

# *2017 Really Chili Rowing Regatta*

Lake Banook  
Dartmouth, NS

October 28<sup>th</sup>, 2017

Hosted by



Row Nova Scotia welcomes:



Welcome!

Row Nova Scotia (Row NS) is pleased to host the 13<sup>th</sup> Annual Really Chili Rowing Regatta (RCRR) on Saturday, October 28<sup>th</sup>, 2017 on Lake Banook in Dartmouth.

This year the RCRR will feature four events for rowers to participate in. There will be two 1km time trial events. These events will race boats in a 1km time trial, followed by 1km sprint racing finals based on seeding. There will be 1km time trial event in the morning and one in the afternoon that you can enter allowing participants the ability to change boats. The final two events are 500m dash 8+ races. They are the popular, fun and fast Novice Mixed 8+ dash and Open Mixed 8+ dash.

The Really Chili Rowing Regatta, just three days before Halloween, we will be encouraging participants to dress in costume during the regatta. The boat with the best costume will walk away with a Halloween themed prize. The regatta will wrap up with the tradition of free chili for all participants and coaches at Oakwood House before awards are given to the winners.

This race format encourages fast and competitive finals with boats being separated by time rather than category. Let the fastest boat win! It also allows coaches and rowers the opportunity to change crew configurations between events and row multiple events in the same day.

All day there will be a canteen open in Oakwood House that will be selling warm food, drink and snacks with all proceeds going towards purchasing equipment for the Row Nova Scotia Provincial Team. As well, there will an opportunity to get decked out in our Row NS gear being sold in Oakwood!

Happy Racing!

Erica Gagnon,  
Regatta Chair



## Events

1. Proposed schedule of racing. Subject to change depending upon entries.

<b>1km Time Trial #1</b>			<b>1km Time Trial #2</b>	
8:00 am	Time Trial		12:00 pm	Time Trial
	Time Seeded Finals			Time Seeded Final
9:30 am	Final G		1:30 pm	Final G
9:40 am	Final F		1:40 pm	Final F
9:50 am	Final E		1:50 pm	Final E
10:00 am	Final D		2:00 pm	Final D
10:10 am	Final C		2:10 pm	Final C
10:20 am	Final B		2:20 pm	Final B
10:30 am	Final A		2:30 pm	Final A
<b>10:50 am</b>	<b>Open Mixed Dash 8+</b>		<b>2:50 pm</b>	<b>Novice Mixed 8+ Dash</b>
11:00am-12:00pm	Lunch Break			
			<b>3:15pm</b>	<b>Chili followed by Awards</b>

\* Finals will be run slowest to fastest

### 1km Time Trials

All entries will compete in a 1km time trial. All entries will be seeded based on time and placed into 1km sprint finals (A, B, C, D, E, etc), regardless of boat or category restrictions.

This is an open event that will allow the fastest boats regardless of boat (single, double, or quad, etc) and category (Womens, Mens, Junior, Novice, Senior and Masters, Lightweight, etc) to face off in 1km finals. Please refer to the charts below (1km Time Trial #1 and #2 Events) to see which events will race in the morning and which events will race in the afternoon.

### 8+ Dash

All entries will race a 500m 8+ dash. The first 8+ dash is an open mixed 8+ dash crews must meet the requirements of a mixed crew in order to compete in this race. The second novice mixed 8+ dash crews must meet the requirements of a mixed crew and a novice crew in order to compete in this race. If more than 5 boats are registered, heats will be made randomly.

### 1km Time Trial #1 Events

		1x	LW 1x	2x	LW 2x	2-	4x	4-	4+	8+
<b>Novice</b>	Women	x					x			
	Men	x					x			
<b>Junior</b>	Women	x	x	x		x				
	Men	x	x	x		x				
<b>Senior</b>	Women			x	x	x				x
	Men			x	x	x				x
<b>Masters</b>	Women						x			
	Men						x			
	Mixed			x						
<b>Para</b>	Women	x								
	Men	x								
	Mixed									

