



Row Nova Scotia
5516 Spring Garden Road, 4th Floor
Halifax, NS B3J 1G6

Remote NS Sprints – Bud Myra Memorial “Regatta” *August 1 - September 6, 2020*

We were saddened to announce the cancellation of the Nova Scotia Sprints – Bud Myra Memorial Regatta in 2020. The 48th Annual Nova Scotia Sprints Regatta was scheduled for July 25-26, 2020 on Lake Banook in Dartmouth, however, due to the coronavirus pandemic and its widespread effects on Canada and the rowing communities in Nova Scotia we have made the difficult decision to cancel this year’s event.

However, we are excited to organize an alternative event that can be participated in from your home club. Row NS would like to offer a series of challenges to our members who would normally have been participants of the Nova Scotia Sprints and extend it to some of our members who would not have competed. These challenges will be more competitive while others will be more participatory. We would like to encourage everyone to participate as much or as little as they would like!

Although we will not be holding the Nova Scotia Sprints – Bud Myra Memorial Regatta this season, we would like to remember and recognize the contributions made by Bud Myra and look forward to the 48th edition of this regatta in 2021!

The Nova Scotia Sprints regatta is named in memorial of the late Bud Myra. Bud Myra is synonymous with the sport of rowing in Nova Scotia. Myra died in 1999 at 68, leaving a void in Nova Scotia rowing that will likely never be filled. His passion made his presence a constant feature at Dartmouth’s Mic Mac and North Star Rowing Clubs for more than four decades. 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.

Here is the “Regatta Package” for 2020:

Event #1 – Best “Rowing during Covid” Photo Challenge

Submission Window: August 1st to August 31st

Post a photo at anytime during the submission window of someone (or a group of people) participating in rowing while following all government and RCA Covid protocols! The photo should be posted to social media tagging @RowNovaScotia in it (if you do not use social media, your club can post the photo on your behalf). Row NS will share all photos from this challenge on our Instagram page to promote the safe and modified environment the rowing clubs in NS have created for their members!



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Event #2– “Go the Distance” Challenge

Submission Window: August 1st to August 31st

For this event, any individual registered with RCA and a club can participate. Each athlete will use a recording sheet OR Strava to log their exercise for the duration of the event (see attached for more details). Each type of physical activity is associated with a certain number of points (see scoring sheet). There are also “Bonus Challenges” that will earn you more points. This will be both a club event as well as an individual event. There will be a social media shout out as well as a \$50 Regatta Sport Gift Card awarded to 1) club with the greatest total points, and 2) the club with the greatest total points per individual. In order to be considered for club prizes, a club must have a minimum of 8 participants. Individuals will receive one ballot to a prize draw for every 50 points they earn. Top 3 participants in each category will also receive a social media shout out. All recording must be done/submitted by 11:59pm on the last day of the event. Your activity can be sent it retroactively at any time before the submission deadline.

Event #3 – Skills and Drills Video Challenge

Submission Window: August 3rd to August 9th

For this event, any individual registered with RCA and a club can submit a video for the challenge. The video must show an athlete successfully completing one or more of the skills and drills listed below. The athlete will receive one ballot to a prize draw for each skill that is successfully completed. The videos should be posted to social media tagging @RowNovaScotia (if you do not use social media, your club can post the video on your behalf) before the end of the submission period.

- Skill #1: Hand circles (30 in each directions)
- Skill #2: Seated rigger dips (10 on each side)
- Skill #3: Standing and clapping overhead (5 claps)
- Skill #4: Stationary 360° turn (both directions)
- Skill #5: Stationary roll up (without touching the water)

Event #4 – 200m Sprint

Submission Window: August 10th – August 16th

For this event, any individual registered with RCA and a club can participate. This will need to be done either with a GPS Stroke Coach (a picture taken to submit with your recording sheet) OR will need to be verified by a registered coach. You can pick any day or time within the duration of the event to complete your “race” on your own body of water. It can be done in any safe wind or weather conditions (we suggest choosing wisely). Your race piece should be completed from a dead start. We are aware that the fairness of this event is null – this is more a form of friendly competition that we are hoping all members will be able to enjoy. The top 3 in each category will be given a social media shout out and the winners



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of each category will receive a small prize. Submissions can be made at the following link:
<https://forms.gle/7YWv1C1EVsxr9rydA>.

Categories: U19, U23, Open*, PR1, PR2, PR3, Masters (21-30, 31-40, 41-50, 51-60, 60+)

* The “Open” Category is open to everyone (and everyone will be considered). It is specifically geared towards competitive athletes who are 23+, but any athlete is eligible.

Event #5 – 500m Sprint

Submission Window: August 17th – August 23rd

For this event, any individual registered with RCA and a club can participate. This will need to be done either with a GPS Stroke Coach (a picture taken to submit with your recording sheet) OR will need to be verified by a registered coach. You can pick any day or time within the duration of the event to complete your “race” on your own body of water. It can be done in any safe wind or weather conditions (I suggest choosing wisely). Your race piece should be completed from a dead start. We are aware that the fairness of this event is null – this is more a form of friendly competition that we are hoping all members will be able to enjoy. The top 3 in each category will be given a social media shout out and the winners of each category will receive a small prize. Submissions can be made at the following link:
<https://forms.gle/KUDnS78naMRtWhyE7>.

Categories: U19, U23, Open*, PR1, PR2, PR3, Masters (21-30, 31-40, 41-50, 51-60, 60+)

* The “Open” Category is open to everyone (and everyone will be considered). It is specifically geared towards competitive athletes who are 23+, but any athlete is eligible.

