

THE REALLY CHILI ROWING REGATTA
ATLANTIC UNIVERSITY ROWING CHAMPIONSHIPS
LEARN TO ROW CHALLENGE

Organized By:



Welcome!

The Nova Scotia Rowing Association is pleased to host the 5th annual Really Chili Rowing Regatta (RCRR) on October 25th, 2008. Due to the draining of Lake Banook, the 2008 RCRR will be held at St. Mary's Boatclub on the Northwest Arm, Halifax, NS (on Fairfield Rd off Jubilee Rd).

This year the RCRR will play host to the 2nd Atlantic University Rowing Championship (AURC) that will bring together crews from across the Atlantic Provinces including but not limited to Dalhousie University, University of King's College, St. Francis Xavier University, The University of New Brunswick, and St. Thomas University. The RCRR will see these university crews compete in the standard 4.6 km head race followed by thrilling 1 km sprint finals as they compete for the AURC men's and women's overall titles.

Additionally, the RCRR has a 500 m dash event as part of a Learn-To-Row Challenge among the local clubs. This event promises to be very exciting as new rowers are introduced to competition after only 8-10 sessions of instruction.

The events offered at the RCRR also continue to include several junior events. Our aim is to encourage continued development of the junior rowers in the region as they prepare for the 2009 Canada Summer Games in PEI.

I sincerely hope that you enjoy this year's regatta and share in our enthusiasm regarding the diverse array of events that are being offered.

Sincerely,
Marjo Laurinolli and Dan Murray
2008 Regatta Chairs

RACE FORMAT

Really Chili Rowing Regatta (Head Race)

Crews will race the 4.6 km up and back course on the Northwest Arm (See Map APPENDIX 1) in a time trial format keeping to the right/starboard side, thus travelling counterclockwise around the turn at the buoys. Crews will assemble according to bow numbers in the pooling area near the south shore of start/finish line across from the Halifax Rowing Club boathouse. Crews will be called through the start line in roughly 15-20 second intervals. Race results will be based on the time taken to complete the course. Medals will only be awarded when more than one boat participates in a race.

Atlantic University Rowing Championships (1000 m)

Varsity and Novice crews will race in the Senior and Novice categories of their respective event at the Really Chili Rowing Regatta (i.e. club entries are included). Only the top crew in each event at the Really Chili Rowing Regatta will receive a medal for the headrace (top university crews only receive a medal if they are the top crew).

Based on finish order in their respective events in the Really Chili Rowing Regatta, the top 2 university crews will be seeded into two boat 1000 m finals racing from Dingle Tower Park to the St. Mary's Boatclub to determine the AURC champion. Medals will be awarded for the first place crew in each event at the 2008 AURC.

Learn-to-Row Challenge (500 m)

Learn-to-Row Challenge crews will race over a distance of 500 m, two boats at a time. Depending on the number of entries, heats, semi-finals, and finals may be introduced. The 'A' Final will consist of two crews.

RULES

General

- 1.1 In the event that only one crew enters an event the event will still be run. However, a medal will not be presented to the participating crew pending their completion of the race.
- 1.2 No new events will be added to the race day schedule. The regatta organizers will consider event suggestions for the 2009 schedule after the 2008 regatta is complete. The schedule may be adjusted for the final draw to reduce the overall time of the regatta, so **all crews should be prepared to race at 7 am.**
- 1.3 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.
- 1.4 Coxswains do not have to weigh-in at this regatta and are not subject to any category restraints.
- 1.5 The final regatta schedule, after the draw is complete, is not subject to change and will not be delayed for 'hot-seating' crews, rapid equipment changes, or failure to get the start area on time.

Really Chili Rowing Race

- 1.6 The Really Chili Rowing Regatta course for 2008 will utilize an up and back course from St. Mary's Boatclub on the Northwest Arm in Halifax around a set of buoys. The 1000 m course starts next to Dingle Tower Park (Fleming Park) and ends at the St. Mary's Boatclub. The 500 m Dash races will start halfway and finish at the Club. The Organizing Committee, officials, and regatta participants have no way of restricting traffic during the fall season on the Northwest Arm. Please be aware of the traffic flow pattern, warm-up areas, and other obstacles on the course. This will ensure a safe and successful racing experience. An alternate launching area can be made available at Horseshoe Island Park off Quinpool Rd at the head of the Northwest Arm if clubs request it in advance. A Port-O-John and Security can be provided at this site.
- 1.7 The Rowing Canada (RCA) Rules of Racing will apply for the duration of the Regatta

In addition,

- 1.7.1 The start of all races will be a flying start across the line. The start of event races will occur in 15-20 second intervals commencing at the flight start times (e.g. 8:00 am, 9:00 am, etc.). To avoid difficulty with the race

schedule, please make sure your crews have adequate time to make it to the race start.

