

Western Cape Rowing Calendar: 2022- 2023					
Date	Day	Event	Distance /Level	Venue	
2022	(all venues confirmed)				
July					
Sunday	24	Berg River Long Row	27km - all levels /age groups	Berg River, near Velddrif	
August					
Winter sports season coming to an end - rowing training commences No scheduled regattas					
Thursday	25	FISA Exam	Bishops		
September					
Sunday	11	Novice Regatta	Sprints - all age groups (details tbc)	Zeekoevlei	
Fri-Sat	16-17	Varsity Boat Race	4km / 6km	Kowie River, Port Alfred, EC	
Sept /Oct school holidays					
Public	30 Sept - 11 Oct	School rowing camps	Own venues		
Private	16 Spet - 4 Oct				
October					
Saturday	8	10-hour Relay Row	Many miles around Eikenhof dam	Elgin Country Club	
Saturday	15	Knysna Midway Regatta and Heads Race	All rowing schools & clubs in SA are invited to participate	Knysna	
Sunday	16				
Monday	17	WC: Ergo 2000m baseline	2000m	Anywhere	
Saturday	29	UCT Erg Regatta	2000m	UCT	
Saturday	29	Misverstand Sprints Regatta and Heads Race	All age groups	Misverstand Dam	
Sunday	30		Different boat classes		
November					
Sat-Sun	5-6	Nic Whaits Regatta	1000m /2000m ~ per age group All age groups /boat classes	Elgin Country Club	
Thursday	10	FISA Exam	Bishops		
Monday	14	Provincial Ergo 5000m	5000m	Anywhere	
December					
Fri-Sat	9-10	Schools Boat Race	4km / 6km	Kowie River, Port Alfred, EC	
2023					
January					
School holidays		School /Clubs rowing camps			Own venues
Friday	20	Provincial Ergo 2000m	2000m		
Saturday	21	Novice Regatta	500m / 1000m - details tbc	Zeekoevlei	
Thursday	26	FISA Exam	Bishops		
Sat-Sun	28-29	WC Champs	1000m /2000m ~ per age group	Elgin Country Club	
February					
Sat-Sun	4-5	ZVYC Local Regatta	1000m racing - details tbc	Zeekoevlei	
Fri-Sun	10-12	Buffalo Regatta & Selborne Sprints			Buffalo River, EL, EC
March					
Sat-Sun	4-5	SA Schools Champs WC Selection Regatta WC Squad /SASRU Announcement WC Squad Training Camp	Roodeplaat dam, Gauteng		
Sat-Sun	11-12		Misverstand		
Saturday	18				
Sat-Sun	25-26		Zeekoevlei		
April					
Weeks of:	1-22	WC Squad Training	Zeekoevlei / Misverstand		
Saturday	22	WC Senior Champs	Zeekoevlei		
Sat-Sun	29-30	SA National Champs	Gauteng		