

2025

Really Chili Regatta

Lake Banook
Dartmouth, NS

October 26th, 2025

Hosted by



Row Nova Scotia welcomes:



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2025 Really Chili Regatta

Welcome!

Row Nova Scotia (Row NS) is pleased to host the 19th Annual Really Chili Regatta on Sunday, October 26th, 2025 on Lake Banook in Dartmouth.

The Really Chili features 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 a 1km time trial event in the morning and one in the afternoon. This race format encourages fast and competitive finals with boats being separated by time rather than category. Let the fastest boat win!

All competitors / crews are welcome and encouraged to wear Halloween Costumes during their events! Scary, funny, odd, and interesting ... we can't wait to see what you'll dress up as!

We encourage family, friends, former rowers and those who have never seen rowing to come out and watch the event, and 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 using the link below or email rowing@rowns.ca.

<https://www.signupgenius.com/go/5080F45A9A82CA6FB6-59348513-2025>

The regatta will wrap up with the tradition of free chili for participants, coaches and volunteers at Oakwood House at the end of the regatta and we encourage everyone to stick around! **Row NS is looking for donations of Chili, which can be dropped off at Oakwood House before / during the regatta! Please label any pots / containers so that they can be returned to the rightful owners.**

Happy Racing!

Regatta Chair

2025 REALLY CHILI REGATTA

Event Format

1km Time Trial to Finals

There will be two events following the same format, one in the morning and one in the afternoon, where 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 age class.

These events are open and will allow the fastest boats regardless of boat class (single, double, or quad, etc) and category (Womens, Mens, U19, U23, Novice, Senior and Masters, Lightweight, etc) to face off in 1km finals creating finals with full lanes and to be as competitive racing as possible.

Participants and clubs can enter any combination of crews, boats and categories in the time trials to put together the fastest crews and boats possible. Awards will be awarded to the top finisher in the morning and afternoon A final, and the fastest novice, under 19, under 23, senior, para and masters boats from the morning finals, and from the afternoon finals, as judged by GMS.

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

1km Time Trial to Finals #1 - Morning		1km Time Trial to Finals #2 - Afternoon	
7:30 am	Time Trial	11:30 am	Time Trial
10 min intervals	Time Seeded Finals	10 min intervals	Time Seeded Finals
	Final G		Final G
	Final F		Final F
	Final E		Final E
	Final D		Final D
	Final C		Final C
	Final B		Final B
	Final A		Final A
		Awards & Chili	

RULES AND REGULATIONS

APPLICABILITY OF RULES

1. Unless otherwise noted in the package, 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.
3. There is a fixed regatta registration fee of \$40 for each competitor entered, plus applicable seat fees for each event they are entered in. Seat fees for 2025 are: \$4.30 RCA seat fee and \$1.25 Row NS seat fee per race event.
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. We ask that clubs please follow the payment procedures outlined below:
 - All regatta entry fees can be paid on Regatta Central or by cash, cheque (made payable to Row Nova Scotia), or e-transfer (rowing@rowns.ca) the weekend of the regatta.
 - All seat fees should be paid online through Regatta Central following the regatta. Please choose the option to defer payment when completing your entries. The deadline to pay these fees online will be one week following the regatta at midnight, so race entries will be updated in Regatta Central.
6. Entries can be made using Regatta Central. Entries will open October 15, 2025 and close October 20, 2025 at midnight.
7. Scratches received after Tuesday, October 21, 2025 at midnight will forfeit entry fees unless there is a suitable medical excuse.
8. Late entries may be accepted after the registration deadline of October 20, 2025 at midnight. 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.
9. Clubs may enter any number entries in each Time Trial. The number of individual club entries in any event may be restricted to a maximum of three (3). Additional entries may be allowed if space permits. Each competitor may be restricted to a maximum of two (2) events.

10. Event entries must be made to ensure to eliminate the possibility of participants being in back-to-back races and “hot seating”.
11. A preliminary regatta draw will be released on October 22, 2025. Clubs that need to make changes to their entries based on the preliminary draw should email the changes to Row Nova Scotia (rowing@rowns.ca) by the end of the day on October 23, 2025. The final regatta draw will be released after the coaches meeting on October 24th, and at this point we will not be accepting changes to the regatta draw.

