

# Row Nova Scotia

## 18<sup>th</sup> Annual Ice Breaker Regatta

Lake Banook  
Dartmouth, NS

May 24, 2025

Hosted by



Row Nova Scotia Welcomes



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## Welcome from the Chair

Row Nova Scotia is pleased to host the 18<sup>th</sup> Annual Ice Breaker Regatta on Saturday May 24, 2025 on Lake Banook in Dartmouth, Nova Scotia. Row Nova Scotia is working towards growing participation in the sport of rowing at all levels, as well as providing meaningful competition for Nova Scotia rowers from novice to national calibre competitors.

The Ice Breaker Regatta will follow the RCA National Standard and Guidelines of Long Term Athlete Development & Regatta Standardization. From this, the recommendation for the spring season is to develop endurance, strength, speed, and skills through long distance racing under a variety of conditions.

The format is a 4.3 km head race in the morning. We will be running 5 flights of races on a one-hour interval. There will be an Award Ceremony following the regatta at approximately 1:00 pm held in front of Oakwood House. We will be running championship events for many races including 1x, 2x, 4x, 4+ and 8+ boats. The purpose of the championship events is to increase the level of meaningful competition by racing all junior, U23 and senior competitors in the championship event. This is along with 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 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 or contact the regatta chair at the email below: <https://www.signupgenius.com/go/5080F45A9A82CA6FB6-56475569-2025>

Sincerely,  
Iain Carew

**EVENT INFORMATION****List of Events**

		<b>1x</b>	<b>2x</b>	<b>4x</b>	<b>4+</b>	<b>8+</b>
<b>Novice</b>	Men		X		X	
	Women		X		X	
<b>Junior</b>	Men	X	X	X	X	X
	Women	X	X	X	X	X
<b>Under 23</b>	Men	X	X	X	X	X
	Women	X	X	X	X	X
<b>Senior</b>	Men	X	X	X	X	X
	Women	X	X	X	X	X
<b>Senior Lightweight</b>	Men	X	X			
	Women	X	X			
<b>Masters</b>	Mixed		X	X		
	Men	X	X	X		X
	Women	X	X	X		X
<b>Para</b>	PR3 Men	X				
	PR3 Women	X				
	PR2 Women	X				
	PR2 Men	X				
	PR1 Women	X				
	PR1 Men	X				

**Ice Breaker Regatta Flight Schedule**

<b><u>Flight 1 – 7:30am</u></b> Championship W4X Masters W2X Masters Mixed 2X Championship M1X Championship M4+	<b><u>Flight 2 – 8:30am</u></b> Championship M8+ Masters W8+ Masters M4X Championship W2X Masters W1X	<b><u>Flight 3 – 9:30am</u></b> Novice M4+ Novice W4+ Novice M2X Novice W2X PR3 W1X PR3 M1X PR2 W1X PR2 M1x PR1 M1X PR1 W1X
<b><u>Flight 4 – 10:45am</u></b> Championship W8+ Masters M8+ Masters W4X Championship M2X Masters M1X	<b><u>Flight 5 – 11:45am</u></b> MO Championship M4X Masters M2X Championship W1X Masters Mixed 4X Championship W4+	

*Championship Events (1x, 2x, 4x, 4+, 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.*

## RULES AND REGULATIONS

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

## 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](mailto: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 2025, RCA and Row NS have implemented a new membership fee structure. In this fee structure a \$4.30 RCA seat fee and \$1.25 Row NS seat fee per race event is being charged in addition to paying the regatta registration.
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 \$40.00 for each participant at the Ice Breaker Regatta plus the additional seat fees (see item #3).
6. Regatta registration fees can be paid in advance through e-transfer to [rowing@rowns.ca](mailto:rowing@rowns.ca) (password "icebreaker"), or on the morning of the regatta by cash or cheque (addressed to Row Nova Scotia). All seat fees MUST be paid online through Regatta Central the week following the regatta.
7. Entries will close Tuesday, May 20, 2025 at midnight.
8. Scratches received after Thursday, May 22, 2025 without medical excuse will forfeit entry and seat fees.
9. Late entries may be accepted after the entry deadline of Sunday, May 18, 2025. 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 Wednesday May 21. Clubs will have until Thursday, May 22 at midnight to make changes to their regatta entries and email the changes to the regatta chair ([rowing@rowns.ca](mailto:rowing@rowns.ca)). On Friday the final regatta draw will be released. **We will not be going through the draw race by race on Friday evening at the coaches and officials meeting. Changes must be made by email before the final draw is released.**
11. Withdrawals can be made verbally to the Umpires at Control Commission on the day of the regatta.

