



**2017 Dinos Sprints
Saturday October 14, 2017**

Coaches, Athletes, Managers, and Parents:

Included here is the regatta package for the 7th annual Dinos Sprints Regatta. This package includes information about regatta procedures, race events, entry fees, and deadlines. **The Dinos Sprints regatta has a different format this year, so please read this package in its entirety.**

Any updates on regatta information can be found by visiting the event listing on RegattaCentral: https://www.regattacentral.com/regatta/?job_id=5435. Information on RegattaCentral is being regularly updated, so please check back frequently.

Any further inquiries can be addressed to Mark Laidlaw at mark.laidlaw@calgaryrowing.com.

Description of the Regatta

All races will be 1500m. Races will be offered in all categories (1x, 2x, 4x, 2-, 4-, 8+) for all age ranges (Jr, Sr, Masters), as well as a para 1x and 2x. A lightweight category will also be offered for the 1x, 2x, and 4-. There will be time trials for all events followed by seeded finals. Finals will be seeded according to raw time trial results regardless of age category. I.e. Juniors, seniors, and masters could end up racing in the same final. Medals will be awarded for the top finisher in each category (i.e. there will be separate Jr, Sr, and Masters medals). If a Junior or Masters crew wins an event overall, that crew will receive the medal for Junior/Masters as well as the Senior medal.

For Masters results, qualification to the finals will be determined by raw time from the time trials, but the winner's medal will be awarded according to times from the finals adjusted using the Garret-Zezza system.

For all events, there will be an A Final and a B final. A maximum of 12 entries will qualify for finals. To allow for racing across categories, the top finisher from each category (Jr, Sr, Lightweight, Masters) will automatically advance to the finals.

General Information

- ✚ Registration will open Monday, September 25th at 8:00 AM MDT. The entry deadline is **midnight on Monday October 9th**.
- ✚ Entry fees are \$30 per athlete, regardless of the number of events in which that athlete competes. Fees are due at the coaches' meeting on the morning of the regatta. **Entry fees maybe paid online through RegattaCentral or paid by cheque made to the "University of Calgary Rowing Club".**
- ✚ 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.
- ✚ There are bathrooms onsite for participant and spectator use. There will be shelter provided for athletes and coaches during and between races and a concession stand with snacks and drinks.

List of Events

The following is a list of medals that will be awarded. As noted above, all events of the same boat class and gender (e.g. women's 1x regardless of age or weight) will race in the same time trial and finals.

Dinos Sprints

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

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

Lightweight Men/Women: 1x, 2x, 4-

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

Novice Men/Women: 4x, 8+

Para: 1x, 2x

Lightweights: Maximum weights for rowers shall be as follows

- Lightweight Men 74.0kg with no average for all lightweight men's events
- Lightweight Women 60.5kg with no average for all lightweight women's events

Masters: Contrary to the RCA Rules of Racing, we will allow athletes to compete in both masters and non-masters events. We will use RCA's Garrett-Zezza system for age adjustment.

Entries

- ✚ Please submit your entries through RegattaCentral:
- ✚ A tentative draw and schedule will be distributed on Wednesday October 11th, 2017 followed by an updated version on Friday October 13th, 2017. A finalized version will be given at the coaches' meeting on Saturday morning.
- ✚ Late entries will be accommodated *if possible*.

Food, Drinks, and Merchandise

The University of Calgary Rowing Club has partnered with Rosso Coffee to offer on-site sale of high quality hot beverages. The UCRC will also sell a limited selection of food and cold drinks and we are in discussions with some local vendors to provide athletic apparel and/or Dinos gear for sale.