

THE AROUND THE LAKE REGATTA

on

**Lake Banook and Lake Mic Mac, Dartmouth, NS,
Saturday, August 21st, 2010.**

Organized By:



Mic Mac AAC Rowing Club

Fr: David MacKinnon
Regatta Registrar
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RACE FORMAT

Head Race

Crews will race the 4.3 km Around the Lake Course in a time trial format (See Map APPENDIX 1). Crews will assemble according to bow numbers in the pooling area near the finish line of the traditional 1000 m course on Lake Banook in front of the Mic Mac AAC Rowing Club Boathouse. Crews will be called through the start line in roughly 15-20 second intervals. Race results will be based on the time taken to complete the course.

REGISTRATION

EVENTS INFORMATION

Head Race Events and Schedule:

		1X	2X	2-	4X	4+	8+	8+ Dash
Novice	Men		X			X		
	Women		X			X		
	Mix							X
Junior	Men	X	X		X			
	Women	X	X		X			
	Mix							X
Senior	Men	X	X					
	Women	X	X					
	Mix							X
Masters	Men	X	X		X			
	Women	X	X		X		X	
	Mix							X
Open	Mix		X				X	

Flight 1	Flight 2	Flight 3	Flight 4
8:00 am START	9:00 am START	10:00 am START	11:00 am START
SRM 1X	MM 4X	MW 8+	SRM 2X
MW 2X	OpMixed 2X	MM 1X	MM 2X
JRM 2X	SRW 1X	SRW 2X	MW 4X
JRW 4X	MW 1X	JRW 2X	JRM 1X
NM 2X	JRW 1X	NW 4+	NM 4+
	NW 2X	JRM 4X	

Dash (500m)

12:00 pm NMix 8+ Dash

12:15 pm JRMix 8+ Dash

12:30 pm MMix 8+ Dash

12:45 pm OpenMix 8+ Dash

1:00 pm Adaptive 2x Dash

1:30 pm Medals and Social at Mic Mac AAC Rowing Bay.

REGISTRATION NOTES

1. All entries **MUST** be in the hands of the registrar (regattachair@aroundthelake.ca) no later than midnight on **Sunday, August 15th, 2010**. Email entries are acceptable so long as forms are completed in full. **NO LATE ENTRIES WILL BE ACCEPTED.**
2. **Registration forms for all clubs must be completed in full.** The entry forms include room to list spares. There are no spares for singles, one spare for pairs and doubles, two spares for fours and quads, and four spares for eights. If extra spaces than allowed are listed only the first ones that are listed will be accepted.
3. National Rowing Body membership # (The athlete's RCA membership # in Canada) of all participants are required **by the registration deadline**. Registration will be verified through the RCA offices and participants who are not registered with will **NOT** be allowed to participate.
4. Registration Fee: \$25. The registration fee allows participants to race in as many events as they see fit. Participation in the dash events constitutes regatta participation. Coxswains are also subject to registration fees.
5. **ONLY cheques** made payable to the 'Mic Mac AAC Rowing Club' will be accepted. **NO CASH PLEASE.**
6. There will be a coaches and officials meeting the night before the regatta, **Friday August 20th, 2010**, at 7:00pm at Mic Mac AAC Rowing Club (Matheson room).

The major rules of the regatta, the race schedule draw, headrace bow numbers, and any other administrative details will be dealt with at the safety meeting.
7. Registration fees **must** be paid in full at the safety meeting. Failure to do so will result in disqualification from the regatta. **TO RECEIVE A BOW NUMBER EACH CREW MUST BE PAID IN FULL.**

CATEGORY RESTRICTIONS

8. **Novice (N):** Must not have competed in any competitive regatta prior to September 1, 2009.
9. **Junior (Jr):** Must not be older than 18 years of age this calendar year.
10. **Senior (Sr):** Open to any age. Must not be racing as Masters or Novice.

