

2018 Atlantic Rowing Championships and Atlantic University Rowing Championships

Lake Banook
Dartmouth, NS

October 13th and 14th, 2018

Hosted by



Welcome to the 2018 Atlantic Rowing Championship (ARC) and Atlantic University Rowing Championship (AURC) is being hosted by Row Nova Scotia Saturday October 13 and Sunday October 14. The Atlantic Championships brings together clubs and universities teams from across Atlantic Canada to compete on the beautiful world class 1000m racecourse on Lake Banook in Dartmouth, NS.

The University Championship will take place on Saturday, October 13 and award Lochaber Cup to the top overall University team. The Club Championships will take place on Sunday, October 14 and will award the overall club champion.

The registration deadline is Friday October 5th. All races will be 1000m and events with a large number of entries time trials will be used to determine seeding for finals. For the University Championships we are closely mirroring the schedule of the CURC over one day to provide a condensed opportunity to prepare for the CURC's. The Club Championships will be running championship events at this year's regattas to increase the competition and quality of racing for all participants.

Patrick Thompson
Regatta Chair



2. The regatta registration fee for ARC/AURC is \$35.00 for one day of the regatta and \$60.00 to race both days of the regatta plus applicable Row NS and RCA seats (see point #8).
3. Entries will open Wednesday September 25th, 2018 and close Friday October 5th, 2018 at midnight.
4. All registration will be completed using Regatta Central. Please follow the instructions below to begin registering:
 - Create an account on Regatta Central (<https://www.regattacentral.com/signup>)
 - Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
 - Add athletes to your club (names, RCA #'s, birthdays).
 - Search for the Atlantic Rowing Championships and Atlantic University Championships and add your boats to the races.
 - Add your crew lineups to the boats.
5. Scratches received after October 5th, 2018 will forfeit entry fees unless there is a suitable medical excuse.
6. Late entries will be accepted until the coaches and safety meeting. The late registration fee will be the lesser of \$10.00 per participant or \$150.00 per club.
7. All substitutions must be listed on the athlete list and announced at the latest at the coaches and safety meeting on Friday Oct. 12, 2018.
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: <http://rowingcanada.org/domestic/clubs-membership/2018-membership-model> and <http://www.rows.ca/row-ns-participant-fees/>.
9. There will be a coaches and safety meeting the night before the regatta, Friday Oct. 12, 2018, at 6:30pm at Oakwood House. At this meeting, the major rules of the regatta, the race schedule, draw, and any other administrative details will be discussed.

10. Row Nova Scotia recognizes the following classifications:

JR M/W	Junior Men/Women	A rower or coxswain shall be classified as a Junior competitor until the 31st of December of the year in which he or she reaches the age of 18.
U23 M/W	Under 23 Men/Women	A rower or coxswain shall be classified as a U23 competitor until the 31st of December of the year in which he or she reaches the age of 22

SR M/W	Senior Men/Women	A rower or coxswain who no longer meets the eligibility of a junior competitor.
M M/W	Masters Men/Women	A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.
Lwt M/W	Lightweight Men/Women	Men - 72.5 kg maximum; Women - 59.0 kg maximum.
Para M/W	Para Men/Women	No average for lightweight events A rower with a disability who meets the criteria set out in the Para Rowing classification rules. There are three Adaptive categories: 1. PR3 (leg, trunk and arms) 2. PR2 (trunk and arms) 3. PR1 (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 not competed in a sanctioned on-water regatta before April 1 of the current year .
Mix	Mixed 50/50 Female/Male	Mixed events may be held for crews in which at least half of the crew, excluding the coxswain, shall be women and half shall be men. The coxswain may be either sex.

CLUB ELIGIBILITY

11. Clubs qualified to participate at the regatta must be in good standing with RCA. International crews (US and abroad) must provide suitable documentation that their club is registered and in good standing with their National Governing Body.
12. 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.

