

2026 NOVA SCOTIA SPRINTS

53rd Annual Bud Myra Memorial Regatta

Lake Banook
Dartmouth, NS

July 18th and 19th, 2026

Hosted by



Row Nova Scotia welcomes:



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WELCOME FROM THE CHAIR

Welcome to the 53rd annual Nova Scotia Sprint Regatta, hosted by Row Nova Scotia (Row NS). This two day regatta brings together clubs from Eastern Canada to compete on the beautiful 1000m racecourse on Lake Banook in Dartmouth, N.S.

We are thrilled to invite you to our flagship regatta, and hope you and your rowers are ready to race and can attend this fun and competitive regatta! All races will be 1000m and for events with a large number of entries, time trials will be used to determine seeding for finals. The Nova Scotia Sprints regatta will be running events for Masters, Under 19, Under 23, and Senior event competitors.

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 following link: <https://www.signupgenius.com/go/5080F45A9A82CA6FB6-64440102-2026>

Sincerely,

Matt Sapin-Hill
Regatta Chair
rowing@rowns.ca

EVENT INFORMATION

2026 Nova Scotia Sprints Events

*** Proposed schedule only and may change depending on number of entries.**

Event #	Saturday Events
1	U19 M 1X
2	M W 2X
3	SR/U23 W 4X
4	M M 1X
5	U19 M 2X
6	N M 1x
7	SR/U23 W 1X / SR/U23 Lwt W 1X
8	M Mix 2X
9	U19 W 4X
10	Mix 8+ Dash 500m
	Lunch Break
11	SR/U23 M 2X / SR/U23 Lwt M 2X
12	U19 M 4+
13	N W 2X
14	U19W 4+
15	SR/U23 M 8+
16	M W 4X
17	Para PR1/PR2/PR3 M/W 1X
18	SR/U23 W 4- (Tom St. Onge Trophy)
19	SR/U23 Mix 2x

Event #	Sunday Events
20	U19W 1X
21	M M 2X
22	SR/U23 M 4X
23	M W 1X
24	U19W 2X
25	N W 1x
26	SR/U23 M 1X / SR/U23 Lwt M 1X
27	SR/U23 W 2X / SR/U23 Lwt W 2X
28	U19 M 4X
	Lunch Break
29	M Mix 4X
30	U19 W 2-
31	N M 2X
32	U19 M 2-
33	SR/U23 W 8+
34	M M 4X
35	SR/U23 M 2-
36	Para PR1/PR2/PR3 Mix 2X
37	SR/U23 M 4- (Moe Cody Trophy)
38	SR/U23 W 2-

RULES AND REGULATIONS

APPLICABILITY OF RULES

1. Unless otherwise noted in this 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.
 - 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. There is a regatta registration fee for each event at the regatta:

Single (1X)	\$28.00 + seat fees
Double/Pair (2X/2-)	\$40.00 + seat fees
Quad/Four/Coxed Four (4X/4-/4+)	\$60.00 + seat fees
Eight (8+)	\$80.00 + seat fees
Mixed 8+ Dash	Seat fees only

6. 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 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.
7. Entries can be made using Regatta Central. Entries will open June 17, 2026 and close July 10, 2026 at midnight using.
8. Scratches received after the registration deadline on July 10, 2026 at midnight will forfeit entry fees unless there is a suitable medical excuse.
9. Late entries may be accepted after July 10, 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.
10. A preliminary regatta draw will be released on Tuesday, July 14, 2026. Clubs will have until Thursday, July 16, 2026 at midnight to make material changes to their regatta entries and email the changes to the regatta chair (rowing@rowns.ca).
11. **No material changes** will be allowed after midnight on Thursday, July 16th. The final draw will be released Friday, July 17, 2026.

12. 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 before the first race / event / time trial on the day of the regatta.
13. There is no racing limit. We expect coaches to know the capacity of their athletes and to make crews accordingly. 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 for any reason.
14. A Coaches and Officials meeting will be held on Friday night before the regatta, Friday, July 17, 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.
15. Weigh-ins will take place for lightweight rowers at Oakwood House between 6:00 am and 6:30 am on the morning of July 18th and the morning of July 19th. 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 72.5 kg.
 - b. Maximum weight for Lightweight women is 59 kg.
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. 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

19. The Nova Scotia Sprints recognizes the following event categories:

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 they reach the age of 18. There is no U19 Lightweight Category. U19 athletes will not be allowed to compete as a SR or U23 LWT rower.
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 – 72.5 kg maximum; Women - 59 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 – 72.5 kg maximum; Women - 59 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:	
		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
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. 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	

20. Clubs can request an exemption to allow Coxwains of any age to cox U19, and U23 Boats.

21. Competitors of any age can participate in the Mixed 8+ Dash event.

22. 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.

