

NOVA SCOTIA ROWING ASSOCIATION

# 2008 Ice Breaker Regatta

Fr: Matthew Connor  
Regatta Chair  
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April 20, 2008

**RE: The ICEBREAKER REGATTA to be held on Lake Banook, Dartmouth, NS, Saturday, May 17, 2008.**

The following is a list of guidelines to be complied with for the regatta:

## ENTRY INFORMATION

1. All entries **MUST** be in the hands of the regatta registrar no later than midnight on **Saturday, May 10, 2008**.
2. **Registration forms for all clubs must be completed in full. Email entries must include completed forms as attachments in an easily printable format.**

The entry forms include room to list spares. There are no spares for singles, one spare for pairs and doubles, two spares for fours and quads, and four spares for eights. If extra spaces than allowed are listed only the first ones that are listed will be accepted.

3. RCA memberships of all participants are required. Registration will be verified through the RCA offices and participants who are not registered with RCA will **NOT** be allowed to participate.
4. There is a regatta registration fee of \$20.00 per regatta participant. ONLY CHEQUES MADE PAYABLE TO NOVA SCOTIA ROWING ASSOCIATION WILL BE ACCEPTABLE and can be paid as late as the safety meeting at 7:00 pm Friday May, 16, 2008 at Oakwood House.

## CATEGORY RESTRICTIONS

5. Novice competitors must not have competed in any RCA sanctioned regatta (or equivalent) prior to September 1, 2007.
6. Junior competitors must not be older than 19 years of age this calendar year.
7. Masters competitors must be 27 years of age this calendar year or older.
8. Senior is open to any age.

## MISCELLANY

9. **THERE ARE NO POINTS BEING TALLIED FOR THIS REGATTA.**
10. There must be at least two clubs/teams represented for a race to be run. In the event that only one club enters a race that event will take place and will be awarded to the winning crew. Since there are no points being tallied for clubs at the regatta there is no reason not to let the race run.
11. For the safety of the regatta there will be a check of boats to ensure that heel ties as well as bow balls are in place. Failure to meet the RCA safety restrictions for racing shells may result in disqualification.
12. There will be a coaches and officials meeting the night before the regatta, Friday **May 16, 2008**, at 7:00pm at Oakwood House. At this meeting, the major rules of the regatta, the race schedule draw, and any other administrative details will be discussed. **NO NEW ENTRIES WILL BE ACCEPTED AT THE SAFETY MEETING.**
13. To avoid difficulty with the race schedule, please make sure that your crews have plenty of time to prepare and try to avoid putting participants in events that are close together. **The regatta will not be delayed for 'hot-seating' crews or rapid equipment changes.**
14. There will be a Bar-B-Que following the awards ceremony, included in the registration fee. Others may purchase tickets for \$5.00 each.

Yours truly,  
Matthew Connor  
Regatta Chair  
2008 Nova Scotia Icebreaker Regatta

**EVENTS INFORMATION****SCHEDULE**

<u>Event Number</u>	7:00	<i>Heats if necessary</i>
1	8:30	SRW2-
2	8:40	JRW4X
3	8:50	MW1X
4	9:00	JRM4+
5	9:10	SRM2-
6	9:20	MM4X
	9:30	<b>BREAK</b>
7	9:40	JRW4+
8	9:50	MW2X
9	10:00	SRM1X
10	10:10	JRM4X
11	10:20	MM1X
12	10:30	SRW1X
	10:40	<b>BREAK</b>
13	10:50	JRW2X
14	11:00	NM4+
15	11:10	MW4X
16	11:20	MM2X
7	11:30	NW4+
18	11:40	JRM2X
	11:50	<b>BREAK</b>
19	12:00	JRW1X
20	12:10	SRM2X
21	12:20	MW8+
22	12:30	MM4+
23	12:40	SRW2X
24	12:50	JRM1X
	1:00	<b>BREAK</b>
25	1:15	NM2X
26	1:30	NW2X
	1:45	<b>BREAK</b>
27	2:00	MMIX8+ Dash
28	2:15	SRMIX8+ Dash
	3:00	BBQ and MEDALS

**EVENT SUMMARY**

	1X	2X	2-	4X	4-	4+	8+	MIX	8+	Dash
Novice Men		X				X				
Novice Women		X				X				
Jr Men	X	X		X		X				
Jr Women	X	X		X		X				
Sr Men	X	X	X							X
Sr Women	X	X	X							X
Masters Men	X	X		X		X				X
Masters Women	X	X		X			X			X



**ENTRY FORM**

Event No. \_\_\_\_\_ Event Name: \_\_\_\_\_

Club Name: \_\_\_\_\_

Crew Member(s):	Athlete Name	RCA No.
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
Cox	_____	_____

Spare(s):	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	Cox	_____	_____

Endorsement of Club Coach or Club Official:

\_\_\_\_\_  
(Please Print)

\_\_\_\_\_  
(Signature)

Phone Number: \_\_\_\_\_

Return entry information by **Saturday May 10, 2008**, by midnight to:

Matt Connor  
Vice-President - Nova Scotia Rowing Association  
Regatta Registrar  
[novascotiarowing@gmail.com](mailto:novascotiarowing@gmail.com)

**FEES are due at the Safety Meeting Friday, May 16, 2008 at 7:00 pm at Oakwood House.**