- 1.7.2 In the event that a boat overtakes another boat, the Passer has the right of way to pass (on the side of its choice) IF a safe pass can be accomplished. Please note: If a pass is attempted and there is not adequate room and time to perform the pass, the Passer is at risk of incurring interference penalties subject to the officials' decision. The boat being overtaken (Overtake) must yield and give suitable room to the Passer if a safe pass can be accomplished. All scullers and crews: be alert to possible upcoming passing attempts and crews coming back towards the finish line during the head race. Promptly yield when there is adequate room and time. Please communicate effectively during racing.
- 1.7.3 Any boat showing a blatant disregard for safety will be penalized and may be disqualified from the regatta.
- 1.7.4 The Organizing Committee has the right to close the course and launch sites at any time during the regatta due to weather or safety concerns.
- 1.7.5 Scullers and crews: do not cut across the racecourse at any time during the regatta. Please follow the traffic flow pattern outlined on the map (APPENDIX 1).

Atlantic University Rowing Championships

AURC Eligibility:

- 1.8 Students must be registered full-time (regardless of whether in an undergraduate, graduate, or professional program).
- 1.9 Students must provide a photocopy of or an authentic student ID as part of regatta registration.
- 2.0 Composite University and Club crews will not be allowed to participate in the AURC portion of the regatta.
- 2.1 A list of athletes signed by the Athletic Director of the academic institution, indicating that each athlete is a registered full-time student at the institution must be submitted with regatta registration.
- 2.2 Affiliate colleges are not allowed to row under the University Team unless agreed upon by the Athletic Director (e.g. A King's student can't row with DAL unless agreed upon by the athletic director of the university)

- 2.3 All university rowers must be registered with a Rowing Canada Aviron member club. The RCA member club name must be listed on the entry form in conjunction with their university team name if that name is different than their RCA member club name.
- 2.4 University crews from outside the Atlantic provinces will be allowed to race, will receive medals for top place finishes, but will not be awarded points for overall ranking; points will be awarded to the top ranking Atlantic University Crews.

AURC Fees:

- 2.5 Each university athlete (including coxswains) competing at the RCRR must include an additional \$10 AURC registration fee. Failure to qualify to the AURC 1000 m final does not exempt participants from this fee.

AURC Championship:

- 2.6 Points will be awarded for first place through third place in every event and class according to:
- 8+ (1st, 2nd, 3rd = 12, 6, 4 respectively)
4+ (1st, 2nd, 3rd = 10, 5, 3 respectively)
2X (1st, 2nd, 3rd = 8, 4, 2 respectively)
1X (1st, 2nd, 3rd = 6, 3, 1 respectively)
- 2.7 Overall AURC championship will be awarded to the university program tallying the most points, including the varsity and novice events, for both the women's and men's programs.
- 2.8 More than one crew from a university may participate in a single event offered (e.g. DAL can enter 2 Varsity Men's 4+'s and receive 1st and 2nd place in the event). If only one university is represented in a race, points will only be given for 1st place.
- 2.9 Crews must establish their class previous to the regatta (i.e. A Junior Varsity crew can't decide after the RCRR that they want to race in the Varsity final).
- 3.0 The 1 km races may be combined to shorten the number of races; awards will be given for each class winner (e.g. A final of 2 Varsity 4+'s may race with another final of 2 JV 4+'s to reduce the no. of races; points and medals will be awarded appropriately).

Learn-to-Row Challenge

- 3.1 Competitors must not have rowed previous to September 1st, 2008.

- 3.2 Crews may practice as many times as they see fit between September 1st and the Really Chili Rowing Regatta.
- 3.3 There are no age, gender, or weight restrictions on crews this year.
- 3.4 University Team novice 8+'s are allowed to participate in the LTR Challenge in addition to the novice events at the RCRR and the AURC.
- 3.5 Crews are encouraged to create a team name (in addition to their club affiliation) and to wear matching colors.
- 3.6 Experienced rowers may be used as substitutes/spares (up to 2) during races but that crew shall race as exhibition only.

