

**Nova Scotia Sprints Bud Myra Memorial Regatta**  
**July 14-14, 2018**  
**Skills Event Outline**



	<b>Task</b>	<b>Goal</b>	<b>How to Score</b>	<b>Name:</b> _____	<b>Name:</b> _____	<b>Name:</b> _____
1	Forward Hand Circles	Max number of full revolutions in 30 seconds	Record number counted by each athlete			
2	Backward Hand Circles	Max number of full revolutions in 30 seconds	Record number counted by each athlete			
3	Double Slaps (a.k.a. “bobs”, one hand on each oar)	Max number of repetitions of both blades going fully in and fully out of the water at the same time in 30 seconds	Record number counted by each athlete			
4	Single Slaps (both hands holding both grips together)	Max number of repetitions of either blade going fully in and fully out of the water in 30 seconds	Record number counted by each athlete			
5	Sitting Rigger Dips	Max number of repetitions of either rigger dipping into the water in 30 seconds	Record number counted by each athlete			
6	360 Degree Turn Clockwise	Full turn as quickly as possible	Score by subtracting actual seconds it takes from 60. (e.g. if the athlete turns in 15 seconds, score is 45). Score = 0 if turn takes longer than 1 minute.			

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7	360 Degree Turn Counter-Clockwise	Full turn as quickly as possible	Score by subtracting actual seconds it takes from 60. (e.g. if the athlete turns in 15 seconds, score is 45). Score = 0 if turn takes longer than 1 minute.			
8	Blades-up Balance	Hold balance with blades off the water for as long as possible. Time stops when either oar touches the water.	Each athlete gets three attempts. Record the number of seconds balance is held for each attempt, and add them together.			
9	200m using Minimum Strokes	Row 200m using as few strokes as possible (from 200m mark to finish line). Running start permitted.	Score by subtracting actual number of strokes it takes from 40. (e.g. if the athlete takes 23 strokes, score is 17). Score = 0 if 200m takes more than 40 strokes.			
10	Backing into dock from a buoy	Return safely back to dock using backing strokes only.	Scoring is based on ranking. Athlete who does it best (speed, accuracy) gets a score of 10. Second best gets a score of 7. 3rd best gets a score of 4. All others get zero.			
<b>Winner of the Skills Event is the athlete with the highest total score for all 10 activities.</b>			TOTAL for each athlete:			