

2022 Lunenburg Coastal Beach Sprints and RCA Qualifier

July 22, 23 and 24 2022

Bachman's Beach, Second Peninsula, Lunenburg



Welcome

Lunenburg Yacht Club Rowing, in collaboration with Row NS, is pleased to host Nova Scotia's first sanctioned Beach Sprints Regatta. Building on the success of the RCA High Performance Beach Sprints Selection Trial and Beach Sprints Come and Try held in 2021, this event will be located at beautiful Bachman's Beach at the end of Second Peninsula. The regatta will offer a Club category open to any club rowers interested in coastal racing (Open) as well as an Elite category for those pursuing selection on the RCA national team to compete at the World Rowing Beach Sprints or coastal events in Wales, UK in October 2022 (FISA Junior and Senior). The top performers in the Elite events will be supported by RCA to attend an open final to be held in Ontario from August 26-28, at which athletes will be selected to compete for Canada in October.

Events

Events will include

Club (Open) CW1X, CM1X, CMix2x, CW2X*, CM2X*

Elite (Senior) CW1X, CM1X, CMix2X

Elite (Junior) CJW1X, CJM1x, CJMix2X

*Club CW2X and CM2X races are open to all participants, including competitors in the Elite category.

Facilities

Limited parking will be provided in a field opposite the beach, but please car pool if you can. There are no services at the beach, but portable toilets, drinking water, and first aid will be provided. Very limited shelter will be available; clubs are strongly advised to bring their own tents/beach umbrellas for shelter.

Rules - The RCA Rules of Racing will be applied.

Equipment

Boats will be provided by the Organizing Committee (LiteBoat solos and doubles); Clubs/rowers will be required to provide their own oars.

Please be mindful that equipment is on loan and all efforts to minimize potential damage must be taken by athletes and coaches and all direction given by regatta volunteers to this end, must be followed.

The span/spread of each boat shall be fixed for the duration of the event and will be shared by the OC in a Bulletin.

Registration

Registration will be completed online using Regatta Central. Registration will go live on June 28 2022.

- 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. Fees must be paid in advance of the regatta through Regatta Central.

The 2022 fee structure is \$3.65 RCA seat fee and \$1.75 Row NS seat fee per race event. This is being charged in addition to paying the regatta registration.

All athletes participating in the regatta are required to be registered with RCA and their PRA through an RCA Member Club. 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. Any athlete wishing to participate who is not a current RCA Member may contact RowNS to make arrangements to race in the club events.

There is a regatta registration fee for each event at the regatta. Regatta registration includes the use of Liteboat coastal rowing shells for racing.

Single (1X)	\$45.00 + seat fees
Double 2X)	\$80.00 + seat fees

Registration due date is midnight on Wednesday July 13, 2022. Late entries may be accepted at the discretion of the Organizing Committee after this date until noon Wednesday July 20th; however, a \$15 per boat late fee will be applied.

The preliminary draw will be released Monday July 18, 2022, and the final draw will be released Thursday July 21 2022.

Scratches received after the registration deadline on Wednesday July 13, 2022 at midnight will forfeit entry fees unless there is a suitable medical excuse.

Course

The race course is made up of two sections: a land section and a water section.

- The land section consists of an approximately 50m path on the beach to the waters' edge.
- The water section of the course will be laid out with two lanes.

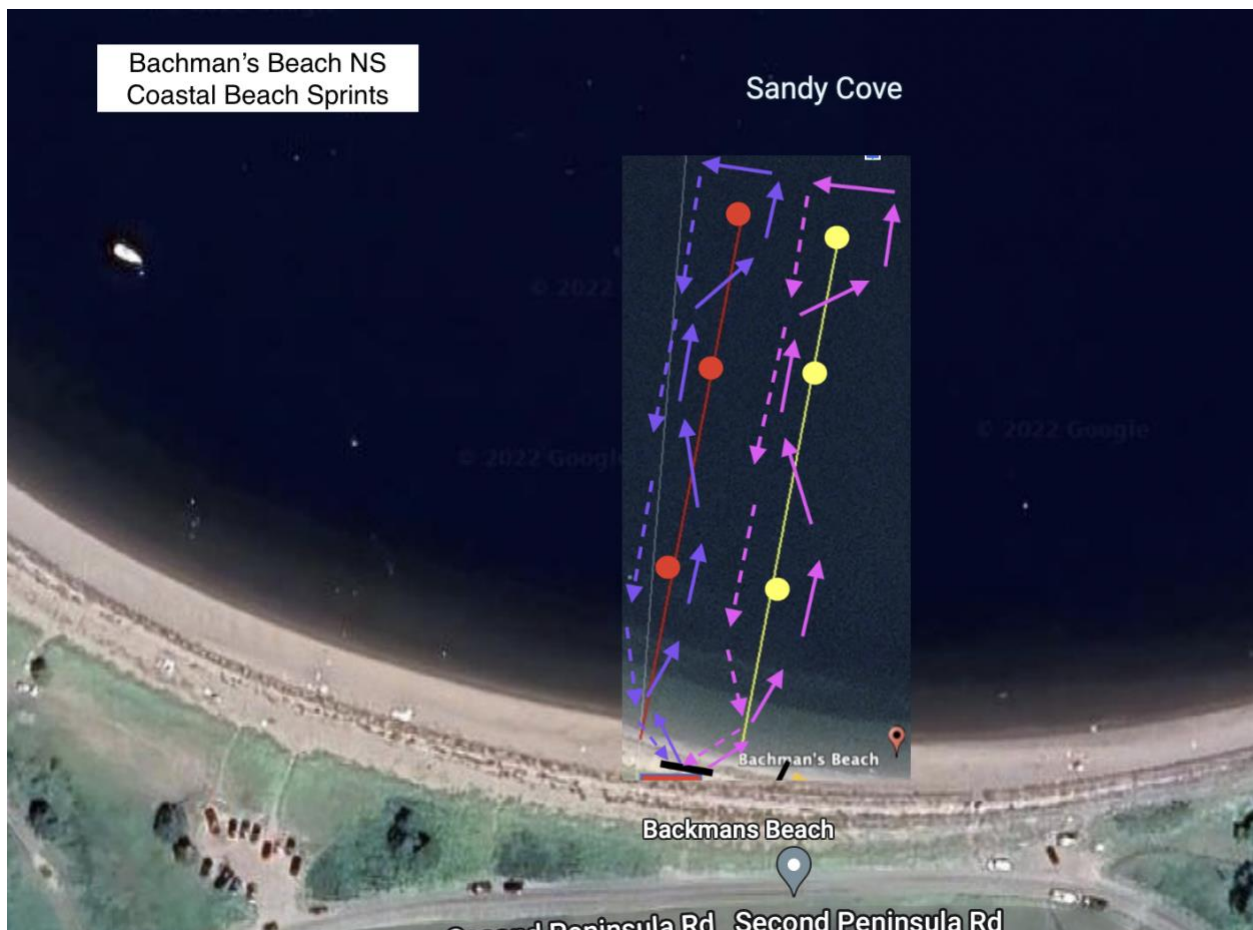
Each lane will be 250 meters long with three buoys (set at approximately 85m + 85m +80m).