12. There is no racing limit. We expect coaches to know the capacity of their athletes and to make crews accordingly. We will not be delaying the start of events for athletes in back-to-back flights or for crews who are late to the start.
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 23, 2025, at 6:30pm at Oakwood House. This meeting is mandatory for coaches and each club **MUST** have a coach attend this meeting. It is highly recommended that cox and bow seat competitors attend this meeting.
14. Weigh-ins will take place for lightweight rowers at Oakwood House between 6:00 am and 6:30 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 75kg.
  - b. Maximum weight for Lightweight women is 61.5kg.
15. A crew that does not make weight may still race in their scheduled flight, but will not be eligible for lightweight awards and will have their time compared to the appropriate weight & age categories in their flight.
16. Please be advised that the race schedule is subject to change depending on the 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 colours. Although it is understood that a variety of rowing uniforms are available such as singlets, unisuits etc., officials of the regatta must see some consistency in the colour and pattern worn by all members representing one club.

## RACING

20. 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.
21. 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. The no passing rule will be enforced on both sides of the bridge.
22. When a boat is being overtaken, the boat being passed **MUST** move out of the way of the crew that is passing them. Passing may only occur where it is safe to do so and not within the "No Passing Zone".

23. Penalties: 1 minute for No Pass Zone, 1 minute up 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 700m of the head race course and then will move counter-clockwise across the lanes and then back down lane 5, finishing in front of 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. Crews that are late to the start due to equipment issues may be allowed to start at the end of their applicable flight, at the discretion of the Umpire.

### CATEGORY RESTRICTIONS

27. The Ice Breaker Regatta 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 31 <sup>st</sup> of December of the year in which he or she reaches the age of 18.																									
U23 M/W	Under 23 Men/Women	A rower or coxswain who shall be classified as an Under 23 competitor until the 31 <sup>st</sup> of December of the year in which he or she reaches the age of 22.																									
SR M/W	Senior Men/Women	A rower or coxswain of any age may compete as a Senior																									
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: <table><tr><th>Category</th><th>Age</th></tr><tr><td>AA</td><td>21 - 26 years</td></tr><tr><td>A</td><td>27 - 35 years</td></tr><tr><td>B</td><td>36 - 42 years</td></tr><tr><td>C</td><td>43 - 49 years</td></tr><tr><td>D</td><td>50 - 54 years</td></tr><tr><td>E</td><td>55 - 59 years</td></tr><tr><td>F</td><td>60 - 64 years</td></tr><tr><td>G</td><td>65 - 69 years</td></tr><tr><td>H</td><td>70 - 74 years</td></tr><tr><td>I</td><td>75 - 79 years</td></tr><tr><td>J</td><td>80 years or more</td></tr></table>		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
Category	Age																										
AA	21 - 26 years																										
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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 – 75.0 kg maximum; Women - 61.5 kg maximum. No average for lightweight events																									
Para M/W	Para Athletes	A rower with a physical disability who meets the criteria set out in the Para Rowing classification rules. There are three Para categories:																									

		1. PR 3 (leg, trunk and arms) 2. PR 2 (trunk and arms) 3. PR 1 (arms and shoulders) Para athletes are eligible to row in para or non-para 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 prior to April 1 of the current year.
<b>Mix</b>	<b>Mixed</b>	A crew in which no more than half of the rowers in each crew shall identify as male, excluding the coxswain

28. Masters competitors must meet the definition of a Masters rower.
- 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.
  - In Masters events the Garrett Masters' Age Adjusted Time System will be applied to all competitors except Masters competitors in the AA category (21-26). Masters AA competitors will race using their unadjusted time.
  - Masters rowers can compete in both Masters and Senior events in the same regatta.
29. 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 crew in an event category, the crew may still compete for Overall Championship event winner.
30. The Overall Championship winner will be awarded to the crew who has the highest GMS percentage for their given category.
31. Mixed events consist of crews in which no more than half of the rowers in each crew shall identify as male, excluding the coxswain (coxswains are not counted in the crew total).

