

2009 NOVA SCOTIA SPRINTS

37th Annual Bud Myra Memorial Regatta

Lake Banook
Dartmouth, NS

July 18th and 19th, 2009

Hosted by:



NOVA SCOTIA ROWING ASSOCIATION
400 - 5516 Spring Garden Road, Halifax, Nova Scotia B3J 1G6



The Nova Scotia Rowing Association Welcomes:



Sponsored by:



2009 NOVA SCOTIA SPRINTS

Registration Due: Sunday, July 5th, 2009

Coaches/ Safety Meeting: Friday, July 17th
7:00 pm

Fees:	1X	\$20.00
	2X/2-	\$30.00
	4X/4+/4-	\$40.00
	8+	\$50.00
	Dash 8+	No Fee

Saturday, July 18th

7:00 am Heats for Saturday Finals

11:30 am	MM 4X
11:40	OP W 2-
11:50	MW 8+
12:00	CG/JR W 1X
12:10	OP M 2-
12:20	NM 4+
12:30 pm	BREAK
12:40	OP W 4X
12:50	CG/JR W 2-
1:00	MW 4+
1:10	OP M 1X
1:20	CG/JR M 2-
1:30 pm	BREAK
1:40	CG/JR W 8+
1:50	MM 4+
2:00	NM 2X
2:10	CG/JR M 8+
2:20	MMIX 2X
2:30 pm	BREAK
2:40	OP M 4X
2:50	CG/JR W Lwt 2x
3:00	NW 4+
3:10	MW 4X
3:20	CG/JR M 2X
3:30 pm	BREAK
3:40	OP W 8+
3:50	CG/JR W 2X
4:00	BREAK
4:10	OP W 8+ Dash
4:20	BREAK
4:30	ADPT 2x
4:40	MMIX 8+ Dash

Sunday, July 19th

7:00 am Heats for Sunday Finals

11:30 am	MW 2X
11:40	MM 1X
11:50	MM C+ 1X
12:00	OP W 2X
12:10	CG/JR M 1X
12:20	CG/JR W 4X
12:30 pm	BREAK
12:40	MM 2X
12:50	MW 1X
1:00	MW C+ 1X
1:10	CG/JR M 4X
1:20	NW 2X
1:30 pm	BREAK
1:40	OP M 4- (Trophy)
1:50	MW C+ 2X
2:00	CG/JR W 4-
2:10	OP W 1X
2:20	OP M 2X
2:30 pm	BREAK
2:40	CG/JR M 4-
2:50	OP W 4- (Trophy)
3:00	MM C+ 2X
3:10	OP M 8+
3:20	CG/JR M Lwt 4-
3:30 pm	BREAK
3:40	OP M 8+ Dash
3:50	BREAK
4:00	OP MIX 8+ Dash
4:30 pm	Medals Ceremony (Oakwood House)

Category Restrictions:

CG JR	Canada Games /JrM &W
N M/W	Novice Men/Women
OP M/W	Open Men/Women
MM/W	Masters Men/Women
MM/W C+	Masters Men/Women C+
ADPT	Adaptive
MIX Dash	Mixed 8+ Dash

Must be under 21 years of age on Dec 31 2009
Not competed before September 1, 2008
Open to any age
Must turn 27 years or older this calendar year
All crew members 43 years of age or older
Meets Adaptive Rowing classification rules
Crew must contain minimum of four women

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, coach at the Fredericton Rowing Club 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 up until his death in 1999.

“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 37th annual Nova Scotia Sprints will take place on July 18th and 19th, 2009 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.

Welcome to the 37th annual Nova Scotia Sprints Regatta!

This annual regatta has been organized by the Nova Scotia Rowing Association (NSRA) to bring together as many clubs as possible for exciting and competitive racing over the beautiful 1000 m racecourse on Lake Banook in Dartmouth, NS.

This year we are pleased to honour two long time members of the rowing community, the founders of the NS Sprints, Moe Cody and Tom St. Onge. The Founders Trophies have been created in memory of Moe Cody and in honour of Tom St. Onge for the achievements and contributions both have made to the rowing community for the last 5 decades. The trophies will be presented to the winners of the Open Mens 4- and Open Womens 4-.

