Row Nova Scotia
14th Annual Ice Breaker Regatta & Skills Event

Lake Banook
Dartmouth, NS

May 25th, 2019

Hosted by:

Row Nova Scotia Welcomes:

Row Nova Scotia is pleased to host the 14th Annual Ice Breaker Regatta and Skills Event on Saturday May 25, 2019 on Lake Banook. Row Nova Scotia wants to grow participation in the sport of rowing at all levels and provide meaningful competition for Nova Scotia rowers from novice to national caliber competitors.

The Ice Breaker Regatta will follow the RCA National Standard and Guidelines of Long Term Athlete Development & Regatta Standardization. The recommendation for spring is to develop rowing with specific endurance, strength, speed and skills through long distance racing with proficiency in mainly small boats under a variety of conditions along with a skills event.

The format is a 4.3km head race in the morning. We will be running 5 flights of races on a one hour interval. Athletes are restricted to only entering two flights plus the skills event. Following the flights of head racing there will be a skills event beginning at 10:00am. After the skills event is complete we will have the awards ceremony on the North Star Rowing Club's lawn or in Oakwood House if the weather is poor. We will be running championship events for many races including 1x, 2x, 4x, and 8+. The purpose of the championship events is to increase the level of meaningful competition in the event by racing all junior, under 23 and senior competitors in the championship event and awarding an overall championship event winner as well as age category winners.

We encourage family, friends, former rowers and those who have never seen rowing to come out and watch the event. Row Nova Scotia is always looking for new volunteers to help out with timing and on the safety boats. No experience is needed. It is the best seat on the lake and a great way to give back to rowing. If you are interested in helping out in some capacity at the regatta please sign up to volunteer at this link: https://www.signupgenius.com/go/5080F45A9A82CA6FB6-icebreaker2

This year there will be a canteen open in Oakwood House selling soup, sandwiches, muffins, cookies, and hot coffee and tea. All proceeds of the canteen will go to the purchasing and training expenses of the Nova Scotia Provincial Rowing Team.

Sincerely,

Patrick Thompson,
Regatta Chair
rowing@rowns.ca

The following is a list of events for the Ice Breaker Regatta:

EVENT INFORMATION

		1x	2x	4x	4+	8+
Novice	Men		X		X	
	Women		X		X	
Junior	Men	X	X	X		X
	Women	X	X	X		X
Under 23	Men	X	X	X		X
	Women	X	X	X		X
Senior	Men	X	X	X		X
	Women	X	X	X		X
Senior Lightweight	Men	X	X	X		X
	Women	X	X	X		X
Masters	Mixed		X	X		
	Men	X	X	X		
	Women	X	X	X		
Para	Mix TA		X			
	Mix LTA		X			
	Mix					
	Women	X				
	Men	X				

Ice Breaker Regatta Flight Schedule

Flight 1 – 7:30am Championship W4X Masters W2X Masters Mixed 2X Championship M1X	**Flight 2 – 8:30am** Championship M8+ Masters M4X Championship W2X Masters W1X	**Flight 3 – 9:30am** Novice M4+ Novice W4+ Novice M2X Novice W2X Para Mixed LTA 2X Para Mixed TA 2X Para M1X Para W1X
Skills Event – 10:00am	**Flight 4 – 10:45am** Championship W8+ Masters W4X Championship M2X Masters M1X	**Flight 5 – 11:45am** Championship M4X Masters M2X Championship W1X Masters Mixed 4X

Championship Events (1x, 2x, 4x, 8+) will include Junior, Under 23, Senior and Senior Lightweight age group competitors. An overall championship event winner will be awarded as well as the top finisher in each age category.

Skills Events 10:00am

The skills event is a mixed event for rowers in singles to test their ability to perform set skills in sequence properly and while being timed. Please see the document on Ice Breaker page of the website (http://www.rowns.ca/ice-breaker/) for full skills event details.

