

Nova Scotia Invitational Beach Sprints

August 28th -30th, 2026

Rissers Beach, Lunenburg County, Nova Scotia



Welcome

Row Nova Scotia would like to extend its best wishes to all the athletes and coaches, and encourage everyone to explore our wonderful province.

Regatta Chair - Rob Richards
Chief Umpire - Ge-an Rijniersce
Deputy Chief Umpire: Linda Lee
Safety Officer- Rob Richards
First Aid Officer Erin Samchyk
Registrations- Tracy Cameron

Events

- Open Men's and Women's Coastal Solos
- U19 Men's and Women's Coastal Solos
- Masters Men's and Women's Coastal Solos
- Open Mixed Coastal Doubles
- U19 Men's and Women's Coastal Doubles
- U19 Mixed Coastal Doubles
- Masters Mixed Coastal Doubles
- Inclusive Mixed Coastal Doubles

Preliminary Race Schedule

Friday 28th of August	Saturday 29th of August	Sunday, 30th of August
Training From 9 am to 12 Noon	Coaches Meeting: 6 am or 2 hours before the first race of the day	Coaches Meeting: 6 am or 2 hours before the first race of the day
	Morning Sessions of Racing 8 am to 11:30 am	Morning Sessions of Racing 8 am to 11:30 am
Training from 1 pm to 5:00 pm	Afternoon Session of Racing 12:30 pm to 5:30 pm	Afternoon Session of Racing 12:30 pm to 5:30 pm
Team Managers Meeting 6 pm - Venue TBD		

Order of Events

Saturday	Sunday
Masters Men's Coastal Solos	Master's Mixed Coastal Double
Masters Women's Coastal Solo	U19 Mixed Coastal Double
U19 Men's Coastal Solo	Open Mixed Coastal Double
U19 Women's Coastal Solo	U19 Men's Double
Open Women's Coastal Solo	U19 Women's Double
Open Men's Coastal Solo	Inclusive Mixed Double

The order of events is subject to change based on the number of entries received.

