

Hello

Row Nova Scotia is pleased to host the 13th Annual Ice Breaker Regatta and Skills Event on Saturday May 26, 2018 on Lake Banook. Row Nova Scotia wants to grow participation in the sport of rowing at all levels and provide meaningful competition for Nova Scotia rowers from novice to national caliber competitors.

The Ice Breaker Regatta will follow the RCA National Standard and Guidelines of Long Term Athlete Development & Regatta Standardization. The recommendation for spring is to develop rowing with specific endurance, strength, speed and skills through long distance racing with proficiency in mainly small boats under a variety of conditions along with a skills event.

The format is a 4.3km head race in the morning. We will be running 5 flights of races on a one hour interval. Athletes are restricted to only entering two flights plus the skills event. Following the flights of head racing there will be a skills event beginning at 10:00am. After the skills event is complete we will have the awards ceremony on the North Star Rowing Club's lawn or in Oakwood House if the weather is poor. We will be running championship events for many races including 1x, 2x, 4x, and 8+. The purpose of the championship events is to increase the level of meaningful competition in the event by racing all junior, under 23, senior lightweight and senior competitors in the championship event and awarding an overall championship event winner as well as age category winners.

All entries must be registered no later than midnight of Sunday May 18, 2018. Each club is only to submit one registration with all participants from the club. The regatta registration fee is \$35.00 per regatta participant plus, new this year, there is per race event seat fee associated with racing by Row NS and RCA that is briefly outlined in the rules and regulations.

This year we are pleased to announce that Hearthstone Inn in Dartmouth will be the official regatta hotel for the Ice Breaker Regatta. Hearthstone Inn Dartmouth is a unique boutique hotel directly across the street from Lake Banook. Our unique decor and fabulous customer service is exactly what you need for your visit to Dartmouth for your event on Lake Banook. Your guest room is equipped with a fridge and microwave and comes with a full hot buffet breakfast. We are directly across the street from the lake and the Superstore. We have lots of parking and additional overflow at the Superstore parking lot. The hotel lounge is open 4-12am serving food and room service 4-9pm. Please call the hotel directly to receive your special rate - 1-800-565-1275, please refer to the Row Nova Scotia Regatta Block and specific date you are looking for.

We encourage family, friends, former rowers and those who have never seen rowing to come out and watch the event. Row Nova Scotia is always looking for new volunteers to help out with timing and on the safety boats. No experience is needed. It is the best seat on the lake and a great way to give back to rowing. If you are interested in helping out in some capacity at the regatta please sign up to volunteer at this link:
www.SignUpGenius.com/go/5080F45A9A82CA6FB6-icebreaker1

This year there will be a canteen open in Oakwood House selling soup, sandwiches, muffins, cookies, and hot coffee and tea. All proceeds of the canteen will go to the purchasing and training expenses of the Nova Scotia Provincial Rowing Team.

Finally,

Sincerely,

Patrick Thompson,
Regatta Chair
rowing@rowns.ca

The following is a list of events for the Ice Breaker Regatta:

EVENT INFORMATION

		1x	2x	4x	4+	8+
Novice	Men		X		X	
	Women		X		X	
Junior	Men	X	X	X		X
	Women	X	X	X		X
Under 23	Men	X	X	X		X
	Women	X	X	X		X
Senior	Men	X	X	X		X
	Women	X	X	X		X
Senior Lightweight	Men	X	X	X		X
	Women	X	X	X		X
Masters	Mixed		X	X		
	Men	X	X	X		
	Women	X	X	X		
Para	Mix TA		X			
	Mix LTA		X			
	Mix					
	Women	X				
	Men	X				