ATLANTIC ROWING CHAMPIONSHIPS

COMPETITOR ELIGIBILITY

13. Competitors must be registered with their National Sport Governing Body and provide suitable documentation with registration (Canadian athletes must submit RCA numbers with registration and US athletes should submit US Rowing numbers).
14. Any member of a National Team (Sr. A, Sr. B, Junior, and Para) is permitted to participate in any event provided they represent their home club and not a National Team Training Centre, Rowing Canada Aviron or US Rowing.
15. Weigh-ins will take place at Oakwood House from 6:00am-7:00am on each day of racing at the regatta. All individuals requiring weigh-in must have a government issued ID with them to weigh-in. Multiple weigh-ins are allowed within the time frame. Coxswains will be required to weigh-in.

16. A competitor may only compete for his/her club. A competitor who is a member of more than one (1) qualified club must select which club he/she will represent.
17. Competitors may participate as a member of a composite crew (two or more clubs) but that crew is not eligible for club points.
18. Coxswains must be registered as competitive rowers with RCA in order to cox in any event. This will be verified with RCA prior to the event. Experienced coxswains are permitted to cox Novice crews.
19. Masters rowers cannot compete in both masters events and championship events in the same regatta.
20. The Atlantic Rowing Championships will have the following event classifications:

Classification	Gender	1X	2X	2-	4X	4-	8+
Novice	Men	X	X		X		X
	Women	X	X		X		X
Junior	Men	X	X	X	X	X	X
	Women	X	X	X	X	X	X
Under 23	Men	X	X	X	X	X	X
	Women	X	X	X	X	X	X
Senior	Men	X	X	X	X	X	X
	Women	X	X	X	X	X	X
Master	Men	X	X		X		
	Women	X	x		X		
	Mixed		X		X		
Para	Men/Women	X	X				

RACING

21. Championship races will include Junior, Under 23, and Senior competitors. All athletes will race together, regardless of classification and class winners will be awarded based on the best placing boat in the championship finals.
22. For Master events, all age categories will raced together and adjusted times will be applied for award purposes. The adjusted time 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). If Master events that require time trials actual times will be used to create finals, however adjusted times will be used for award purposes.
23. For all events with six or less entries, they will be run as straight finals and race assignments will be determined randomly.
24. In races with more than 6 boats, time trials will be used to determine finals. The number of boats in the A final will follow the chart below:

Boats	7	8	9	10	11
Lanes in final	5	6	6	6	6

Note – When more than 12 boats in a race six (6) boats will be in the A final and the B final will follow the table above.

25. The number of club entries in each event may be restricted to a maximum of three (3) entries per club in each event. Additional entries may be allowed if space permits. Each competitor may be entered in a maximum of three (3) events per day.
26. A race will not be delayed to accommodate a late arriving crew. To avoid potential schedule conflicts, back to back races will not be permitted.

The President's Cup

27. The President's Cup was donated by Row NS, in recognition of the overall points winner of the Atlantic Rowing Championships. Following the awards presentation of the cup will remain with Row NS, and the winning team will receive a banner to hang in their clubhouse.
28. Points will be awarded as per the point schedule listed below. Clubs are welcome to enter as many scullers/crews as they like but only the top three placing crews from each club will be awarded points, subsequent finishers will not score points, but the point value for their placing will not be awarded.

Placing/ Boat	1	2	3	4	5	6	7	8	9	10	11	12
1x	15	12	10	9	8	7	6	5	4	3	2	1
2x/-	20	16	12	10	9	8	7	6	5	4	3	2
4x/+/-	25	20	15	12	10	9	8	7	6	5	4	3
8+	40	35	30	25	22	20	19	18	17	16	15	14

29. Points are only awarded for finals and will be awarded for all races regardless of boat class, age class and event category. There will be no points awarded for composite crews, exhibition crews or races that do not have a minimum of two entries from different clubs.