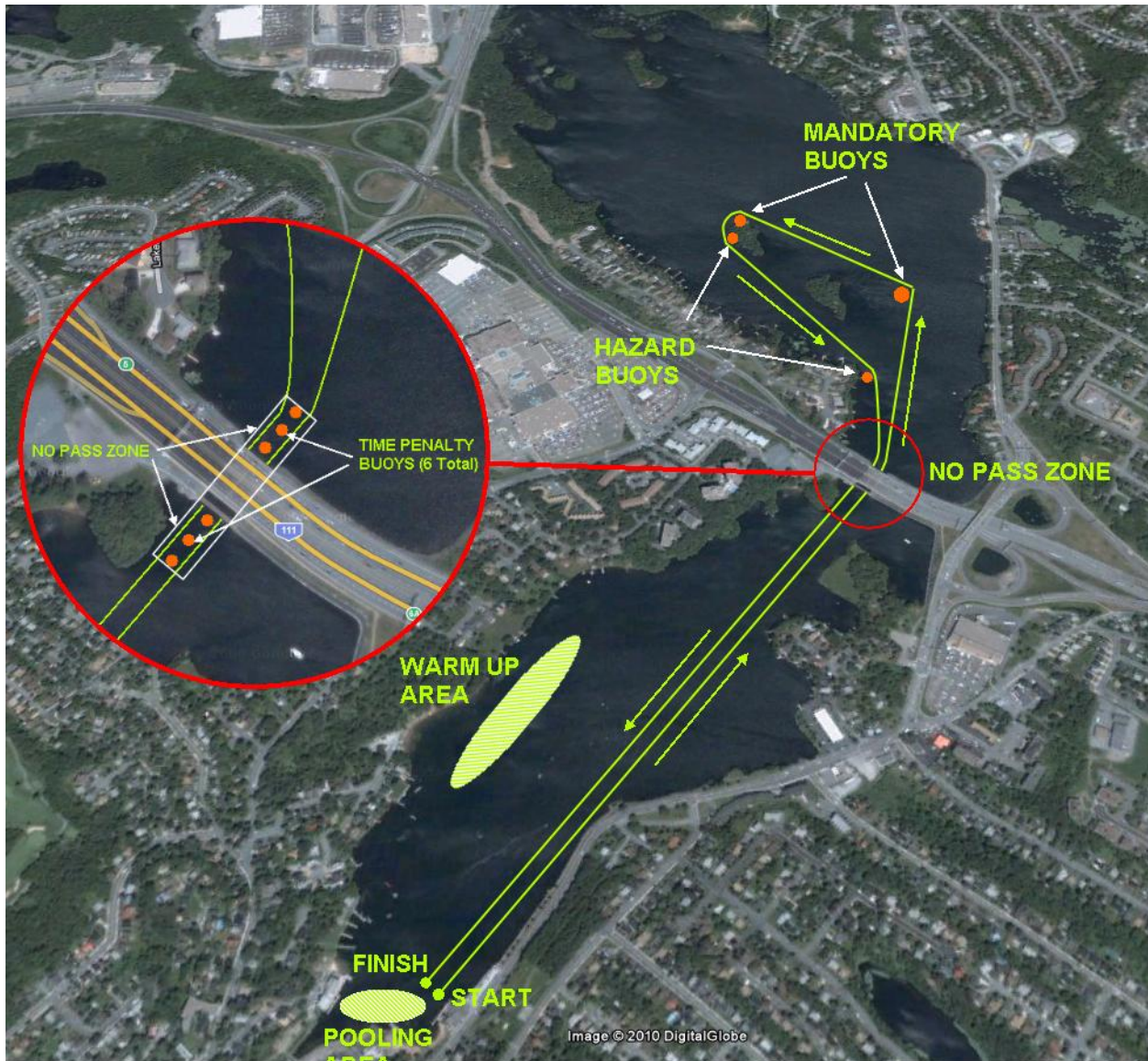
11. **Masters (M):** Must be 27 years of age or older this calendar year, registered as 'competitive' with RCA. Masters may not compete in Senior events but may compete in Open events.
12. **Open (O):** Open to any age or skill level (i.e. Senior, Masters, or Novice).
13. **Mix (Mix):** Crew must contain an equal number of female and male rowers.