Ice Breaker Regatta Flight Schedule

<p><u>Flight 1 – 7:30AM</u> Championship W4X Masters W2X Masters Mixed 2X Championship M1X</p>	<p><u>Flight 2 – 8:30AM</u> Championship M8+ Masters M4X Championship W2X Masters W1X</p>	<p><u>Flight 3 – 9:30AM</u> Novice M4+ Novice W4+ Novice M2X Novice W2X Para Mixed LTA 2X Para Mixed TA 2X Para M1X Para W1X</p>
<p><u>Skills Event – 10:00am</u></p>	<p><u>Flight 4 – 10:45AM</u> Championship W8+ Masters W4X Championship M2X Masters M1X</p>	<p><u>Flight 5 – 11:45AM</u> Championship M4X Masters M2X Championship W1X Masters Mixed 4X</p>

Championship Events (1x, 2x, 4x, 8+) will include Junior, Under 23, Senior and Senior Lightweight and age group competitors. Masters competitors can race in the championship events under the Senior or Senior Lightweight categories. An overall championship event winner will be awarded as well as the top finisher in each age category.

Skills Events 10:00 am

Please see the document on Ice Breaker page of the website (<http://www.rowns.ca/ice-breaker/>) for full skills event

details.

Award Ceremony following the regatta at approximately 1:00pm

RULES AND REGULATIONS

1. Unless otherwise noted, the RCA Rules of Racing will be followed.

REGISTRATION

2. Create an account on Regatta Central (<https://www.regattacentral.com/signup>)
3. Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
4. Add athletes to your club (names, RCA #'s, birthdays).
5. Search for the Regatta you wish to enter and add your boats to the races.
6. Add your crew lineups to the boats.
7. Check your club invoice and pay online. Or pay via check at the coaches meeting (please confirm in advance if this is the method of choice).
8. New this year, RCA and Row NS have implemented a new membership fee structure. In this fee structure a \$3.25 RCA seat fee and \$1.75 Row NS seat fee per race event is being charged. The new membership structure which includes a base membership and racing seat fees in place of the old model that incorporated a 'sport membership' and a 'competitive membership'. More information on the new membership structure is available here: <http://rowingcanada.org/domestic/clubs-membership/2018-membership-model>.
9. 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. US Rowing participants must include their registration number on the entry form as well.
10. There is a regatta registration fee of \$35.00 for each participant at the Ice Breaker Regatta.
11. Entries will open May 7, 2018 and close Sunday May 18, 2018 at midnight.
12. Scratches received after May 20, 2018 without medical excuse will forfeit entry fees.
13. Late entries received after the entry deadline of May 18, 2018 will be charged a late entry fee. The fee will be lesser of \$15.00 per individual entry or \$125.00 for a club entry.
14. Entries may be received up to the coaches meeting on May 25, 2018. Entries will only be accepted if sufficient space is available in the event and a late registration fee (see note 9) will be added to the race fees.
14. Crew changes will be allowed before the first race as long as the rower is registered for this regatta. These changes can be made verbally to the Chief Umpire and Regatta Chair. All substitutions must be listed on the athlete list.
15. Withdrawals can be made verbally to the Umpire at Control Commission.

16. There is a racing limit. Athletes can race no more than two (2) flights plus the skills events. To avoid potential schedule conflicts, back to back races will not be permitted.
17. There will be a coaches and officials meeting the night before the regatta, Friday May 25, 2018, at 6:30pm at Oakwood House. Only cheques made payable to "Row Nova Scotia" will be accepted and can be paid as late as the safety meeting. 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.
18. A race will not be delayed to accommodate a late arriving crew. Boats must at the start area on time.
19. Weigh-ins will take place for lightweight rowers at Oakwood House between 6am and 7:30am on Saturday. Athletes must weigh in wearing their racing uniforms. Crews must weigh-in together and athletes should have identification upon request. Multiple weigh-ins will be allowed. There will be no weigh-in for coxswains.
 - a. Maximum weight for Lightweight men is 72.5kg.
 - b. Maximum weight for Lightweight women is 59.0kg.
20. Please be advised that race schedule is subject to change depending on number of the entries per event.
21. The course will be open for boats to practice from 3pm to 7pm Friday. Practice times will require a safety boat on the water. The flow pattern for practice times will be the same as the around the lake race course. There will be a designated practice time one hour prior to the start of the regatta.

