

2017 NOVA SCOTIA SPRINTS *45th Annual Bud Myra Memorial Regatta*

Lake Banook
Dartmouth, NS

July 15th and 16th, 2017

Hosted by



Row Nova Scotia welcomes:



Welcome to the 45th annual Nova Scotia Sprint Regatta that is hosted by Row Nova Scotia (Row NS) and brings together clubs from Eastern Canada to compete on the beautiful world class 1000m racecourse on Lake Banook in Dartmouth, N.S.

This year, we will be offering our exciting two-day race format and a large number of event options. For events with a large number of entries a time trial will take place to determine seating for A and B finals. Medals will be awarded to first place winners in A Finals at the end of both days. A canteen and Row NS branded clothing will be for sale in Oakwood House on Saturday and Sunday. This year we are excited to continue utilizing the Regatta Data System for regatta registration, management and timing. This will include online event registration, digital race timing, and quick result posting to twitter. Follow us @RowNovaScotia for up to the minute race results!

In addition to our usual event schedule we will once again offer the exciting 500m Mix 8+ Dash, a Club Single Relay race and a fun skills event to clubs.



2017 Nova Scotia Sprints Events

* Proposed schedule only and may change depending on number of entries.

Event #	Saturday Events
1	JR/CG M 1X
2	M W 2X
3	SR W 4X
4	M M 1X
5	JR/CG M 2X
6	N M 4+
7	SR W 1X/SR Lwt W 1X
8	M Mix 2X
9	JR/CG W 4X
	Break
10	SR M 2X/ SR Lwt M 2X
11	JR M 4+
12	N W 2X
13	JR W 4+
14	O M 8+
15	M W 4X
16	Para TA/AS M/W 1X
17	O W 4- (Tom St. Onge Trophy)
18	O Mix 8+ Dash 500m
19	Skills Event

Event #	Sunday Events
20	JR/CG W 1X
21	M M 2X
22	SR M 4X
23	M W 1X
24	JR/CG W 2X
25	N W 4+
26	SR M 1X/ SR Lwt M 1X
27	SR W 2X/ SR Lwt W 2X
28	JR/CG M 4X
	Break
29	M Mix 4X
30	JR/CG W 2-
31	N M 2X
32	JR/CG M 2-
33	O W 8+
34	M M 4X
35	SR M 2-
36	Para LTA M/F/Mix 2X
37	O M 4- (Moe Cody Trophy)
38	SR W 2-
39	Club Singles Relay

RULES AND REGULATIONS

APPLICABILITY OF RULES

1. Unless otherwise noted in this package, the RCA Rules of Racing will be followed.

REGISTRATION

2. Regatta registration must be completed online through Regatta Data (<https://secure.regattadata.com/rds/>). Each club is responsible for registering their own athletes and all athletes must be in the RCA membership system. No other form of registration will be accepted.
3. A new user account must be established for each club and instructions can be found at https://secure.regattadata.com/wiki/index.php/RDS_how_to
4. If you are unable to complete the online registration or have technical difficulties contact richard@regattadata.com or rowing@rowns.ca.

5. RCA membership numbers of all participants are required. Registration will be verified through RCA and participants who are not registered with RCA will not be allowed to participate. US Rowing participants must include their registration number on the entry form as well.
6. Entries will open June 5, 2017 and close July 7, 2017 at midnight.
7. Scratches received after July 9 will forfeit entry fees unless there is a suitable medical excuse.
8. Late entries will be accepted after July 7, 2016 until the coaches and safety meeting; however there will be \$15.00 fee for each boat entry.
9. All substitutions must be listed on the athlete list and announced at the latest at the coaches and safety meeting on Friday July 14, 2016.
10. There is a regatta registration fee for each event at the regatta:

Single (1X)	\$25.00
Double/Pair (2X/2-)	\$35.00
Quad/Four/Coxed Four (4X/4-/4+)	\$45.00
Eight (8+)	\$55.00
Club Relay Singles Race	No Fee (only one entry per club)
Open Mixed 8+ Dash	No Fee
Skill Event	No Fee

Only cheques made payable to “Row Nova Scotia” will be accepted and can be paid as late as the safety meeting at 6:30 pm Friday July 14, 2017 at Oakwood House.