Award Ceremony following the regatta at approximately 1:00pm

RULES AND REGULATIONS

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

REGISTRATION

2. Registration will be completed online using Regatta Central at the following link:
    a. If you are new to Regatta Central you will need to create an account on Regatta Central (https://www.regattacentral.com/signup)
    b. Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
    c. Add athletes to your club (names, RCA #'s, birthdays).
    d. Search for the Regatta you wish to enter and add your boats to the races.
    e. Add your crew lineups to the boats.
    f. Check your club invoice and pay online. Or pay via check at the coaches meeting (please confirm in advance if this is the method of choice).

3. New in 2018, RCA and Row NS have implemented a new membership fee structure. In this fee structure a $3.25 RCA seat fee and $1.75 Row NS seat fee per race event is being charged in addition to paying the regatta registration. More information on the new membership structure is available here: http://rowingcanada.org/domestic/clubs-membership/2018-membership-model.

4. 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.

5. The regatta registration fee is $35.00 for each participant at the Ice Breaker Regatta plus the additional seat fees (seat item #3). There is no regatta registration fee for participating in the skills event, only the applicable seat fees (seat item #3).

6. All regatta registration should be made by cash or check (made payable to Row Nova Scotia) the morning of the regatta. All seat fees should be paid online through Regatta Central the week following the regatta.

7. Entries will open close Friday May 17, 2019 at midnight.

8. Scratches received after Sunday May 19, 2019 without medical excuse will forfeit entry fees.

9. Late entries may be accepted after the entry deadline of May 17, 2019. Acceptance of late entries will be at the discretion of the Regatta Organizing Committee. There will be a late entry fee of the lesser of $15.00 per individual entry or $125.00 per club entry.

10. A preliminary regatta draw will be released on Monday May 20. Clubs will have until Wednesday May 23 at midnight to make changes to their regatta entries and email the changes to the regatta statistician. On Thursday the final regatta draw will be released. **New this year, we will not be going through the draw race by race on Friday evening at the coaches and officials meeting. These changes should be made by email as outlined above.**

11. Withdrawals can be made verbally to the Umpires at Control Commission on the day of the regatta.

12. There is a racing limit. Athletes can race no more than two (2) flights plus the skills events. To avoid potential schedule conflicts, back to back races will not be permitted.

13. The week before the regatta a safety and rules document will be sent to all clubs and coaches. The information in this document will be covered and reviewed at the coaches and officials meeting on Friday night before the regatta, Friday May 24, 2019, at 6:30pm at Oakwood House. It is highly recommended that coaches, cox and bow seat competitors attend this meeting.

14. Each morning of racing at the regatta the Regatta Organizing Committee will hold a brief, mandatory safety meeting 1.5 hours before the scheduled first race of the morning. This meeting will outline safety issues pertaining to that particular day of racing. Questions pertaining to race format and course layout should be covered in the coaches and officials meeting on Friday evening.

15. Weigh-ins will take place for lightweight rowers at Oakwood House between 6:00 am and 7:00 am on the morning of the racing. Athletes must weigh in wearing their racing uniforms. Crews must weigh-in together and athletes should have identification upon request. Multiple weigh-ins will be allowed. There will be no weigh-in for coxswains.
    a. Maximum weight for Lightweight men is 72.5kg.
    b. Maximum weight for Lightweight women is 59.0kg.

16. Please be advised that race schedule is subject to change depending on number of the entries per event.

CLUB ELIGIBILITY

17. Clubs qualified to participate at the regatta must be in good standing with RCA.

18. International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.

19. All rowers 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.

20. For the safety of the regatta there will be a check of boats to ensure that heel ties (7cm in length) as well as bow balls (white not required) are in place. Failure to meet the RCA safety restrictions for racing shells may result in disqualification.

RACING

21. Crews will race the 4.3km 'Around the Lake' course in a time trial format (**See Map 1**). Crews will assemble according to bow numbers in the pooling area near the finish line of the traditional one kilometer course of Lake Banook in front of the MicMac Amateur Aquatic Club boathouse. Crews will be called through the start line in roughly 20-second intervals. Race results will be based on time taken to complete the course with time penalties for errors made on the course.

