

ARGONAUT ROWING CLUB

ARC Martha Coffey Frostbite Sprints Regatta SUNDAY, October 27, 2019 08:00 – 15:00

REGISTRATION DUE BY Thurs October 24, 2019 on Regatta Central

Attention Youth, Novice and Recreational Rowers:

The ARC Martha Coffey Frostbite Sprints Regatta will be approx 750 meter races for youth, women's, men's and mixed crews of fours, quads and eights.

The races will take place on the Western Beaches Dragon Boat course in the West Toronto Beaches area at the Argonaut Rowing Club (please see detailed map of the race course).

REGISTRATION AND PAYMENT THIS YEAR WILL BE ONLINE ON THE REGATTA CENTRAL WEBSITE

** PLEASE ENSURE ALL ATHLETES ARE REGISTERED WITH ROWING CANADA IN ADVANCE OF REGISTRATION on the Regatta Central Website **

If you register for 2 events a FREE delicious LUNCH will also be served to you in our Henley Room

Guest lunch tickets will be available for \$15 adult/\$10 for children.

Fees:	Total	Breakdown of costs
Quads -	\$120	(= \$86.73 + tax + (\$5.50/seat fee))
Fours -	\$125.50	(= \$86.73 + tax + (\$5.50/seat fee))
Eights -	\$245.50	(= \$173.46 + tax + (\$5.50/seat fee))

Please be advised that RCA & RowOntario charge mandatory seat fees at \$5.50 per seat (including coxies) which is included in the total quote above

For further information please contact Argonaut Rowing Club Events (events@argonautrowingclub.com)



Get creative –
Best crew uniform
or costume wins a
PRIZE!



COOL FREE
SWAG TOO!!!!

Table 1. Racing Categories

Approximate start times (to be confirmed once all entries received)	Event Number	List Of Events
8:00 AM	1	Recreation Women Cox Four
8:15 AM	2	Recreation Men Cox Four
8:30 AM	3	Novice Women Cox Four
8:45 AM	4	Youth Women Quad
9:00 AM	5	Novice Men Cox Four
9:15 AM	6	Youth Men Quad
9:30 AM	7	Youth Women Cox Four
9:45 AM	8	Youth Men Cox Four
		20 Minute break
10:05 AM	9	Recreation Women Quad
10:20 AM	10	Recreation Men Quad
10:35 AM	11	Youth Mixed Eight
10:55 AM	12	Novice Men Eight
11:15 AM	13	Novice Women Eight
11:35 AM	14	Recreation Men Eight
11:55 AM	15	Recreation Women Eight
		60 Minute Break & Lunch
1:15 PM	16	Youth Men Eight
1:35 PM	17	Youth Women Eight
1:55 PM	18	Novice Mixed Eight
2:15 PM	19	Recreation Mixed Eight
2:30 PM		FINALS (if necessary) & MASH UPS or SKILLS RACE & OCTUPLE!!!

The DRAW WILL BE POSTED ON THE REGATTA CENTRAL WEBSITE on October 26th by noon

NEW THIS YEAR! ENTER TO ROW DOWN THE COURSE IN AN OCTUPLE!!!

- Entries for a seat in the octuple are **\$25/seat**.
- Please email: events@argonautrowingclub.com for a seat in the unique octuple!

ARGONAUT ROWING CLUB

Activity Waiver

Please print the following for every crew – (signatures required from every rower/cox):

Names: _____

Address (Club): _____

Phone: _____

Activity: ARC Martha Coffey Frostbite Sprints Regatta

Date: Sunday October 27, 2019

Terms and conditions

- I agree to abide by all the Rules, by-laws of the Club, which can be found at www.argonautrowingclub.com.
- I agree and acknowledge that I undertake any activity, including rowing entirely at my own risk, and that I am medically fit to undertake such activity.
- I agree to hold the Argonaut Rowing Club harmless for any personal injury sustained by myself or any other person, and for any loss or any damage to any property that I have brought to the premises, whether caused by theft, and or any other cause, including negligence of the Club, or any of its members or staff.