The NSRA has been working hard to improve the quality of the event. In addition to our exciting two-day race format, closing ceremony and BBQ, the NSRA will again be putting on a pasta dinner for athletes and coaches on Saturday evening. If you would like to participate in the pasta dinner, please e-mail the number of club members who will attend to julieannswinimer@yahoo.ca

Please note the following:

- 1. The regatta will run according to the intended schedule. Changes to the race schedule will not be considered under any circumstance. Crews that are late to the start line will be disqualified.**

The regatta committee will gladly entertain suggestions to the schedule after the regatta.

- 2. Clubs that scratch a crew from an event without suitable medical excuse will be charged a fee of \$10 per crew scratched. It is the responsibility of the Clubs, not the individual athletes, to pay scratch fees. Scratch fees must be paid in full before the closing ceremony of the regatta.**
- 3. Regatta registration must be completed using the Microsoft Excel Sheet provided on the NSRA website. The completed excel file can be emailed directly to the regatta registrar. No other form of registration will be accepted.**

Good racing to all!

Yetta Withrow
2009 Regatta Chair
Nova Scotia Sprints, Bud Myra Memorial Regatta

RULES AND REGULATIONS

APPLICABILITY OF RULES

- 1.1 To the extent that the Rules of this Regatta are different or inconsistent with the RCA "Rules of Racing" these Rules shall prevail. Otherwise, the RCA "Rules of Racing" shall apply to all events staged at the Regatta.

REGISTRATION

- 2.1 All entries **MUST** be in the hands of the regatta chair no later than midnight on **Sunday, July 5th, 2009**. Send entries to novascotiarowing@gmail.com
Late entries will not be accepted.
- 2.2 Registration forms for all clubs must be completed in full and emailed to the regatta registrar by the registration deadline.
- 2.3 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.
- 2.4 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.

There is a regatta registration fee for each event at the regatta:

Single (1X)	\$20.00
Double/Pair (2X/2-)	\$30.00
Quad/Four/Coxed Four (4X/4-/4+)	\$40.00
Eight (8+)	\$50.00
Dash Eight (8+)	No Fee (only one entry per club unless lanes are available)

- 2.5 There will be a coaches and officials meeting the night before the regatta, Friday **July 17, 2009**, at 7:00pm at Oakwood House. **All Cox and Bow seat competitors are encouraged to attend this meeting as well.** At this meeting, the major rules of the regatta, the race schedule draw, and any other administrative details will be discussed.
- 2.6 There is a scratch fee of \$10.00 for each crew scratched after the draw has been made. Scratch fees can only be waived by the Regatta medical personnel or Regatta Chair. Scratch fees must be paid by the Qualified Club and are not the responsibility of the scratched crew. Scratch fees must be paid before the closing ceremony.

CLUB ELIGIBILITY

- 3.1 Clubs qualified to participate at the Regatta must be in good standing with RCA.
- 3.2 International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.
- 3.3 All members 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, male and female, representing one club. This ruling also applies to blade color and design.

COMPETITOR ELIGIBILITY

- 4.1 Competitors must be registered with their National Sport Governing Body and provide suitable documentation with registration (Canadian athletes should submit RCA numbers with registration).

- 4.2 The Nova Scotia Sprints recognizes the following event categories:

Junior (Jr)/ Canada Games (CG):

- These two categories have been combined for this regatta.
- Must be under 21 years of age on December 31 of the year in which the CG are held

Open (Op):

- Age unrestricted

Masters (M):

- Must turn 27 years of age or older this calendar year
- May compete in Novice events provided they meet the necessary criteria for designation as a Novice
- Masters Crews are permitted to carry a Coxswain who is under the age of 27; a Coxswain who participates as a member of a Crew in a Masters event does not in any way compromise his/her eligibility to participate in other events at the Regatta
- Aside from the general Masters category (27+), the Regatta recognizes one additional Masters Age Class in both the single (1X) and double scull (2X) events:

Masters 'C+' (M C):

- Each crew member must be 43 years of age or older this calendar year
- Masters C+ competitors may race in Masters AB events

Novice (N):

- Must not have raced in an RCA sanctioned regatta previous to September 1st of the preceding calendar year

Mix:

- A minimum of half of the crew must be women

Dashes:

- Only one entry per club permitted unless extra lanes are available.