11. The number of club entries in each event may be restricted to a maximum of three (3). Additional entries may be allowed if space permits. Each competitor may be entered in a maximum of four (4) events each day.
12. There will be a coaches and safety meeting the night before the regatta, Friday July 14, 2017, at 6:30pm at Oakwood House. All Cox and Bow seat competitors are encouraged to attend this meeting as well. At this meeting, the major rules of the regatta, the race schedule, draw, and any other administrative details will be discussed.

CLUB ELIGIBILITY

13. Clubs qualified to participate at the regatta must be in good standing with RCA.
14. International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.
15. All athletes at the regatta must be represented in consistent club colors. Although it is understood that a variety of rowing uniforms are available such as singlets, unisuits etc., officials of the regatta must see a clear consistency in the color and pattern worn by all members, male and female, representing one club.

COMPETITOR ELIGIBILITY

19. Competitors must be registered with their National Sport Governing Body and provide suitable documentation with registration (Canadian athletes must submit RCA numbers with registration and US athletes should submit US Rowing numbers).
20. Any member of a National Team (Sr. A, Sr. B, Junior, and Para) is permitted to participate in any event provided they represent their home club and not a National Team Training Centre, Rowing Canada Aviron or US Rowing.
21. All competitors, including coxswains, may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, dock, re-queue, and launch in time for an additional event. We will not accept hot seating entries; ie. No equipment changes or athlete races with less than 30 minutes between starts. The regatta will not be delayed for 'hot-seating' crews or rapid equipment changes.
22. A competitor may only compete for his/her club or province. A competitor who is a member of more than one (1) qualified club must select which club he/she will represent.
23. Competitors may participate as a member of a composite crew (two or more clubs) but that crew is not eligible for club points.
24. Coxswains must be registered as competitive rowers with RCA in order to cox in any event. This will be verified with RCA prior to the event.
25. Weigh-ins will take place at Oakwood House 6am-8am, Saturday and Sunday. Multiple weigh-ins are allowed.
26. The Nova Scotia Sprints recognizes the following event categories:

JR M/W

**Junior
Men/Women**

A rower or coxswain who shall be classified as a Junior competitor until the 31st of December of the year in which he or she reaches the age of 18.

CG M/W

**Canada Games
Men/Women**

A rower or coxswain who shall be classified as a Canada Games competitor must be under 21 years of age on December 31, 2017.

SR M/W	Senior Men/Women	A rower or coxswain who is no longer eligible as a junior rower.
M M/W	Masters Men/Women	A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.
Lwt M/W	Lightweight Men/Women	Men - 72.5 kg maximum; Women - 59.0 kg maximum. No average for lightweight events
Para M/W	Para Athletes	A rower with a disability who meets the criteria set out in the Para Rowing classification rules. There are three Adaptive categories: 1. LTA (leg, trunk and arms) 2. TA (trunk and arms) 3. AS (arms and shoulders) Adaptive athletes are eligible to row in adaptive or non-adaptive events at the same regatta that provide a suitable competitive opportunity.
N M/W	Novice Men/Women	A rower who has as not competed in a sanctioned on-water regatta prior to April 1 of the current year.
O M/W Mix	Open Men/Women Mixed 50/50 Female/Male	Open to any age. A crew in which half of the crew, excluding the coxswain, shall be women and half shall be men. The coxswain may be either sex.

27. Competitors who compete in Masters events cannot compete in Senior events in the same regatta; however they can compete in Open events in the same regatta. Masters competitors must meet the definition of a Masters rower.

EVENTS

28. Senior lightweight competitors will race in the Senior 1X and 2X events and awards will be given to the top heavyweight and lightweight competitors.
29. A minimum of two entries from two clubs are required to constitute a race for points and award purposes.
30. Mixed events will require an equal number of men and women rowers in the crew (coxswains are not counted in the crew total).
31. If time trials are required, athletes will compete in a time trial against the clock to secure the fastest time. Athletes will then be seeded into finals based on these times.
32. For Master events, if insufficient entries are received to warrant races in a certain age category, a handicap system may be applied. The handicap will be applied to a single sculler or, in the case of a crew boat, the average age of the crew excluding the coxswain.

