

## ***2026 MOTHER'S DAY SPRINTS***

Lake Banook  
Dartmouth, N.S.



May 10th, 2026

Hosted by

North Star Rowing Club

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## **MESSAGE FROM THE REGATTA DIRECTOR**

### **Mother's Day Sprints Regatta**

*Hosted by North Star Rowing Club*

On behalf of the North Star Rowing Club and the organizing committee, it is my pleasure to welcome athletes, coaches, officials, volunteers, and spectators to the Mother's Day Sprints Regatta.

This regatta brings together rowing clubs and schools to celebrate the dedication, teamwork, and competitive spirit that define our sport. While many of our participants come from the Atlantic region, we are excited to continue growing this event and look forward to welcoming clubs and schools from across Canada in the years ahead.

We are proud to host this regatta and provide athletes with an opportunity to challenge themselves on the water while representing their crews, clubs, and communities.

To all competitors, your hard work and preparation have brought you here today. We wish you the very best as you race and hope you take pride in the effort, sportsmanship, and camaraderie that define rowing.

Warm regards,

**Richard Storm**

Regatta Director

Mother's Day Sprints Regatta

North Star Rowing Club

*May the racing be fast, the competition spirited, and the memories lasting.*

# EVENTS

## 2026 Mother's Day Sprints

EVENT #	SUNDAY MAY 10, 2026
1	Men's Masters 4x
2	Women's Sr. 2x
3	Men's Sr. 1x
4	Men's Novice 2x
5	Women's Jr. 4x
6	Men's Jr. 2x
7	Men's /Women's Novice 1x
8	Women's Masters 4x
9	Men's Masters 2x
10	Women's Sr. 1x
11	Men's 2-
12	Masters Mixed 4x
13	Mixed 2x (Jr./Sr./ High School)
14	Women's Masters 1x
15	Women's 2-
16	Men's Jr. 4x
17	Women's Jr. 2x
18	Men's Jr. 1x
19	Women's Sr. 4x
20	Men's Sr. 2x
21	Women's Jr. 1x
22	Masters Mixed 2x
23	Men's Sr. 4x

# **RULES AND REGULATIONS**

## **APPLICABILITY OF RULES**

1. Unless otherwise noted in this package, the RCA Rules of Racing will be followed.

## **REGISTRATION**

2. Registration will be completed online using Regatta Central.

a. If you are new to Regatta Central, you will need to create an account on Regatta Central (<https://www.regattacentral.com/signup>)

b. Add your Club Affiliation and then contact support and ask to be an administrator for the club ([support@regattacentral.com](mailto:support@regattacentral.com))

c. Add athletes to your club (names, RCA #'s, birthdays).

d. Search for the regatta you wish to enter and add your boats to the races. e. Add your crew lineups to the boats.

3. The 2026 fee structure is a \$4.30 RCA seat fee and a \$1.25 Row NS seat fee per race event. This is being charged in addition to paying the regatta registration.

4. 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. US Rowing participants must include their registration number on the entry form as well.

5. There is a regatta registration fee of \$40 per athlete. This includes your events but not seat fees.

6. We ask that clubs please follow the payment procedures outlined below: - All regatta entry fees can be paid on Regatta Central or by cash, cheque (made payable to North Star Rowing), or e-transfer the weekend of the regatta.

- All athlete fees should be paid online through Regatta Central following the regatta. Please choose the option to defer payment when completing your entries. The deadline to pay these fees online will be one week following the regatta at midnight, so race entries will be updated in Regatta Central.

7. Entries can be made using Regatta Central. Entries will open April 14, 2026 and close May 3, 2026, at midnight.

8. Scratches not received at the registration deadline on May 3, 2026, at midnight will forfeit entry fees unless there is a suitable medical excuse

9. Late entries may be accepted by the registration deadline of May 3, 2026. Acceptance of late entries will be at the discretion of the Regatta Organizing Committee.

10. Each competitor may be entered in a maximum of four (4) events. Be advised that races will be run at 10 minute intervals. **All races will be finals only. If an event receives more entries than available lanes, there will be multiple finals.**

11. A preliminary regatta draw will be released on May 6, 2026. Clubs that need to make changes to their entries based on the preliminary draw should email the changes to the regatta statistician by the end of the day on May 8, 2026. On May 8, 2026, the final regatta draw will be released, and at this point, we will not be accepting changes to the regatta draw.