Venue

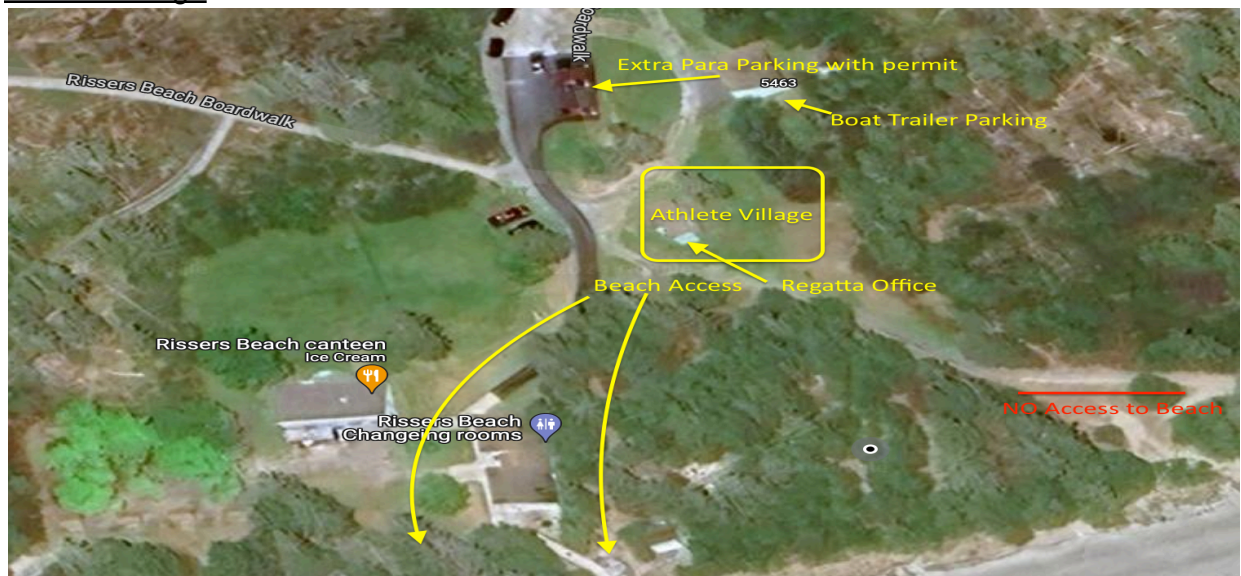
Rissers Beach, Nova Scotia

5366 Hwy 331, Lunenburg County, NS B4V 6P2

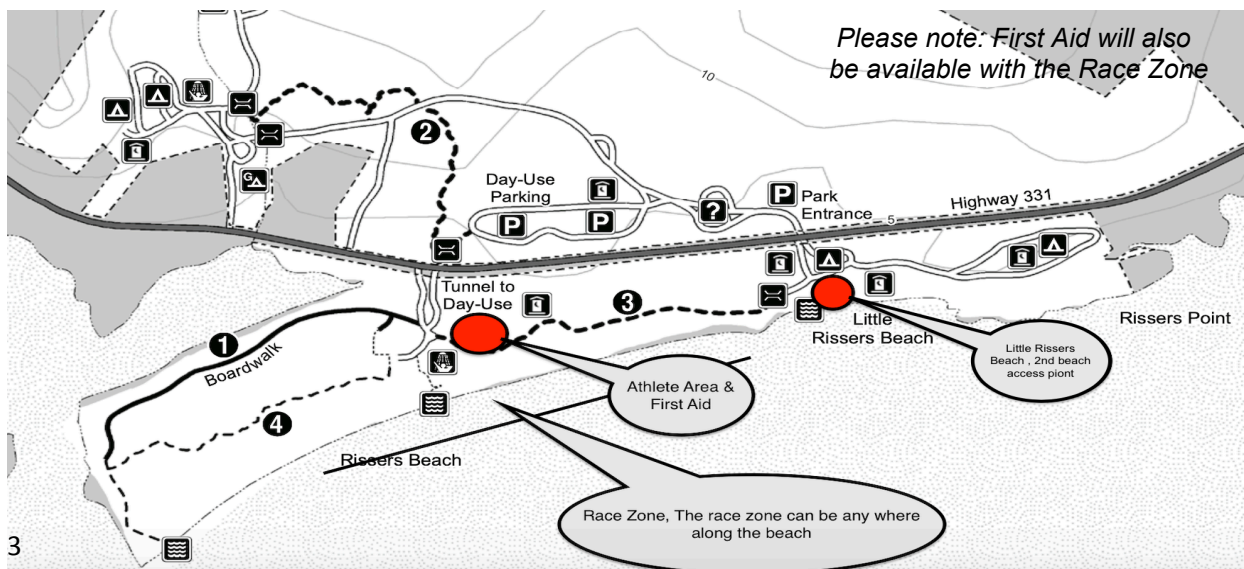
Rissers Beach is situated just 1 hour and 30 minutes south of Halifax on the stunning south shore. The venue provides complimentary parking, an on-site canteen, and washrooms with showers. Additionally, within the park, there are numerous camping options available.

The event will feature an athlete's village where you will discover the warm-up and cool-down area and the athletes' chill zone. The village is just a short walk to the race zone, parking, and canteen. Family and friends are encouraged to set up for the day anywhere within the park area.

Athletes Village



Venue overview



Rules of Racing

The Nova Scotia International Invitational will be conducted under the 2026 Rowing Canada Aviron Rules of Racing. Note that the 2026 Rowing Canada Aviron Rules of Racing follow the most recent World Rowing Rules of Racing closely.

Draws and Results

1. The draws for the Time trials will be published before the team managers' meeting.
2. Race results will be published following each round of racing once the Chief Umpire has approved the results

Penalties

A crew not correctly following the laid-out course shall be awarded the following penalties.

1. Not completing the set course correctly for the Slalom and Processional courses . The athlete and/or crew are to be awarded the status of DNF (Did Not Finish) and, therefore, eliminated from the event.
2. A runner not passing on the correct side of the flag - 10 seconds.
3. Crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalized by the umpire.

Adverse Weather Conditions

1. All rowers entering Beach Rowing Sprint events and their clubs and member federations are expected to recognize the nature and the risks involved in beach sprint rowing, in particular the need to be sufficiently experienced to race competently and safely in wave and surf conditions without risk to themselves and other crews.
2. Crews wishing to withdraw from an event on the grounds of safety may do so by notice in writing to the organizing committee without penalty.
3. Where adverse weather or water conditions or the forecast of such conditions affect or will affect the safety of rowers or the schedule or programme of racing in any way, the necessary decisions shall be taken.

Adverse Weather Conditions-Boat Handlers

1. The role of the boat handlers is to support the departure and arrival of the crews from and to the beach by handling the boat to reduce the risk of damage or injury.

