



## **Tops and Bottoms Regatta 2023**

**Saturday, July 29, 2023**

**Rabbit Lake, Kenora, ON**

### **You're Invited!**

The Kenora Rowing Club invites you to join us for the 2023 Tops and Bottoms regatta on Rabbit Lake in Kenora – our first comeback since 2019! Tops & Bottoms will feature both a 1000m Masters and a 2000m Junior course plus a 400m Mixed Mash Dash! The Kenora Rowing Club regatta venue is situated on Rabbit Lake, with Garrow Park and a public beach right next door, just 10 minutes from downtown Kenora. Tops and Bottoms is an ideal development regatta earlier in the season for novice rowers. The focus of the event is for Masters (tops) and Juniors (bottoms) to gain experience racing, get to know fellow regional rowing clubs, and work towards their race and/or time goals.

### **Regatta Site**

The Kenora Rowing Club has worked hard to produce an exceptional venue for rowing regattas, including a buoyed course with stake-boat holders. The venue saw high quality facility upgrades in 2017 after hosting the Canada Summer Games. The Kenora Rowing Club is located at 110 Birchwood Crescent on the south side of Rabbit Lake. There is room for boat storage on site, and the location is equipped with washrooms, First Aid, and a concession stand.

### **Accommodations**

Kenora sees a huge influx of tourists and seasonal residents in the summer, so book your accommodations as soon as possible! There are several hotels, resorts and camp grounds in the area. Camping at the club is available for one tent per club for boat security purposes. See <http://www.stayinkenora.com/> for further information on hotels.

### Parks

Anicinabe Park is located in Kenora just 10-15 minutes from the rowing venue, with camp sites, washrooms and showers, and a beach on Lake of the Woods. See their website for more information: <http://www.anicinabepark.ca/>

Rushing River Provincial Park is a beautiful Provincial Park with camp sites, trails, and beaches, located 20-30 minutes east of Kenora and Rabbit Lake. See their website for more information: <http://www.ontarioparks.com/park/rushingriver>

### Resorts

The Kenora area has many resorts and lodges. Redden's is on the east side of Kenora, about 20 minutes away (<http://www.reddenscamp.com/>). Perch Bay Resort is on the west side of town about 20 minutes from the regatta site (<http://www.perchbay.com/>).

### **Awards and Entertainment**

Awards will be given to the top finishers of each event at end of the day. A BBQ will be held on site directly following the regatta and awards ceremony. Tickets for non-rowers will be available on-site throughout the regatta.

### **Eligibility/Categories**

Novice	Defined as any rower in their first year of rowing. Coaches can state which crew are novices when reviewing race schedule at the coaches' meeting on Friday night.
Junior B/U17	An individual who will be 16 or under on December 31, 2023.
Junior U19	An individual who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma.
Master Rowers	An individual who has attained or will attain the age of 21 or older on December 31, 2023. An individual age is determined as of December 31, 2023. Crew's average age is rounded down to the nearest whole number. Masters will be age adjusted based on Rowing Canada Aviron Garrett Masters' Age Adjusted Time System (2021 Edition).

Rowers that are neither Junior nor Master can row as exhibition in the Junior events.

### **Schedule of Events**

See below for the order of events for specific race categories. Heats (if necessary) will begin at 7:30am. First call will be made at 7:00am. There will be 10 minutes center for all races.

### **Scratches**

Scratches should be reported prior to race day at the coaches meeting on **Friday, July 28** at **6:00pm** at the club house or by e-mail before the regatta [rowkenora@gmail.com](mailto:rowkenora@gmail.com).

### **Entries**

Register through Regatta Central <http://www.regattacentral.com/>. Registration deadline is **Sunday, July 23, 2023 at 11:59PM**. E-mail Kenora Rowing Club for questions at [rowkenora@gmail.com](mailto:rowkenora@gmail.com). Entries received after the deadline will be accepted if they do not create a heat in the event.

### **Fees**

**\$60.00 Canadian Dollar** per competitor PLUS RCA seat fee per event (\$3.85 Canadian). All fees must be paid on line with Regatta Central or at KRC by one club cheque at the coaches meeting.

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## Order of Events

Depending on the number of entries in each event, two events may be combined into one race.  
Each event will retain separate result.

Event #	Event
1	Junior Men's 4+
2	Junior Men's 4-
3	Junior Women's 8+
4	Master Women's 2X
5	Master Men's 4+
6	Master Men's 4-
7	Junior B Men's 2X
8	Master Women's 4X
	<b>Break</b>
9	Junior Women's 2-
10	Master Men's 1X
11	Junior B Women's 2X
12	Junior Men's 4X
13	Master Women's 1X
14	Mixed Mash Dash 8+
	<b>Lunch Break</b>
15	Junior Women's 2X
16	Master Men's 4X
17	Junior Men's 8+
18	Mixed Master 2X
19	Master Women's 4+
20	Master Women's 4-
21	Junior Women's 4X
	<b>Break</b>
22	Junior Men's 1X
23	Master Men's 2X
24	Junior Women's 1X
25	Junior Men's 2-
26	Junior Women's 4+
27	Junior Women's 4-
28	Mixed Master 4X
29	Junior Men's 2X
30	Mixed Junior 2X