

NOVA SCOTIA ROWING ASSOCIATION

2009 Ice Breaker Regatta

Fr: Yetta Withrow
Regatta Chair
5516 Spring Garden Rd., 4th floor
Halifax, NS B3L 1G6

April 22, 2009

RE: The ICEBREAKER REGATTA to be held on Lake Banook, Dartmouth, NS, Saturday, May 16, 2009. In case of inclement weather, the regatta may be delayed to Saturday evening or held Sunday, May 17, 2009.

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

ENTRY INFORMATION

1. All entries **MUST** be e-mailed to the regatta registrar no later than midnight on **Saturday, May 9, 2009** to novascotiarowing@gmail.com
2. **A registration list for all clubs must be completed in full including rowers name and RCA NUMBER. All entries must be submitted on the attached Excel sheet.**

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 spares 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 \$25.00 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, 15, 2009 at Oakwood House.

CATEGORY RESTRICTIONS

5. Novice competitors must not have competed in any RCA sanctioned regatta (or equivalent) prior to September 1, 2008.
6. Competitors rowing in the Canada Games/Junior category must be 20 years of age or younger as of December 31, 2009. These two categories have been combined for this regatta.
7. For Junior and Canada Games competitors, the athlete's **date of birth** must be included on the Club Athlete List or the entry will not be accepted.
8. Masters competitors must be 27 years of age this calendar year or older. This is an Open Masters regatta.
9. Senior is open to any age. Rowers compete exclusively in Masters Events or Non-Masters Events in any one regatta.

MISCELLANY

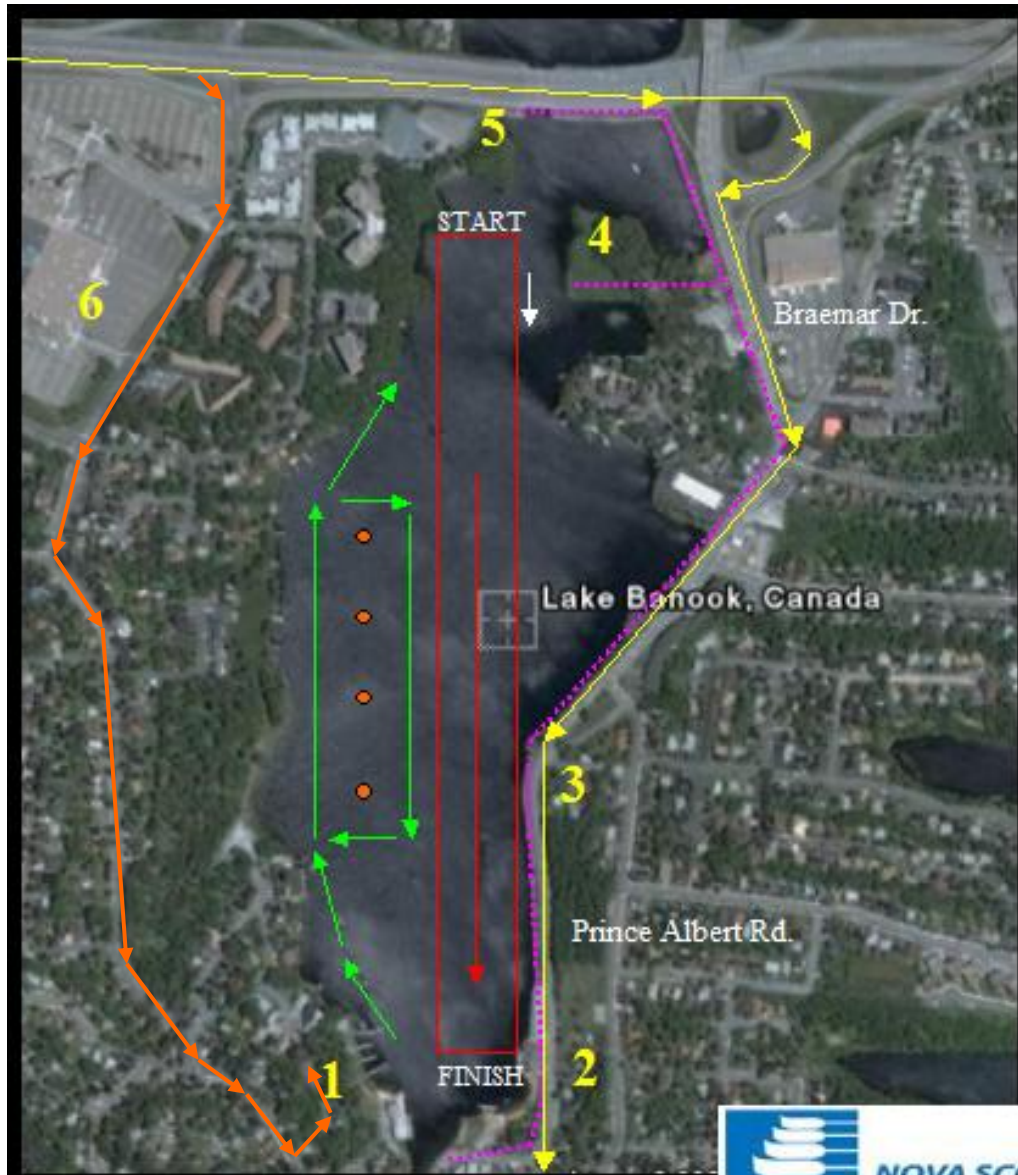
- 10. THERE ARE NO POINTS BEING TALLIED FOR THIS REGATTA. The race course is 1000m.**
11. There must be at least two crews represented for a race to be run. In the event that only one club enters a race that event will take place and will be awarded to the winning crew. Since there are no points being tallied for clubs at the regatta there is no reason not to let the race run.
12. 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. Unless otherwise noted in this package, the RCA Rules of Racing will be followed.
- 13. There will be a coaches and officials meeting the night before the regatta, Friday May 15, 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. NO NEW ENTRIES WILL BE ACCEPTED AT THE SAFETY MEETING.**
14. **Warning:** 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.
15. There will be a Bar-B-Que following the awards ceremony, included in the registration fee. Others may purchase tickets for \$5.00 each.