2. There shall be two boat handlers per boat. In adverse or rough water conditions, the Chief Umpire may allow or may require the number of boat handlers per boat to be increased.

Right of Entry

The Right of Entry outlines an athlete's requirements in order to compete.

- All athletes, boat-handlers, coaches and support staff are to be in good standing with their National Sport Organization (NSO)
- All International Athletes, Boat-handlers and Coaches must show proof of medical Insurance coverage.
- Athletes are allowed to represent their National Sports Organization with permission from their National Sports Organization. All other athletes are to represent their clubs or school programs.
- Any athlete who identifies as meeting the Para Rowing (PR) classification is allowed to submit an entry in the Inclusive Mix Double. As per the Rules of Racing, only one athlete can be classified as a Para athlete within a crew
- PR3 athletes will race in the appropriate able-bodied events and subsequent progression. Any variations to crew composition outside of the defined Para categories are at the discretion of the Chief Umpire in consultation with the LOC.

Equipment

- Row Nova Scotia is pleased to announce its partnership with Lite Boats to provide boats for this event.
- Boats will be of equal standard and quality.
- Oars will **not** be provided by the Organizing Committee in 2026.
- Athletes and teams should have access to spare oars on site in the event of damage to their racing equipment.

Boat Handlers

All teams and athletes are to arrange their own boat handlers. RNS can assist where possible. Each boat is required to have two boat handlers per race.

Boat handlers are required to wear the same uniform or a bib that clearly identifies them as boat handlers and the athlete/crew they are supporting.

Each crew is supported by 1 Male and 1 Female boat handler. They are an important part of a team and should be involved in training sessions, be trained and incorporated into all elements of the competition. If the Chief Umpire deems the water conditions require a 3rd boat handler, the 3rd boat handler can be of any gender and is there to assist the safe entry/exit of the athlete only.

Boat handlers are there to support the boat and are responsible for checking and preparing the boat after lane selection, ensuring it is in control as the athlete enters and departs, and removing it from the water immediately.

While it is not a requirement, boat handlers may also be tasked with steering the crew. No equipment or props held in the hand will be allowed to help steer a solo and or crew. Arm sleeves, coloured shirts, and regular-sized worn gloves are examples of items allowed.

Boat handlers should be familiar with beach features (like rips, dumping waves, local wildlife and how to call for help), know how to lift the boat safely and have done the swim test, as per their club requirements. If they are not confident swimmers, they should wear a PFD

Registration

Registration will be completed online using Regatta Central. Registration will go live on May 20th, 2026.

- If you are new to Regatta Central, you will need to create an account on Regatta Central (<https://www.regattacentral.com/signup>)
- Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
- Add athletes to your club (names, RCA #'s, birthdays).
- Search for the Regatta you wish to enter and add your boats to the races.
- Add your crew lineups to the boats.
- Fees must be paid in advance of the regatta through Regatta Central.

The 2026 fee structure is \$4.65 RCA seat fee and \$1.35 Row NS seat fee per race event. This is being charged in addition to paying the trial's registration.

All athletes participating in the event are required to be registered with RCA and their PRA through an RCA Member Club. RCA membership numbers of all participants are required. Registration will be verified through RCA, and participants who are not registered with RCA will not be allowed to participate. USRowing participants must include their registration number on the entry form as well. Any athlete wishing to participate who is not a current RCA Member may contact RowNS to make arrangements to race in the event.

There is a registration fee for each event at the Nova Scotia Beach Sprint Invitational. Registration includes the use of Liteboat / Hudson coastal rowing shells for racing.

Solo (1X)	\$80 CA + seat fees
Double 2X)	\$160.00 CA + seat fees

The registration deadline is midnight on Friday, July 31, 2026. Late entries will not be accepted.

Team managers can submit their scratches up to Friday, August 14th, 2026, by midnight. Any scratching after this date will forfeit entry fees unless there is a suitable medical excuse.

The preliminary draw will be released on Tuesday, August 18th, 2026, and the final draw will be released on Thursday, August 20th, 2026.