- 4.3 All competitors must be eligible for the event in which they are competing. Any crew containing an ineligible competitor will be disqualified from the regatta.
- 4.4 All competitors, including coxswains, may participate in multiple events. Competitors are responsible for allowing sufficient time to race in one event, land, re-queue, and launch in time for an additional event. **We will not accept hot seating entries; ie. No equipment changes or athlete races with less than 30 minutes between starts. The regatta will not be delayed for 'hot-seating' crews or rapid equipment changes.**
- 4.5 A Competitor may only compete for his/her Club or Province. A Competitor who is a member of more than one (1) Qualified Club must select which club he/she will represent.
- 4.6 Competitors may participate as a member of a Composite Crew (two or more clubs) but that crew is not eligible for club points.
- 4.7 Competitor must have on his/her person, readily available for inspection, personal identification, which includes photo identification documents ("I.D.") and which also specifies full name and date of birth of the Competitor. I.D. presented will be available for inspection at the dock prior to the launch for any Club Event or heat. Failure to provide such I.D. may result in exclusion of the Competitor or crew from the event.
- 4.8 Any member of a National Team (Sr. A, Sr. B, Junior, Adaptive) is permitted to participate in any event provided they represent their home club and not a National Team Training Centre or Rowing Canada Aviron.

EVENTS OFFERED

5.1 The following events are offered at the 2009 Nova Scotia Sprints Regatta:

EVENT SUMMARY

	1X	2X	Lwt 2x	2-	4X	4-	Lwt 4-	4+	8+	MIX 8+ Dash
Novice Men		X						X		
Novice Women		X						X		
CG/Jr Men	X	X		X	X	X	X		X	
CG/Jr Women	X	X	X	X	X	X			X	
Open Men	X	X		X	X	X			X	X
Open Women	X	X		X	X	X			X	X
Masters Men	X	X			X			X		X
Masters Women	X	X			X			X	X	X

5.2 The order of events is listed at the beginning of this document. Masters Mixed 2x and Adaptive 2x is also offered again this year.

WEIGHT RESTRICTIONS

- 6.1 Unless the Regatta takes place during a Canada Games year, there are no lightweight events at the Regatta.
- 6.2 During a Canada Games year the following weight restrictions shall apply for both the CG LM 4- and CG LW 2X respectively:
- Lightweight Men (LM):**
- Each crew member must not exceed 72.5 kg
- Lightweight Women (LW):**
- Each crew member must not exceed 59 kg
- 6.3 Coxswains do not need to meet any weight criteria for participation in the Regatta.
- 6.4 Each competitor in a weight related event is required to weigh in every day that his or her event is being rowed. All weigh-ins must be completed at posted scheduled times prior to any event being raced.
- 6.5 Only one weigh-in will be allowed on any day. Failure to meet weigh-in requirements excludes the competitor from competing in that event. A calibrated test scale will be provided.
- 6.6 Each competitor shall be appropriately dressed in his/her club racing uniform for the purpose of the weigh-in.

HEALTH & SAFETY

- 7.1 It is the responsibility of each competitor and his/her qualified club to assure that the competitor is in good health and physically fit to participate in the Regatta. In permitting the competitor to participate, the Nova Scotia Rowing Association assumes no responsibility whatsoever for the health and physical fitness of any Competitor and none shall be implied.
- 7.2 It is the responsibility of each qualified club that each competitor shown on the club membership list is a competent swimmer at a level necessary to swim to shore, if necessary, on the racecourse. In certifying the club membership list the club official is deemed to have confirmed this fact.
- 7.3 The safety and well being of any competitor while participating in the Regatta or while participating at other parts of the Regatta venue is the responsibility of the qualified club to which the competitor belongs and their represented officials.
- 7.4 If for any reason the competitor comes under the auspices of the Regatta medical personnel (by reason of a substitution or otherwise) the decision of said medical personnel of whether the competitor is fit to further participate in the Regatta shall be final and binding and the competitor shall not participate further in the Regatta without said clearance.
- 7.5 Notwithstanding any of these rules to the contrary only the Chief Umpire may amend, vary or otherwise abrogate any of these rules in the interest of on-water safety of the competitors and the decision of the Chief Umpire shall be final, binding and unappealable on any issue of safety.
- 7.6 Each and every competitor, by participating in the Regatta, is deemed to agree that he/she may be subject to doping control tests as that term is defined and applied in the RCA "Rules of Racing".
- 7.7 All boats shall be equipped with shoes that have automatic or speed safety releases and heel tie-downs. Boats that do not have such equipment will not be permitted race. All boats shall be equipped at the bow with a soft ball of rubber or similar soft material.