12. Weigh-ins will take place for lightweight rowers at Oakwood House, North Star Rowing Club between 6:00 am and 6:30 am on the morning of the event. Athletes must weigh while wearing their racing uniforms.

Crews must weigh in together, and athletes must have identification upon request. Multiple weigh-ins will be allowed. There will be weigh-ins for coxswains.

- a. Maximum weight for Lightweight men is 72.5kg.
- b. Maximum weight for Lightweight women is 59.0kg.

13. Race Schedule Authority- The Chief Umpire and the Regatta Director reserve the right to modify the race schedule, combine events, or cancel events if required due to safety considerations, weather conditions, or the number of entries.

14. Athletes qualified to participate at the regatta must be in good standing with RCA.

15. All athletes at the regatta must be represented in consistent club colors. Although it is understood that a variety of rowing uniforms are available, such as singlets, unisuits etc., officials of the regatta must see a clear consistency in the color and pattern worn by all members representing their respective schools or clubs.

### **COMPETITOR ELIGIBILITY**

16. All competitors, including coxswains, may participate in multiple events up to a maximum of four events per day. Competitors and schools are responsible for allowing sufficient time to race in one event, dock, re-queue, and launch in time for an additional event. The regatta and umpires will not wait for late arriving crews for any reason.

17. A competitor who is a member of more than one (1) club must select which club they will represent.

18. Competitors may participate as members of a composite crew (two or more schools or clubs).

19. The Mother's Day Sprints recognize the following event categories:

U-17	U-17 Men/Women	<b>Under 17 A rower or coxwain may compete as Under 17 competitor until the 31st of December of the year in which the reach the age of 16</b>	
U-19	U-19 Men/Women	Under 19 A rower or coxwain may compete as an under 19 competitor until the 31st of December of the year they reach 18.	
LWT M	Lwt Men	72.5 kg maximum	
LWT W	Lwt Women	59.0kg maximum	
MIX	Mix Crews	In a mixed event, no more than half of the rowers in each crew shall identify as male, excluding the coxwain.	
MASTERS M	Masters Men		
MASTERS W	Masters Women		
MIX MASTERS	Mixed Masters Crews		

## **MASTERS AGE-ADJUSTED TABLE**

Masters rowing is open to competitors **27 years of age or older in the year of competition**. Masters events are categorized by the **average age of the crew (excluding the coxswain)** using the following categories:

**A (27–35), B (36–42), C (43–49), D (50–54), E (55–59), F (60–64), G (65–69), H (70–74), I (75–79), J (80–84), K (85+).**

