

# ***Atlantic Rowing Championships and Atlantic University Rowing Championships***

Lake Banook  
Dartmouth, NS

October 23<sup>th</sup> and 24<sup>th</sup>, 2021

Hosted by



The 2021 Atlantic Rowing Championship (ARC) and Atlantic University Rowing Championship (AURC) are being hosted by Row Nova Scotia on Saturday, October 23 and Sunday, October 24. The Atlantic Championships brings together clubs and university 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 23 and award the Lochaber Cup to the top overall University team. The Club Championships will take place on Sunday, October 24, and will crown the overall club champion.

All races will be 1000m and for 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 CURCs. The ARC regatta will be running championship events at this year's regatta to increase the competition and quality of racing for all participants.

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 email [rowing@rowns.ca](mailto:rowing@rowns.ca).

**\*Row NS will follow all government health guidelines concerning COVID-19 and will release a bulletin with further information including a COVID-19 Safety Plan for the event closer to the date of the regatta.**

Patrick Thompson  
Regatta Chair



# RULES AND REGULATIONS

## APPLICABILITY OF RULES

1. Unless otherwise noted in the package or sanction document, the RCA Rules of Racing will be followed.

## REGISTRATION

2. Registration will be completed online using Regatta Central at the following link:
  - a. If you are new to Regatta Central you will need to create an account on Regatta Central (<https://www.regattacentral.com/signup>)
  - b. Add your Club Affiliation and then contact support and ask to be an administrator for the club ([support@regattacentral.com](mailto:support@regattacentral.com))
  - c. Add athletes to your club (names, RCA #'s, birthdays).
  - d. Search for the Regatta you wish to enter and add your boats to the races.
  - e. Add your crew lineups to the boats.

3. There is a regatta entry fee for each event at the regatta:

Single (1x)	\$25.00 + seat fees
Double/Pair (2x/2-)	\$35.00 + seat fees
Quad/Four/Coxed Four (4x/4-/4+)	\$45.00 + seat fees
Eight (8+)	\$55.00 + seat fees

4. Regatta entry fees can be paid online using Regatta Central and/or by cash or cheque (made payable to Row Nova Scotia), or e-transfer ([rowing@rowns.ca](mailto:rowing@rowns.ca)) the weekend of the regatta.
5. Entries will open Wednesday September 29, 2021 and close Friday October 15, 2021 at midnight using Regatta Central.
6. Scratches received after Friday October 15, 2019 at midnight will forfeit entry fees unless there is a suitable medical excuse.
7. Late entries may be accepted. Acceptance of late entries will be at the discretion of the Regatta Organizing Committee and if allowed will be a \$10.00 late fee per boat entry.
8. A preliminary regatta draw will be released on Tuesday October 19. Clubs will have until Thursday October 21 at midnight to make changes to their regatta entries and email the changes to the regatta statistician. On Thursday the final regatta draw will be released.
9. The week before the regatta a Safety and Course Document will be sent to all clubs registered. The information in this document will be covered and reviewed at the coaches and officials meeting on Friday night before the regatta, Friday October 22, 2021, at 6:30pm at Oakwood House. It is required that coaches attend and recommended that coxswains, and bow seat competitors attend this meeting.
10. Each morning of racing at the regatta the Regatta Organizing Committee will hold a brief, mandatory safety meeting at 6:30am at Oakwood House. This meeting will outline safety issues pertaining to that particular day of racing. Questions pertaining to race format and course layout should be covered in the coaches and officials meeting on Friday evening.
11. Weigh-ins will take place for lightweight rowers in the second floor of the racing tower between 6:15 am and 7:00 am on the morning of the racing. Athletes must weigh in wearing their racing uniforms. Crews must weigh-in together and athletes must have identification upon request. Multiple weigh-ins will be allowed within the weigh-in window.

- a. Maximum weight for Lightweight men is 72.5kg.
- b. Maximum weight for Lightweight women is 59.0kg.
- c. There will be no weigh-in for coxswains.