- b. In Masters events the Garrett-Zezza 2022 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.
- c. Masters rowers can compete in both Masters and senior events in the same regatta.

23. A competitor who is a member of more than one (1) club must select which club they will represent.

24. Competitors may participate as a member of a composite crew (two or more clubs) but that crew is not eligible for club points.

EVENTS

25. A minimum of two entries from two different clubs are required to constitute a race for points purposes.

26. If time trials are required, athletes will compete in a time trial against the clock to secure the fastest time. Athletes will then be seeded into finals based on these times.

27. The time 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.

EVENT SUMMARY

		1X	2X	2-	4X	4-	4+	8+
Novice	Men	X	X					
	Women	X	X					
Under 19	Men	X	X	X	X		X	
	Women	X	X	X	X		X	
Under 23	Men	X	X	X	X	X		X
	Women	X	X	X	X	X		X
Senior	Men	X	X	X	X	X		X
	Women	X	X	X	X	X		X
Master	Men	X	X		X			
	Women	X	X		X			
	Mixed		X		X			
Senior Lightweight	Men	X	X					
	Women	X	X					
Para	Mix		X					
	Women	X						
	Men	X						

REGATTA CHAMPIONSHIP

CUMULATIVE POINTS – OWEN SAWLER MEMORIAL TROPHY

28. The regatta will declare an overall Club Champion based on the following point system:

	1 st	2 nd	3 rd	4 th	5 th
Single	10	5	4	3	2
Double/Pair	15	8	5	4	3
Four/Quad	20	10	8	6	5
Eight	25	12	10	8	6

29. Points are only awarded for A Finals.

30. There are no points awarded for the Mixed 8+ Dash.

31. Composite crews will not be awarded points.

EFFICIENCY – NOVA SCOTIA EFFICIENCY AWARD

32. "Actual Points" are the cumulative points earned by each club. "Possible Points" are calculated as if each crew entered by a club placed first in their respective event. If a club has more than one boat in an event, the "possible points" are calculated as 1st, 2nd, 3rd position scores, since only one of the boats can place first.

33. The "Efficiency" is the percentage of Total Actual Points divided by Total Possible Points. The club that qualifies, and is the most efficient in its overall entries throughout the regatta, is the winner.

34. To be eligible for the club efficiency award a club must:

- have crews participate in at least four (4) A Finals.
- enter a minimum of 14 participants in the regatta.

MISCELLANEOUS

35. For each event, medals will be awarded to first place finishers in all A Finals.

36. On site security for the boats will be provided from 8pm to 6am Friday and Saturday at North Star Rowing Club.

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 each day of the regatta (shift 1 – 6:45am - 11:00am ; shift 2 – 10:45am - 3:00pm). Please sign up using the following link.

(<https://www.signupgenius.com/go/5080F45A9A82CA6FB6-64440102-2026>) or contact rowing@rowns.ca if you are interested in volunteering.

Robert “Bud” Myra

To anyone who has pulled a rowing shell across Dartmouth’s Lake Banook, the name Bud Myra is synonymous with the sport. For some, it’s the reason they row. Myra died in 1999 at 68, leaving a void in Nova Scotia Rowing that will likely never be filled.

Bud Myra was the kind of figure Hollywood producers fashion movies for--- the tough, old-school coach who, with a quiet sensitivity to his athletes’ dramatic highs and lows, doles out poignant words that mark turning points in their lives.

“His love for the sport is contagious,” says Pat Cody, rower, coach and former National Team member. “When you see someone with that kind of passion for the sport, you can’t help but adopt it.”

Myra’s passion made his presence a constant feature at Dartmouth’s Mic Mac and North Star Rowing Clubs for more than four decades. In the late 1950’s, Myra won two harbour championships, and in 1969, he won silver with doubles partner Bob Sawler at the first ever Canada Summer Games (before the imposed age limit). Since then, he has been coach, mentor, supporter and friend to countless young rowers, and has been involved with every Summer Games team, usually as boatman.