33. EVENT SUMMARY

		1X	2X	2-	4X	4-	4+	8+
Novice	Men		X				X	

	Women		X				X
Junior	Men	X	X	X	X		X
	Women	X	X	X	X		X
Canada Games	Men	x	X	x	X		
	Women	X	x	X	X		
Senior	Men	X	X	X	X		
	Women	X	X	X	X		
Master	Men	X	X		X		
	Women	X	X		X		
	Mixed		X		X		
Senior Lightweight	Men	X	X				
	Women	X	X				
Open	Men					X	X
	Women					X	X
Para	Mix TA		X				
	Mix LTA		X				
	Mix						
	Women	X					
	Men	X					

Club Singles Relay:

Only one team entry per club and four singles entered per team. Rowers can be any age. The distance is 200 metres for each single. Two singles in each lane with one single at each end (the start and the finish). As soon as the first club single crosses the finish line, the 2nd club single will start in the lane beside the first single and so on until all four singles have each completed 200 meters (800 metres in total).

Skills Event:

This event is open to all athletes registered at the Nova Scotia Sprints Regatta. For Novice and less experienced rowers the event is not based on time but on how well a skill is performed and how creative they can be. For older and more experienced rowers the skills event will be based on time, accuracy and creativity to make for a more challenging event. The skills event instructions will be posted on our website (<http://www.rowns.ca/sprints/>).

REGATTA CHAMPIONSHIP

Cumulative Points – Owen Sawler Memorial Trophy

34. The regatta will declare an overall Club Champion based on the following point system:

	1 st	2 nd	3 rd	4 th	5 th
Single	10	5	4	3	2
Double/Pair	15	8	5	4	3
Four/Quad	20	10	8	6	5
Eight	25	12	10	8	6

35. Points are only awarded for A Finals.

36. There are no points awarded for the Canada Games events, Open 8+ Mixed Dash, Club Singles Relay or Skills Event.

37. Composite crews will not be awarded points.

Efficiency – Nova Scotia Efficiency Award

38. "Actual Points" are the cumulative points earned by each club. "Possible Points" are calculated as if each crew entered by a club placed first in their respective event. If a club has more than one boat in an event, the "possible points" are calculated as 1st, 2nd, 3rd position scores, since only one of the boats can place first.

39. The "Efficiency" is the percentage of Total Actual Points divided by Total Possible Points. The club that qualifies, and is the most efficient in its overall entries throughout the regatta, is the winner.

40. To be eligible for the club efficiency award a club must:

- have crews participate in at least four (4) A Finals.
- enter a minimum of 14 participants in the regatta.

MISCELLANEOUS

41. For each event, medals are awarded to first place crew in the A Final. Ribbons will be awarded to the first place crew in B Final.

42. On site security for the boats will be provided from 8pm to 6am Friday and Saturday at North Star Rowing Club.

43. A canteen will be located in Oakwood House on Saturday and Sunday. The canteen will be serving sandwiches, muffins, coffee and tea and many other delicious snacks for a modest fee. All proceeds will go towards the Nova Scotia Canada Games Team training to compete at the 2017 Canada Summer Games in Winnipeg, MB.

44. Row Nova Scotia is in search of the volunteers to help out in various positions: safety boat drivers, safety boat assistants and timers. To help with this we are asking each participating club to provide five (5) volunteers for each day of the regatta (shift 1 – 6:45am-noon; shift 2 – noon-4:00pm). We are using sign up genius this year to organize volunteers. Please sign up for one of the volunteer positions and shifts at the following link: www.SignUpGenius.com/go/5080F45A9A82CA6FB6-nova . If you have any questions regarding volunteering please contact rowing@rowns.ca.

Robert “Bud” Myra

To anyone who has pulled a rowing shell across Dartmouth’s Lake Banook, the name Bud Myra is synonymous with the sport. For some, it’s the reason they row. Myra died in 1999 at 68, leaving a void in Nova Scotia Rowing that will likely never be filled.