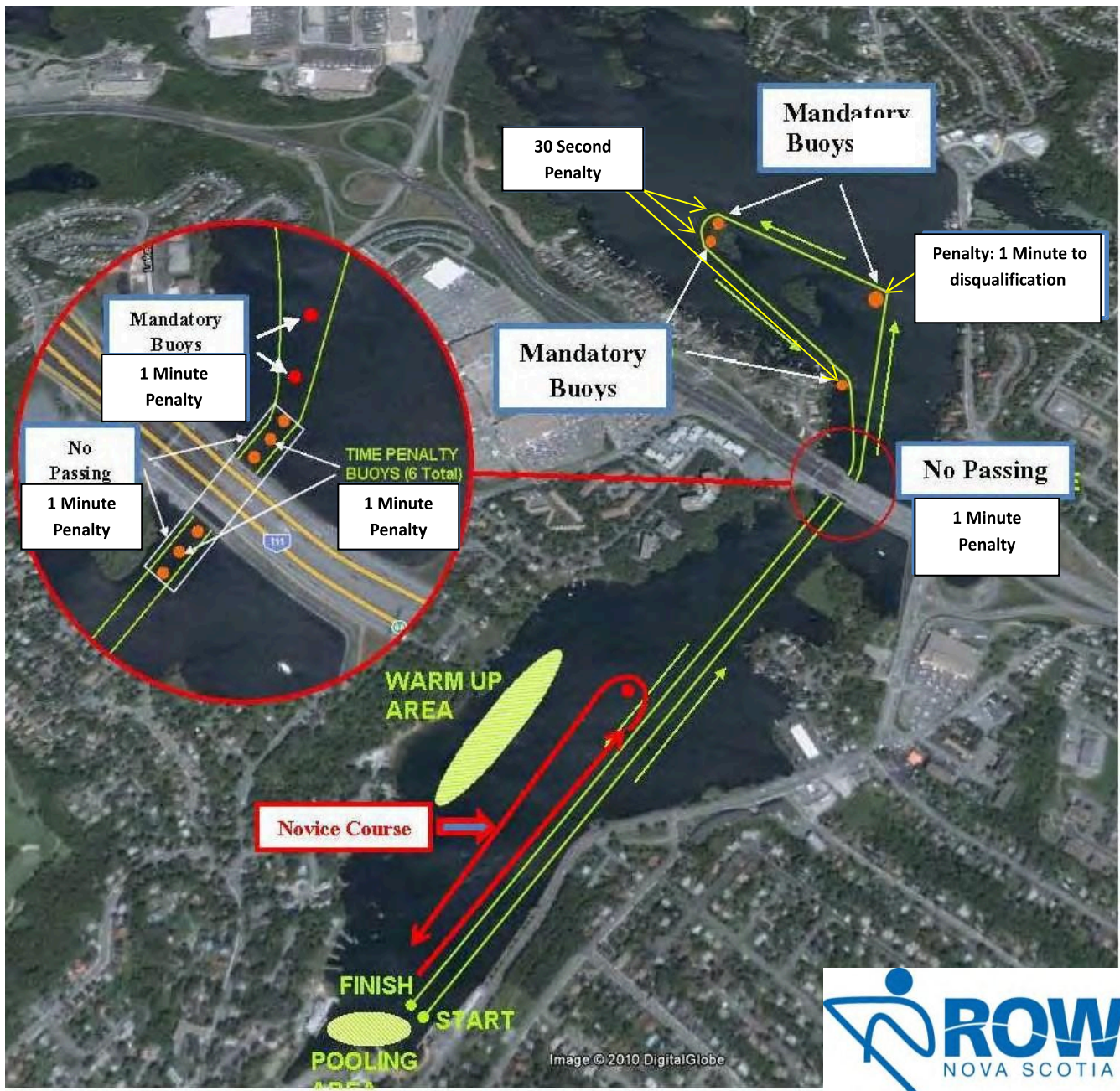
## MISCELLANEOUS

32. Onsite security for the boats will be provided from 8pm Friday to 6am Saturday 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 23. If you think you will be arriving outside of those hours, please email or call Row Nova Scotia ([rowing@rowns.ca](mailto: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. 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 – 6:45am-10:15am; shift 2 – 10:00am-1:00pm). Please sign up for one of the volunteer positions and shifts at the following link:

