

Row Nova Scotia

19th Annual Ice Breaker Regatta

Lake Banook
Dartmouth, NS

May 30, 2026

Hosted by



Row Nova Scotia Welcomes



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Message from the Regatta Chair

Ice Breaker Regatta 2026

On behalf of the organizing committee of Row Nova Scotia, it is my pleasure to welcome athletes, coaches, officials, volunteers, and spectators to the Ice Breaker Regatta. This regatta will be held on Lake Banook in Dartmouth, Nova Scotia on May 30, 2026. This will be the first on water event of the 2026 season, and it brings together rowing clubs to celebrate the dedication, teamwork, and competitive spirit that define our sport. This is also an opportunity to celebrate the start of a new season of on water competition. The halcyon days of summer await us!

We are proud to host this regatta and provide athletes with an opportunity to challenge themselves on the water while representing their crews, clubs, and communities. For the athletes competing, your hard work and preparation over the winter season have brought you here today. We wish you the very best as you race and hope you take pride in the effort, sportsmanship, and camaraderie that define rowing.

Sincerely,

Mark Walsh
Regatta Chair
Ice Breaker Regatta
Row Nova Scotia
rowing@rowns.ca

EVENT INFORMATION

List of Events

		1x	2x	4x	4+	8+
Novice	Men		X		X	
	Women		X		X	
Under 17	Men	X	X	X	X	X
	Women	X	X	X	X	X
Under 19	Men	X	X	X	X	X
	Women	X	X	X	X	X
Under 23	Men	X	X	X	X	X
	Women	X	X	X	X	X
U23 Lightweight	Men	X	X	X	X	X
	Women	X	X	X	X	X
Senior	Men	X	X	X	X	X
	Women	X	X	X	X	X
Senior Lightweight	Men	X	X	X		X
	Women	X	X	X		X
Masters	Mixed		X	X		
	Men	X	X	X		X
	Women	X	X	X		X
Para	PR3 Men	X				
	PR3 Women	X				
	PR2 Women	X				
	PR2 Men	X				
	PR1 Women	X				
	PR1 Men	X				

Ice Breaker Regatta Flight Schedule

<u>Flight 1 – 7:30am</u>	<u>Flight 2 – 8:30am</u>	<u>Flight 3 – 9:30am</u>
U23/U23 LW W4X SR/SR LW W4X U19 W4x U17 W4x Masters W2X Masters Mixed 2X U23/U23 LW M1X SR/SR LW M1X U19 M1X U17 M1X U23/U23 LW M4+, SR/SR LW M4+ U19 M4+ U17 M4+	U23/U23 LW M8+ SR/SR LW M8+ U19 M8+ U17 M8+ Masters W8+ Masters M4X U23/U23 LW W2X SR/SR LW W2X U19 W2X U17 W2X Masters W1X	Novice M4+ Novice W4+ Novice M2X Novice W2X PR3 W1X, PR3 M1X PR2 W1X, PR2 M1x PR1 M1X, PR1 W1X

<p><u>Flight 4 – 10:45am</u> U23/U23 LW W8+ SR/SR LW W8+ U19 W8+ U17 W8+ Masters M8+ Masters W4X U23/U23 LW M2X SR/SR LW M2X U19 M2X U17 M2X Masters M1X</p>	<p><u>Flight 5 – 11:45am</u> U23/U23 LW M4X SR/SR LW M4X U19 M4X U17 M4X Masters M2X U23/U23 LW W1X, SR/SR LW W1X U19 W1X U17 W1X Masters Mixed 4X U23/U23 LW W4+ SR/SR LW W4+ U19 W4+ U17 W4+</p>	
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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)
 - 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. For 2026, all competitors will be charged the \$4.65 RCA seat fee and the \$1.35 Row NS seat fee per race 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 (password “rowing”). Please add a note to the e-transfer including ‘Ice Breaker’ and your club name. Registration fees can also be paid on the morning of the regatta by cash or cheque (addressed to Row Nova Scotia).

