

2026

Atlantic Rowing Championships

Lake Banook
Dartmouth, NS

October 3rd, 2026

Hosted by



Row Nova Scotia welcomes:



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2026 Atlantic Rowing Championships

The 2026 Atlantic Rowing Championships (ARCs) are being hosted by Row Nova Scotia on Saturday, October 3rd. The Atlantic Rowing Championships brings together clubs from across Atlantic Canada to compete on the beautiful 1000m racecourse on Lake Banook in Dartmouth, NS, and to crown the overall club champion.

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 ARC regatta will be running championship events at this year's regatta to increase the competition and quality of racing for all participants.

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 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 or email rowing@rowns.ca.

<https://www.signupgenius.com/go/5080F45A9A82CA6FB6-65423751-2026>



Mark Walsh

Regatta Chair

2026 Atlantic Rowing Championship

Proposed order of events. Subject to change based on entries.

Event #	Saturday, October 3, 2026
1	Mixed Masters 4x
2	Men's Champ 1x
3	Women's Champ 2x
4	Men's Masters 4x
5	Women's Masters 8+
6	Men's Champ 2-
7	Women's Champ 1x
8	Women's Novice 4x
9	Men's Novice 2x
10	Men's Champ 8+
11	Women's Champ 4-
12	Men's Masters 1x
13	Women's Masters 2x
14	Men's Novice 4x
15	Women's Novice 1x / Para 1x
16	Masters Mixed 8+
17	Women's Champ 2-
18	Men's Champ 4-
19	Men's Masters 2x
20	Men's Novice 1x
21	Women's Masters 4x
22	Women's Champ 8+
23	Men's Champ 4x
24	Women's Novice 2x / Para 2x
25	Men's Masters 8+
26	Women's Masters 1x
27	Men's Champ 2x
28	Women's Champ 4x
29	Mixed Masters 2x

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 regatta registration fee for each crew entry in 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

The 2026 fee structure is \$4.65 RCA seat fee and \$1.35 Row NS seat fee per race event. This 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. 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 September 14, 2026 and close Saturday September 26, 2026 at midnight.
7. Late entries may be accepted after the registration deadline of September 26, 2026 at midnight but before the preliminary draw is released on Tuesday, September 29, 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.

8. 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.
9. Scratches received after the registration deadline on September 26, 2026 at midnight will forfeit entry fees unless there is a suitable medical excuse.
10. 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.

Please be advised that the race schedule is subject to change depending on the number of the entries per event. Some events may be canceled or combined.

11. A Coaches and Officials meeting will be held on Friday night before the regatta, Friday, October 2, 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.
12. Weigh-ins will take place for lightweight rowers and lightweight coxswains 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. Maximum weight for Lightweight men is 72.5kg.
 - b. 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.
17. Any member of a National Team (Sr. A, Sr. B, Junior, 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) but that crew is not eligible for club points.
20. Row Nova Scotia recognizes the following classifications at the ARC 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 Any athlete / coxswain competing as a lightweight must be 19 years of age or older
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.

ATLANTIC ROWING CHAMPIONSHIPS

Events

21. The Atlantic Rowing Championships will have the following event classifications:

Classification	Gender	1X	2X	2-	4X	4-	8+
Novice	Men	X	X		X		
	Women	X	X		X		
Championship Events (U19, U23, U23 LW, Senior, Senior LW)	Men	X	X	X	X	X	X
	Women	X	X	X	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. Championship races will include Under 19, Under 23, Senior and associated lightweight category competitors. All athletes will race together, regardless of classification. For each championship event, the following winners will be awarded:

- The top finisher in the A final.
- The top U19, Under 23, Senior and associated lightweight boats.

23. 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.

24. All events with five or less entries will be run as straight finals and race assignments will be determined randomly. In events with more than five boats, time trials will be used to determine seeding for finals with the exception of Masters events which will not run time trials.

- Where Masters age categories are not applicable due to the number of entries in categories, the average age of boats will be used to create finals of similarly aged boats and the winner of each final will be awarded based on Masters age adjusted times.

The President's Cup

25. The President's Cup was donated by Row NS, in recognition of the overall points winner of the Atlantic Rowing Championships. Following the awards, presentation of the cup will remain with Row NS, and the winning team will receive a banner to hang in their clubhouse.

26. Points will be awarded as per the point schedule listed below. Only the top three placing crews from each club will be awarded points; subsequent finishers will not score points, and the point value for their placing will not be awarded.