CLUB ELIGIBILITY

22. Clubs qualified to participate at the regatta must be in good standing with RCA.
23. International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.
24. All rowers 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.
25. For the safety of the regatta there will be a check of boats to ensure that heel ties (7cm in length) as well as bow balls (white not required) are in place. Failure to meet the RCA safety restrictions for racing shells may result in disqualification.

RACE FORMAT

26. Crews will race the 4.3km 'Around the Lake' course in a time trial format (**See Map 1**). Crews will assemble according to bow numbers in the pooling area near the finish line of the traditional one kilometer course of Lake Banook in front of the MicMac Amateur Aquatic Club boathouse. Crews will be called through the start line in roughly 20-second intervals. Race results will be based on time taken to complete the course with time penalties for errors made on the course.
27. Please refer to **Map 1** for further information about penalties. All buoys that mark the course will be penalty buoys. No passing zones mean that crews cannot overtake or overlap in the no passing zone. The bridge will be raced single file.
28. Penalties: 1 minute for No Pass Zone, 1 minute to disqualification for the big turn buoy and 30 seconds for all other buoys and violations (**See Map 1**).

Note: Some of the mandatory buoys in Lake Mic Mac are white. These buoys are less visible than some of the other mandatory buoys so please pay extra attention to the race buoys in this section of the course.

29. Novice and para will race a modified head race in a horseshoe course. The course begins in the pooling area in front of the Mic Mac boathouse. Crews will complete the first 600m of the head race course and then will move counter-clockwise across all lanes and then back down the warm up lane and finish at the tower. The finish will be in line with the traditional finish line but boats will travel between the last lane and the tower (**See Map 4**).
30. As the head race format includes no-passing zones and navigating a bridge with other crews in close proximity, we encourage clubs to have experienced coxswains in coxed boats.
31. The skills event is open to all athletes registered at the Ice Breaker Regatta it is a fun event aimed to follow the RCA National Standard and Guidelines of Long Term Athlete Development & Regatta Standardization for all levels.

CATEGORY RESTRICTIONS

32. Novice competitors must not have competed in any on-water RCA sanctioned regatta (or equivalent) prior to April 1, 2018.
33. The Nova Scotia Sprints recognizes the following event categories:

JR M/W	Junior	A rower or coxswain who shall be classified as a Junior competitor until the 31 st of December of the year in which he or she reaches the age of 18.
SR M/W	Senior	A rower or coxswain who is no longer eligible as a junior rower.
M M/W	Masters	A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.

Category	Age
AA	21 - 26 years
A	27 - 35 years
B	36 - 42 years
C	43 - 49 years
D	50 - 54 years
E	55 - 59 years
F	60 - 64 years
G	65 - 69 years
H	70 - 74 years
I	75 - 79 years
J	80 years or more

Lwt	Lightweight	Men - 72.5 kg maximum;
M/W	Men/Women	Women - 59.0 kg maximum.
Para	Para Athletes	No average for lightweight events
M/W		A rower with a disability who meets the criteria set out in the Para Rowing classification rules.
W		There are three Adaptive categories:
		1. PR 1 (leg, trunk and arms)
		2. PR 2 (trunk and arms)
		3. PR 3 (arms and shoulders)
		Adaptive athletes are eligible to row in adaptive or non-adaptive events at the same regatta that provide a suitable competitive opportunity.
N M/W	Novice Men/Women	A rower who has as not competed in a sanctioned on-water regatta prior to April 1 of the current year.