EVENTS INFORMATION**SCHEDULE**

<u>Event Number</u>	7:00	<i>Heats if necessary</i>
1	8:30	CG/JRW4X
2	8:40	SRW2-
3	8:50	CG/JR M 8+
4	9:00	MW1X
5	9:10	MM4X
	9:20	BREAK
6	9:30	SRM2-
7	9:40	CG/JRM1X
8	9:50	CG/JRW2-
9	10:00	MW4X
10	10:10	SRW1X
	10:20	BREAK
11	10:30	CG/JRM2-
12	10:40	MM1X
13	10:50	CG/JRW1X
14	11:00	MW2X
15	11:10	CG/JRM4X
	11:20	BREAK
16	11:30	SRM2X
17	11:40	CG/JRW 8+
18	11:50	NW2X
19	12:00	MM 2X
20	12:10	CG/JRM Lwt4-
	12:20	BREAK
21	12:30	CG/JRW2X
22	12:40	SRM1X
23	12:50	NM2X
24	1:00	CG/JRM 4-
25	1:10	CG/JRW Lwt2X
	1:20	BREAK
26	1:30	MW8+
27	1:40	SRW2X
28	1:50	CG/JRW4-
29	2:00	CG/JRM2X
	2:10	BREAK
30	2:20	MMIX8+ Dash
31	2:40	SRMIX8+ Dash
	3:00	BBQ and MEDALS

