

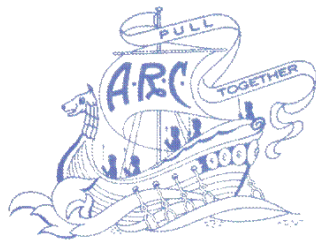


**SUNDAY, October 30, 2022 at 09:00 – 15:00**

**Regatta Chair: Ruth Robertson**

**Chief Umpire: Judy Sutcliffe**

**REGISTRATION DUE Sunday October 23, 2022 on Regatta Central**



**ARGONAUT  
ROWING CLUB**

## Attention Youth, Novice, and Recreational Rowers

The ARC Martha Coffey Frostbite Sprints Regatta will be approximately 750-meter races for youth, women's, men's and mixed crews of doubles, fours, quads and eights. The races will take place on the Western Beaches Dragonboat course in the West Toronto Beaches area at the Argonaut Rowing Club (please see detailed map of the race course).

ARC will provide boats to race in, so no need to bring your own boats.

### REGISTRATION AND PAYMENT 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** you will receive a delicious **FREE LUNCH** in our Henley Room. Guest lunch tickets will be available for \$15 for adults or \$10 for children (debit or credit card only).

Fees:	Total	Breakdown of costs
Quads	<b>\$136</b>	\$99.03 + tax + 4 @ (\$2.10 Row Ontario Seat Fee + 13% HST + \$3.65 RCA seat fee)
Coxed Fours	<b>\$144</b>	\$100.78 + tax + 5 @ (\$2.10 Row Ontario Seat Fee + 13% HST + \$3.65 RCA seat fee)
Eights	<b>\$280</b>	\$199.81 + tax + 9 @ (\$2.10 Row Ontario Seat Fee + 13% HST + \$3.65 RCA seat fee)



**PRIZE FOR THE  
BEST CREW  
HALLOWEEN  
COSTUME!**

**COOL FREE  
SWAG, TOO!**



**Table 1. Racing Categories**

Please note the regatta is aimed at Recreational rowers (Novice and Rec. categories) who have not competed in a competitive regatta in 2021 or 2022. Participation in the Hogtown Heats regatta, or Recreation categories at head races do not disqualify athletes from this regatta.

- Novice is defined as someone who has started rowing in 2022
- Youths are U19 and have not competed in a competitive regatta in 2021 or 2022

Event Number	List Of Events
1	Recreation Women Quad
2	Recreation Men Coxed Four
3	Novice Women Quad
4	Novice Men Coxed Four
5	Youth Women Quad
6	Youth Men Coxed Four
7	Recreation Men Quad
8	Recreation Women Coxed Four
<b>20 Minute break</b>	
9	Novice Men Quad
10	Novice Women Four
11	Youth Men Quad
12	Youth Women Four
13	Recreation Mixed Quad
14	Novice Mixed Coxed Four
15	Youth Mixed Quad
16	Recreation Mixed Coxed Four
17	Novice Mixed Quad
18	Youth Mixed Coxed Four

<b>60 Minute Break &amp; Lunch</b>	
19	Youth Mixed Eight
20	Novice Men Eight
21	Novice Women Eight
22	Recreation Men Eight
23	Recreation Women Eight
24	Youth Men Eight
25	Youth Women Eight
26	Novice Mixed Eight
27	Recreation Mixed Eight
	<b>FINALS (if necessary)</b>
	<b>MASH-UP 8+</b> Crews will be drawn randomly from all clubs' entries and boated as drawn.

The DRAW WILL BE POSTED ON THE REGATTA CENTRAL WEBSITE on Thursday October 27.  
The order of events may change based on entries.

All 4+ and 8+ must provide their own coxies  
The Argonaut Rowing Club will provide all boats

### Regatta Day Events

- Coaches and Umpires Meeting at 8:15 a.m. on the dock
- First race starts at 9:00 a.m.
- Race order may change from event list; events with only one entry will be combined with another event.
- Lunch will be served around 12:00 p.m. at the clubhouse banquet room (depending on registrations and whether some races are combined)