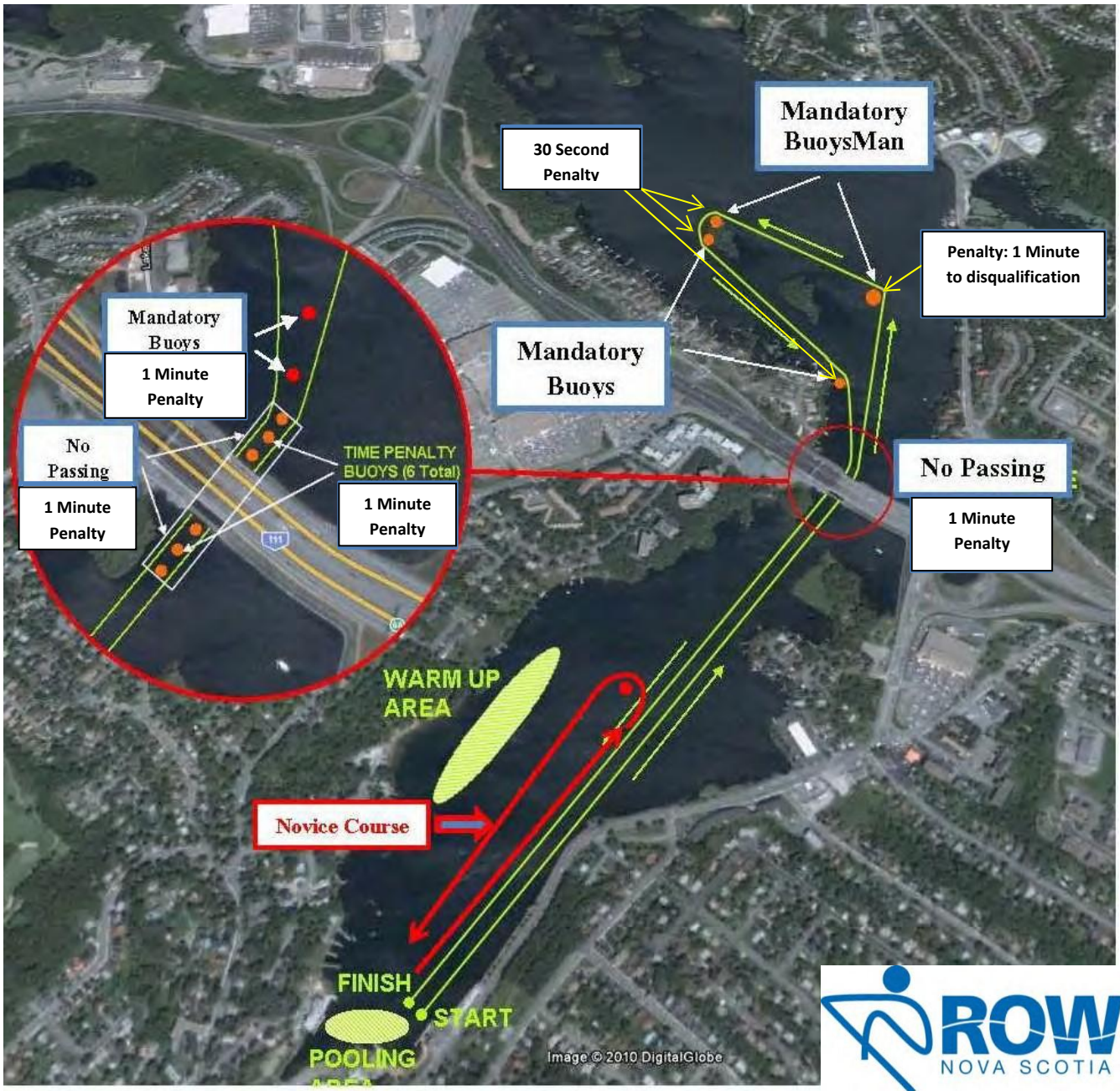
Mix	Mixed	A crew in which half of the crew, excluding the coxswain, shall be women and half shall be men. The coxswain may be either sex.
	50/50 Female/Male	

