

# Montreal Recreational Regatta - September 9<sup>th</sup>, 9:00am

## Bassin olympique, Parc Jean-Drapeau, Montréal

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The Montreal Rowing Club would like you to join us for our annual  
Recreational Rowing Regatta!

This event is ideal for **all junior, novice and recreational** wanting to get their feet wet in a competitive setting. Masters and Competitive rowers are asked to compete *only* in the Yellow Dash Races and as part of a Eight Club Crew (see event schedule).

Contact :       Debbie Guilbault (Montreal Rowing Club Manager)  
                  E-mail: [info@avironmontreal.com](mailto:info@avironmontreal.com)  
                  Phone : 514-861-8959

### Rules and notes:

- Entry closing date: Thursday September 7<sup>th</sup>, 6PM
- Junior rowers must be under 21 years old.
- The Novice category is for rowers who started rowing in 2006.
- The Open Category is for all recreational and masters rowers of all levels, 21 years and up.
- **Neighbouring clubs are asked to bring boats** (especially 1x and 2x). Trailers must arrive before 8:00 am; do not park in front of the hangar/bay entrances (5-9) of the Montreal Rowing Club. Keep a clear space for people to go by with boats.
- Regatta meeting 8:00 am. This meeting is for coaches, crew representatives and participating individuals who are not represented by coaches. At this time, officials and regatta organizers will go over the schedule, racing procedures, and any other additional queries.
- Weigh-In for coxswains will take place two hours before their respective races, or at 8:15 am for the first courses. A minimum of 55kg for mixed crews. If underweight, a coxswain will carry a sufficient deadweight to compensate, maximum of 10 kg.
- Uniforms: as much as possible, crews should be wearing a unified color or uniform in the boat. The colours should reflect club colours.
- Boat launching time 8:30 am
- First race departure time 9:00 am, with subsequent departures every 10-15 minutes.
- The regatta is expected to end between 4-5 pm.
- Prize and medal presentation will follow the regatta.
- The cost is 20 \$ per person, which allows participants to enter an unlimited number of races (non-refundable).

## Event List – Listes d'évènements

#	Class	Event Description	Gender/Sexe	Boat Type
1	Open	Quad sans barreur	Mixte - Mixed	4x
2	Open	Quatre avec barreur	Mixte - Mixed	4+
3	Junior	Skiff	Femmes - Women	1x
4	Junior	Skiff	Hommes - Men	1x
5	Novice	Double	Femmes - Women	2x
6	Novice	Double	Hommes - Men	2x
7	Junior	Quad non-coxed	Mixte - Mixed	4x
8	Open	Skiff	Hommes - Men	1x
9	Open	Skiff	Femmes - Women	1x
10	Junior	Double	Femmes - Women	2x
11	Junior	Double	Hommes - Men	2x
12	Open	Quand, non-coxed	Hommes - Men	4x
13	Novice	Skiff	Femmes - Women	1x
14	Novice	Skiff	Hommes - Men	1x
15	Open	Double	Mixte - Mixed	2x
16	Corporate	Huit, Mixte, Corporatif	Mixte - Mixed	8+
17	Junior	Double	Mixte - Mixed	2x
18	Novice	Double	Mixte - Mixed	2x
19	Open	Double	Hommes - Men	2x
20	Open	Double	Femmes - Women	2x
21	Comp	Yellow Dash for Comps	Mixte - Mixed	1x (Virus)
22	Open	Eight mixed - <i>Club Challenge / Défi Club</i>	Mixte - Mixed	8+

### ENGLISH EXPLANATIONS:

- Extra Events can be added depending demand of crews and space in the schedule. Contact Debbie.
- Four and quad events are mixed crews.
- Competitive Rowers are asked to participate in events 19 and 20 only. A competitive rower is a rower who participated in at least one competitive regatta in the 2005 season.
- Event 19, *Yellow Dash*, is a fun race for Competitive rowers in our Learn-To-Row Boats.
- Event 20, *Club Challenge*: Each club will enter one 8+ (Mixed) to determine a club winner (special prize). A maximum of 2 competitive club members will be permitted to row in this boat. A competitive rower is a rower who participated in at least one competitive regatta in the 2005 season.

**Régate Récréative de Montréal – 9 septembre à 9h00**  
**Fiche d'inscription / Registration Sheet**

**Each participant must fill out one form – une formulaire par participant**

Nom/Name	
Club	
Age	
Rowing Experience	(years/level)
Telephone	
Courriel/Email	
Address	
Will bring boat(s) ?	(yes/no + type)

<p align="center"><b>CONTACT US TO RESERVE YOUR BOATS (<a href="mailto:info@avironmontreal.com">info@avironmontreal.com</a>)</b>  <b>As much as possible, we ask neighbouring clubs to bring their boats.</b></p>
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**Courses dans lesquelles vous participerez / Events you will participate in:**

Event No.	Names of crew members – noms d'équipage

Retourner cette fiche par fax à (514) 861-9626,  
ou veuillez envoyer les informations par courriel à [info@avironmontreal.com](mailto:info@avironmontreal.com)

Please return your registration form by fax (514) 861-9626  
or email your information to [info@avironmontreal.com](mailto:info@avironmontreal.com)