REGATTA CHAMPIONSHIP

8.1 Medals are awarded to first place crews in each event final.

Cumulative Points

8.2 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

8.3 Points are only awarded for finals.

8.4 There are no points awarded for the Dash events.

8.5 Composite crews will not be awarded points. In such cases, the points received by other crews in the event remain the same

8.6 During a Canada Games year, Canada Games provincial teams will earn points for their respective teams based on the above point system. In such a year, both a Club Champion and a Canada Games Team Champion will be declared.

Efficiency

8.7 "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.

8.8 The "Efficiency" is the percentage of Total Actual Points divided by Total Possible Points. The club that qualifies, and is the most efficient in it's over all entries throughout the regatta, is the winner.

8.9 To be eligible for the club efficiency award a club must:

- participate in at least 4 event finals
- enter at least 14 Competitors who row in these events
- participate in at least One Sweep Oared Event and One Sculled Event

DIRECTIONS

From Trans Canada Highway, Provincial Route 118 (see Map 1):

Route #1 (Easy Trailer Turns) Orange Lines Map 1

- 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 **Boathouse Lane** and Oakwood House or Banook Canoe Club. Turn Left onto this steep descent into the **Trailer Parking Area**.

Route #2 Yellow Lines Map 1

- Take Right **Exit** to *Eastern Shore/Eastern Passage* onto **Highway 111**
- Drive 0.7 km and take **Exit 6A** on Right to *Waverly/Braemar Dr/Prince Albert Rd.*
- Stop at the only set of lights at the end of the roundabout and take a Left onto *Prince Albert Rd.*
- Follow Prince Albert Rd. 1.2 km (Lake Banook will be on your right) until reach a set of lights at Hawthorne St. Take a Right onto *Hawthorne St.*
- Drive along Hawthorne St. for 0.4 km and take a Right onto *Crichton Ave.* (! Do not stay to the immediate right here or you will get onto Banook Ave.)
- Go up Crichton Ave. 0.2 km and look for the sign for **Boathouse Lane** Oakwood House. Turn Right onto this steep descent into the **Trailer Parking Area**.

IF YOU GET LOST IN THE HALIFAX/DARTMOUTH:

Ask for directions to Banook Canoe Club. Banook Canoe Club is adjacent North Star Rowing Club and Oakwood House.