MISCELLANY

14. In the event that only one crew enters an event the event will still be run. A medal will be presented to the participating crew pending their completion of the race.
15. For the safety of the regatta there may be a check of boats to ensure that heel ties as well as bow balls are in place. Failure to meet the RCA safety restrictions for racing shells may result in disqualification.
16. Coxswains do not have to weigh-in at this regatta and are not subject to any category restraints.
17. **The regatta schedule is not subject to change and will not be delayed for 'hot-seating' crews, rapid equipment changes, or failure to get the start area on time. Additional events maybe considered if warranted and scheduling permits.**
18. There is no overnight security provided for this regatta.
19. There will be an Awards Ceremony and Brunch Social immediately following the final race at the Mic Mac Amateur Aquatic Club.

APPENDIX 1

COURSE MAP



4.3 km Head Race Course.

See APPENDIX 2 for general head race rules.
Course clarifications will occur at the Safety Meeting.

APPENDIX 2

Around the Lake Regatta Head Race Rules

The Around The Lake Regatta course utilizes the 1000m Sprints course (from finish to start), under the Bridge, into Lake MicMac, around the island and back under the bridge following the regular 1000m Sprints course to the finish. The Organizing Committee, officials, and regatta participants have no way of restricting traffic during the Fall season on Lake Banook and Lake MicMac. Please be aware of the traffic flow pattern, warm-up areas, and other obstacles on the course. This will ensure a safe and successful racing experience.

The Rowing Canada (RCA) Rules of Racing will apply for the duration of the Regatta.

In addition,

1. The start of all races will be a flying start across the line. The start of event races will occur in 15-20 second intervals commencing at the flight start times (e.g. 8:00 am, 9:00 am, etc.). To avoid difficulty with the race schedule, please make sure your crews have adequate time to make it to the race start.
2. In the event that a boat overtakes another boat, the Passer has the right of way to pass (on the side of its choice) IF a safe pass can be accomplished. Please note: If a pass is attempted and there is not adequate room and time to perform the pass, the Passer is at risk of incurring interference penalties subject to the officials' decision. The boat being overtaken (Overtake) must yield and give suitable room to the Passer if a safe pass can be accomplished. All scullers and crews: be alert to possible upcoming passing attempts and promptly yield when there is adequate room and time. Please communicate effectively during racing.
3. A pass may not be made once the lead boat passes the start line of the regular 1000m course on its way to the bridge. On the Lake Mic Mac side of the course to the bridge, no pass may be made once the lead boat is past the buoy, which will be on the crew's starboard side.
4. Any boat showing a blatant disregard for safety will be penalized and may be disqualified from the regatta.
5. The Race Committee has the right to close the course and launch sites at any time during the regatta due to weather or safety concerns.
6. Scullers and crews: do not cut across the racecourse at any time during the regatta. Please follow the traffic flow pattern outlined on the map.

ENTRY FORM

Event No. _____ Event Name: _____

Club Name: _____

Crew Member(s):	Athlete Name	RCA No.
1	_____	_____
2	_____	_____
3	_____	_____
4	_____	_____
5	_____	_____
6	_____	_____
7	_____	_____
8	_____	_____
Cox	_____	_____

Spare(s):	1	_____	_____
	2	_____	_____
	3	_____	_____
	4	_____	_____
	Cox	_____	_____

Endorsement of Club Coach or Club Official:

(Please Print)

(Signature)

Phone Number: _____

Return entry information by Sunday, August 15th, 2010, to:

David MacKinnon
regattachair@aroundthelake.ca

FEES due at the safety meeting Friday, August 20th, 2010.