22. Please refer to **Map 1** for further information about penalties. All buoys that mark the course will be penalty buoys. No passing zones mean that crews cannot overtake or overlap in the no passing zone. The bridge will be raced single file.

23. Penalties: 1 minute for No Pass Zone, 1 minute to disqualification for the big turn buoy and 30 seconds for all other buoys and violations (**See Map 1**).
    Note: Some of the mandatory buoys in Lake Mic Mac are white. These buoys are less visible than some of the other mandatory buoys so please pay extra attention to the race buoys in this section of the course.

24. Novice and para will race a modified head race in a horseshoe course. The course begins in the pooling area in front of the Mic Mac boathouse. Crews will complete the first 600m of the head race course and then will move counter-clockwise across all lanes and then back down the warm up lane and finish at the tower. The finish will be in line with the traditional finish line but boats will travel between the last lane and the tower (**See Map 4**).

25. As the head race format includes no-passing zones and navigating a bridge with other crews in close proximity, we encourage clubs to have experienced coxswains in coxed boats.

26. A race will not be delayed to accommodate a late arriving crew – no exceptions. Boats must at the start area on time or they will be scratched from the race. This year, Umpires and Regatta Organizing Committees are being asked to enforce this rule strictly at regattas this season. For crews that are scratched from their race due to equipment issues the Regatta Organizing Committee will attempt to fit you into another race as an exhibition.

27. The skills event is open to all athletes registered at the Ice Breaker Regatta it is a fun event aimed to follow the RCA National Standard and Guidelines of Long Term Athlete Development & Regatta Standardization for all levels.

CATEGORY RESTRICTIONS

28. 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.

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 using the following categories below:

Category	Age
AA	21 - 26 years
A	27 - 35 years
B	36 - 42 years
C	43 - 49 years
D	50 - 54 years
E	55 - 59 years
F	60 - 64 years
G	65 - 69 years
H	70 - 74 years
I	75 - 79 years
J	80 years or more

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. PR 1 (leg, trunk and arms)
2. PR 2 (trunk and arms)
3. PR 3 (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.

Mix **Mixed 50/50 Female/Male**
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.

29. Masters competitors must meet the definition of a Masters rower.

a. A rower may compete as a Masters rower beginning in the year they turn 21. Masters rowers are then placed in categories AA-J as outlined in the table above. For crew boats the average and minimum age of the crew competing is calculated, excluding the coxswain.
b. If fewer than two (2) boats are competing in given category the Garret Masters' Age Adjusted Time System will be applied. For any Masters competitors in the AA category (21-26) no adjustment will applied, those crews will use their unadjusted time.
c. Masters rowers cannot compete in both Masters and Senior events in the same regatta.

30. Championship Events will include: Junior, Under 23, Senior, and Senior lightweight competitors. There must be at least two crews in an event for medals to be awarded. In the instance that there is only one club in an event category, the crew may still compete for overall Championship Event winner.

31. Mixed events require a minimum of half the crew consisting of women rowers (coxswains are not counted in the crew total).