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

12. The week before the regatta a Safety and Course Document will be sent to all clubs registered. The information in this document will be covered and reviewed at the coaches and officials meeting on Friday October 24, 2025 (before the AURC regatta), at 6:30pm at Oakwood House. It is **mandatory** for a representative from each club to attend. It is highly recommended that coxes and bow seat competitors attend this meeting.
13. Weigh-ins will take place for lightweight rowers at Oakwood House between 6:15 am and 7:00 am on the morning of their event. Athletes must weigh while wearing their racing uniforms. Crews must weigh-in together and athletes must have identification upon request. Multiple weigh-ins will be allowed during the weigh-in window. There will be no test scale for practice weigh-ins.
 - a. There will be no weigh-ins for coxswains.
 - b. Maximum weight for Lightweight men is 72.5kg.
 - c. Maximum weight for Lightweight women is 59.0kg.

Club Eligibility

14. Clubs must be in good standing with RCA or their respective member federation to be qualified to participate at the regatta.
15. All athletes 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 representing one club.

Competitor Eligibility

16. All competitors, including coxswains, may participate in multiple events. Each competitor may be restricted to a maximum of two (2) events. Competitors and clubs are responsible for allowing sufficient time to race in one event, dock, re-queue, and launch in time for an additional event. The regatta and umpires will not wait for late arriving crews.

17. Any member of a National Team (Sr. A, Sr. B, U19, U23, and Para) is permitted to participate in any event provided they represent their home club and not a National Team Training Centre, Rowing Canada Aviron or US Rowing.
18. A competitor who is a member of more than one (1) club must select which club they will represent.
19. Competitors may participate as a member of a composite crew (two or more clubs).
20. Row Nova Scotia recognizes the following classifications at the Really Chili Regatta:

U19 M/W	Under 19 Men/Women	A rower or coxswain who shall be classified as an Under 19 competitor until the 31 st of December of the year in which they reach the age of 18.
U23	Under 23 Men/Women	A rower or coxswain may compete as an Under 23 competitor until the 31 st of December of the year in which they reach 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 they attain the age of 21.
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 Men/Women	A rower with a disability who meets the criteria set out in the Para Rowing classification rules. There are three PARA categories: 1. PR1 (Arms and shoulders) 2. PR 2 (trunk and arms) 3. PR 3 (leg, trunk and arms) Para athletes are eligible to row in para and non-para events in the same regatta.
N M/W	Novice Men/Women	A rower who has not competed in a sanctioned on-water regatta prior to April 1 of the current year.
Mix	Mixed Men / Women	A crew in which no more than half of the rowers in each crew shall identify as male, excluding the coxswain.

REALLY CHILI REGATTA

Events

21. The Really Chili Regatta will have the following event classifications. Clubs can enter competitors for these events in the morning and/or afternoon time trials

Classification	Gender	1X	2X	2-	4X	4-/4+	8+
Novice	Men	X	X		X	X	X
	Women	X	X		X	X	X
	Mix		X		X		X
U19	Men	X	X	X	X	X	X
	Women	X	X	X	X	X	X
	Mix		X		X		X
U23, U23 LW, Senior, Senior LW	Men	X	X	X	X	X	X
	Women	X	X	X	X	X	X
	Mix		X		X		X
Master	Men	X	X		X		X
	Women	X	X		X		X
	Mixed		X		X		X
Para	Mix	X	X				
	Men	X	X				
	Women	X	X				

22. For Master events the Garrett Masters Age Adjusted Time System will be applied with the exception of Masters competitors in the AA category (ages 21-26) who will race using their unadjusted time. The adjustment will be applied to a single sculler or, in the case of a crew boat, the average age of the crew excluding the coxswain.

AWARDS

23. For each set of Finals following the time trials (Time Trial #1 in the morning and Time Trial #2 in the afternoon) the following winners will be awarded:
- The top finisher in the A final.
 - The fastest novice, under 19, under 23, senior, para, and masters boats, as judged by GMS, across all finals in the morning and in the afternoon.
24. A minimum of two entries from two clubs are required to constitute a race for award purposes.
25. For Masters boats the masters age adjustment time system will not be applied in the time trial. All boats will be seeded into finals based on their real time. Age adjusted time will be applied with GMS for award purposes.