The race will be started on the beach with an approximately 50m run from the Start line to the boat by a designated runner.

Crews will then race the water section of the course by slaloming out around the buoys and then a row straight back to the beach.

A designated runner will then jump out of the boat and run up to 50m through the Finish line and grab the flag in the sand to complete the race.

Map



Penalties

A crew not correctly rounding any buoy on the course shall be awarded a time penalty as follows:

1. Not correctly rounding the first or second buoy from the beach – 30 seconds each instance;
2. Not correctly rounding the third buoy from the beach – 60 seconds
3. Crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalized by the umpire.

Progression System and Race Format

Time trials for both Club and Elite events will be held the morning of Saturday July 23. Two crews will race side by side, racing for time only and not position. Time trials will start at approximately 5 minute intervals.

Time trials will be used to seed boats for Quarter, Semi and Final races. Again, two boats race side by side in pre-assigned lanes and boats. Quarter, semi and finals will run immediately after each other for each event, alternating Club and Elite events. Races will occur at approximate 6-7 minute intervals, and will be run two boats race side by side in a knockout fashion.

The Organizing Committee will make every effort to provide all participants a minimum of two races in each event they enter, but the final schedule will be determined by the number of entries and the time available. There may also be limits set for the number of entries in certain events, depending on registration. If there are insufficient entries in events the Organizing Committee may also combine events in order to provide the most competitive race experience.

Tentative Race Schedule (Final Schedule to be determined after close of entries and posted by July 21)

Friday July 22	
5:00	Beach Orientation and Beach Sprints Training session for coaches, athletes and boat handlers*
5:15 -8:00 pm	Practice (Pre-booked with OC)
Saturday July 23	
7:00	Beach Orientation and Beach Sprints Training session for coaches, athletes and boat handlers*

7:15 – 8:15 am	Practice (Pre-booked with OC)
8:15 am	Captain's meeting (compulsory)
8:45 am- 12:00 pm	Time trials for all events, Elite and Club
12:00- 12:45 pm	Lunch
12:45- 1:45 pm	Quarter, semi and finals Club CM1X and CW1X
1:45 - 2:45 pm	Quarter, semi and finals Elite CJM1X and CJW1X
2:45- 4:00pm	Quarter, semi and finals Elite CM1X and CW1X
Sunday July 23	
7:00- 8:00 am	Practice (Pre-booked with OC)
8:00 am	Captain's meeting (Compulsory)
8:30- 9:45 am	Quarter, semi and finals Club CMix 2x
9:45- 11:00am	Quarter, semi and finals Elite Senior CMix 2x
11:00- 12:00pm	Quarter, semi and final, Elite Junior CJMix2X
12:00- 12:45 pm	Lunch
12:45- 2:00 pm	Quarter, semi and final, CW2X
2:00-3:00 pm	Quarter, semi and final, CM2x
3:15 pm	Awards and beach clean up

- All crews **must attend** one of two **Beach Orientation and Beach Sprints** training sessions to be offered Friday prior to practice (5 pm), or Saturday morning prior to practice and the Captain's meeting (7 am). Facilitated by Jenna Pelham-Todd, certified Coastal coach, these sessions will provide participants with an orientation to the beach as well as instruction on getting in and out of the boats safely and quickly. Tips and practice for boat handlers and athletes will be offered.
- **Captain's meeting** Saturday July 23, 8:15 am & Sunday July 24, 8 am (**Compulsory**)

Course Training Schedule

A club coach is required to be on location when athletes are training.
Club coach must prebook training times for their athletes by emailing the OC. The OC will confirm a training time.

Friday July 22, 5:15 -8 PM

Saturday July 23, 7:15-8:15 AM

Sunday July 24, 7-8 AM

For questions relating to registration and entries, please contact Iain Carew at icarew@sportnovascotia.ca. For other information, please contact Organizing Committee Co-Chair Joan Backman at joanbackman@gmail.com.