34. Masters competitors must meet the definition of a Masters rower.
- A rower may compete as a Masters rower beginning in the year they turn 21. Masters rowers are then placed in categories AA-J as outlined in the table above. For crew boats the average and minimum age of the crew competing is calculated, excluding the coxswain.
 - If fewer than two (2) boats are competing in given category a handicap will be applied and the finish time will be compared to the next oldest category for award purposes.
 - Masters competitors can race in the championship events under the Senior or Senior Lightweight categories; however Masters rowers cannot compete in both masters events and senior events in the same regatta.
35. Championship Events will include: Junior, Under 23, Senior, and Senior lightweight competitors. Masters can race in the championship under the Senior category. Medals will be awarded to the overall winner of the Championship Event and to each age category winner (Junior, U23, Senior, and Senior lightweight). There must be at least two crews in an event for medals to be awarded. In the instance that only one club enters a race that will take place and the crew may compete for “best in flight”.
36. Mixed events require a minimum of half the crew consisting of women rowers (coxswains are not counted in the crew total).

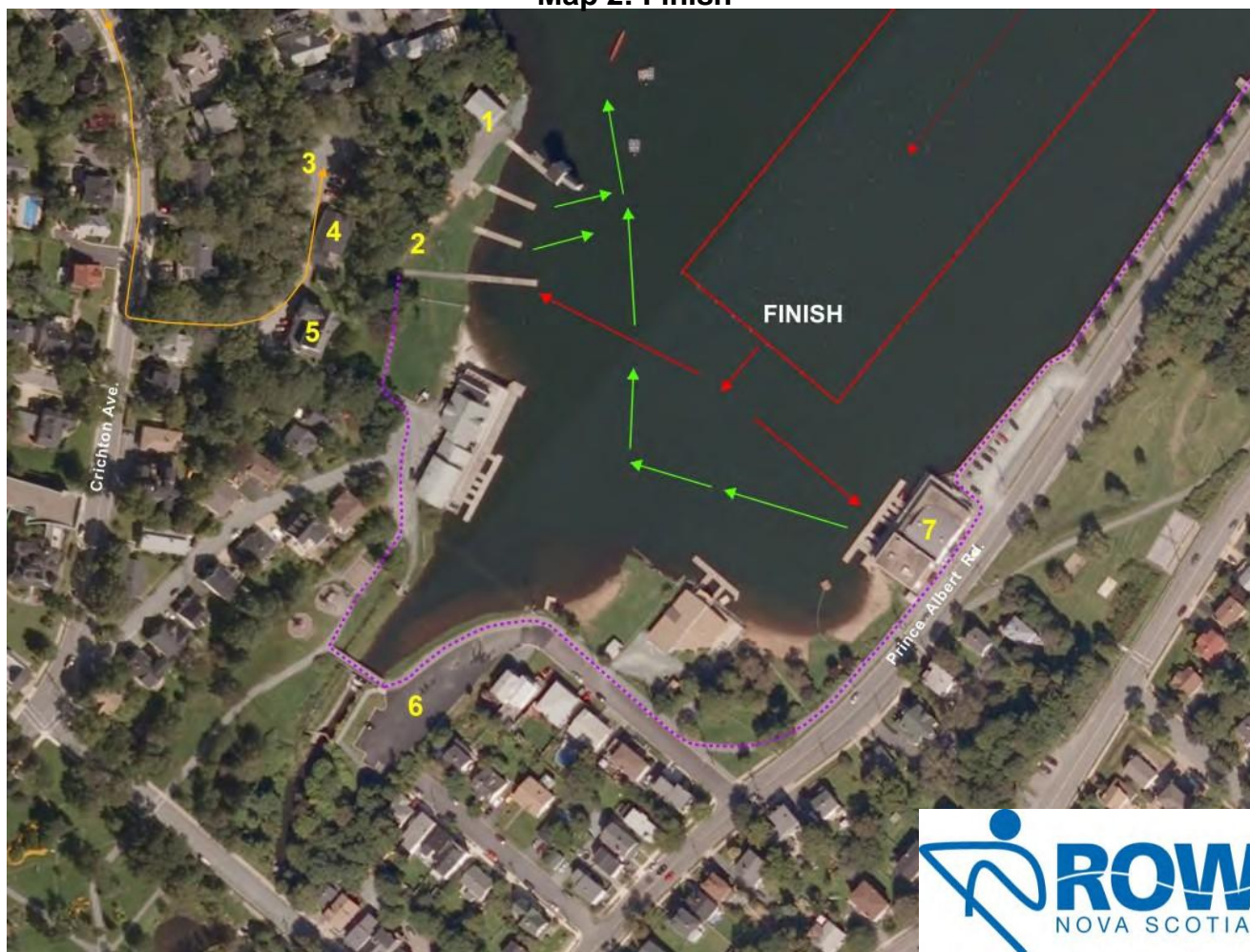
MISCELLANEOUS

37. On site security for the boats will be provided from 8pm to 6am Friday at North Star Rowing Club.
38. For clubs trailering boats to the regatta we ask that you try your best to arrive with your boats on Friday between noon and 4pm on Friday May 25. If you think you will be arriving outside of those hours please email or call Row Nova Scotia (rowing@rows.ca or 902-425-5450 x357). The goal of this is to ensure safe, organized and easy trailer parking/set up for all clubs.