REGISTRATION

- 1. All entries **MUST** be in the hands of the registrar (mhlaur@hotmail.com) no later than midnight on **Sunday, October 19, 2008**. Email entries are acceptable so long as forms are completed in full. **NO LATE ENTRIES WILL BE ACCEPTED.**
- 2. **Registration forms for all clubs must be completed in full.** 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 **by the registration deadline.** Registration will be verified through the RCA offices. Participants who are not registered with RCA will **NOT** be allowed to participate.
- 4. Registration Fees: The registration fee allows participants to race in as many events as they see fit. Participation in the dash events constitutes regatta participation but has a reduced fee. Coxswains are also subject to registration fees. There is an additional \$10 fee for the AURC participants.

Really Chili Rowing Regatta =	\$25
Atlantic University Rowing Championships =	\$25 +10 = \$35
Learn to Row Challenge =	\$15

- 5. **ONLY cheques** made payable to the “Nova Scotia Rowing Association” will be accepted. **NO CASH PLEASE.**
- 6. There will be a coaches and officials meeting the night before the regatta, **Friday October 24th, 2008**, at 7:00pm (location to be determined).
- 7. The major rules of the regatta, the race schedule draw, headrace bow numbers, and any other administrative details will be dealt with at the safety meeting.

8. Registration fees **must** be paid in full at the safety meeting. Failure to do so will result in disqualification from the regatta. TO RECEIVE A BOW NUMBER EACH CREW MUST BE PAID IN FULL.

CATEGORY RESTRICTIONS

Novice (N): Must not have competed in any competitive regatta prior to May 1, 2008.

Note University Team Novices (AURC events) and Learn to Row Challenge Participants must not have competed in any competitive regatta prior to September 1st, 2008

Junior (Jr): Must not be older than 18 years of age this calendar year.

Senior (Sr): Open to any age. Must not be racing as Masters or Novice.

Masters (M): Must be 27 years of age or older this calendar year, registered as 'competitive' with RCA. Masters may not compete in senior events but may compete in Open events.

Open (O): Open to any age or skill level (i.e. Senior, Masters, or Novice).

Mix (Mix): Crew must contain a minimum of half female rowers.