Or call

Yetta Withrow
President, Nova Scotia Rowing Association
Cell: 902-225-0925

COURSE MAPS

Nova Scotia Sprints

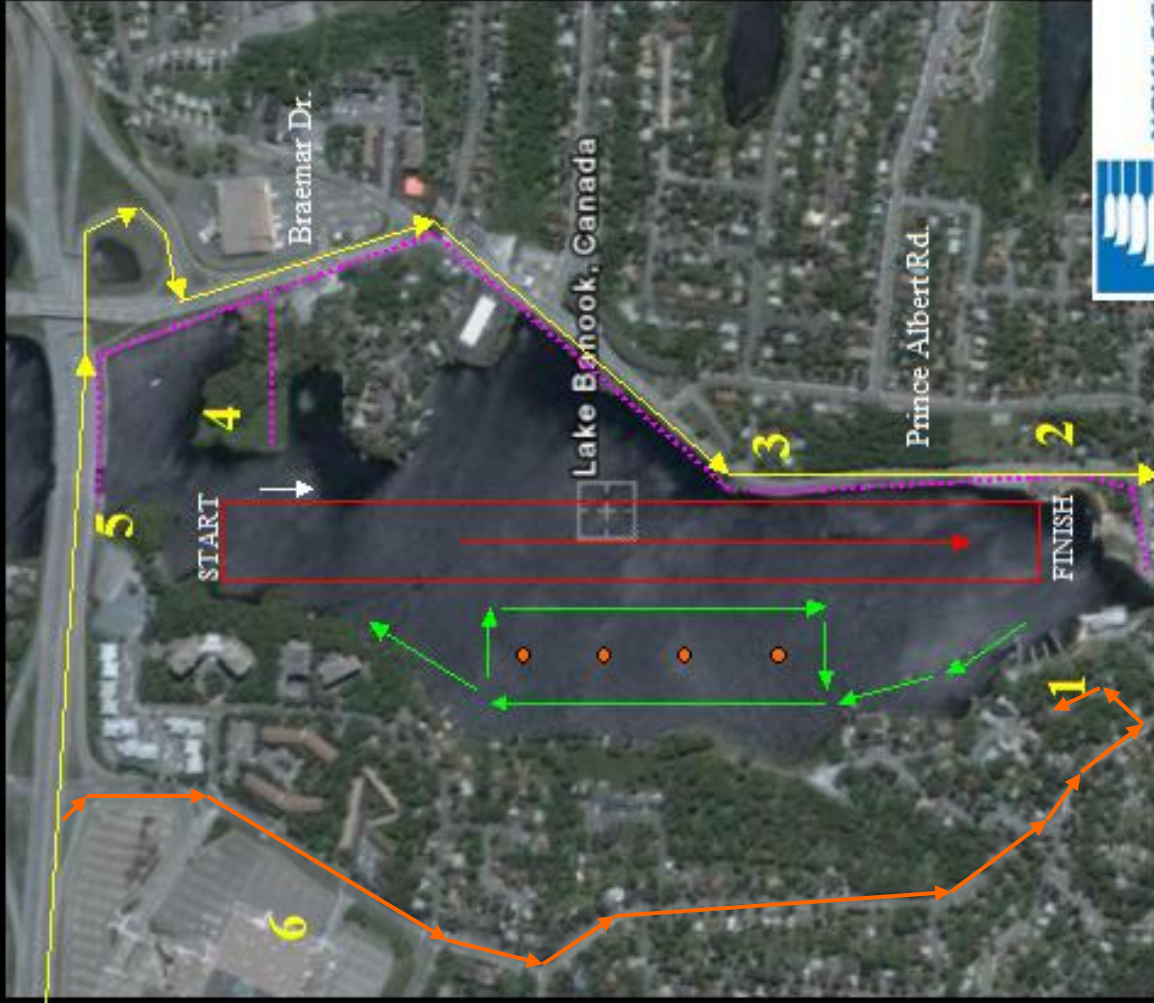
Bud Myra Memorial Regatta

RACE COURSE MAP

1. JUDGES TOWER
(See Finish Area Map)
2. MIC MAC AAC
3. GAZEBO
• Spectator Observation and Boardwalk
4. GRAHAM'S GROVE PARK
• Startline Observation
5. CONRAD FOOTBRIDGE
• Course Observation
6. MIC MAC MALL

- From Trans Canada
- Walking Trail
- Warmup/Cooldown Flow
- Race Course Flow

**Note* Friday PM Practice Flow Pattern:
UP Mic Mac side of course and Down Lanes*



NOVA SCOTIA ROWING ASSOCIATION
400 - 5518 Spring Garden Road, Halifax, Nova Scotia B3J 1G8



Nova Scotia Sprints

Bud Myra Memorial Regatta



FINISH AREA MAP

1. JUDGES TOWER
 - Medical
 - Results
 - Officials Launch
2. LAUNCHING AREA
 - Dock Marshall
 - General Information
 - Vendors
3. TRAILER PARKING NORTH STAR RC
4. Washrooms
5. OAKWOOD HOUSE
 - Safety Meeting
 - Closing Ceremony
6. GENERAL PARKING
7. MIC MAC RC

Trailer Parking From Trans Canada

Walking Trail

Outflow

Inflow



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