I have read all of the above terms and conditions, I understand them and agree to abide by them

Signatures: _____

Age: (if under 18)_____ If you are under 18 years of age, this application must be co-signed by a parent or legal guardian.

Guardian's name (please print): _____

Signature: _____ Date: _____

Regatta Day Events

- Coaches and Umpires Meeting at 7:40 a.m. on the dock
- First race starts at 8:00 a.m.
- Lunch will be served around 12:30 p.m. at the clubhouse banquet room (depending on registrations and whether some races are combined)

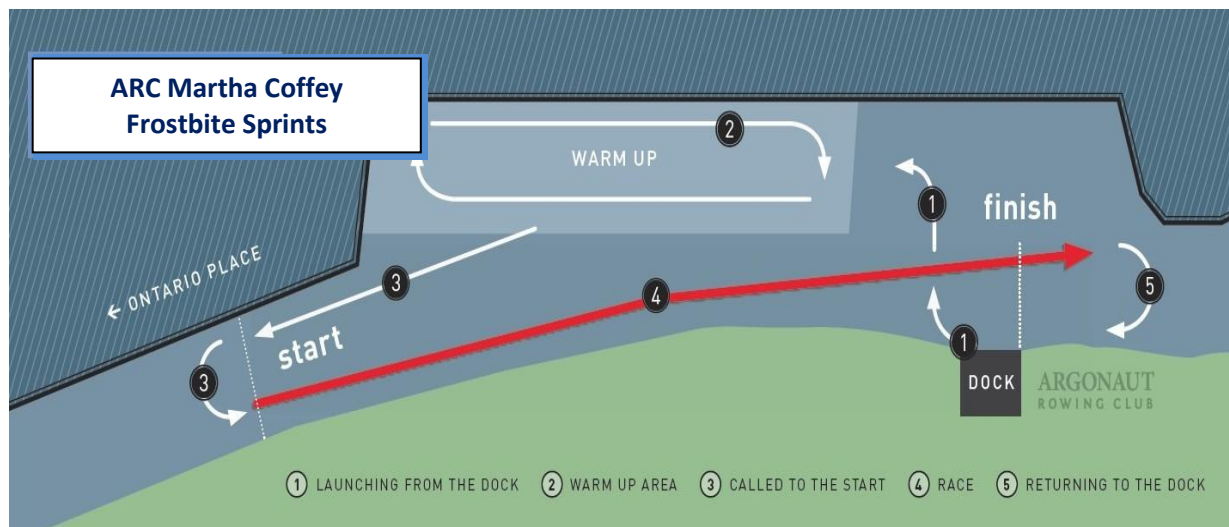
Boats & Racing

- **There is no need to bring boats, we will supply them all.**
- **Course:**
 - ~750 m on West Toronto Beaches area at the Argonaut Rowing Club
 - Up to 3 lanes of racing
 - Floating start
 - No technical installations, few buoys at the start and finish.
- Races are typically 15 min apart, depending on the total number of races.
- Medals will be awarded for first place only

Travel Info

Boathouse Address: 1225 Lake Shore Boulevard West Toronto, ON M6K 3C1
Club Phone: (416) 532 2803
Website: www.argonautrowingclub.com
Email: events@argonautrowingclub.com