### 1km Sprint Time Trial #2 Events

		1x	LW 1x	2x	LW 2x	2-	4x	4-	4+	8+
<b>Novice</b>	Women			x					x	
	Men			x					x	
<b>Junior</b>	Women						x	x		
	Men						x	x		
<b>Senior</b>	Women	x	x				x	x	x	
	Men	x	x				x	x	x	
<b>Masters</b>	Women	x		x						
	Men	x		x						
	Mixed						x			
<b>Para</b>	Women									
	Men									
	Mixed			x						

## APPLICABILITY OF RULES

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

## REGISTRATION

3. 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.
4. A new user account must be established for each club and instruction can be found at [https://secure.regattadata.com/wiki/index.php/RDS\\_how\\_to](https://secure.regattadata.com/wiki/index.php/RDS_how_to). If you are unable to complete the online registration or have technical difficulties contact [richard@regattadata.com](mailto:richard@regattadata.com) or [rowing@rowns.ca](mailto: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. The registration fee for the 2017 Really Chili Regatta is \$35.00 per participant and \$10.00 per participant to compete in only a 8+ dash event. Entries will open October 2, 2017 and close October 22, 2017 at midnight.
7. Scratches received after October 22, 2017 will forfeit entry fees unless there is a suitable medical excuse.
8. Late entries will be accepted after October 22, 2017 until the coaches and safety meeting. The late registration fee will be \$10.00 per participant and \$5.00 per participant if only competing in the 8+ dash events.
9. All substitutions must be listed on the athlete list and announced at the latest at the coaches and safety meeting on Friday Oct. 27, 2017.
10. 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 October 27, 2017 at Oakwood House.
11. There will be a coaches and safety meeting the night before the regatta, Friday Oct. 27, 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

12. Clubs qualified to participate at the regatta must be in good standing with RCA. International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.

## COMPETITOR ELIGIBILITY

13. 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).
14. 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 Rowing Canada Aviron or a National Team.

- 15. 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.
- 16. Weigh-ins will take place at Oakwood House from 6:30am-8:00am on Saturday October 28, 2017. Multiple weigh-ins allowed.
- 17. 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, to the individual members of the crew (excluding the coxswain), then averaged.

18. Row Nova Scotia recognizes the following event categories:

<b>JR M/W</b>	<b>Junior Men/Women</b>	A rower or coxswain 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.
<b>SR M/W</b>	<b>Senior Men/Women</b>	A rower or coxswain who no longer meets the eligibility of a junior competitor.
<b>M M/W</b>	<b>Masters Men/Women</b>	A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.
<b>Lwt M/W</b>	<b>Lightweight Men/Women</b>	Men - 72.5 kg maximum; Women - 59.0 kg maximum. No average for lightweight events
<b>Para M/W</b>	<b>Para Men/Women</b>	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.
<b>N M/W</b>	<b>Novice Men/Women</b>	A rower who has not competed in a sanctioned on-water regatta before April 1 of the current year (April 1, 2017)
<b>O M/W</b>	<b>Open Men/Women</b>	Open to any age competitor.
<b>Mix</b>	<b>Mixed 50/50 Female/Male</b>	Mixed events may be held for crews in which at least half of the crew, excluding the coxswain, shall be women and half shall be men. The coxswain may be either sex.

## AWARDS





- 19. For each 1km time trial event, prizes will be awarded to the overall fastest boat (winner of Final A) based on time and the top boat in each category (Novice, Junior, Senior, Masters, and Para) based on GMS. In the 8+ dash events, the first place boat in each dash event will receive a prize. A special prize will be awarded to the boat with the best costume.

## MISCELLANEOUS

- 20. 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 the regatta (Shift 1 – 7:00am-11:00am; Shift 2 – 11:30am-3:30pm). 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-really](http://www.SignUpGenius.com/go/5080F45A9A82CA6FB6-really). If you have any questions regarding volunteering please contact [rowing@rowns.ca](mailto:rowing@rowns.ca).

