2023 Dinos Sprints
Saturday September 23, 2022

Coaches, Athletes, Managers, and Parents:

Included here is the regatta package for the 12th annual Dinos Sprints Regatta. This package includes information about regatta procedures, race events, entry fees, and deadlines.

Contact for general and entry related questions:
Amelie Schumacher
dinos@calgaryrowing.com
(604) 805 0873
Please use email whenever possible. (Amelie is out of the country until Sept 9)

There may be a limited number of Calgary RC boats available for loan or rent to clubs not able to bring their own equipment. Please email enquiries about this to club manager John Perri at office@calgaryrowing.com

We look forward to seeing you in Calgary on race day!
mar

Description of the Regatta

Dinos Sprints is a 1500 m regatta on a buoyed 6-lane course.We will be using a non- buoyed lane (lane 1) to maximize racing opportunities for athletes.

List of Events

Men/Women: 1x, 2x, 2-, 4x, 4-, 4+
Novice Men/Women: 4x, 8+
Para: 1x

Notes:

- All age groups for a given event will race together, but awards will be given for the top senior, U19, and masters crews in each category except for Novice events and the combined 4-,4+ events which will receive an award for the top crew male/ female only.
- The M/W 4-, 4+ event will be combined due to anticipated low entries and to save time.
- **Novice:** Athletes who started rowing after Jan 1, 2023.

Equipment Sharing/Hot-Seating

Efforts have been made to give a reasonable amount of time between events where equipment sharing is expected (e.g. M2- and M2x). Despite best efforts, we cannot accommodate all equipment sharing circumstances. It is the responsibility of the participants to ensure that they arrive on time for the start of each event. Please plan accordingly.
Note: All crews must launch at least 10 minutes before the start of their race. Any crews with a tighter launch time need to advise Control Commission on Saturday morning.

Life Jackets

The City of Calgary requires lifejackets to be worn at all times by all competitors. Belt-style inflatable PFDs will be provided for use during the regatta. However, if you have a supply of PFDs you can bring with you, that is highly recommended and would be greatly appreciated.

Final Qualification

The top-7 finishers of the time trial for each event--by raw time, regardless of age category--will be invited to compete in the Final A. The next 7 finishers (rank 8- 14) will be seeded into the Final B in the respective event. If there are 7 or fewer entries in an event, it will be a straight final.

Awards

Awards will be given to the top Senior, U19, and Masters competitors in each event. Where possible, Senior and U19 winners will be determined by finish order of the Final. If a Senior or U19 competitor does not qualify for the Final, time trial results will be used to determine the winner.

In all cases, regardless of Final qualification, awards for Masters will be given based on adjusted results of the time trials using the Garrett-Zezza formula. For example, if a 38-year old finishes in the top-6 on raw time, but their adjusted time is slower than a 45-year old, the 38-year old will qualify for the Final, but the 45-year old will be given the Masters winner's medal.

General Information

- All competitors must be registered with Rowing Canada Aviron (RCA)
- RCA Rules of Racing will apply unless otherwise specified in this regatta package.
- Coaches are asked to ensure that all rowers and coxswains are familiar with race procedures including, but not limited to, lining up at the start line, a floating start, and a quick start.

Trailer Parking

Trailer parking will be available in the parking lot at the entrance to the Rowing Club. The trailer parking lot will be blocked off for easy access on Friday evening.

Food and Drink

There will be limited food & drinks available on site for athletes, volunteers and spectators [water, juice, sports drinks, hot dogs (non-meat option available), fruit, muffins, granola bars, etc.] Payment by cash only. The closest restaurants/grocery stores/ATM are approx. 1 km away from the regatta site.

Exceptions to RCA Rules of Racing

- Race distance is 1500 m
- Coxswains are not required to weigh in
- Racing uniform requirements will not be strictly enforced.

Entries

Please submit your entries through RegattaCentral: 2023 Dinos Sprints

Entries will open at 12:00 AM MT on September 5, 2023. Entries will close at 11:59 PM MT on Sunday September 17, 2023. Late entries will be accommodated ***if possible***.

Entry fees are $30 per athlete, plus RCA and ARA seat fees, regardless of how many events an athlete competes in. Fees are due before the start of racing on the day of the regatta, payable through RegattaCentral.

A tentative draw will be distributed on Wednesday September 20, 2023.

The final draw will be distributed via email on Friday evening, September 22, 2023.

The Coaches meeting: 8PM on Friday September 22, 2023.

Tentative Schedule

Evening practice on Friday will be available by request from 6PM - 8PM. Please notify the regatta chair if you wish to practice.

TENTATIVE SCHEDULE

Race	Time	Event	Race	Notes
1	8:00AM	M1x	TT	
2	8:12AM	W2x	TT	
3	8:24AM	W4-/M4-	TT	
4	8:36AM	W1x	TT	
5	8:48 AM	M2x	TT	
	8:50AM - 9:20AM	BREAK		
6	9:30 AM	M1x	FB	All finals will be 7 boat finals
7	9:42AM	M1x	FA	
8	9:54AM	W2x	FB	
9	10:06AM	W2x	FA	
10	10:18AM	Para 1x	F	1500M
11	10:30AM	W4-/M4-/ W4+/ M4+	FA	Men's and women's races combined to save time
12	10:42AM	W1x	FB	
13	10:54AM	W1x	FA	
14	11:06AM	M2x	FB	
15	11:18AM	M2x	FA	
16	11:36AM	Nov W4x	F	1000M
17	11:48AM	Nov M8+	F	1000M
	11:55AM - 1:20PM	BREAK		
18	1:20PM	W2-	TT	
19	1:32PM	M4x	TT	
20	1:44PM	M2-	TT	
21	1:56PM	W4x	TT	
	2:00PM - 2:30PM	BREAK		
22	2:40PM	Nov M 4x	F	1000M
23	2:52PM	Nov W 8+	F	1000M
24	3:04PM	W2-	FB	All finals will be 7 boat finals
25	3:16PM	W2-	FA	
26	3:28PM	M4x	FB	
27	3:40PM	M4x	FA	
28	3:52PM	M2-	FB	
29	4:04PM	M2-	FA	
30	4:16PM	W4x	FB	
31	4:28PM	W4x	FA	

Dinos Sprints Flow Pattern Maps

Please see the maps for the regatta HERE.