7. We strongly encourage all Clubs to pay required seat fees online through Regatta Central once your entries are finalized and submitted.
8. Entries will close Thursday, May 21, 2026 at midnight.
9. Scratches received after Monday, May 25, 2026 at midnight, without medical excuse, will forfeit entry fees.
10. Late entries may be accepted after the entry deadline of Monday, May 25, 2026. 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.
11. A preliminary regatta draw will be released on Tuesday, May 26, 2026. Clubs will have until Thursday, May 28, 2026 at midnight to make material changes to their regatta entries and email the changes to the regatta chair (rowing@rowns.ca).
12. **No material changes** will be allowed after midnight on Thursday, May 28th. The final draw will be released Friday, May 29, 2026.
13. Withdrawals (scratches) and name changes will be allowed at the Coaches and Officials meeting, and can be made verbally to the Umpires at Control Commission on the day of the regatta.
14. 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 and there will be no hot seating.
15. A Coaches and Officials meeting will be held on Friday night before the regatta, Friday, May 29, 2026, at 6:30pm at Oakwood House. This meeting is mandatory for coaches and each club **MUST** have a representative attend this meeting. **Crews will not be allowed to race** unless their club representative is present at this meeting or has previously made arrangements to receive equivalent information from a member of the Organizing Committee. It is highly recommended that cox and bow seat competitors attend this meeting.
16. 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.
17. Please be advised that the race schedule is subject to change depending on the number of the entries per event.

CLUB ELIGIBILITY

18. Clubs qualified to participate at the regatta must be in good standing with RCA.
19. International competitors (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body, that each competitor is a registered member of their club, and that each competitor has appropriate medical and accident insurance.

20. 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 representing one club.

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. The no passing rule will be enforced on both sides of the bridge.
23. 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".
24. 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.
25. 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**).
26. 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.
27. 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.

EVENT CATEGORIES / CATEGORY RESTRICTIONS

28. The Ice Breaker Regatta recognizes the following event categories:

U17 M/W	Under 17 Men/Women	A rower or coxswain who shall be classified as a U17 competitor until the 31 st of December of the year in which he or she reaches the age of 16. There is no U17 Lightweight Category.
U19 M/W	Under 19 Men/Women	A rower or coxswain who shall be classified as a U19 competitor until the 31 st of December of the year in which he or she reaches the age of 18. There is no U19 Lightweight Category.
U23 M/W	Under 23 Men/Women	A rower or coxswain who shall be classified as an Under 23 competitor until the 31 st of December of the year in which he or she reaches the age of 22.
U23 LW M/W	Under 23 Lightweight Men/Women	Men – 75.0 kg maximum; Women - 61.0 kg maximum. No average for lightweight events
SR M/W	Senior Men/Women	A rower or coxswain of any age may compete as a Senior

SR LW M/W	Senior Lightweight Men/Women	Men – 75.0 kg maximum; Women - 61.0 kg maximum. No average for lightweight events																								
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 border="1" data-bbox="841 436 1317 947"> <thead> <tr> <th>Category</th> <th>Age</th> </tr> </thead> <tbody> <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> </tbody> </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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F	60 - 64 years																									
G	65 - 69 years																									
H	70 - 74 years																									
I	75 - 79 years																									
J	80 years or more																									
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 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.																								
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	A crew in which no more than half of the rowers in each crew shall identify as male, excluding the coxswain																								

29. Clubs can request an exemption to allow Coxswains of any age to cox U17, U19, and U23 Boats.
30. 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.
31. A competitor who is a member of more than one (1) club must select which club they will represent.
32. Competitors may participate as a member of a composite crew (two or more clubs).

AWARDS

33. Events have been grouped into one of five flights by boat class and age group classification. Medals will be awarded to the fastest crew in each event.
34. Each event must have a minimum of two entries from two clubs in order to constitute a race for award purposes.