Placing/ Boat		1	2	3	4	5	6	7	8	9	10	11	12
1x		15	12	10	9	8	7	6	5	4	3	2	1
2x/-		20	16	12	10	9	8	7	6	5	4	3	2
4x/+/-		25	20	15	12	10	9	8	7	6	5	4	3
8+		40	35	30	25	22	20	19	18	17	16	15	14

27. There will be no points awarded for composite crews, exhibition crews or races that do not have a minimum of two entries from different clubs.

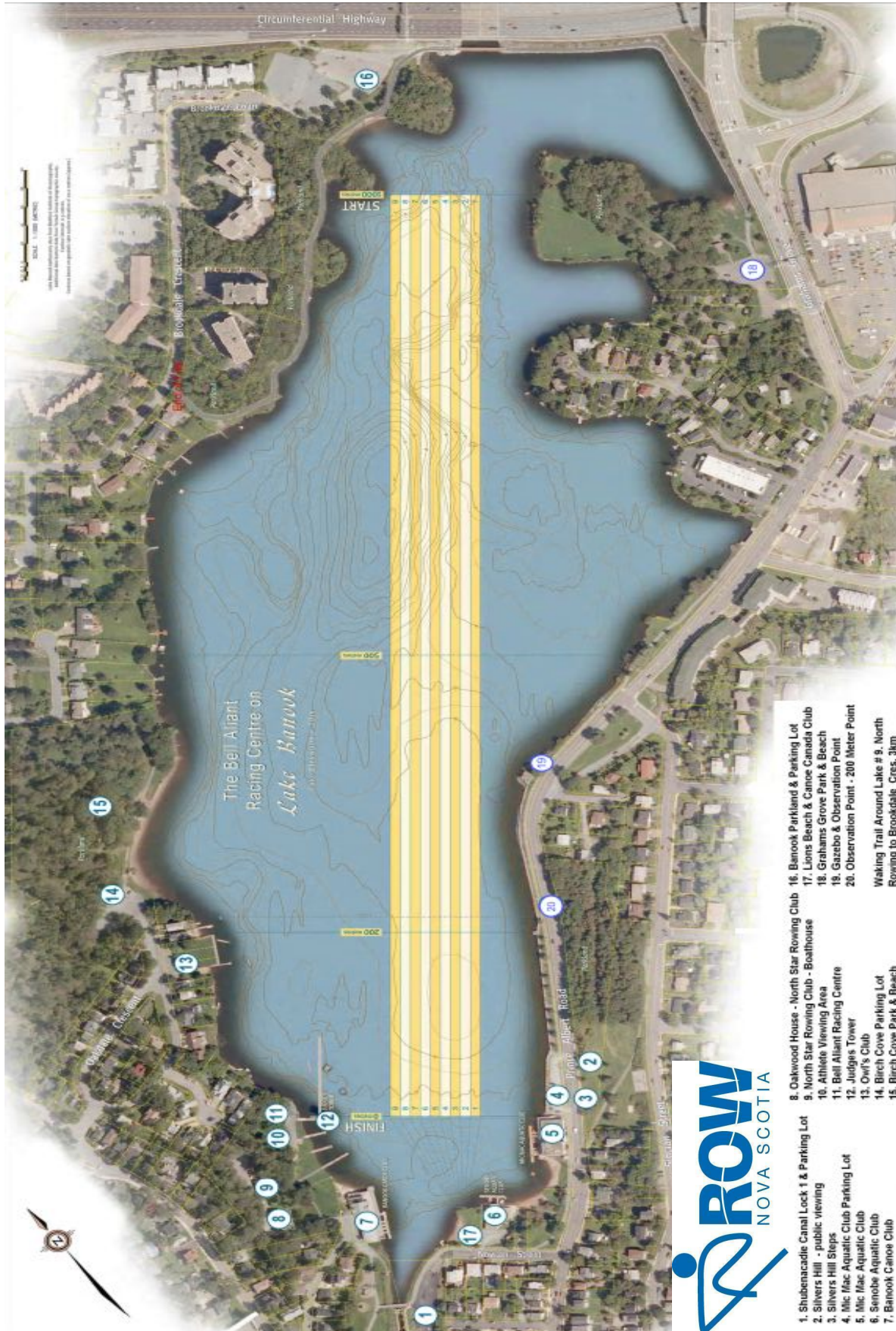
Efficiency – Atlantics Efficiency Award

28. "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.
29. 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.
30. 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