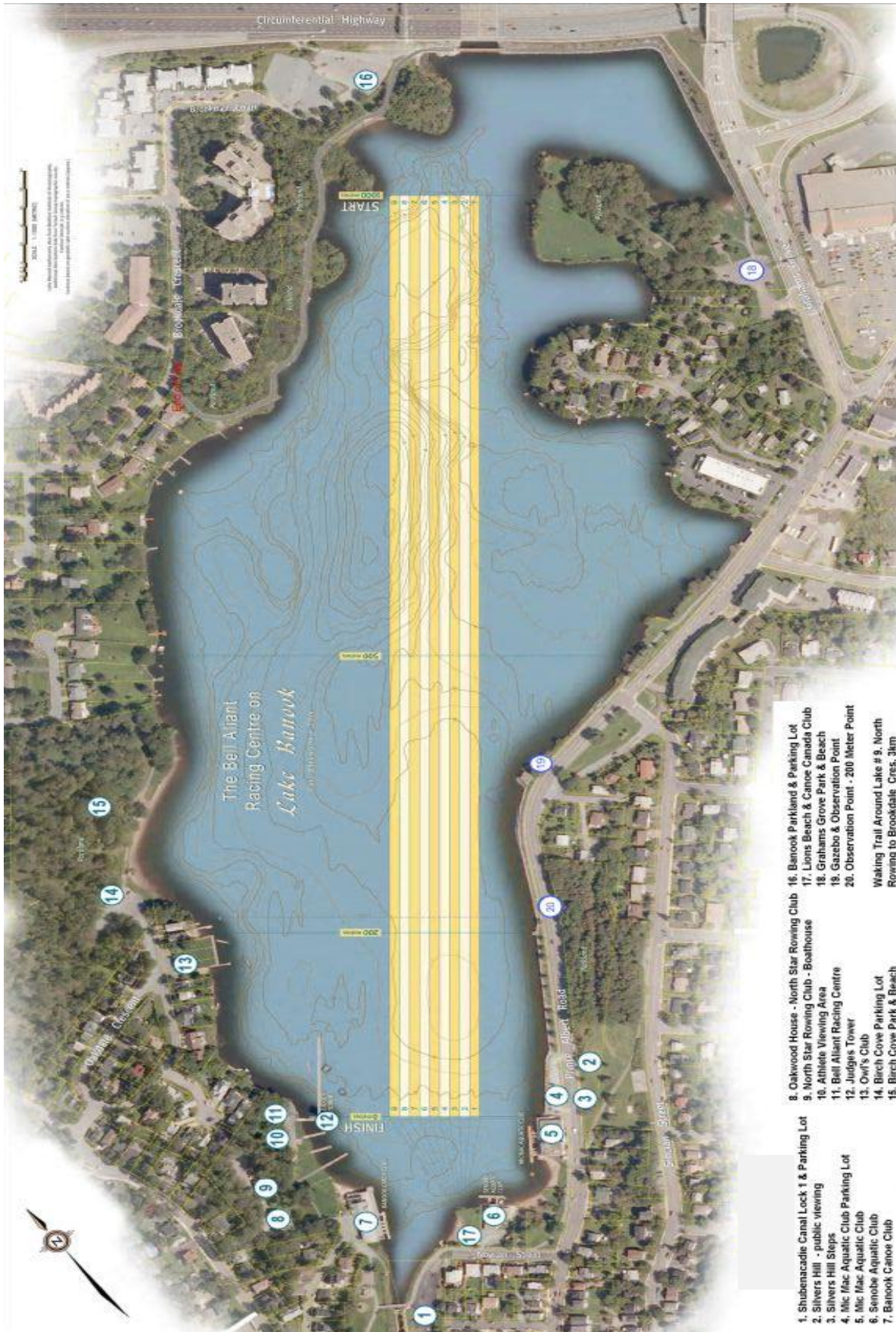
**Map 1: 1 km Sprint Time Trial Course**



- |   |  |                        |
|---|--|------------------------|
| 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**