39. A canteen serving soup, sandwiches, muffins, coffee and tea will be available on site accepting only cash. All proceeds will go towards the Nova Scotia Provincial Team to support equipment and training expenses.
40. Row Nova Scotia is in search of the volunteers to help out in various positions: safety boat drivers, safety boat assistants and timers. To help with this we are asking each participating club to provide five (5) volunteers for the regatta (shift 1 – 6:30am-10:00am; shift 2 – 9:30am-1:30pm). We are using sign up genius this year to organize volunteers. Please sign up for one of the volunteer positions and shifts at the following link: www.SignUpGenius.com/go/5080F45A9A82CA6FB6-icebreaker1 . If you have any questions regarding volunteering please contact rowing@rows.ca.
41. Hearthstone Inn Dartmouth is a unique boutique hotel directly across the street from Lake Banook. Our unique decor and fabulous customer service is exactly what you need for your visit to Dartmouth for your event on Lake Banook. Your guest room is equipped with a fridge and microwave and comes with a full hot buffet breakfast. We are directly across the street from the lake and the Superstore. We have lots of parking and additional overflow at the Superstore parking lot. The hotel lounge is open 4-12am serving food and room service 4-9pm. Please call the hotel directly to receive your special rate - 1-800-565-1275, please refer to the Sport Nova Scotia Regatta Block and specific date you are looking for.