Event #6 – 1000m Race

Submission Window: August 24th – August 30th

For this event, any individual registered with RCA and a club can participate. This will need to be done either with a GPS Stroke Coach (a picture taken to submit with your recording sheet) OR will need to be verified by a registered coach. You can pick any day or time within the duration of the event to complete your “race” on your own body of water. It can be done in any safe wind or weather conditions (I suggest choosing wisely). Your race piece should be completed from a dead start. We are aware that the fairness of this event is null – this is more a form of friendly competition that we are hoping all members will be able to enjoy. The top 3 in each category will be given a social media shout out and the winners of each category will receive a small prize. Submissions can be made at the following link:
<https://forms.gle/PyMnyzGCX1hdjb699>.

Categories: U19, U23, Open*, PR1, PR2, PR3, Masters (21-30, 31-40, 41-50, 51-60, 60+)

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Event #7 – People’s Choice

Submission Window: August 31st – September 6th

For this event, any individual registered with RCA and a club can participate. The distance of this event will be decided by a vote through social media. We will announce the race distance prior to the submission window opening. This will need to be done either with a GPS Stroke Coach (a picture taken to submit with your recording sheet) OR will need to be verified by a registered coach. You can pick any day or time within the duration of the event to complete your “race” on your own body of water. It can be done in any safe wind or weather conditions (I suggest choosing wisely). We are aware that the fairness of this event is null – this is more a form of friendly competition that we are hoping all members will be able to enjoy. The top 3 in each category will be given a social media shout out and the winners of each category will receive a small prize. Submissions can be made at the following link:

<https://forms.gle/afsljsuP7dv1rNdo6>.

Categories: U19, U23, Open*, PR1, PR2, PR3, Masters (21-30, 31-40, 41-50, 51-60, 60+)

* The “Open” Category is open to everyone (and everyone will be considered). It is specifically geared towards competitive athletes who are 23+, but any athlete is eligible.



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Remote NS Sprints – Bud Myra Memorial “Regatta” Go the Distance Challenge – Information

As one of our options for our Remote NS Sprints – Bud Myra Memorial “Regatta”, we would like to offer the “Go the Distance” Challenge! This challenge is open to anyone registered with RCA and a club to track their training time & kilometres on Strava (or using the hard copy form attached) for a chance to win some prizes! Your activity can be sent it retroactively at any time before the submission deadline.

Inspired by our local leader in virtual challenges at the Halifax Rowing Club, this challenge will turn your training volume & kilometres into points, and your points will go towards your club’s totals as well as earning you personal ballots to a prize draw! The club with the most points at the end of the challenge AS WELL AS the club with the most points per individual at the end of the challenge will win a \$50 Gift Card to Regatta Sport! Individual athletes will receive one ballot per 50 points to a prize draw for a selection of Row NS gear and gift cards.

** Clubs must have a minimum of 8 members to be considered for the club challenge portion.*

Submission Window

August 1st to August 31st – **Deadline to submit forms is August 31st at 11:59pm.**

Strava

Each club will have their own Strava page. You can view the other clubs’ pages without being a member. You can join your club’s Strava page by following the link:

HRC – www.strava.com/clubs/halifaxrowing

North Star – <https://www.strava.com/clubs/NorthStarRowingNSSprints>

MicMac – <https://www.strava.com/clubs/MicMacRowingNSSprints>

LYC – <https://www.strava.com/clubs/LYCRowingNSSprints>

Antigonish – <https://www.strava.com/clubs/ARCRowingNSSprints>

** If there is a club from another province that would like to participate please contact rowing@rowns.ca.*

** If you have a Smart Watch, you can sync it up to Strava to automatically track your training. If you don't have a watch, no problem! You can manually log your training, just like on Concept 2 Log Book.*

** If you would prefer not to use Strava, you can use the hard copy form at the end of this document.*



Points System:

Type	Time/Distance	Points
Rowing	1km/5minutes	2 points
Erging	1km/5 minutes	2 points
Running	1km/7 minutes	3 points
Cycling	1km/3 minutes	1 point
Hiking	1km/15 minutes	1 point
Walking	1km/15 minutes	1 point
Indoor Cycling/Exercise Machines	10 minutes	1 point
Para Cycling/Ski Erg	5 minutes	3 points
Weights/Circuits	10 minutes	2 points
Yoga	10 minutes	1 point

Bonus Challenges

Bonus points are in addition to the minutes/distance. You must post proof (a video, picture, etc.) on social media and tag Row NS to be awarded the points!

** The distance/time/repetitions must be completed in one session.*

Bonus Challenge	Points
70km Bike Ride	30 points
20km Run	30 points
1 Hour of Coastal Rowing	20 points
50 Jump Squats	15 points
50 Push Ups	15 point
Exploring Somewhere New is NS While Rowing/Biking/Running/Hiking/Walking	10 point



Remote NS Sprints – Bud Myra Memorial “Regatta” Go the Distance – Logbook

Please use this form to log your total physical activity during the “Go the Distance” challenge if you would prefer a hard copy to the Strava option. Please make sure to fill in total minutes and total distance so that you can maximize your points! Your activity can be sent it retroactively at any time before the submission deadline.

Name: _____

Club: _____

Category: _____

The challenge will run from August 1st to August 31st. Please make sure to submit your form(s) before 11:59pm on August 31st! You can submit your forms to rowing@rowns.ca.

Date	Type of Physical Activity	Total Minutes	Total Distance