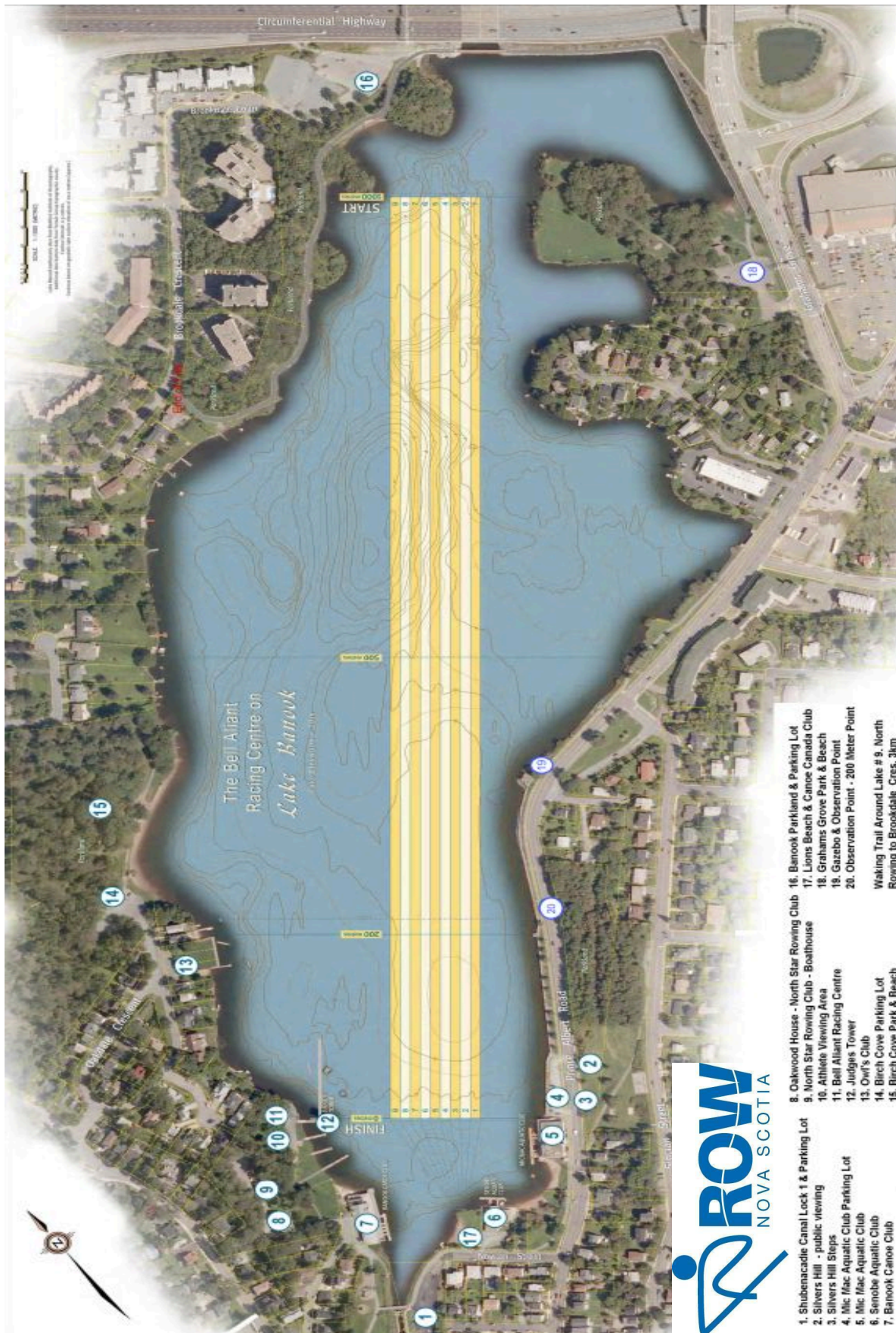
MISCELLANEOUS

26. Row Nova Scotia is in search of the volunteers to help out in various positions: safety boat drivers, safety boat assistants and timers. If you have any questions regarding volunteering please contact rowing@rowns.ca, or visit

<https://www.signupgenius.com/go/5080F45A9A82CA6FB6-59348513-2025>

27. Boats and Trailers can be parked in the parking lot at North Star Rowing Club and on site security for the boats will be provided from 7pm Saturday to 6 am Sunday at North Star Rowing Club.
28. There will be no designated practice time on the course on Saturday or pre-row before the regatta. Any club or rower who would like to use the lake outside of regatta times must do so at their own risk, and using their own safety boats (or rented from clubs). The course must be cleared of pre-row by 7:00am to begin the regatta.
29. Food options will not be available on-site during the regatta to purchase. Food will be prepared for the volunteers and umpires only. Coaches and rowers should come prepared with other nutrition options.

