

ARC MARTHA COFFEY FROSTBITE SPRINTS

Sunday, November 3, 2024 at 09:00 – 15:00

Regatta Chair: Alannah Della Vedova

Chief Umpire: William Donegan

REGISTRATION DUE BY Sunday, October 27, 2024 on Regatta Central



**ARGONAUT
ROWING CLUB**

Attention Youth, Novice, and Recreational Rowers

The ARC Martha Coffey Frostbite Sprints will be approximately 750 meter races for youth (U19), women's, men's and mixed crews of quads, coxed fours, and eights. The races will take place on the Western Beaches course in the West Toronto Beaches area at the Argonaut Rowing Club (please see detailed map of the race course below).

All 4+ and 8+ must provide their own coxies, no weigh-ins are required.

ARC will provide boats to race in, so no need to bring your own boats. **All 4+ and 8+ must provide their own coxies, no weigh-ins are required.**

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 Regatta Central

If you register for **2 EVENTS** you will receive a delicious **FREE LUNCH** in our Henley Room. For those who are not rowing 2 events, or wish to purchase a guest lunch for \$22, please do so by October 27, 2024.

[Link HERE](#)

Fees:	ARC Entry Fee	Tax (13%)	RCA Seat Fee	Row ON Seat Fee	TOTAL
Quads	\$108.00	\$14.04	\$16.00	\$10.63	\$148.67
Coxed Fours	\$111.00	\$14.43	\$20.00	\$13.30	\$158.73
Eights	\$210.00	\$27.30	\$36.00	\$23.94	\$297.24

Racing Categories

Please note the regatta is aimed at Recreational rowers (Novice and Rec. categories) who have not competed in a competitive regatta in 2023 or 2024

- Novice is defined as someone who has started rowing in 2024
- Youths are under 19 and have not competed in a competitive regatta in 2023 or 2024
- Para are rowers who self-identify as athletes with a disability and have not competed in a competitive regatta in 2023 or 2024

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
20 Minute break	
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

60 Minute Break & Lunch	
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
	FINALS (if necessary)
	MASH-UP 8+ Crews will be drawn randomly from all clubs' entries and boated as drawn.

The DRAW WILL BE POSTED ON THE REGATTA CENTRAL WEBSITE on **Wednesday October 30th**. Note that Race Times WILL CHANGE based on entries received

Boats & Racing

Coaches and Umpires Meeting at 7:40 am on the dock

- First race starts at 8:00 am
- Lunch will be served around 12:30 p.m. at the clubhouse banquet room (depending on registrations and whether some races are combined)
- **There is no need to bring boats, ARC will supply them.**
- **Course:**
 - ~750 m on West Toronto Beaches area at the Argonaut Rowing Club
 - Up to 3 lanes of racing
 - Floating start
 - Buoys will mark the start and finish.
 - If your shell capsizes, you will be assisted off the course by a safety boat and will not be able to continue racing.
- Races are typically 15 min apart, depending on the total number of races.
- If there are more than three entries in an event there will be heats.
- Entries from more than one event may be combined in a heat.
- Medals for each event will be awarded for first place only, and, if there are heats, medals will be awarded based on fastest overall time between the heats.

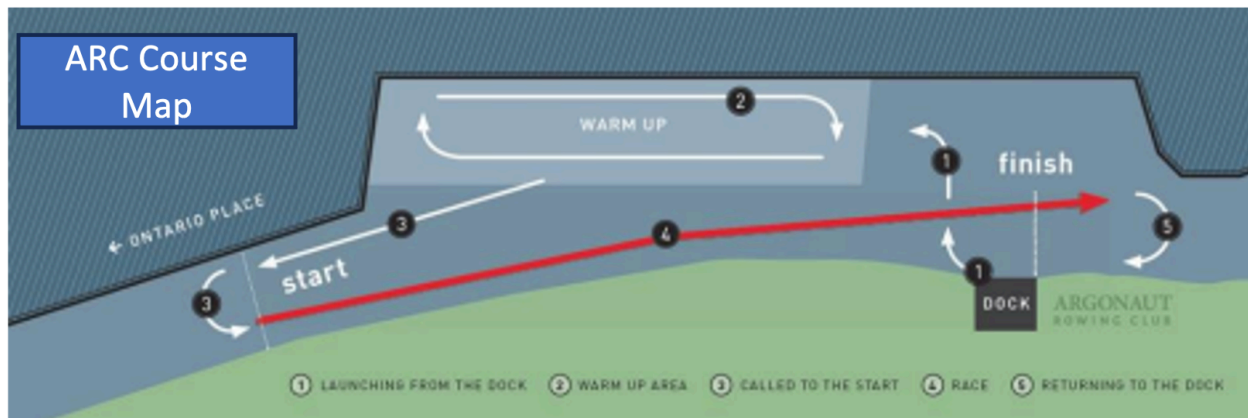
Travel Info

Boathouse Address:

1225 Lake Shore Boulevard West Toronto, ON M6K 3C1

Website: www.argonautrowingclub.com

Email: events@argonautrowingclub.com



Exceptions to the RCA Rules of Racing

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

1. 2.5, 2.6 - Coxswains will not be weighed.
2. 7.6 - There is no limit to the number of substitutions that will be permitted prior to the event with eligible rowers.

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.



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: _____