Course

- The race course consists of two sections: a land section and a water section.
- The land section is approximately 10 meters to 50 meters run on the beach to the water's edge from the start and finish line.
- The water section consists of two lanes, each lane being 250 meters long, with three buoys set at approximately 85-meter intervals.
- The race starts on the beach with a 10m to 50m run from the Start line to the boat by a designated runner. Crews will then race around the buoys in the water section and row straight back to the beach. After reaching the beach, a designated runner will run approximately 50m through the Finish line and press the finish button/touch the flag in the sand to complete the race.
- Training Days: All athletes and crew will follow the TT flow pattern in training, with a maximum of 2 crews on the course at any given time.
- See Appendix 1 for the course Map

Medals

Medals will be awarded to the first-place, second-place and third-place finishing athletes of each event. In the case that there are three or fewer crews in an event, medals will be awarded to all finishers. The LOC may also provide an item of appreciation to the first through third finishes.

Progression System and Race Format

The progression will follow the WR system as outlined in the 2025 rules of racing for coastal on page 77 - [See Here](#)

Accommodation & transportation

Accommodation and transportation are the responsibility of the athletes and their coaches. Row Nova Scotia may be able to assist where necessary.

Local Accommodations providers:

[Best Western Bridgewater](#)

[Best Western Liverpool](#)

[Tuna Blue Inn, Hubbards](#)

[Brigantine Inn & Suites in Lunenburg](#)

[Kitch'Inn in Mahone Bay](#)

[Quarterdeck Resort in Summerville Centre](#)

[White Point Beach Resort](#)

[Rissers Beach CampGround](#)

Airport

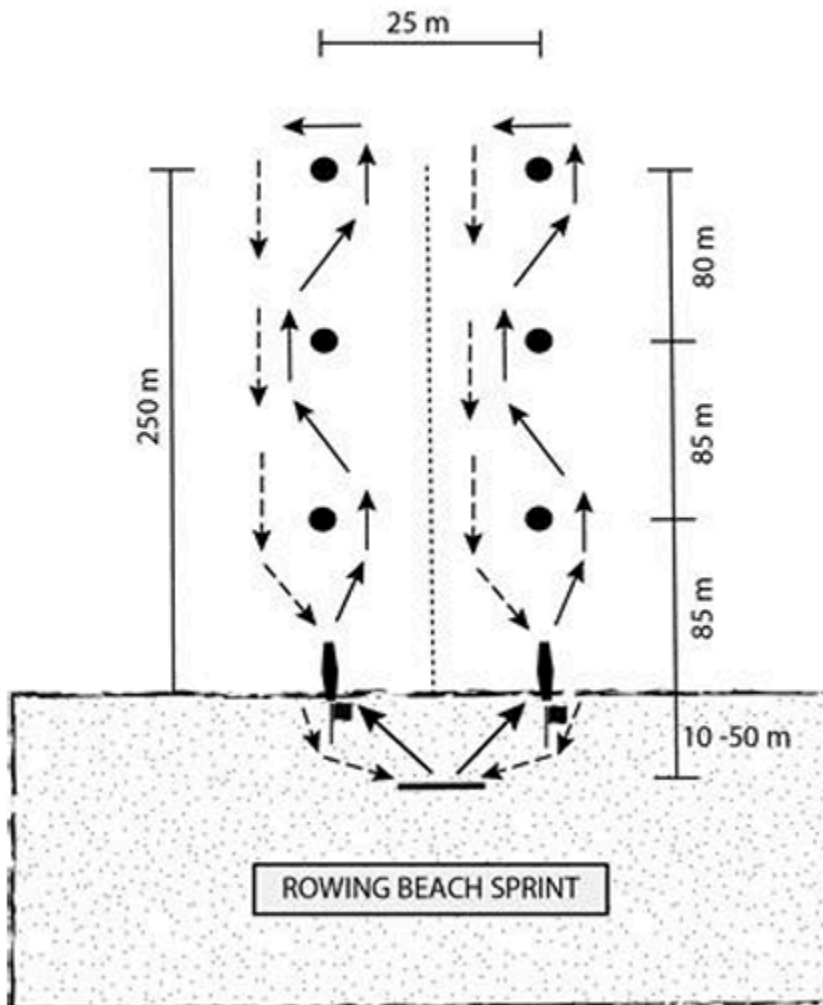
Halifax, Nova Scotia

Halifax Stanfield International Airport

For questions related to event order, progression and entries, please contact the Organizing Committee Chair, Rob Richards, at technicaldirector@rowns.ca.

Appendix 1: Course Maps

World Rowing Beach Sprints - Coastal Rules of Racing
RCB 7 Race Formats - Option 1
Slalom out / Straight back



Processional Time Trial

25 m



World Rowing Beach Sprints - Coastal Rules of Racing
RCB 7 Race Formats - Option 2
Processional Time Trial