Bud Myra was the kind of figure Hollywood producers fashion movies for--- the tough, old-school coach who, with a quiet sensitivity to his athletes’ dramatic highs and lows, doles out poignant words that mark turning points in their lives.

“His love for the sport is contagious,” says Pat Cody, rower, coach and former National Team member. “When you see someone with that kind of passion for the sport, you can’t help but adopt it.”

Myra’s passion made his presence a constant feature at Dartmouth’s Mic Mac and North Star Rowing Clubs for more than four decades. In the late 1950’s, Myra won two harbour championships, and in 1969, he won silver with doubles partner Bob Sawler at the first ever Canada Summer Games (before the imposed age limit). Since then, he has been coach, mentor, supporter and friend to countless young rowers, and has been involved with every Summer Games team, usually as boatman.

“Bud could fix anything,” says Suzanne Baker, a former Mic Mac rower with several National titles. “If a boat was smashed he could fix it. If your heart was broken he could fix it. If your spirit was broken he could fix it. He always knew exactly what to say.”

Over the years, Myra introduced hundreds of Dartmouth children to rowing, perhaps his most tangible contribution. But his gift of offering words of inspiration and simple wisdom may have been his greatest talent.

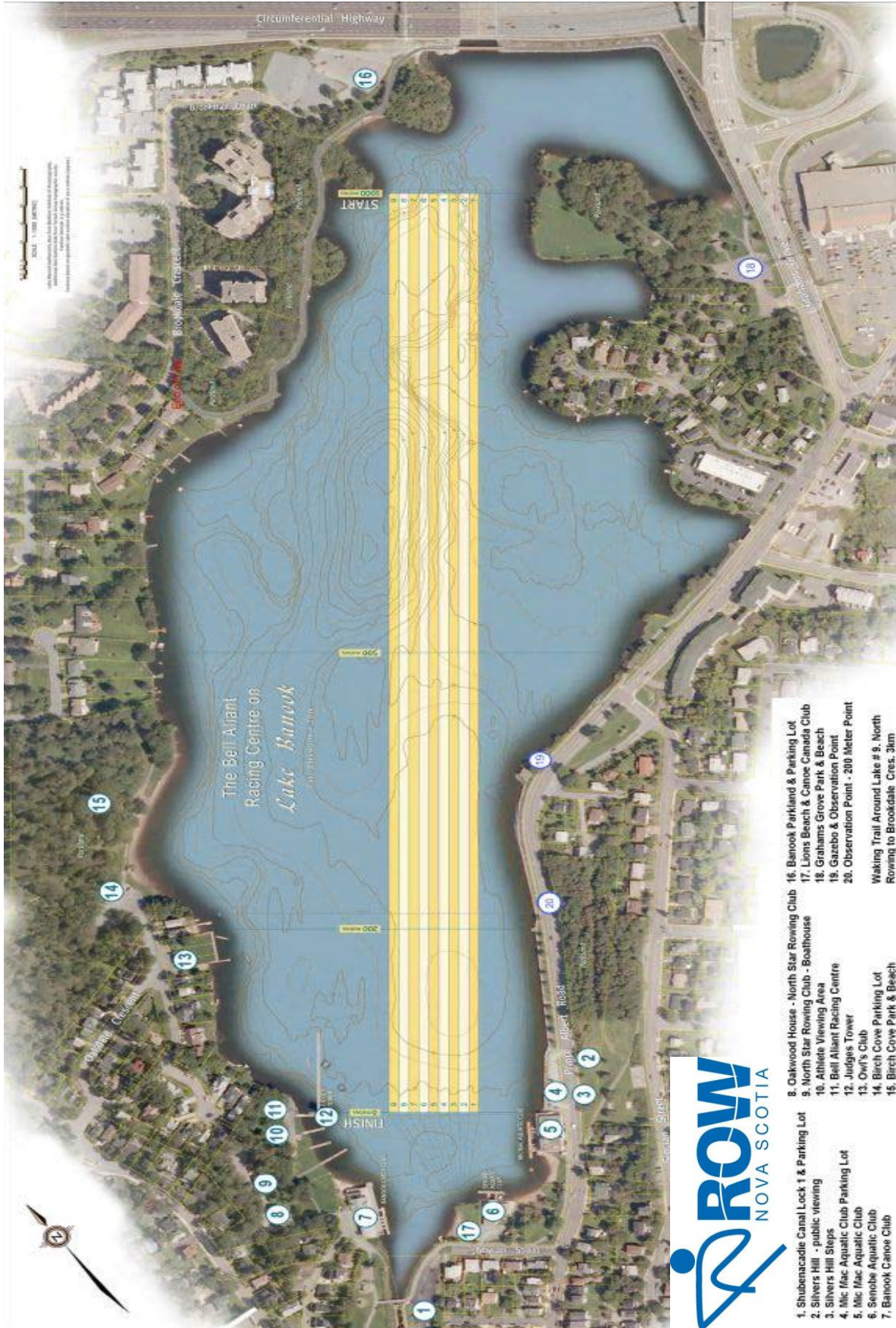
“He used to say, ‘You have to keep a fire in your belly.’ I will always remember that,” says Tony Landry, former Mic Mac rower and coach. “He was a very personal coach. He would figure out what motivated each person individually and use that.”