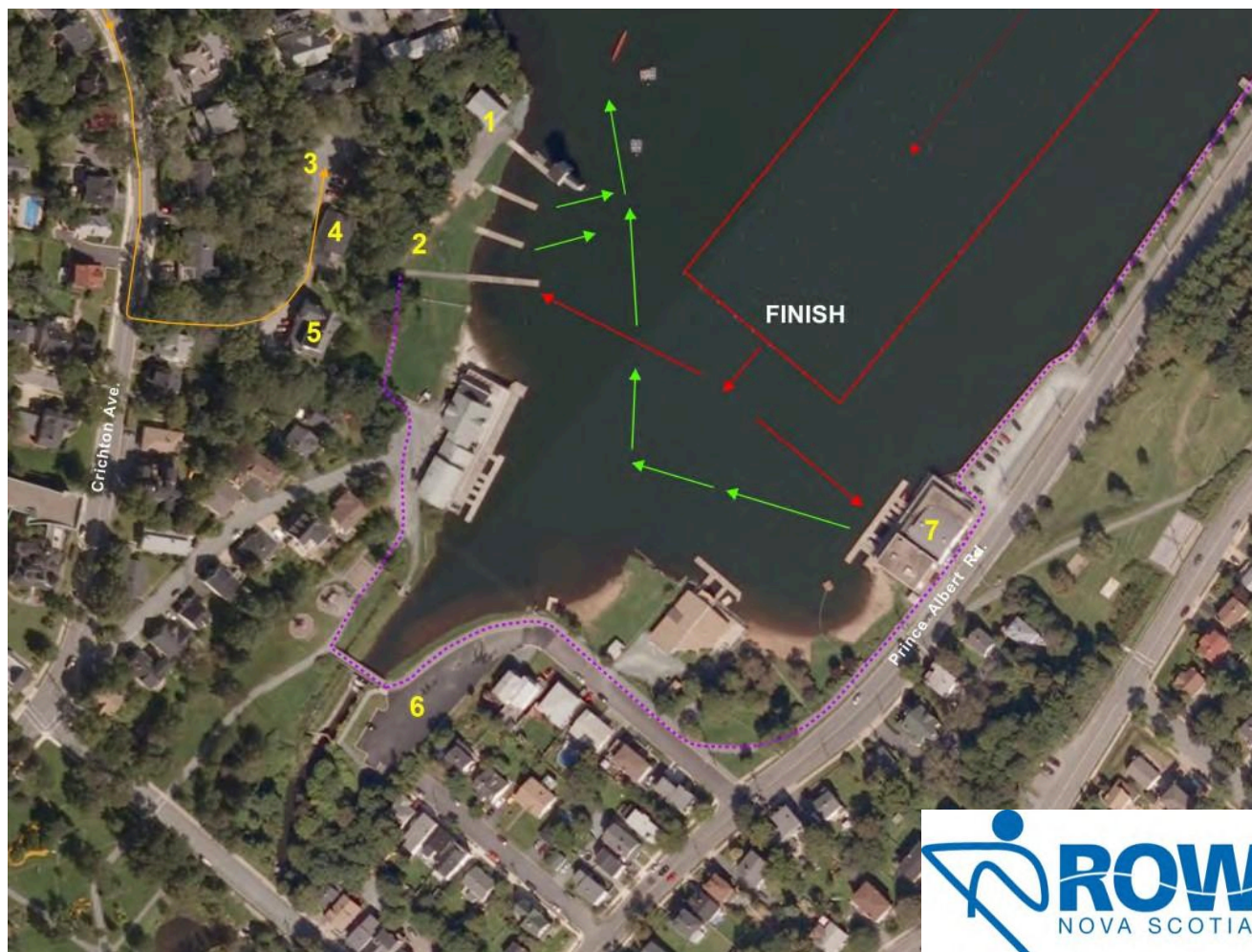
<https://www.signupgenius.com/go/5080F45A9A82CA6FB6-56475569-2025>

If you have any questions regarding volunteering, please contact [rowing@rowns.ca](mailto:rowing@rowns.ca).



**Map 1: Course Map and Penalties**

## Map 2: Finish



## 1. Judges Tower

Medical Control

Results

Officials 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 (Start-line observation)
3. Gazebo (Spectator Observation & Boardwalk)
4. Graham's Grove Park
5. Conrad Footbridge



**Map 4: ~1400 m Novice & Para Course**