EVENT SUMMARY

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



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*



COURSE MAPS



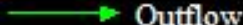



Nova Scotia Sprints

Bud Myra Memorial Regatta

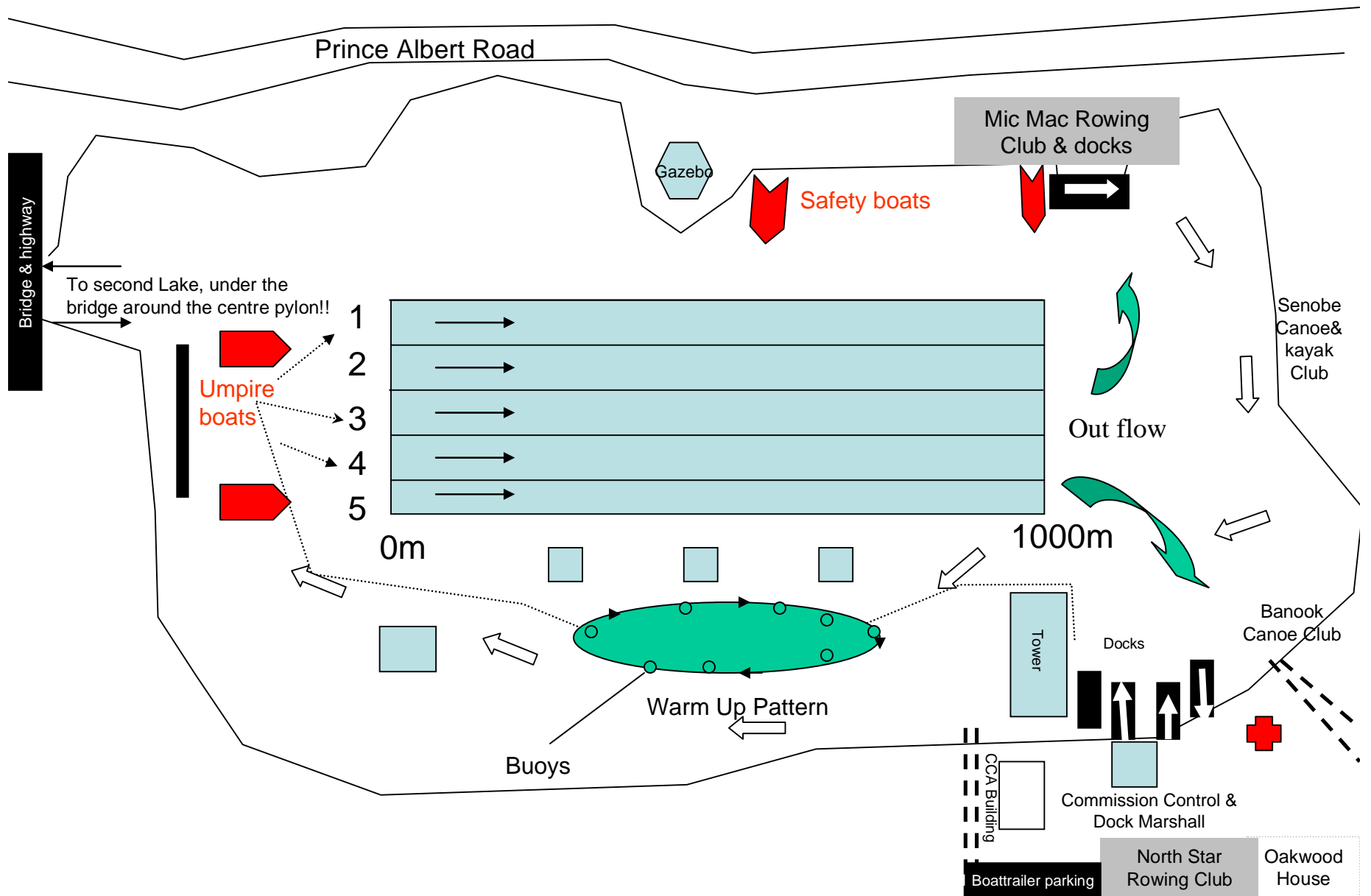
FINISH AREA MAP

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



On-water warm-up and traffic patterns



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 **Boat House Lane**. 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 **Boat House Lane**. 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. The residents of Dartmouth are more familiar with BCC than our rowing clubs.

Or call

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