MISCELLANEOUS

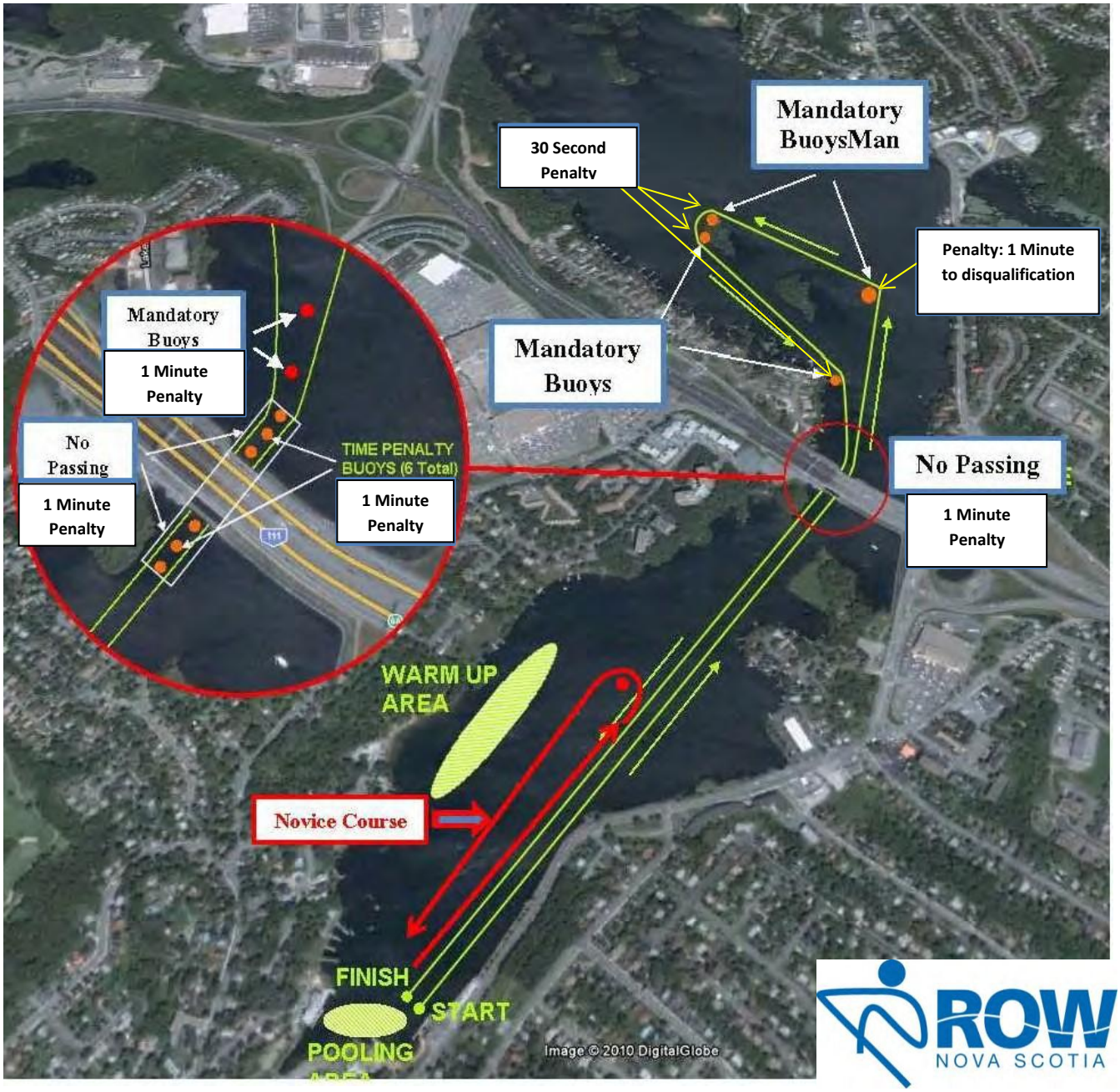
32. On site security for the boats will be provided from 8pm to 6am Friday at North Star Rowing Club.

33. For clubs trailering boats to the regatta we ask that you try your best to arrive with your boats on Friday between noon and 4pm on Friday May 24. If you think you will be arriving outside of those hours please email or call Row Nova Scotia (rowing@rowns.ca or 902-425-5450 x357). The goal of this is to ensure safe, organized and easy trailer parking/set up for all clubs.