ATLANTIC UNIVERSITY ROWING CHAMPIONSHIPS

COMPETITOR ELIGIBILITY

30. Students must be registered full-time at the University or College (in an undergraduate, graduate, or professional program).
31. 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.
32. The Atlantic University Rowing Championships will have the following event classifications:

Classification		1X	2X	2-	4X	4-	4+	8+
University	H Men	X	X	X				X
	H Women	X	X	X				X
	Lwt Men	X	X				X	
	Lwt Women	X	X				X	
Novice	Men	X	X				X	X

	Women	X	X				X	X
--	-------	---	---	--	--	--	---	---

The Lochaber Cup

33. The Lochaber Cup was donated by the Brothers family of Lochaber, in recognition of the overall points winner of the Atlantic University Rowing Championships combined between the varsity men's and women's programs.
34. Championship banners will be awarded to the winner of the varsity men's and varsity women's events respectively – Novice crews will not score points towards the varsity championships.
35. Points will be awarded as per the point schedule listed below. Universities are welcome to enter as many scullers/crews as they like but only the first place crew/sculler from each school will be awarded points, subsequent finishers will not score points, but the point value for their placing will not be awarded.

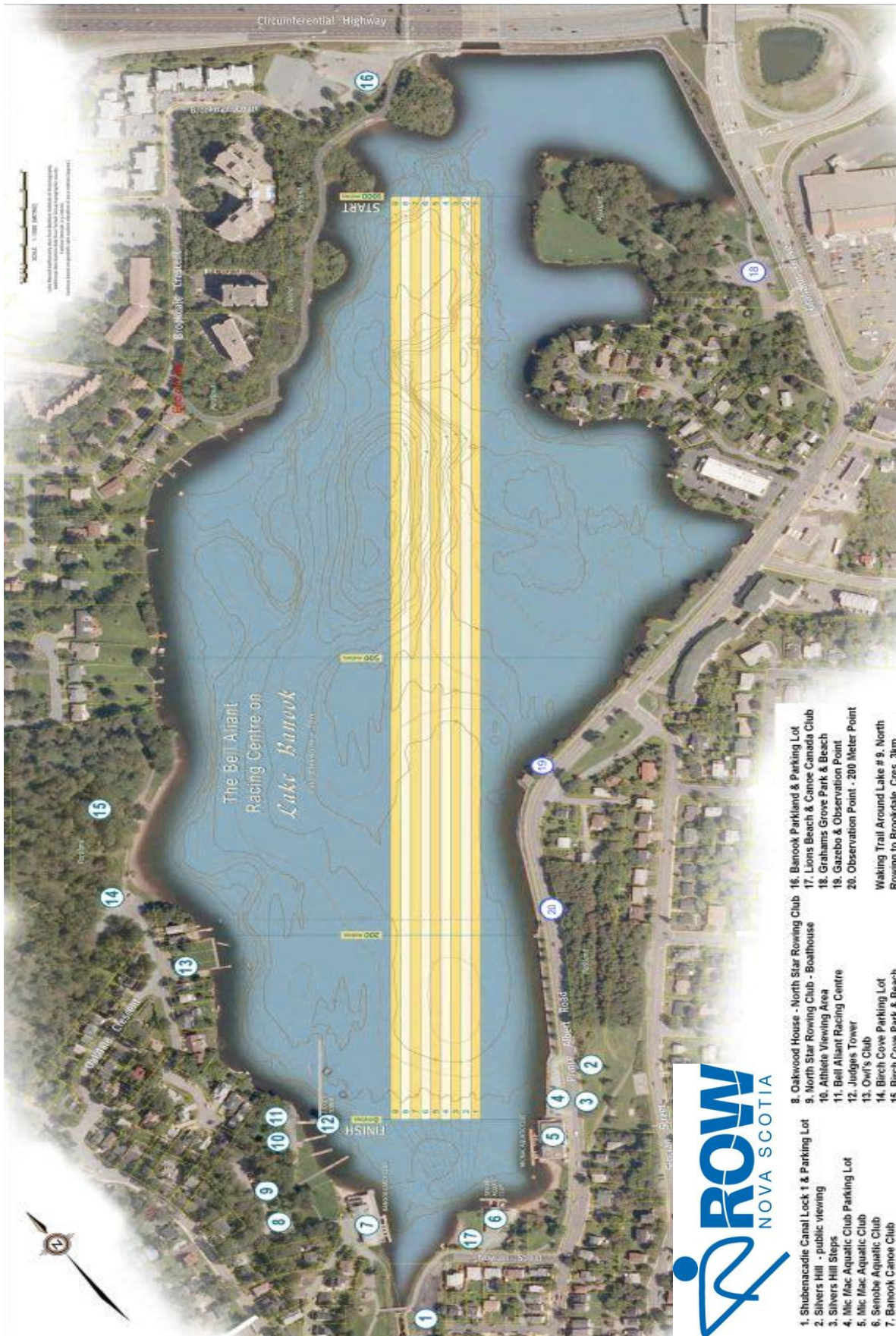
Placing/ Boat	1	2	3	4	5	6	7	8	9	10	11	12
1x	15	12	10	9	8	7	6	5	4	3	2	1
2x/-	20	16	12	10	9	8	7	6	5	4	3	2
4x/+	25	20	15	12	10	9	8	7	6	5	4	3
8+	40	35	30	25	22	20	19	18	17	16	15	14