“Bud could fix anything,” says Suzanne Baker, a former Mic Mac rower with several National titles. “If a boat was smashed he could fix it. If your heart was broken he could fix it. If your spirit was broken he could fix it. He always knew exactly what to say.”

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.

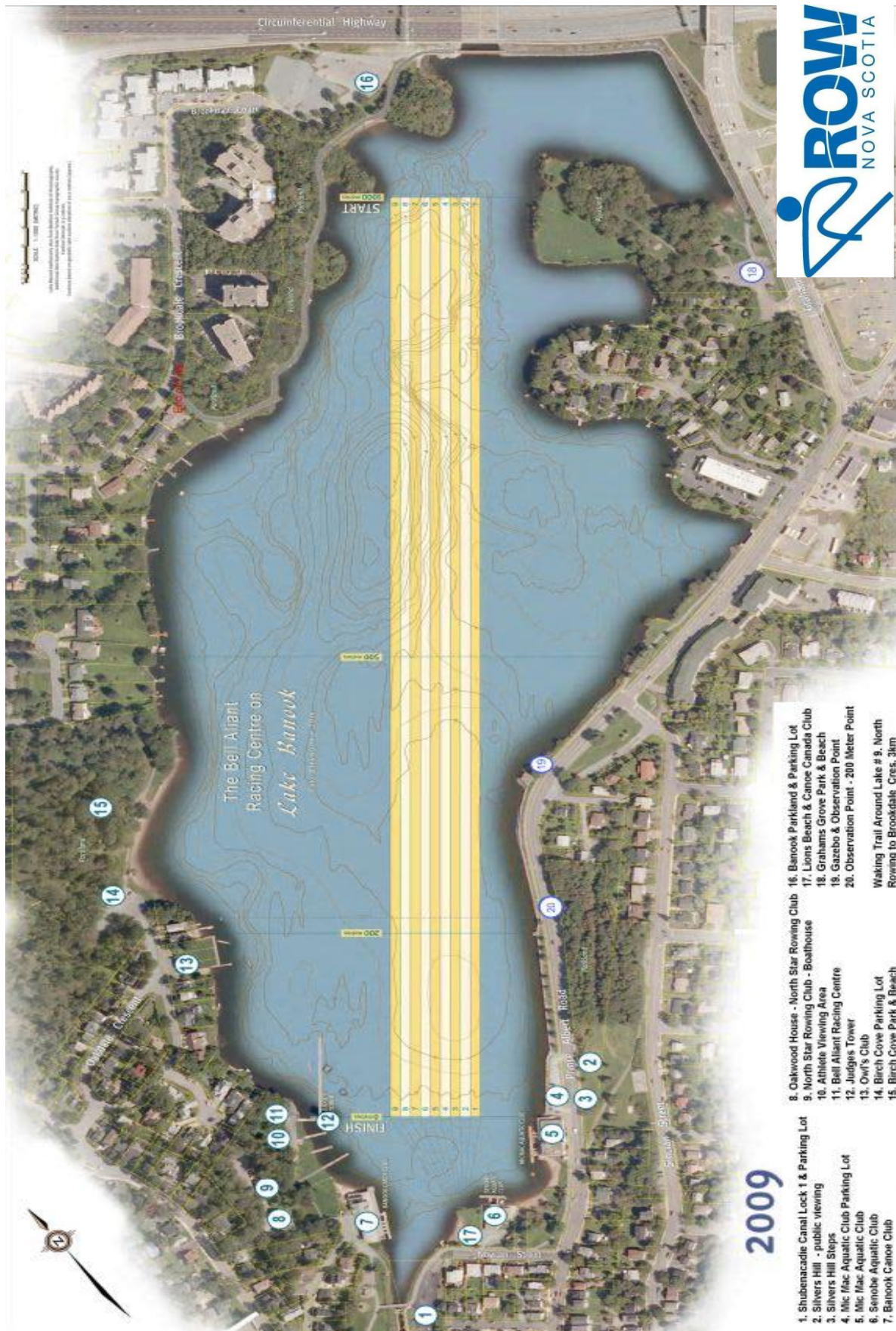
“He used to say, ‘You have to keep a fire in your belly.’ I will always remember that,” says Tony Landry, former Mic Mac rower and coach. “He was a very personal coach. He would figure out what motivated each person individually and use that.”