12. Row Nova Scotia recognizes the following classifications at the ARC and AURC Regatta:

<b>JR M/W</b>	<b>Junior Men/Women</b>	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.
<b>U23 M/W</b>	<b>Under 23 Men/Women</b>	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
<b>SR M/W</b>	<b>Senior Men/Women</b>	A rower or coxswain who no longer meets the eligibility of a junior competitor.
<b>M M/W</b>	<b>Masters Men/Women</b>	A rower may compete as a Master from the beginning of the year during which he or she attains the age of 21.
<b>Lwt M/W</b>	<b>Lightweight Men/Women</b>	Men - 72.5 kg maximum; Women - 59.0 kg maximum. No average for lightweight events
<b>Para M/W</b>	<b>Para Men/Women</b>	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.
<b>N M/W</b>	<b>Novice Men/Women</b>	A rower who has not competed in a sanctioned on-water regatta before April 1 of the current year .
<b>Mix</b>	<b>Mixed 50/50 Female/Male</b>	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

- 13. 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.
- 14. 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

15. Competitors, including coxswains, 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).
16. 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.
17. All competitors, including coxswains, may participate in multiple events up to a maximum of three events per day. Competitors and clubs are responsible for allowing sufficient time to race in one event, dock, re-queue, and launch in time for an additional event. The regatta and umpires will not wait for late arriving crews for any reason.
18. 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.
19. Competitors may participate as a member of a composite crew (two or more clubs) but that crew is not eligible for club points but will be eligible to win the medal/trophy.
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		X
	Women	X	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. There will be no medals awarded for races that do not have a minimum of two entries from two different clubs.
23. Masters rowers cannot compete in both Masters events and Championship events in the same regatta.
24. For Master events the Garrett Masters Age Adjusted Time System will be applied with the exception that Masters competitors in the AA category (ages 21-26) who will race using their unadjusted time. The adjustment will be applied to a single sculler or, in the case of a crew boat, the average age of the crew excluding the coxswain.
25. For all events with six or less entries, they will be run as straight finals and race assignments will be determined randomly. In events with more than six boats, time trials will be used to determine seeding for finals. With the exception of Masters events which will not run time trials.
  - a. In the event there are more than six entries in a Masters event multiple heats will be made using masters age categories where applicable and awards will be given to the winner of each applicable masters age category. To reference the masters age categories please refer to the RCA Rules of Racing.

- b. Where masters age categories are not applicable due to the number of entries in categories, the average age of boats will be used to create heats of similarly aged boats and the winner of each heat will be awarded based on masters age adjusted times.
26. Coaches and competitors are responsible for allowing sufficient time to race in one event, dock, re-queue, and launch in time for an additional event. We will not accept hot seating entries; ie. No equipment changes or athlete races with less than 30 minutes between starts. The regatta will not be delayed for 'hot-seating' crews or rapid equipment changes.

### 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. Only the top three placing crews from each club will be awarded points, subsequent finishers will not score points, and 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. 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.
30. This award will only consider events related to the ARC's, no university events will be considered in this award.

### Efficiency – Atlantics Efficiency Award

31. "Actual Points" are the cumulative points earned by each club. "Possible Points" are calculated as if each crew entered by a club placed first in their respective event. If a club has more than one boat in an event, the "possible points" are calculated as 1st, 2nd, 3rd position scores, since only one of the boats can place first.
32. The "Efficiency" is the percentage of Total Actual Points divided by Total Possible Points. The club that qualifies, and is the most efficient in its overall entries throughout the regatta, is the winner.
33. This award will only consider events related to the ARC's, no university events will be considered in this award. To be eligible for the club efficiency award a club must:
- a. have crews participate in at least four (4) A Finals.
  - b. enter a minimum of 14 participants in the regatta.

## ATLANTIC UNIVERSITY ROWING CHAMPIONSHIPS

### COMPETITOR ELIGIBILITY

34. Students must be registered full-time at the University or College (in an undergraduate, graduate, or professional program).

35. 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.
36. The Atlantic University Rowing Championships will have the following event classifications:

Classification		1X	2X	2-	4X	4-	4+	8+
University	Hwt Men	X	X	X				X
	Hwt 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

37. 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.
38. 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.
39. 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, and 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