Race course map

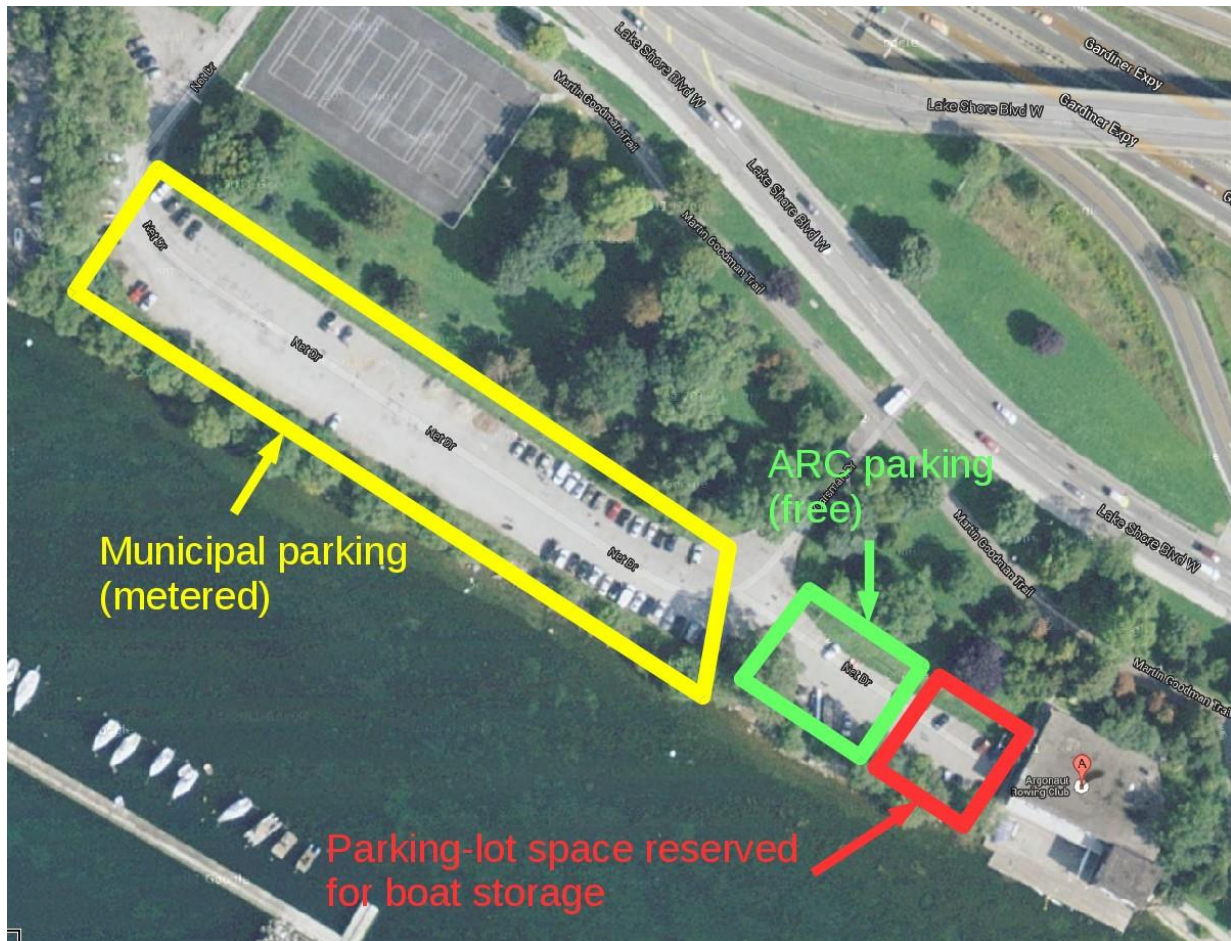


Please note the regatta is aimed at Recreational rowers (Novice and Rec. categories).

- Novice is defined as someone who has started rowing in 2019
- Youths are U19 and have not competed in a competitive regatta in 2019

Parking

You may park in our own parking lot or in the upper parking lot (Municipal Parking). At this time of year, parking is free in the Municipal Parking lot. Meters have been removed for the season. The location of the parking lot is in the Google earth picture below. There is some free parking in the ARC lot, as noted on the diagram below.



Rules of Racing

The RCA Rules of Racing will apply, with the following exceptions:

1. There are no weight categories (2.10); coxswains are not required to carry weight (2.5, 2.6)
2. The Rules about substitutions will not apply. (7.6, 7.7)
3. Age categories of rowers (2.3, 2.7) will not apply to anyone 19 years of age or over.
4. Progression system will be: winners of heats will progress to finals.
5. To the extent possible, all other Rules of Racing will apply.