Map 1: Course Map and Penalties



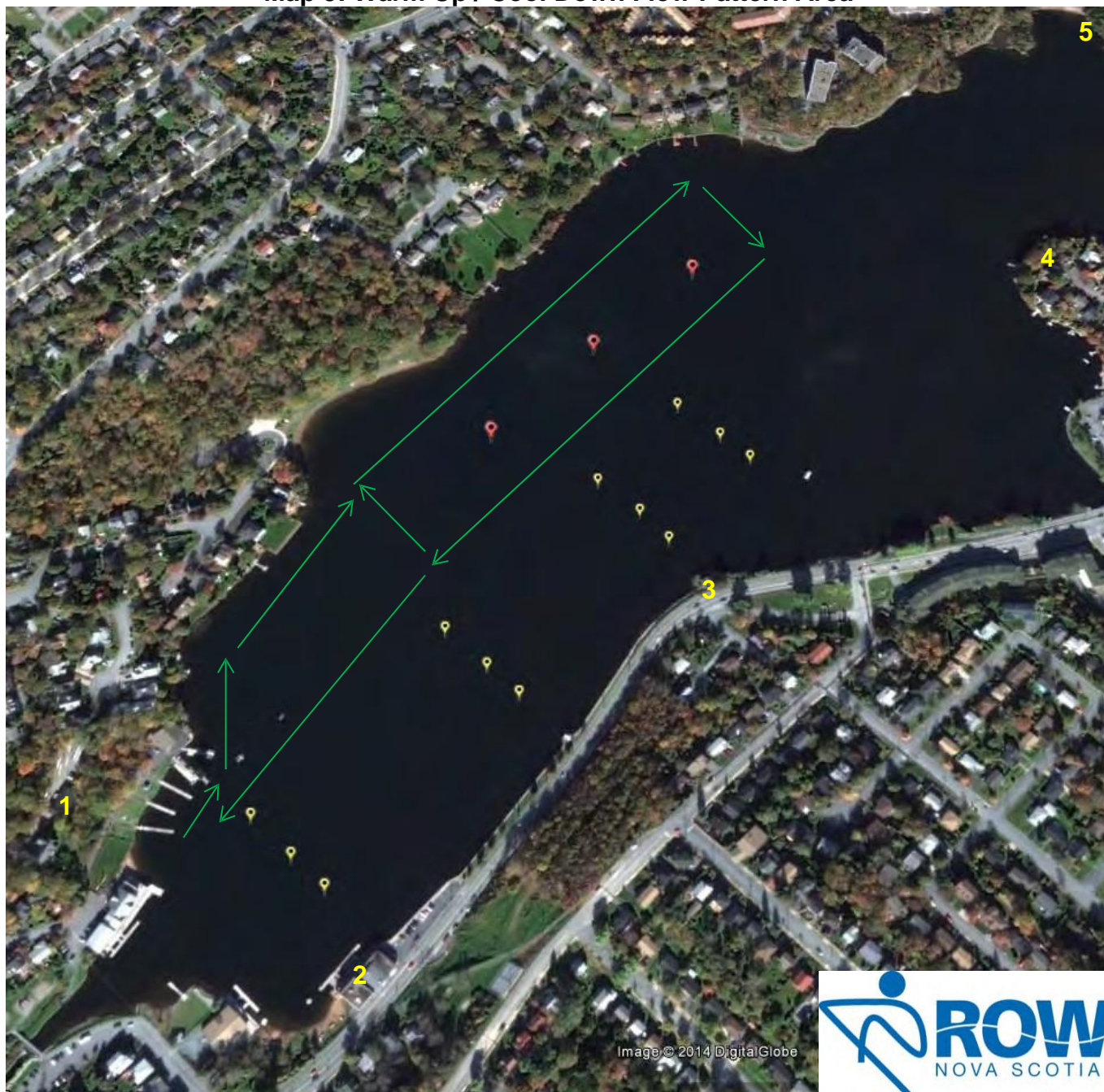
Map 2: Finish






- 1. Judges Tower
Medical Control
Results
Official Launch
- 2. Launch Area Dock
Marshall General
Information Vendors
- 3. Trailer Parking
- 4. North Star Rowing
- 5. Oakwood House
Safety Meeting
Medal Ceremony
- 6. General Parking
- 7. MicMac AAC

-  To Trailer Parking
-  Walking Trail
-  Outflow
-  Inflow

Map 3: Warm Up / Cool Down Flow Pattern Area



- 1. North Star Rowing & Judges Tower
(See Finish Area Map)
- 2. MicMac AAC
- 3. Gazebo (Spectator Observation & Boardwalk)
- 4. Graham's Grove Park (Start-line Observation)
- 5. Conrad Footbridge

-  From Trans Canada
-  Walking Trail
-  Warm-up/Cool-down

Map 4: 1200 m Novice & Para Course