Whether it was procuring the latest coaching tactics, or fund raising for better equipment, Myra helped raise the standard of provincial rowing. Landry says, “The sport wouldn’t be alive without him. He generated and preserved the enthusiasm of the sport in the province for years -- an enthusiasm that is now being developed by the hard working club coaches and volunteers the province now harbors.”

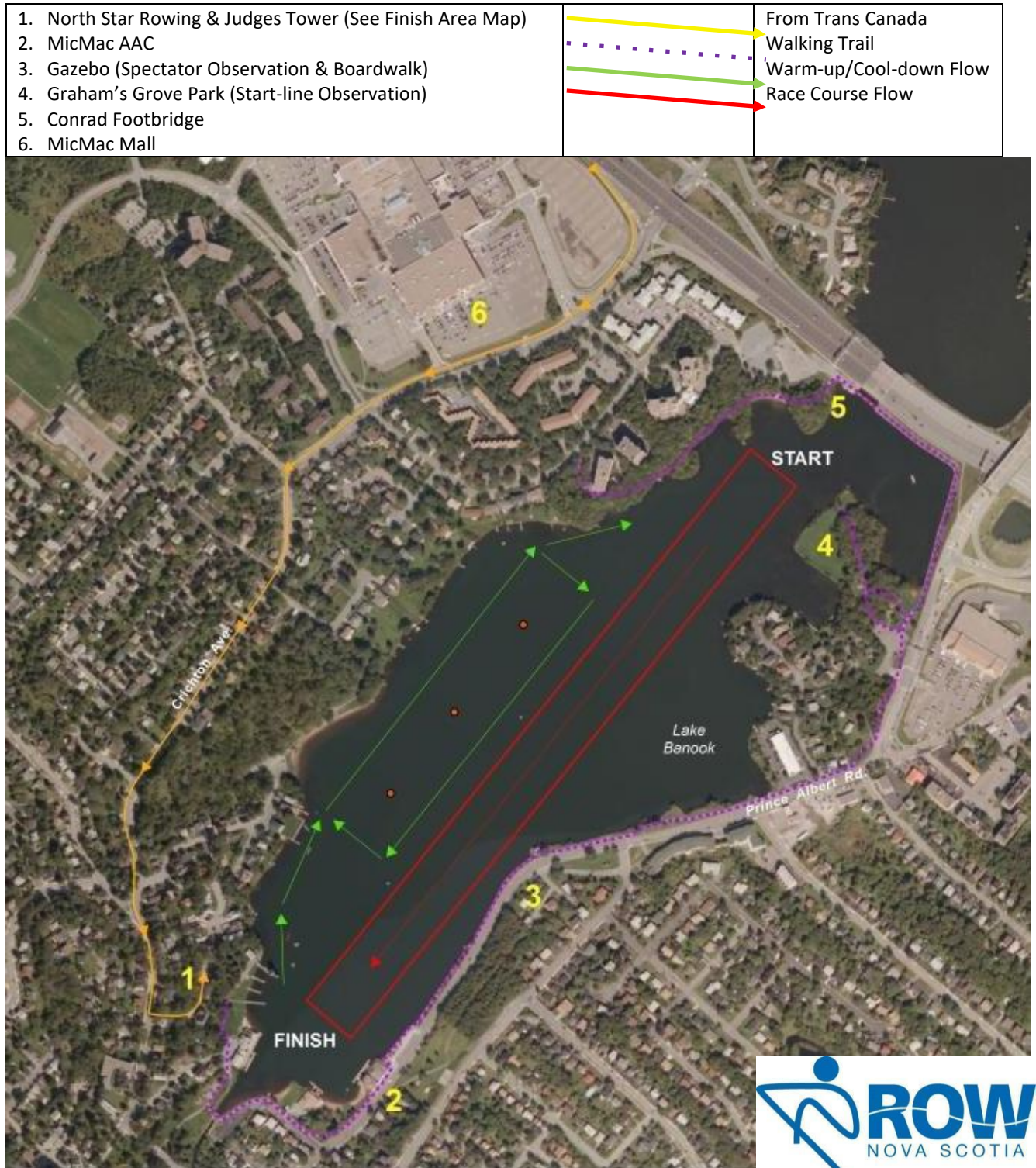
The 51st Annual Nova Scotia Sprints will take place on July 13th and 14th, 2024 and is appropriately named The Bud Myra Memorial Regatta in the honour of our rowing legend.

