



Introduction to Coastal Rowing Event

**Lunenburg Yacht Club
734 Hermans Island Road, NS**

**Saturday June 22, 2019-
Sunday June 23, 2019**

Hosted in partnership by:

Row Nova Scotia

&

Rowing at Lunenburg Yacht Club

Coastal rowing is an exciting sport that is not limited by winds and waves, and is thus ideally suited to Nova Scotia. The 2019 Pan American Games in Peru will include coastal rowing events, and it is likely that it will be considered for addition to the Olympic Games. Rowing Canada and Row Nova Scotia view coastal rowing as an important way to grow participation in our sport, for both recreational and competitive rowers of all ages.

We are very fortunate to have Guylaine Bernier facilitate this weekend event. Guylaine was part of the first women's Canadian National Team that competed at the 1976 Olympics in Montreal, and has been a long-time FISA umpire, coach, advocate for women in sports, and proponent of coastal rowing. She was just inducted into the Canadian Sport Hall of Fame in May 2019, and will be inducted into the Rowing Canada Hall of Fame in Fall 2019.

Row Nova Scotia and Rowing at LYC are pleased to host a weekend event introducing coastal rowing to Nova Scotia and our membership on Saturday June 22 and Sunday June 23, 2019 in Lunenburg, NS and Bachman's Beach, Mahone Bay.

There will be three sessions for rowers and coaches to sign up for and attend. You can attend one, two or all three. The deadline to register is Monday June 17 at midnight so make sure to sign up as soon as possible as there is limited space available.

Session 1: Presentation on Coastal Rowing - Free to attend

When: Saturday June 22, 2019, 1:00pm to 3:30pm

Location: Sailing School at Lunenburg Yacht Club

Presenters: Guylaine Bernier and Bonnie Andersen

Audience: Rowers, umpires, coaches, regatta organizers from across Nova Scotia.

Overview: Guylaine will present a session on coastal racing and rowing to all rowers, coaches, regatta organizers and umpires, at Lunenburg Yacht Club, to familiarize everyone with the unique aspects of this sport. Following this session, there will be an opportunity to try rowing in the coastal boats. Everyone is welcome to attend this free afternoon event.

Session 2: On-Water Session - Free to attend

When: Saturday June 22, 2019, 3:30pm to 5:00pm

Location: Lunenburg Yacht Club

Audience: Rowers, umpires, coaches, regatta organizers from across Nova Scotia.

Overview: Try out rowing the coastal singles and doubles. Guylaine will be in the coach boat while we practice coastal rowing techniques. Other boats will be available for rowing the beautiful waters of Prince's Inlet, while we share time in the coastal boats.

Session 3: Row a Coastal Course - \$25 to participate

When: Sunday June 23 2019, 8:45am to 12pm

Location: Bachman's Beach, Mahone Bay

Audience: Rowers from across Nova Scotia

Overview: Row an approximately 2.4 km coastal course off Bachman's Beach, at the tip of Second Peninsula for fun and to practice racing techniques. We will run six flights of boats at 30 minute intervals beginning at 9:00 am. Racing will take place in 4 C1X (coastal singles) and 2 C2X (coastal double) boats. All boats will start at the same time. Assuming full registration, each rower will row the course twice, once in a single and once in a double. Registration is limited to 24 participants, so please sign up as soon as possible. For those unable to attend Saturday afternoon's session to learn about coastal racing rules, Guylaine will provide a quick overview before the first flight. Lunch will be provided at the beach participants and volunteers.

Purpose

The purpose of this weekend event is multi-faceted:

- Train umpires from NS, PEI and NB in coastal racing rules and provide practice in running a coastal regatta.
- Provide rowers experience rowing in FISA standard Eurodiffusion coastal boats in open water conditions in Mahone Bay.
- Give members an opportunity to learn and practice coastal racing rules and skills
- Provide an opportunity to row a coastal course in singles and double

Course/Racing

The course will be approximately 2.4 km long. Three large inflatable buoys will be placed in a triangle off the beach, in a W shaped course (see course maps). Coastal racing rules will be followed, including a beach start, and a beach finish. Competitors will stand by their boats, which will be floating with sterns lined up on the beach, and get in the boats and start rowing on the Starter's signal. To finish the race, crews beach the boat, get out, and run to touch a flag.

Rules

See Appendix 6 of the RCA Rules of Racing for further information:

https://rowingcanada.org/uploads/2019/03/RCA_rules_of_racing-EN-web.pdf

Registration

To register for this event, complete the registration form and pay the registration fee of \$25. The deadline for registration is June 17, 2019 at midnight (but registration will be closed once 24 participants have signed up so register early).

An event schedule assigning rowers to boats and flights will be released June 20, 2019.

Registration Form: <https://forms.gle/zYr8ZPG8sDkXu5DYA>

Other Information

There are no public facilities at Bachman's Beach. There is a small parking area, and parking along the road. The beach is owned by the Stevens family, who have graciously allowed us to use this site for this event. There will be water for re-filling water bottles and a portable toilet.

To inquire about billets for Saturday night provided by LYC rowers, in exchange for a small contribution to the LYC equipment fund, please contact rowing@lyc.ns.ca.

Contact

If you have any questions please contact Joan Backman at joanbackman@gmail.com.

Course Maps

Picture 1: Coastal Course



Picture 2: Coastal Course in relation to Lunenburg Yacht Club



Picture 3: Bachman's Beach, Mahone Bay