31. For each event, medals will be awarded to first place winners in A Finals and applicable age group winners. Medals will also be awarded to the winner of each Masters Final.
32. 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/5080F45A9A82CA6FB6-65423751-2026>
33. 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 Friday to 6 am Saturday at North Star Rowing Club.
34. There will be no designated practice time on the course on Friday 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.
35. 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

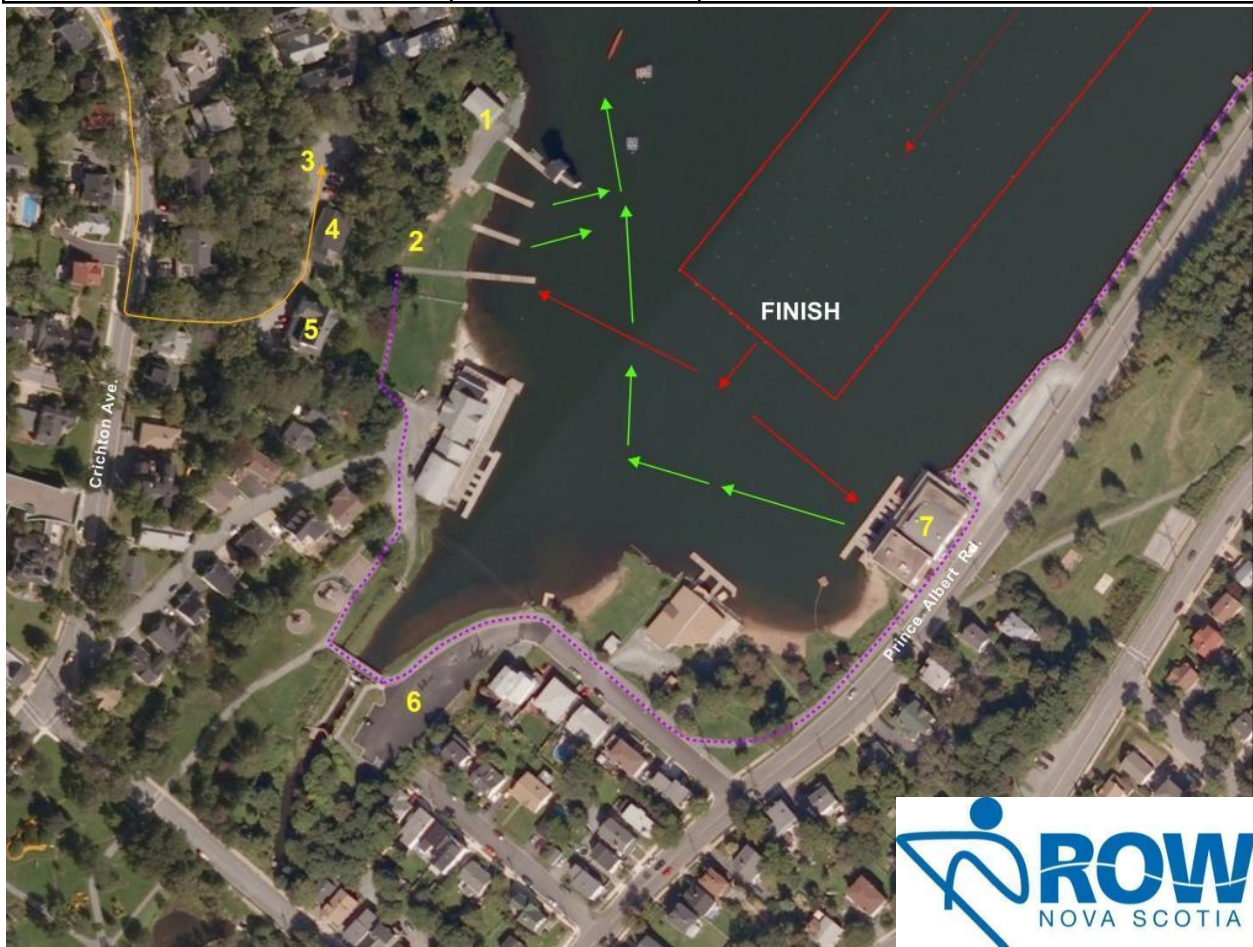
1. North Star Rowing & Judges Tower (See Finish Area Map)		From Trans Canada
2. MicMac AAC		Walking Trail
3. Gazebo (Spectator Observation & Boardwalk)		Warm-up/Cool-down Flow
4. Graham's Grove Park (Start-line Observation)		Race Course Flow
5. Conrad Footbridge		
6. MicMac Mall		



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.