**Map 2: 1 km Sprint Race Course**





**Map 3: Finish**



- 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



To Trailer Parking



Walking Trail

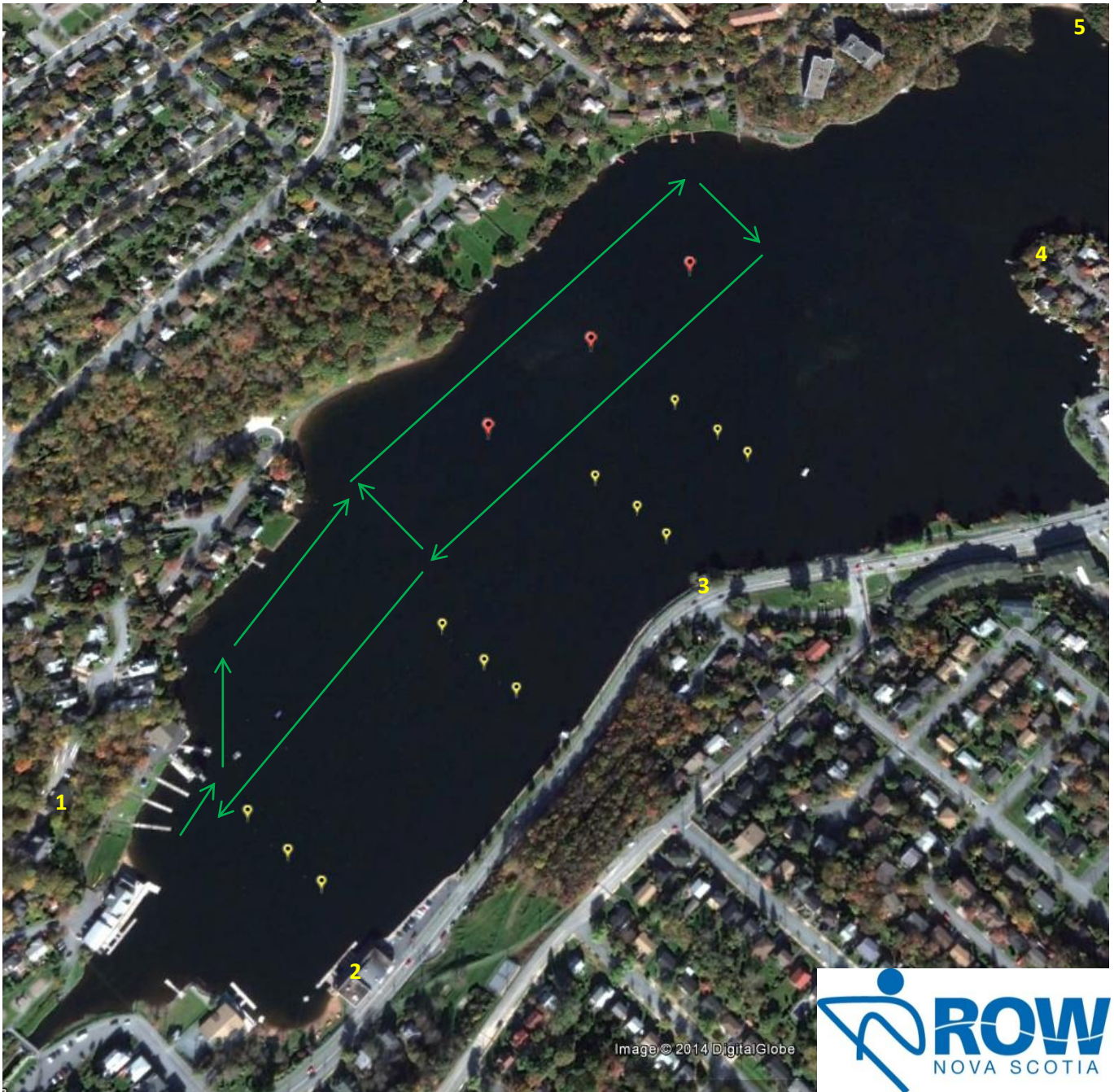


Outflow



Inflow

**Map 4: Warm Up / Cool Down Flow Pattern Area**



- 7. North Star Rowing & Judges Tower  
(See Finish Area Map)
- 8. MicMac AAC
- 9. Gazebo (Spectator Observation & Boardwalk)
- 10. Graham's Grove Park (Start-line Observation)
- 11. Conrad Footbridge

—————> From Trans Canada

..... Walking Trail

—————> Warm-up/Cool-down



# 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:

Erica Gagnon  
Regatta Chair, Row NS  
902-315-1237

Peter Webster  
President, Row NS  
902-495-7995

## **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