



SWIM, ROW, GO 2020

Presented by Mic Mac AAC Rowing and the Cole Harbour Hurricanes



With support from Row Nova Scotia,
and the Canadian Parks and Recreation Association



Saturday, April 18, 2020

5:00PM-8:00PM

Cole Harbour Place, 51 Forest Hills Parkway, Dartmouth, NS

1. TIMELINE

Sunday, March 1	Entries open
Sunday, March 15	Deadline for early bird registration discount
Sunday, April 12	Registration Deadline. Late Registration is possible until race day, if sufficient space is available in your event. Late registrants will be entered into events on a first come, first serve basis.
Thursday, April 16	Final schedule released to participants by email
Saturday, April 18	Event

2. EVENTS:

Event 1 – F’Oar Runner: 400m swim, 2000m row, 1600m run
Minimum age for participation is 8 years old (as of April 18, 2020)
Maximum # of Participants = 45
Participants will be divided into three groups, starting at 5:00PM, 5:20PM, and 5:40PM.

Event 2 – Swim Row Go: 600m swim, 4000m row, 2400m run
Minimum age for participation is 11 years old (as of April 18, 2020).
Maximum # of Participants = 30
Participants will be divided into two groups starting at 6:00PM and 6:30PM.

Participants may participate in either Event 1 or Event 2, but not both.

3. FEES

<u>Fee</u>	<u>Description</u>	<u>Timeline</u>
\$20	Early Bird Registration Fee	By March 15, 2020
\$25	Registration Fee	March 16 –April 12, 2020
\$35	Late Registration Fee	April 13-18, 2020

Registration fees are non-refundable, but may be transferred to another participant.

4. REGISTRATION

Everyone is welcome to participate! All registration must be submitted online at: http://coleharbourhurricanes.com/register.php?reg_form_id=34574, or navigate there from the Cole Harbour Hurricanes website home page via Online Forms, Swim Row Go.

5. PAYMENT

Registration fees are payable as per the timelines in Section 3, by e-transfer to: chh.etransfer@gmail.com. Families registering more than one participant can combine the fees into a single e-transfer, and specify in the comments who the payments are for.

6. EVENT GUIDELINES

ON-SITE REGISTRATION

- Participants must check in at the registration desk at least 45 minutes prior to their event start time.
- The check-in process includes verification of a signed waiver. All participants who have registered in advance online will have already completed this step. Anyone registering on site on the day of the event, and who is under the age of majority will require a parent or guardian to be present to sign the waiver on their behalf.
- Participants will be advised of the start time and location for their mandatory safety briefing upon checking in.
- Triathlon-style body marking will be applied to participants at this stage.

MANDATORY SAFETY BRIEFING

- All participants must participate in a mandatory safety briefing. Topics to be covered include: starting procedures, swim lane flow pattern, transition areas, yellow cards, location of the indoor rowing area, location of running area, and calculation of overall completion time.

WARM-UP

- Space will be designated on the pool deck for warm-up.
- A warm-up swim lane may be available, depending on registration numbers. Plan your warm-up assuming no swim lane is available.

SWIM

- Participants will be assigned to swim in one of 5 lanes, with up to 3 people in each lane.
- Swims will begin with the athletes in the water with one hand on to the edge of the pool.
- Volunteers will be present to count laps as they are completed.
- Participants must walk from the pool to the transition area. A yellow card will be issued to anyone running on the pool deck. Two yellow cards will result in the individual being removed from further participation in the event.

INDOOR ROW

- Indoor rowing machines (ergs) will be set at Drag Factor = 110 for all participants.
- Volunteers will be present to assist with setting the ergs to count down total distance.
- Participants may adjust their feet position on the erg if they wish to.

RUN

- Participants will complete the run outdoors on the running track adjacent to Cole Harbour Place. The distance from the building to the track is approximately 200m. The time it takes to cover this distance will be counted as part of the transition time.
- Volunteers will be present to count laps as they are completed.

TRANSITIONS

- All participants are encouraged to take 10 minutes total of transition time between the swim, erg, and run. Taking less than 10 minutes will not result in a faster overall time. However, taking more than 10 minutes will result in a slower overall time. See section 7. Overall Time Calculation for further detail.

- The purpose of having this “neutral transition” is to discourage participants from taking safety risks with the intent of improving their results (i.e. running on the pool deck, improper tying of shoelaces, etc.)

GENERAL

- Please contact one of the event volunteers if you require medical attention. First Aid and Lifeguard services will be on-site.
- No personal audio equipment may be worn during any portion of the event.
- Bottled water will not be provided. Participants are encouraged to bring their own water bottles, which can be refilled in the changeroom facilities.

7. OVERALL TIME CALCULATION

Time A = Swim time (Swim finish time – Swim start time)

Time B = Indoor Rowing Time (total time from Concept2 Erg monitor memory)

Time C = Run time (Run finish time – Run start time)

Total Elapsed Time = Run Finish time – Swim Start Time

Overall Time equals the greater of either: (Time A + Time B + Time C + 10:00 minutes), or Total Elapsed Time.

8. RESULTS AND PRIZES

This is a participation event. Draw prizes will be distributed at the end of the event amongst all participants.

All participants will receive a swag bag as part of their registration fee, as well as access to the snack table at the closing reception!

A summary of results will be shared with participants following the event, as well as via the Cole Harbour Hurricanes, Mic Mac AAC Rowing, and Row Nova Scotia website.

9. QUESTIONS

Please contact: micmacaacroving@gmail.com with any questions.