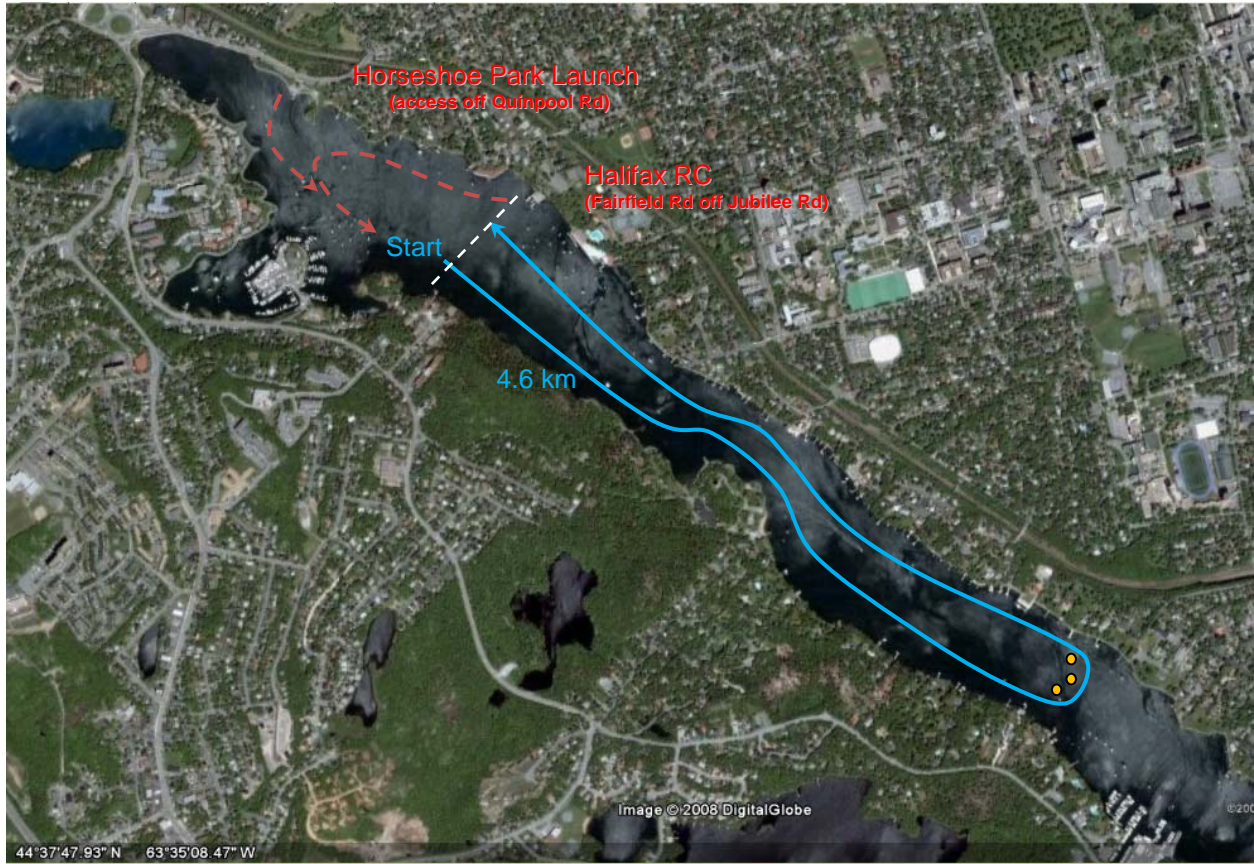
Really Chili Rowing Regatta								
		1X	2X	2-	4X	4+	8+	8+ Dash
Novice -	Men		x			x		
	Women		x			x		
Junior -	Men	x	x			x		
	Women	x	x			x		
Senior -	Men	x	x			x	x	
	Women	x	x			x	x	
Masters -	Men	x	x					
	Women	x	x			x	x	
	Mix							x
Open -	Men				x			
	Women				x			
	Mix							x
Atlantic University Rowing Championship (AURC)								
		1X	2X	2-	4X	4+	8+	8+ Dash
Novice -	Men		x			x		
	Women		x			x		
Varsity -	Men	x	x			x	x	
	Women	x	x			x	x	
Learn to Row Challenge								
		1X	2X	2-	4X	4+	8+	8+ Dash
Open -	Mix							x

Really Chili Rowing Regatta			
7:00 AM	Flight #1	9:15 AM	Flight #4
	OW4X		SW8+
	MW2X		SM2X
	SM1X		MW4+
	NM2X		JM2X
	NW4+		JW1X
7:45 AM	Flight #2	10:00 AM	Flight #5
	OM4X		MW8+
	NM4+		SM4+
	JW4+		MM1X
	SW1X		SW2X
	MW1X		JM4+
			JW2X
8:30 AM	Flight #3		
	SM8+		
	MM2X		
	SW4+		
	JM1X		
	NW2X		
Indicates: Top 2 or 3 Qualify to AURC			
NOTE: organizers may condense the schedule			

Atlantic University Rowing Championship (AURC)	
11:00 AM	SW2X
11:10 AM	SM1X
11:20 AM	NW2X
11:30 AM	NM4+
11:40 AM	SW8+
11:50 AM	SM4+
12:00 PM	SW1X
12:10 PM	NM2x
12:20 PM	NW4+
12:30 PM	SM2X
12:40 PM	SW4+
12:50 PM	SM8+
Learn to Row Challenge	
1:00 PM	Heats - Learn to Row Challenge
1:30 PM	Finals - Learn to Row Challenge
2:00 PM	MMix 8+ Dash
2:15 PM	OpenMix 8+ Dash
2:30 PM	AWARDS AND BBQ
NOTE: organizers may condense the AURC shedule	

APPENDIX 1

COURSE MAP



4.6 km Head Race Course



1000 m and 500 m Race Courses

Course clarifications will occur at the Safety Meeting.

ENTRY FORM

Event No. _____ Event Name: _____

Club Name: _____ University 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 Sunday, October 19th, 2008, to:

Marjo Laurinolli
mhlaur@hotmail.com

FEES due at the safety meeting Friday, October 24th, 2008.