COURSE MAPS



Race Course Map

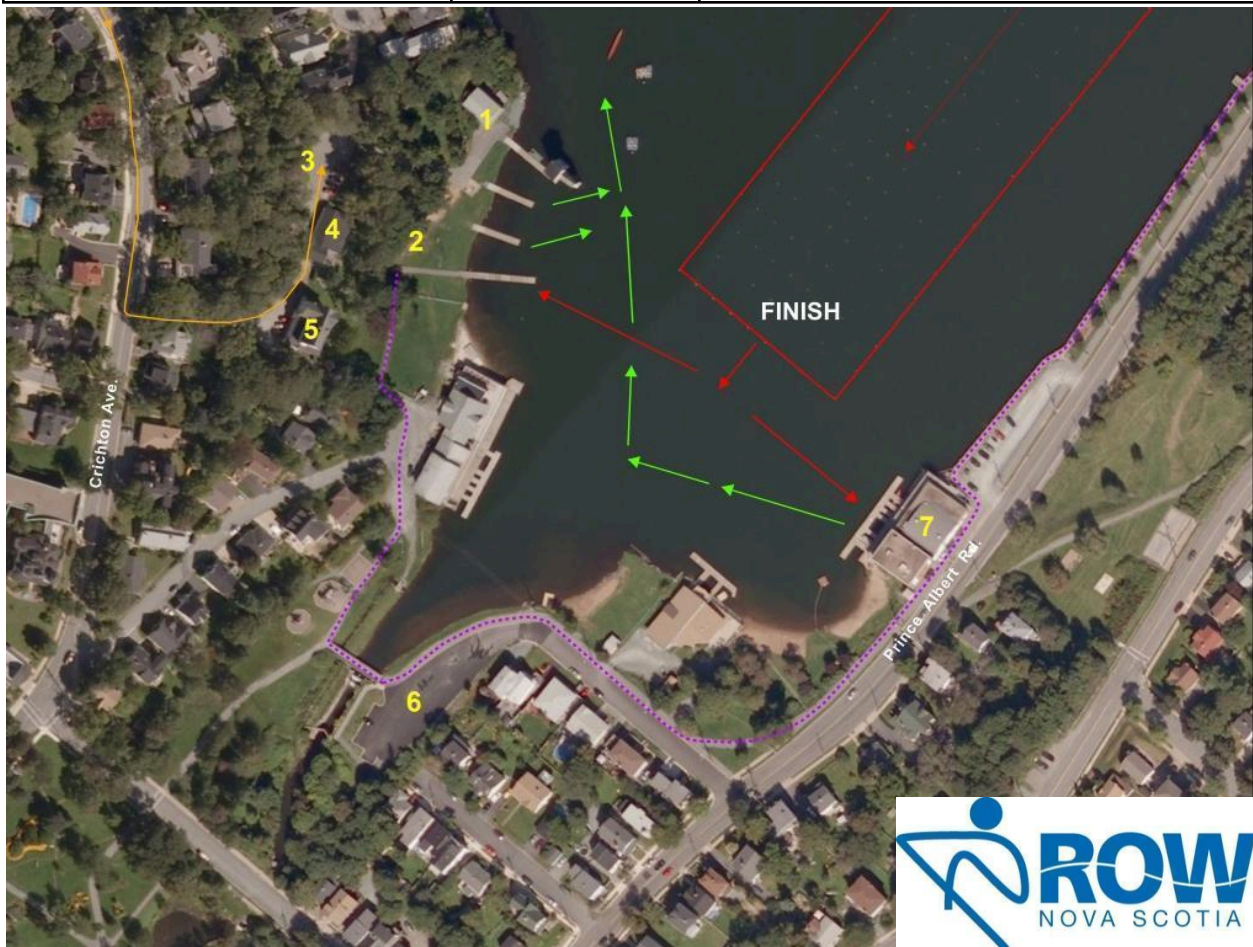
1. North Star Rowing & Judges Tower (See Finish Area Map)		From Trans Canada
2. MicMac AAC		Walking Trail
3. Gazebo (Spectator Observation & Boardwalk)		Warm-up/Cool-down Flow
4. Graham's Grove Park (Start-line Observation)		Race Course Flow
5. Conrad Footbridge		
6. MicMac Mall		



Note: If Clubs informally practice on Friday PM, the Practice Flow Pattern is:
Up Mic Mac side of the course and down the lanes

Finish Area Map

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		Trailer Parking From Trans Canada Walking Trail Outflow Inflow
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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 to the North Star Rowing Club and Oakwood House.