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

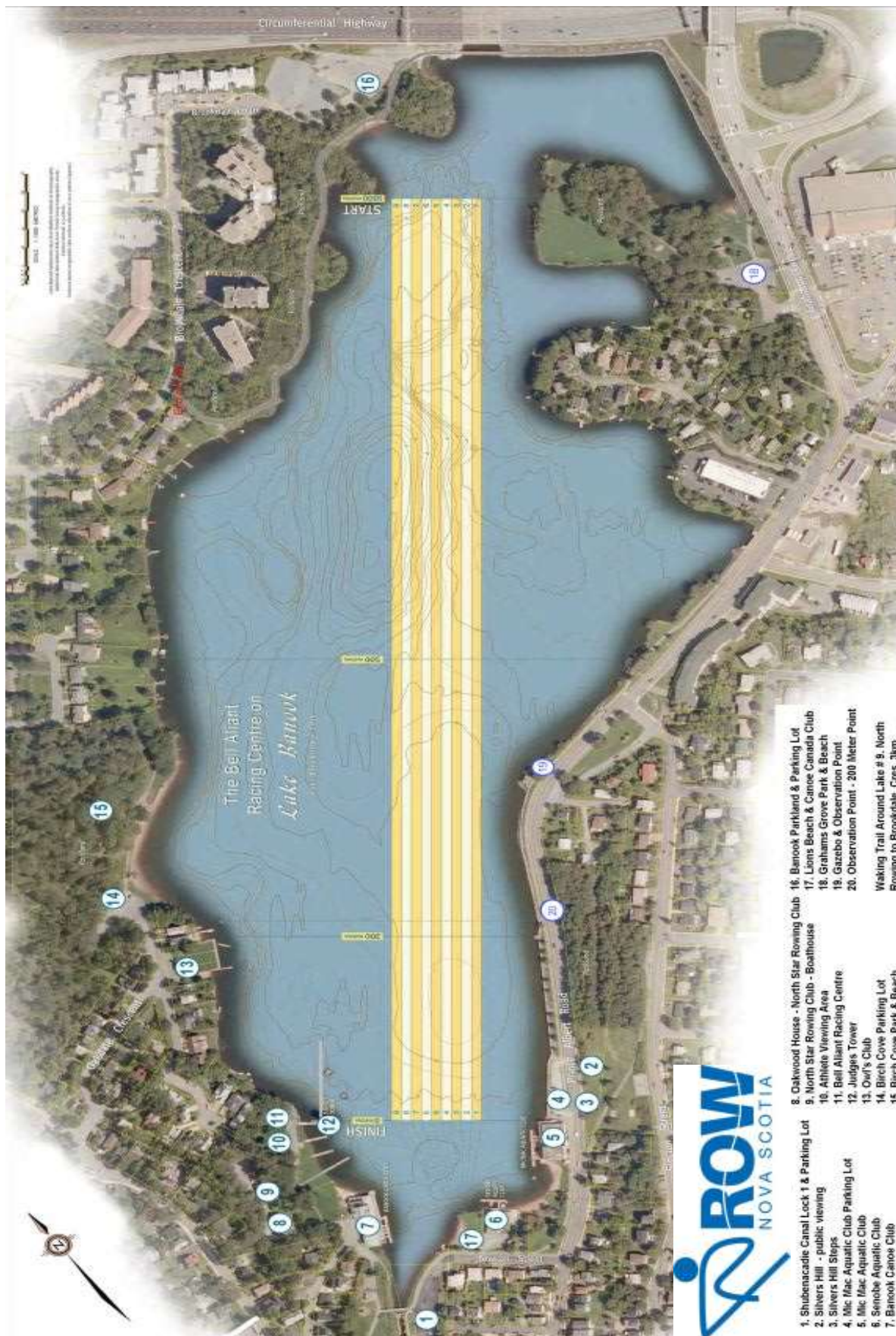
### MISCELLANEOUS

41. 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 here: <https://www.signupgenius.com/go/5080F45A9A82CA6FB6-20211> If you have any questions regarding volunteering please contact [rowing@rowns.ca](mailto:rowing@rowns.ca).
42. 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.
43. Row NS will follow all government health guidelines concerning COVID-19 and will release a bulletin with further information and a COVID-19 Safety Plan for the event closer to the date of the regatta.
44. There will be no designated practice time on the course on Friday or pre-row before the regatta. Any club or rower who would like to use the lake outside of regatta times must do so at their own risk, and using their own safety boats (or rented from clubs). The course must be cleared of pre-row by 7:00am to begin the regatta.



45. Food options will not be available on-site during the regatta to purchase. Food will be prepared for the volunteers and umpires only. Coaches and rowers should come prepared with other nutrition options.

# 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. Senobie 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 Aliant 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
- Waking 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.