36. Medals are awarded to first place crews in each event final.

MISCELLANEOUS

37. Row Nova Scotia is in search of the volunteers to help out in various positions: safety boat drivers, safety boat assistants and timers. Please sign up for one of the volunteer positions and shifts at the following link: www.SignUpGenius.com/go/5080F45A9A82CA6FB6-atlantic . If you have any questions regarding volunteering please contact rowing@rowns.ca.
38. Boats and Trailers can parked in the parking lot at North Star Rowing Club and on site security for the boats will be provided from 7pm to 6am Friday and Saturday at North Star Rowing Club.
39. Food options will be available on-site in Oakwood House during the regatta (cash only) in support of the Nova Scotia Provincial Rowing Team.

COURSE MAPS



- 1. Shubenacadie Canal Lock 1 & Parking Lot
 - 2. Silvers Hill - public viewing
 - 3. Silvers Hill Steps
 - 4. Mic Mac Aquatic Club Parking Lot
 - 5. Mic Mac Aquatic Club
 - 6. Senoche Aquatic Club
 - 7. Banook Canoe Club
 - 8. Oakwood House - North Star Rowing Club
 - 9. North Star Rowing Club - Boathouse
 - 10. Athlete Viewing Area
 - 11. Bell Allant Racing Centre
 - 12. Judges Tower
 - 13. Owl's Club
 - 14. Birch Cove Parking Lot
 - 15. Birch Cove Park & Beach
 - 16. Banook Parkland & Parking Lot
 - 17. Lions Beach & Canoe Canada Club
 - 18. Grahams Grove Park & Beach
 - 19. Gazebo & Observation Point
 - 20. Observation Point - 200 Meter Point
- Walking Trail Around Lake # 9, North Rowing to Brookdale Cres. 3km

