



ATLANTIC ROWING CHAMPIONSHIPS

LOCHABER, NOVA SCOTIA

OCTOBER 14-15, 2017

Regatta Chair: Alison Sampson (902-714-5668; asampson@stfx.ca)

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The St. Francis Xavier University Rowing Club, the Antigonish Rowing Club, and the community of Lochaber are pleased to invite you to the Atlantic Rowing Championships. This two-day regatta will conduct races over a fully-buoyed, 2km racecourse.

Fees:

The regatta fee is \$60/person. **Registration deadline is October 8, 2017.** Cheques should be made payable to the StFX Rowing Club. **Each athlete may be entered in a maximum of three (3) events per day.**

Food:

Your regatta fees do not include a meal, but there will be many food options available on-site for purchase. Cash only.

Meeting:

There will be a safety meeting on Friday, October 13th, at 7:00pm at Bloomfield Centre (StFX Campus), in the Council Chambers (4th floor). Course maps will be distributed then (and beforehand, electronically).

Boat and Trailer Storage:

You are welcome to store your boats at the Lochaber Centre or at the boat club adjacent. Both are very open and easy to maneuver within.

Practice Times:

Crews are welcome to practice on Lochaber on Friday, October 13th, between 4 and 7pm.

Racing:

A race will **not** be delayed to accommodate a late arriving entry. Please allow a full half-hour to get from the launch to the start line (~5kms).

Racing will begin at 8am on Saturday and Sunday morning.

The race schedule is subject to change depending on the number of entries per event, but will be finalized at the coaches' meeting.

REGISTRATION

Please fill out the attached Excel spreadsheet.

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. Entries will close October 8th, 2017 at midnight.

Scratches without penalty must be received by October 8th, 2017. Scratches received after this date will forfeit entry fees unless there is a suitable medical excuse.

Late entries will be accepted after October 8th, 2017 until the coaches and safety meeting; however there will be \$15.00 fee for each boat entry per event.

All substitutions must be listed on the athlete list and announced at the latest at coaches' and safety meeting on Friday October 13th, 2017.

Available Categories:

	Junior	University	Masters	Open	Novice	Para
LW 1x		•		•		
1x	•	•	•	•	•	•
LW2x		•		•		
2x	•	•	•	•	•	•
2-	•	•		•		
4x	•		•	•	•	
LW 4+		•				
4+	•	•		• =	•	
4-				•		
8+	•	•		•	•	
Mix 2x			•			
Mix 4x			•			
Mix 8+			•			

CATEGORY RESTRICTIONS:

Junior (J): Must not be older than 19 years of age this calendar year.

University (U): See section on AURC eligibility. University rowers may only enter University or Novice categories.

Masters (M): Must be 21 years of age or older this calendar year, registered as 'competitive' with RCA. Masters may also compete in Novice and Open events. For Masters events, if there are insufficient entries to warrant races in a certain age category a handicap system will be applied. The handicap will be applied to a single sculler or, in the case of a crew boat, to the average age of the crew members (excluding the coxswain). The Garrett-Zezza handicap system will be applied as specified in the rules of racing.

Open (O): Open to any age or skill level (i.e. Senior, Masters, U19, or Novice).

Novice (N): Must not have competed prior to May 1st, 2017. University athletes are permitted to compete as novices, provided they fulfill the other requirements for university rowers. See note below for more details.

Adaptive (Para): A rower with a disability who meets the criteria set out in the Para Rowing classification rules. There are three Adaptive categories: 1. LTA (leg, trunk and arms) 2. TA (trunk and arms) 3. AS (arms and shoulders)

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

Lightweight Men(Lw): 72.5 kg maximum with no average for all lightweight men events

Lightweight Women(Lw): 59.0 kg maximum with no average for all lightweight men events

Coxswains (required to weigh in): 54.0 minimum for men's events; 50.0 kg minimum for women's events

Weigh-ins: At the Lochaber Centre, between 6-7:15am, Saturday, and 6-7:45am, Sunday. No multiple weigh-ins. Weigh-in only required for the first race of the day.

Race Schedule:

- **Please note that all races are 2km except novice and masters events are 1km.**
- Races with more than four entries will be seeded and run as head-to-head time trials. The fastest time overall (not per time trial) will be the winner.
- For all university events with more than four entries, finals will be run after 2pm.

Event Order:

*Event order is subject to change.

Event #	Saturday Events
1	U/O M1x
2	J/U/O W2-
3	J/U lw/U/O M4+
4	U/O W2x
5	J/O M4x
	Break
6	N W8+
7	M M1x
8	M W2x
9	N M4+
10	N W4x
11	M Mix8+
	Lunch Break
12	J/U lw/O lw M1x
13	J/U lw/O lw W2x
14	O M4-
	Break
15	U/O W8+
16	M Mix2x
17	N M1x
18	N W2x
19	M M4x
20	J W8+

Event #	Sunday Events
21	U/O W1x
22	J/U/O M2-
23	J/U lw/U/O W4+
24	U/O M2x
25	J/O W4x
	Break
26	N M8+
27	M W1x
28	M M2x/Para M/F/Mix 2x
29	N W4+
30	N M4x
	Lunch Break
31	J/U lw/O lw W1x
32	J/U lw/O lw M2x
33	O W4-
	Break
34	U/O M8+
35	M Mix4x
36	N W1x/Para M/F 1x
37	N M2x
38	M W4x
39	J M8+

AURC Eligibility

- Students must be registered full-time (in an undergraduate, graduate, or professional program).
- Crews must be all University rowers to win an AURC medal.
- 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.
- 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.

Atlantic University Championship: The Lochaber Cup

The Lochaber Cup was donated by the Brothers family of Lochaber, in recognition of the overall points winner of the Atlantic University Rowing Championships. The cup will remain in the Lochaber Centre, and the winning team will receive a banner to hang in their clubhouse.

- Points will be awarded as per the point schedule below. Universities may enter as many scullers/crews as desired, but only the **top** placing crew/sculler from each school will be awarded points. A minimum of two entries from different universities are required to constitute a race for points and award purposes.

	1 st	2 nd	3 rd	4 th	5 th	6 th
Single	10	5	4	3	2	1
Double/Pair	15	8	5	4	3	1
Four/Quad	20	10	8	6	5	2
Eight	25	12	10	8	6	3

- The overall AURC championship will be awarded to the university program tallying the most points for the combined women's and men's programs.
- No novice crews will earn points towards the University Championship; rather, the Novice crews' competing for their university will earn points toward the President's cup in conjunction with their home club. As well, the university with the most novice points will be recognized at the award ceremony as the University Novice Champion.
- Crews added after the safety meeting will not be eligible to receive points towards the Lochaber Cup.

Atlantic Rowing Championship: The President's Cup

The President's Cup was donated by Row NS, in recognition of the overall points winner of the Atlantic Rowing Championships. The cup will remain with RowNS, and the winning team will receive a banner to hang in their clubhouse.

- First place finishers *only* will receive awards.
- Points will be awarded as per the point schedule below with the top six boats in each race eligible to earn points in junior, open, masters, para and novice events. Clubs are welcome to enter as many scullers/crews as desired, but only the top three placing crews from each club will be awarded points.
- Novice crews' competing for their university will earn points toward the President's cup in conjunction with their home club. As well, the university with the most novice points will be recognized at the award ceremony as the University Novice Champion.
- Composite crews will not be awarded points.
- Crews added after the safety meeting will not be eligible to receive points toward the President's Cup.

	1 st	2 nd	3 rd	4 th	5 th	6 th
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