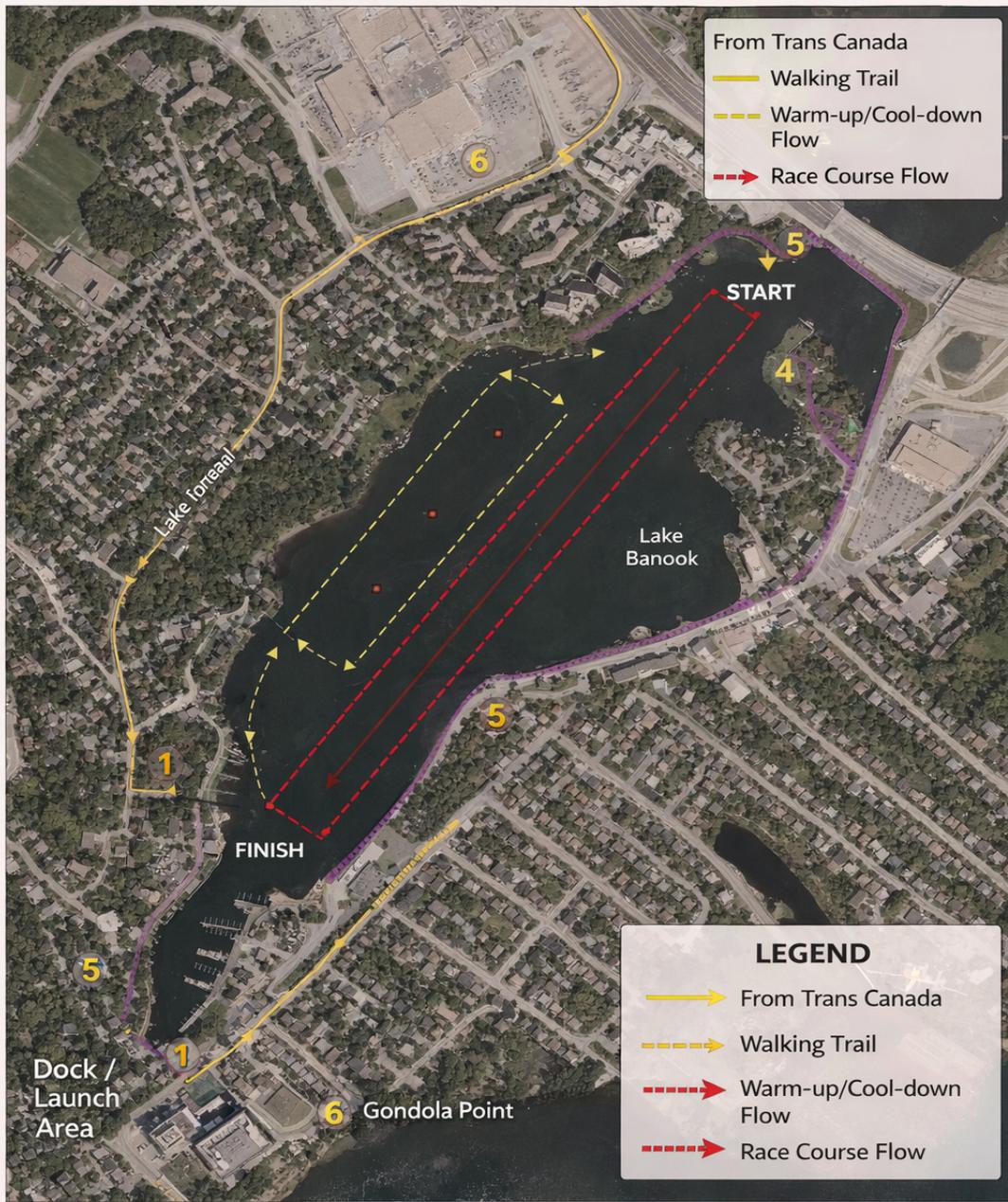
**Masters Age-adjusted Table (per 1000 m)**

<b>Category</b>	<b>Average Crew Age</b>	<b>Adjustment</b>
A	27–35	0 sec
B	36–42	3 sec
C	43–49	6 sec
D	50–54	9 sec
E	55–59	13 sec
F	60–64	17 sec
G	65–69	21 sec
H	70–74	26 sec
I	75–79	31 sec
J	80–84	36 sec
K	85–89	42 sec
L		90 50 sec

# TRAFFIC PATTERN

## Race Course Map

- |  |   |
|--|---|
| <ol style="list-style-type: none"> <li>1. North Star Rowing &amp; Judges Tower (See Finish Area Map)</li> <li>2. MicMac Mall</li> <li>3. Gazebo / Spectator Observation &amp; Boardwalk</li> <li>4. Shubie Park Gravel Parking (Start line Overton)</li> <li>5. Gondola Point</li> <li>6. MicMac Mall</li> </ol> | <p>From Trans Canada</p> <p>Walking Trail</p> <p>Warm-up/Cool-down Flow</p> <p>Race Course Flow</p> |
|--|---|



## **DIRECTIONS**

From Trans Canada Highway, Provincial Route 118

- Take the Right Exit to Eastern Shore/Eastern Passage onto Highway 111 • Drive 0.5km and Exit 5 to MicMac Boulevard
  - 
  - Follow MicMac Blvd changing to Glen Manor Dr. to stop sign at top of hill.
  - 
  - Turn left onto Crichton Ave.
  - 
  - Follow Crichton Ave approx. 850m to sign for Oakwood House and Banook
  -
- Canoe Club. Turn Left onto this steep descent into the Trailer Parking Area.

IF YOU GET LOST IN THE HALIFAX/DARTMOUTH AREA:

Ask for directions to Banook Canoe Club. Banook Canoe Club is adjacent to. North Star Rowing Club and Oakwood House.

**This will be your trailer parking.**