Whether it was procuring the latest coaching tactics, or fund raising for better equipment, Myra helped raise the standard of provincial rowing. Landry says, “The sport wouldn’t be alive without him. He generated and preserved the enthusiasm of the sport in the province for years -- an enthusiasm that is now being developed by the hard working club coaches and volunteers the province now harbors.”

The 45th Annual Nova Scotia Sprints will take place on July 15 and 16, 2017 and is appropriately named The Bud Myra Memorial Regatta in the honour of our rowing legend.





***** This article was originally published in the ‘Daily News’ in 1999 and written by Hilary Cole. It has been modified for this regatta package.*

COURSE MAPS



Race Course Map



- | | | |
|---|--|------------------------|
| 1. North Star Rowing & Judges Tower (See Finish Area Map) |  | From Trans Canada |
| 2. MicMac AAC |  | Walking Trail |
| 3. Gazebo (Spectator Observation & Boardwalk) |  | Warm-up/Cool-down Flow |
| 4. Graham's Grove Park (Start-line Observation) |  | Race Course Flow |
| 5. Conrad Footbridge | | |
| 6. MicMac Mall | | |

**Note: Friday PM Practice Flow Pattern:
Up Mic Mac side of the course and down the Lanes**

Finish Area Map



1. Judges Tower
 - Medical
 - Control
 - Results
 - Official Launch

2. Launch Area
 - Dock Marshall
 - General Information
 - Vendors

3. Trailer Parking





4. North Star Rowing

5. Oakwood House

- Safety Meeting
- Medal Ceremony

6. General Parking

7. MicMac AAC

-  Trailer Parking From Trans Canada
-  Walking Trail
-  Outflow
-  Inflow

DIRECTIONS

From Trans Canada Highway, Provincial Route 118

- Take Right **Exit** to *Eastern Shore/Eastern Passage* onto Highway 111
- Drive 0.5km and Exit 5 to MicMac Boulevard
- Follow MicMac Blvd changing to Glen Manor Dr. to stop sign at top of hill.
- Turn left onto Crichton Ave.
- Follow Crichton Ave approx. 850m to sign for Oakwood House and Banook Canoe Club. Turn Left onto this steep descent into the Trailer Parking Area.

IF YOU GET LOST IN THE HALIFAX/DARTMOUTH AREA:

Ask for directions to Banook Canoe Club. Banook Canoe Club is adjacent North Star Rowing Club and Oakwood House.

Or call
Kendra MacDonald
Regatta Chair, Row NS
Cell: 902-221-2866

HOTELS:

Best Western Plus Dartmouth

15 spectacle Lake Dr., Dartmouth, NS
Ph: 1(800) 780-7234

Holiday Inn Halifax Harbourview

101 Wyse Road, Dartmouth, NS
Ph: 902-463-1100

Hampton Inn & Suite

65 Cromarty Drive, Dartmouth, NS
B3B 0G2, Canada
1(855) 271-3622

Ramada Plaza Dartmouth

240 Brownlow Ave, Dartmouth, NS
1 (800) 870-3911