***** This article was originally published in the ‘Daily News’ in 1999 and written by Hilary Cole. It has been modified for this regatta package.*

COURSE MAPS



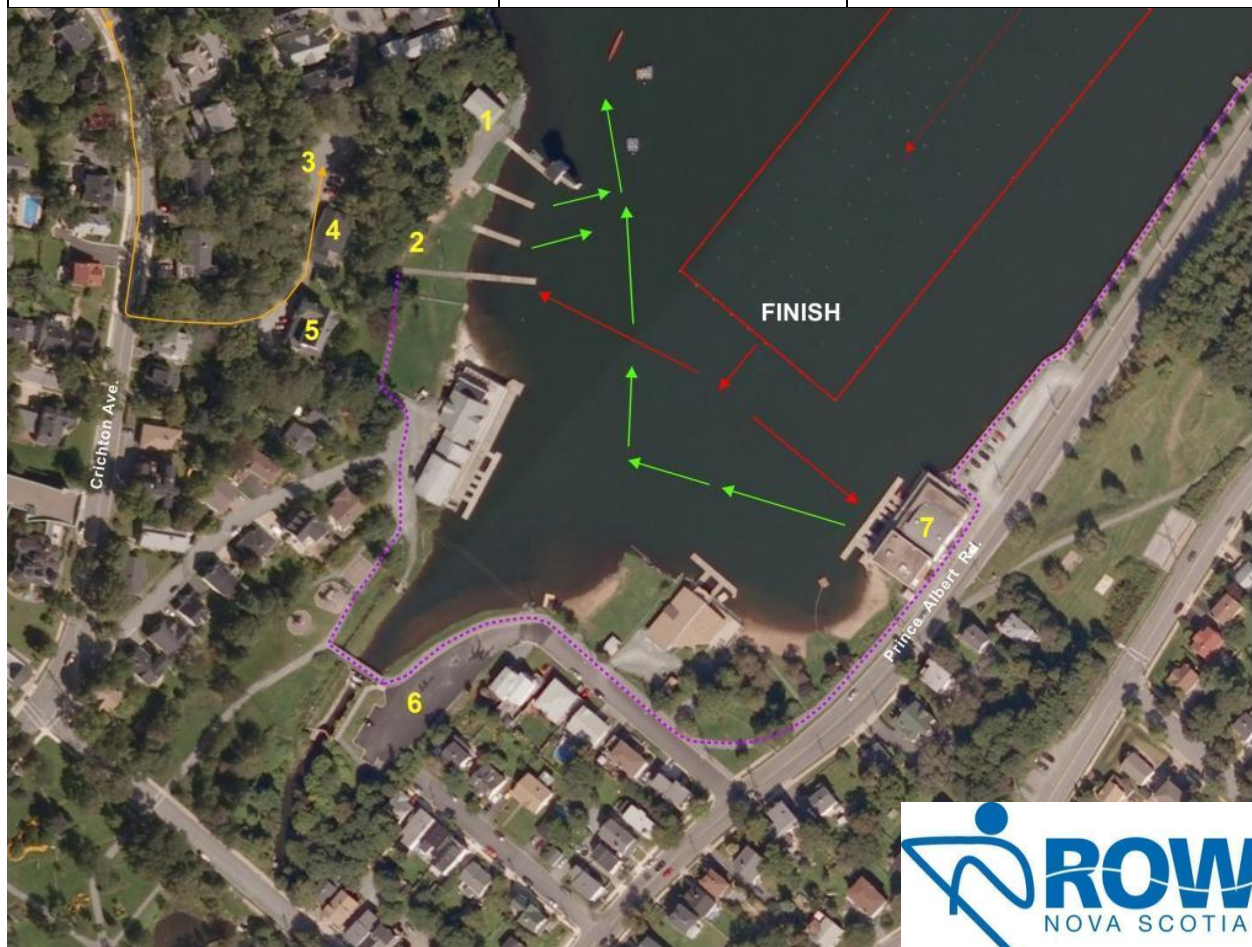
Race Course Map



**Note: Friday PM Practice Flow Pattern:
Up Mic Mac side of the course and down the Lanes**

Finish Area Map

1. Judges Tower Medical Control Results Official Launch		Trailer Parking From Trans Canada
2. Launch Area Dock Marshall General Information Vendors		Walking Trail
3. Trailer Parking		Outflow
4. North Star Rowing		Inflow
5. Oakwood House Safety Meeting Medal Ceremony		
6. General Parking		
7. MicMac AAC		



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 North Star Rowing Club and Oakwood House.