### Boats & Racing

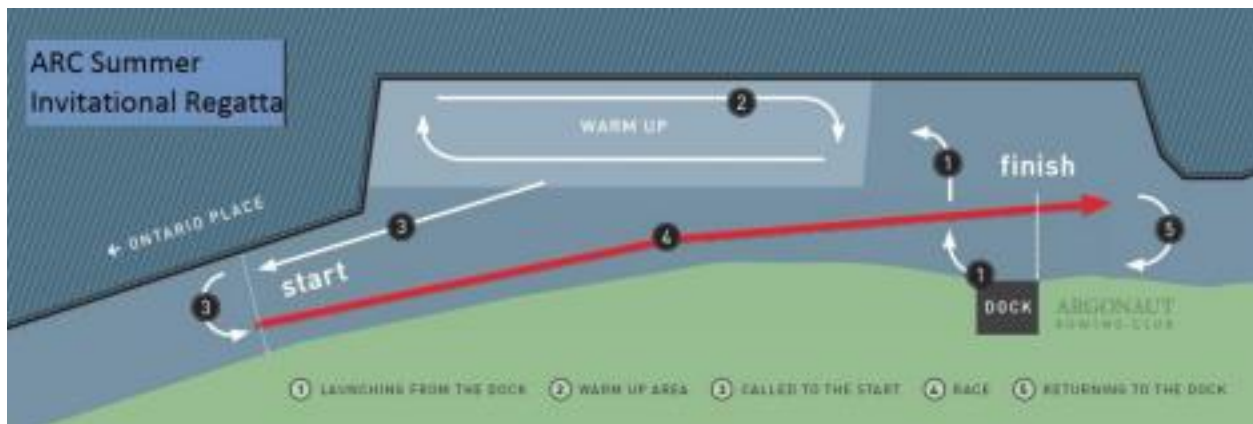
- **There is no need to bring boats, we will supply them all.**
- **Course:**
  - ~750 m on West Toronto Beaches area at the Argonaut Rowing Club
  - Up to 3 lanes of racing
  - Floating start
  - No technical installations; buoys at the start and finish.
- Races are typically 15 min apart, depending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

**Website:** [www.argonautrowingclub.com](http://www.argonautrowingclub.com)

**Email:** [events@argonautrowingclub.com](mailto:events@argonautrowingclub.com)



## Parking

You may park in our own parking lot or in the upper parking lot (Municipal Parking). 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. Municipal parking will also be free.



## Rules of Racing

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

1. Coxswains will not be weighed.
2. Substitutions will be permitted prior to the event with eligible rowers.
3. Draw will be posted the Thursday day before (7.2)
4. Progression system will be: best time in heats will determine the winners. Every boat will get a time.
5. To the extent possible, all other Rules of Racing will apply.

# ARGONAUT ROWING CLUB

## ARGONAUT ROWING CLUB ACTIVITY WAIVER

Please print the following information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Cell #: \_\_\_\_\_ Email: \_\_\_\_\_

Activity: \_\_\_\_\_ Date: \_\_\_\_\_

### Terms and conditions:

1. I agree to hold harmless and release the Argonaut Rowing Club ("ARC") from any injury, damage or loss HOWEVER CAUSED sustained by myself.
2. I agree to conduct myself in a manner consistent with the rules of conduct of the ARC and the applicable laws of the jurisdiction in which I am.
3. I agree to abide by the Club Code of Conduct, all rules, the By-laws and Policies of the ARC including the safety rules and guidelines of the ARC and of the Canadian Coast Guard. I agree that a violation of the safety rules and guidelines may result in the suspension or termination of my membership and privileges with the Argonaut Rowing Club.
4. I agree and acknowledge that I undertake any activity, including rowing, weight and fitness training entirely at my own risk, and that I am medically fit to undertake such activity.
5. I agree that the ARC is not responsible for any personal injury sustained by myself or any other person, or for the loss or damage to any property which I have brought to the premises including but not limited to single or double shells, whether caused by theft, during transportation or by any other cause, including negligence of the ARC or any of its members, coaches, volunteers, servants, agents or contractors.
6. I agree to hold the ARC harmless for any personal injury sustained by myself or any other person while I am being transported in the ARC's truck, in a car or bus rented by the ARC for the purpose of traveling to and or from any Regatta or other event, either in Canada or in the United States of America.
7. I am a current member of Rowing Canada Aviron or another National Rowing Federation (NRF) and here is my current membership number: \_\_\_\_\_ Name of NRF if not RCA:  
\_\_\_\_\_
8. I have completed the COVID-19 Self-Assessment within 24 hours of attending at the Club, and have provided the negative Self-Assessment result to the club official.

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Age: (if under 18 \_\_\_\_\_). If you are under 18 years of age, this application must be cosigned by a parent or legal guardian).

Guardian's name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_