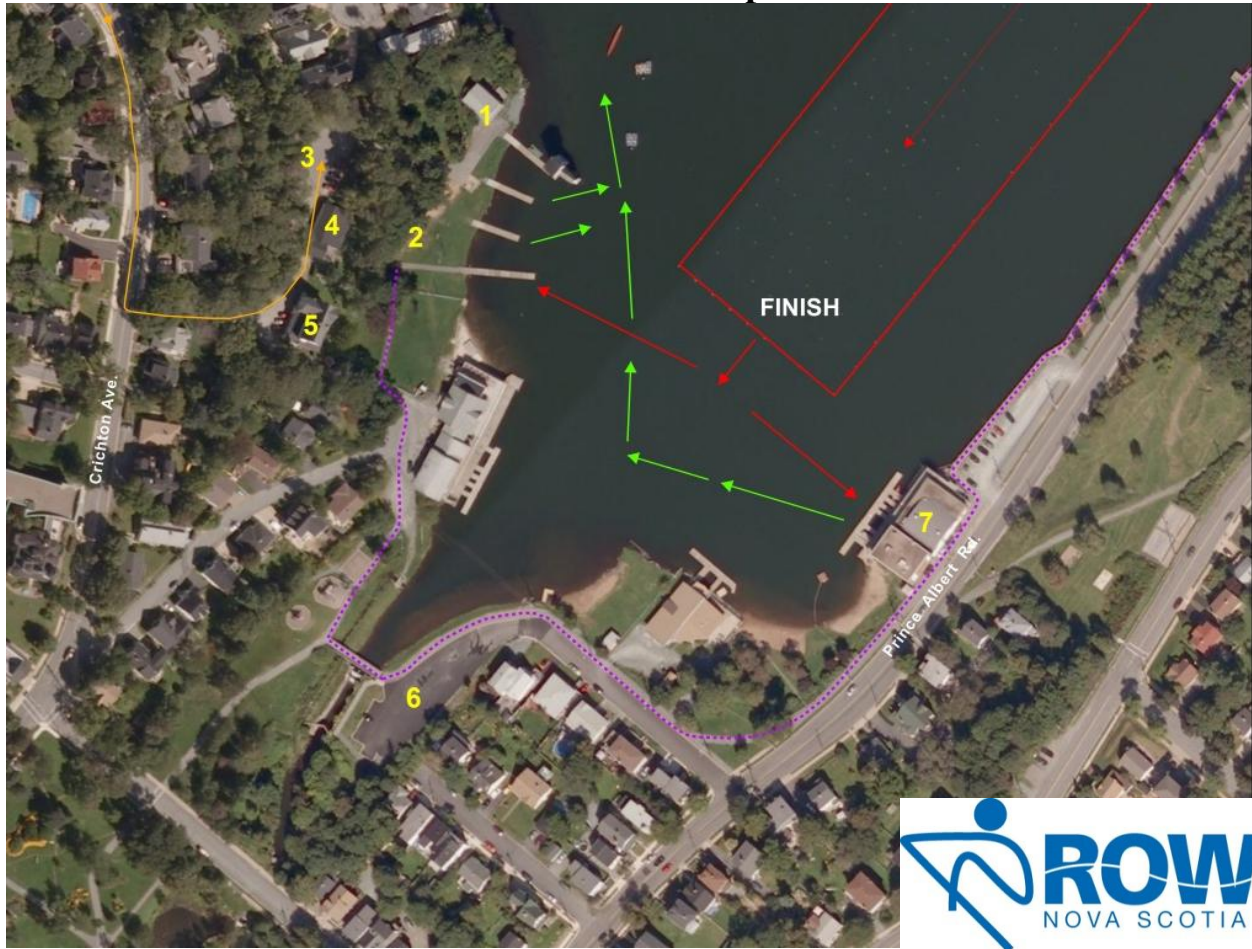
Race Course Map



- North Star Rowing & Judges Tower (See Finish Area Map)
 - MicMac AAC
 - Gazebo (Spectator Observation & Boardwalk)
 - Graham's Grove Park (Start-line Observation)
 - Conrad Footbridge
 - MicMac Mall
- From Trans Canada
 - Walking Trail
 - Warm-up/Cool-down Flow
 - Race Course Flow

**Note: Friday PM Practice Flow Pattern:
Up Mic Mac side of the course and down the lanes**

Finish Area Map



- 1. Judges Tower
- 21. Medical
- 22. Control
- 23. Results
- 24. Official Launch
- 2. Launch Area
- 25. Dock Marshall
- 26. General Information
- 27. Vendors
- 3. Trailer Parking
- 4. North Star Rowing
- 5. Oakwood House
- 28. Safety Meeting
- 29. Medal Ceremony
- 6. General Parking
- 7. MicMac AAC

- > Trailer Parking From Trans Canada
- > Walking Trail
- > Outflow
- > Inflow

DIRECTIONS

From Trans Canada Highway, Provincial Route 118

- 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 Oakwood House and Banook Canoe Club;. Turn Left onto this steep descent into the Trailer Parking Area.

IF YOU GET LOST IN THE HALIFAX/DARTMOUTH AREA:

Ask for directions to Banook Canoe Club. Banook Canoe Club is adjacent North Star Rowing Club and Oakwood House.

Or call

Peter Webster

Regatta Chair, Row NS

Cell: 902-495-7995

Regatta Hotel

Hearthstone Inn

313 Prince Albert Road

Dartmouth, NS B2Y 1N3

Ph: 1-800-565-1275

This year we are pleased to announce that Hearthstone Inn in Dartmouth will be the official regatta hotel for the Nova Scotia Sprints Regatta. Hearthstone Inn Dartmouth is a unique boutique hotel directly across the street from 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. 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.