

**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 6<sup>th</sup> annual Really Chili Rowing Regatta (RCRR) on Saturday, October 24<sup>th</sup>, 2009.

This year the RCRR will play host to the 3<sup>rd</sup> annual Atlantic University Rowing Championship (AURC) that will bring together crews from across the Atlantic Provinces including, but not limited to Dalhousie University, St. Francis Xavier University, The University of New Brunswick, St. Thomas University, and Memorial University of Newfoundland. The RCRR will see these university crews compete in the standard 4.3 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.

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,  
Yetta Withrow and Julie McLellan  
2009 Co-Regatta Chairs

## **RACE FORMAT**

### **Really Chili Rowing Regatta (Head Race)**

Crews will race the 4.3 km Around the Lake Course in a time trial format (See Map APPENDIX 1). Crews will assemble according to bow numbers in the pooling area near the finish line of the traditional 1 km course on Lake Banook in front of the Mic Mac Amateur Aquatic 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.

### **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 three university crews per event will be seeded into three boat 1000 m finals to determine the AURC champion. There will be no 'B' finals. Medals will be awarded to the first place crew in each event at the 2009 AURC.

### **Learn-to-Row Challenge (500 m)**

Learn-to-Row Challenge crews will race over a distance of 500 m. 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. A medal will 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 2010 schedule after the 2009 regatta is complete. The schedule may be adjusted for the final draw to reduce the overall time of the regatta.
- 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 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 Around The Lake Regatta course utilizes the 1000m Sprints course (from finish to start), under the Bridge, into Lake MicMac, around the island and back under the bridge following the regular 1000m Sprints course to the finish. The Organizing Committee, officials, and regatta participants have no way of restricting traffic during the Fall season on Lake Banook and Lake MicMac. 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.
- 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. 7:30 am, 8:30 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 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 move to the STARBOARD side 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 promptly yield when there is adequate room and time. Please communicate effectively during racing.

- 1.7.3 Heading to the bridge from the Lake Banook side, a pass may not be made once the lead boat passes the NO PASS ORANGE BUOY which will be located opposite Graham's Grove. On the Lake Mic Mac side of the course to the bridge, no pass may be made once the lead boat is past BUOY #7 (See map), which will be on the crew's starboard side. A time penalty of 1 minute will be incurred for an illegal pass and 2 minutes for a missed course buoy. If a course buoy is missed by a crew, for safety reasons, crews are not permitted to turn around to make a correction.
- 1.7.4 Any boat showing a blatant disregard for safety will be penalized and may be disqualified from the regatta.
- 1.7.5 The Race Committee has the right to close the course and launch sites at any time during the regatta due to weather or safety concerns.
- 1.7.6 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 only.

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+ (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> = 12, 6, 4 respectively)  
4+ (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> = 10, 5, 3 respectively)  
2X (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> = 8, 4, 2 respectively)  
1X (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> = 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 1<sup>st</sup> and 2<sup>nd</sup> place in the event). If only one university is represented in a race, points will only be given for 1<sup>st</sup> 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 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 1<sup>st</sup>, 2009.
- 3.2 Crews may practice as many times as they see fit between September 1<sup>st</sup> 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 ([novascotiarowing@gmail.com](mailto:novascotiarowing@gmail.com)) no later than midnight on **Saturday, October 17, 2009**. **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 Fee: \$25. The registration fee allows participants to race in as many events as they see fit. Participation in the Learn to Row Challenge 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 =	<b>\$25</b>
Atlantic University Rowing Championships =	<b>\$25 +10 = \$35</b>
Learn to Row Challenge =	<b>\$15</b>

- 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 23<sup>rd</sup>, 2009**, at 7:00pm at Oakwood House (North Star Rowing Club)
- 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, 2009.

\*Note\*            University Team Novices (AURC events) must not have competed in any competitive regatta prior to September 1<sup>st</sup>, 2009.

**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, Junior 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		x			
	Women	x	x		x		x	
	Mix							x
Open -	Men				x			
	Women				x			
	Mix		x					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**

**Atlantic University Rowing Championship (AURC)**

<b>7:30 AM</b>	<b>Flight #1</b>	<b>10:30 AM</b>	<b>Flight #4</b>
	MW2X		SW8+
	SM1X		SM2X
	JRM2x		MW4x
	NW4+		JM4+
	OW4X		JW2X
			MM1X
<b>8:30 AM</b>	<b>Flight #2</b>	<b>11:30 AM</b>	<b>Flight #5</b>
	OM4X		MW8+
	NM4+		MM4X
	JW4+		SM4+
	SW1X		SW2X
	OpMix 2x		JW1X
			NM2x
<b>9:30 AM</b>	<b>Flight #3</b>		
	SM8+		
	MM2X		
	SW4+		
	JM1X		
	NW2X		
	MW1x		

12:30 PM	SW4+
12:40 PM	SM1X
12:50 PM	NW2X
1:00 PM	NM4+
1:10 PM	SW8+
1:20 PM	SW1X
1:30 PM	SM4+
1:40 PM	NM2x
1:50 PM	SM2X
2:00 PM	NW4+
2:10PM	SM8+
2:20PM	SW2X

**Learn to Row Challenge**

2:30 PM	Heats - Learn to Row Challenge
3:00 PM	Finals - Learn to Row Challenge
3:15 PM	MMix 8+ Dash
3:30 PM	OpenMix 8+ Dash

**4:00 PM AWARDS AND BBQ**

Indicates: Top 3 Qualify to AURC

NOTE: organizers may condense the schedule

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APPENDIX 1

COURSE MAP



4.3 km Head Race Course.

Course clarifications will occur at the Safety Meeting.



