

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

Organized By:



Welcome!

RowNS is pleased to host the 8th annual Really Chili Rowing Regatta (RCRR) on Saturday, October 29th, 2011.

This year the RCRR will play host to the 5th annual Atlantic University Rowing Championship (AURC) that will bring together crews from across the Atlantic Provinces. The RCRR will see 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 will be offering the Learn to Row and Junior Chili Challenge which are 300 m events. These 300 m events (2x, 4x, 4+ and 8+) are for junior novice, junior and learn to row participants. Our aim is to encourage skills development and to further develop junior and novice 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
2011 Regatta Chair

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 Open 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 2011 AURC.

Junior Chili Challenge (300 m)

The Junior Chili Challenge is a 300 m event exclusively for junior and novice rowers. Based on finish order in their respective events in the Really Chili Rowing Regatta, the top four crews per event will be seeded into four boat 300m finals (Junior 2x and 4x and Novice 2x and 4+). Additionally, each club is allowed to enter 1 Junior Mixed 8+ in the Junior Chili Challenge.

Learn to Row Chili Challenge (300m)

Learn-to-Row crews who started rowing this year will race 300m in the Chili. The Learn to Row mixed 8+ participants can enter the 300m race without participating in the Really Chili head race. The mixed crew must have a minimum of four women.

RULES

General

1.1 In the event that only one crew enters an event the event will still be run as a head race but not as a 300m race. A medal will be presented to the participating crew for the head race portion of the regatta 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 2012 schedule after the 2011 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. 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 promptly yield when there is adequate room and time. Please communicate effectively during racing.

1.7.3 **A pass may not be initiated, continued or completed once the lead boat passes the 1st of the 3 orange buoys** set before the entrance to the bridge. On the Lake Mic Mac side of the

course to the bridge, no pass may be initiated, continued or completed once the lead boat is past the 1st of the 3 orange buoys set at the entrance to the bridge going into Lake Banook.

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.

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 Composite University and Club crews will not be allowed to participate in the AURC portion of the regatta.

2.0 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.

2.1 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).

2.2 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.

2.3 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.

2.4 Each university athlete 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:

2.5 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)

2.6 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.

2.7 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.

2.8 Crews must establish their class previous to the regatta (i.e. A Novice crew can't decide after the RCRR that they want to race in the Varsity final).

2.9 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 Novice 4+'s to reduce the no. of races; points and medals will be awarded appropriately)

Junior Chili Challenge (300 m)

3.0 Participants must meet Junior age requirements.

3.1 The Challenge is for Junior 2x and 4x and Novice 2x and 4+. Each club is also allowed to enter **one** Junior Mixed 8+ crew.

Learn-to-Row Chili Challenge (300 m)

3.2 Participants must not have rowed previous to May 1st, 2011.

3.3 The Challenge is for 8+ crews only. The crews must have a minimum of 4 women.

3.4 University Team novice 8+'s are allowed to participate in the LTR Mixed 8+ 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 colours.

REGISTRATION

1. All entries **MUST** be in the hands of the registrar (rowing@rowns.ca) no later than midnight on **Saturday, October 22, 2011 on the EXCEL sheet provided**. NO LATE ENTRIES WILL BE ACCEPTED.

2. **Registration forms for all clubs must be completed in full.**

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. The Learn to Row Mixed 8+ Challenge has a reduced fee of \$15 if that is the only race that the participant enters at the regatta. 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 Mixed 8+ 300m Challenge =		\$15

5. **ONLY cheques** made payable to “RowNS” will be accepted. **NO CASH PLEASE.**

6. There will be a coaches and officials meeting the night before the regatta, **Friday October 28th, 2011**, at 7:00pm at Oakwood House 20 Boathouse Lane, Dartmouth (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.

CATEGORY RESTRICTIONS

Novice (N): Must not have competed prior to May 1st, 2011.

Junior (Jr): A Junior competitor is considered a Junior until the 31st of December of the year in which he or she reaches the age of 18.

Masters (M): Must be 21 years of age or older this calendar year, registered as ‘competitive’ with RCA. Masters may compete in Novice and Open events at this regatta.

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

Mix (Mix): Crew must contain a minimum of ½ female rowers.

Adaptive: Crew can be of same gender or mixed.

Learn-to-Row Mixed 8+: Must not have rowed prior to May 1st, 2011.

Really Chili Rowing Regatta 4.3 km							
		1X	2X	2-	4X	4+	8+
Novice -	Men		x			x	
	Women		x			x	
Junior -	Men	x	x		x		
	Women	x	x		x		
Open -	Men	x	x		x	x	x
	Women	x	x		x	x	x
	Mix		x		x		
Masters -	Men	x	x		x		
	Women	x	x		x		
Adaptive -	Mix		x				
Atlantic University Rowing Championship (AURC) 1000m							
		1X	2X	2-	4X	4+	8+
Novice -	Men		x			x	
	Women		x			x	
Open -	Men	x	x			x	x
	Women	x	x			x	x
Junior Chili Challenge 300m							
Junior -	Men		X		X		
	Women		X		X		
	Mix						X
Novice -	Men		X			X	
	Women		X			X	
Learn to Row Chili Challenge 300m							
LTR -	Mix						X

Really Chili Rowing Regatta 4.3km

7:45 AM	Flight #1	10:45 AM	Flight #4
	OM1x		OM2X
	MW2X		MM1X
	OW4x		MW4X
	JW1X		OM4+
	NW4+		JW2X
	NM2x		AD2x
8:45 AM	Flight #2	11:45 PM	Flight #5
	OW8+		MM4X
	JM4X		OW4+
	OMix 2X		OMix4X
	OW1X		OW2X
	NM4+		MW1X
			JRM2X
9:45 AM	Flight #3		
	OM4X		
	MM 2X		
	OM8+		
	JW4X		
	JM1X		
	NW2X		

Indicates: Top 3 Qualify to AURC

NOTE: organizers may condense schedule.

Please check draw for correct times.

Atlantic University Rowing Championship (AURC) 1000m

1:30 PM	OW4+
1:35 PM	OM1X
1:40 PM	NW2X
1:45 PM	NM4+
1:50 PM	OW8+
1:55 PM	OW1X
2:00 PM	OM4+
2:05 PM	NM2X
2:10 PM	OM2X
2:15 PM	NW4+
2:20PM	OM8+
2:25PM	OW2X

Junior Chilli Challenge (300m)

2:45PM	JM2x
2:50PM	JW4x
2:55PM	NM4+

LTR 3:00PM LTR Mix 8+

3:05PM	NW2x
3:10PM	BREAK
3:20PM	JM4x
3:25PM	JW2x
3:30PM	NW4+
3:35PM	NM2x
3:40PM	JRMix 8+

**BBQ at Oakwood House 1pm to 4pm
Medals to be awarded at 4pm**

APPENDIX 1