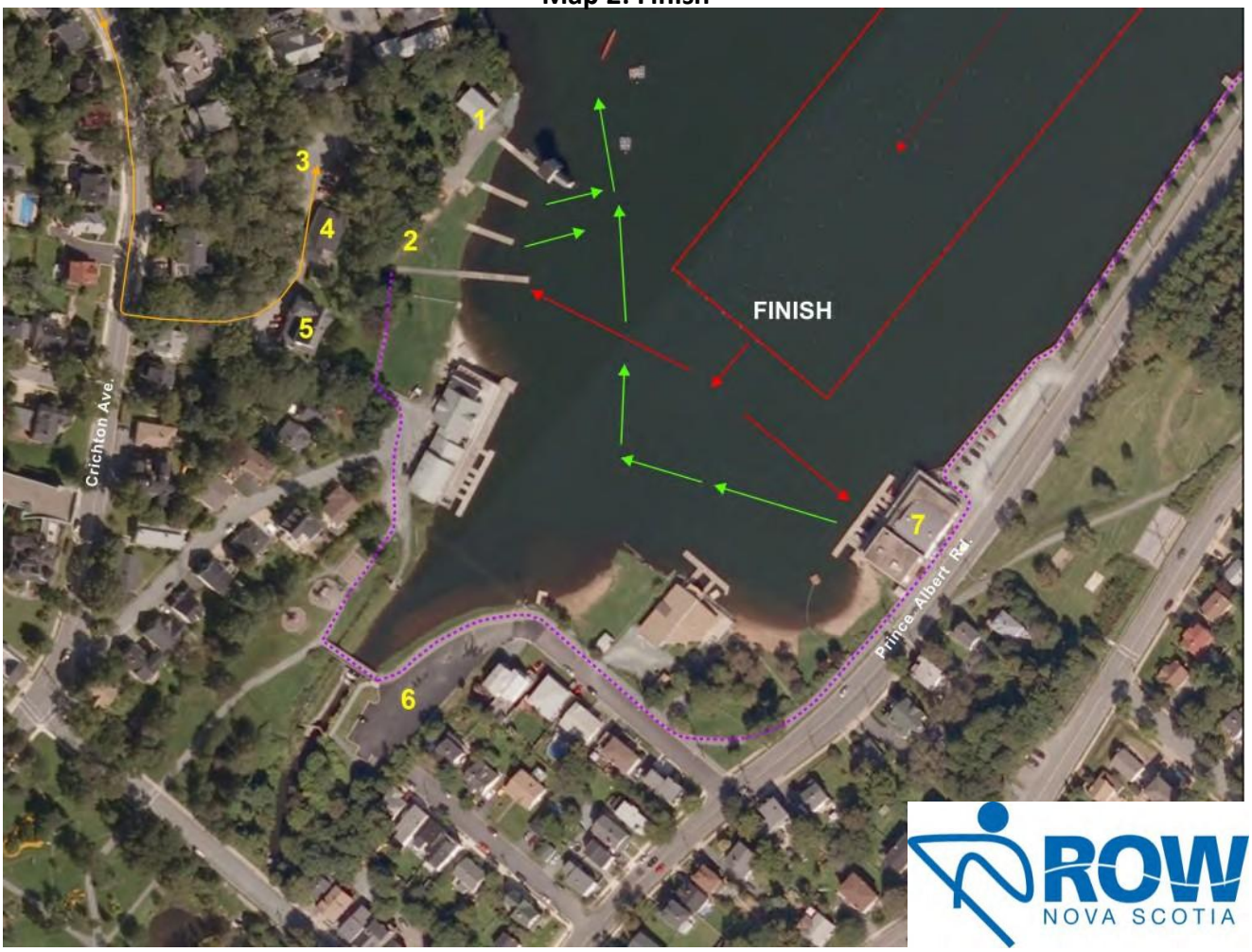
34. A canteen serving soup, sandwiches, muffins, coffee and tea will be available on site accepting only cash. All proceeds will go towards the Nova Scotia Provincial Team to support equipment and training expenses.

35. 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 – 6:30am-10:00am; shift 2 – 9:30am-1:30pm). 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: https://www.signupgenius.com/go/5080F45A9A82CA6FB6-icebreaker2. If you have any questions regarding volunteering please contact rowing@rowns.ca.

Map 1: Course Map and Penalties



Map 2: 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 3: Warm Up / Cool Down Flow Pattern Area

1. North Star Rowing & Judges Tower
   (See Finish Area Map)
2. MicMac AAC
3. Gazebo (Spectator Observation & Boardwalk)
4. Graham's Grove Park (Start-line Observation)
5. Conrad Footbridge

From Trans Canada

Walking Trail

Warm-up/Cool-down

Map 4: 1200 m Novice & Para Course