had the most gold medals, with five, while Cuba had the most medals overall, with nine. Canada took home eight rowing medals, but none were gold.

Why it's worth watching

There might be no sport that

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provides an overall greater workout than rowing. Leg, core and arm muscles are all necessary, as well as the teamwork to keep it all going in a straight line at full speed. If you've scored tickets for the three days of finals, the day's programs are all wrapped up by 11 a.m., leaving the rest of the day open for other pursuits.

Competition outlook

Canada, Argentina, Brazil, Cuba and the United States have the biggest teams here. The men's eight, who won silver in London, are perhaps the best shot for a gold here.