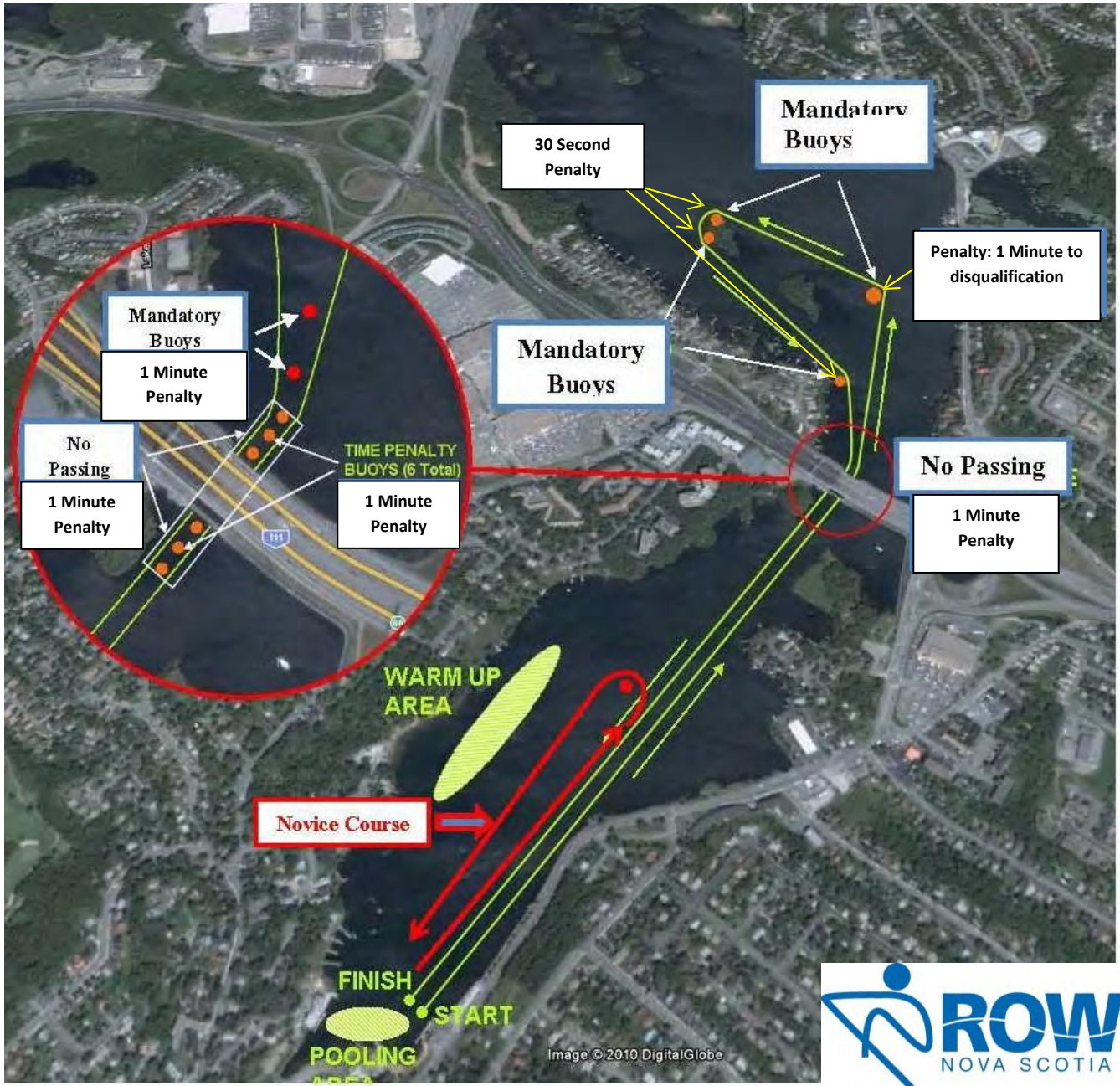
MISCELLANEOUS

35. On site security for the boats will be provided from 8pm Friday to 6am Saturday at North Star Rowing Club.
36. 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 29. 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.
37. 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/5080F45A9A82CA6FB6-62821044-2026>

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 | → | To Trailer |
| 2. Launch Area Dock Marshall
General Information
Vendors | → | Trail Outflow |
| 3. Trailer Parking | → | Inflow |
| 4. North Star Rowing | → | |
| 5. Oakwood House Safety
Meeting Medal
Ceremony | → | |
| 6. General Parking | → | |
| 7. MicMac AAC | → | |

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



Map 4: 1400 m Novice & Para Course

