

DON ROWING CLUB OF MISSISSAUGA
TONY FOOKS REGATTA
SATURDAY AUGUST 20TH 2016



General Information

The Tony Fooks Regatta is a fun day of head-to-head racing targeted to all ages of learn to row, recreational and adaptive rowers. All racing shells will be provided by the Don Rowing Club and a BBQ lunch will be served on the club patio. Please join us at the Don Rowing Club for this fun day of racing, making new friends, and exploring the exciting village of Port Credit in Mississauga, Ontario.

2016 TONY FOOKS REGATTA SCHEDULE			
	Event #	Category	Boat Class
Youth Races	1	Novice Girls	4x+ (T11)
	2	Novice Girls	2x (T7)
	3	Novice Boys	4+
	4	Novice Boys	4x+ (T11)
	5	Novice Boys	2x (T7)
	6	Novice Mixed	8+
	7	Novice Mixed	4+
	8	Novice Mixed	4x+ (T11)
	9	Advanced Mixed	2x
	10	Advanced Mixed	8+
	11	Advanced Mixed	4+
	12	Advanced Mixed	4x+ (T11)
Recreational Adult Races	13	Novice Women	8+
	14	Novice Women	4+
	15	Novice Women	4x+ (T11)
	16	Novice Men	2x (T7)
	17	Novice Men	4+
	18	Novice Mixed	8+
	19	Novice Mixed	4+
	20	Novice Mixed	4x+ (T11)
	21	Advanced Women	8+
	22	Advanced Women	4+
	23	Advanced Women	2x
	24	Advanced Men	4+
	25	Advanced Men	2x
	26	Advanced Mixed	8+
	27	Advanced Mixed	4+
	28	Advanced Mixed	4x+ (T11)
Other	29	Adaptive	4x
	30	Adaptive	2x (T7)
	31	Adaptive	2x
	32	Generational	2x

Notes:

- There will be no single (1x) races.
- If an event is not listed, please feel free to make a special request and we'll try to accommodate it if possible. Email office@donrowingclub.com.
- The Generational double (2x) can be a family double or a coach-youth double.



Regatta Day Schedule

- > **7:30 am** Registration starts.
- > **8:00 am** Coaches and Umpires Meeting in the Boathouse.
- > **8:30 am** First boats launch.
- > **9:00 am** First race starts.
- > **11:30 - 1:30 pm** Lunch will be served on the clubhouse patio.
- > **12:30 pm** Medal ceremony for AM races.
- > **3:30 pm** Medal ceremony for PM races.

Entry Fees & Information

The 2016 Tony Fooks Entry Form (an excel document) can be downloaded from our website at:

www.donrowingclub.com/tonyfooks

Please note that competitors should not have rowed at any sprint regattas this season, and all competitors should be registered as a 'Sport Rower' on Rowing Canada.

Entry Fee Schedule

Rower Category	Early Registration Submitted Before August 7 th (11:59pm)	Registration Deadline Submitted Before August 14 th (11:59pm)	Late Registration Submitted August 17 th and after*
Youth	\$35.00	\$40.00	\$45.00
Adult	\$45.00	\$50.00	\$55.00
Adaptive	\$35.00	\$40.00	\$45.00

Please submit the completed Regatta Entry Form to office@donrowingclub.com
Each club must submit a signed Club Waiver (download at www.donrowingclub.com/tonyfooks).
Entry fees can be paid by cheque or by PayPal – please indicate desired method of payment on the entry form.

Notes:

- Youth entry fee includes up to two (2) races 350m in length depending on availability.
- Adult entry fee includes up to three (3) races 750m in length depending on availability.
- Adaptive entry fee includes up to two (2) races 350m in length depending on availability.
- No weigh-ins or weight requirements for rowers or coxswains.
- Rower Categories definitions:
 - *Novice Rower:* any rower who has learned to row in 2016.
 - *Advanced Rower:* any rower who has learned to row in 2015 or earlier.
 - *Mixed Eight:* equal number of male and female rowers, if possible.
 - *Youth rower:* should be less than 16 years of age and should not have competed at CSSRA, CORA, Ontario Champs or Henley races.
- *Late entries will be accepted up to the morning of August 20th, and every effort will be made to accommodate these late entries. However, racing spots are limited and late entries may not be accepted if an event is at capacity. Please register before August 14th to guarantee a racing spot.

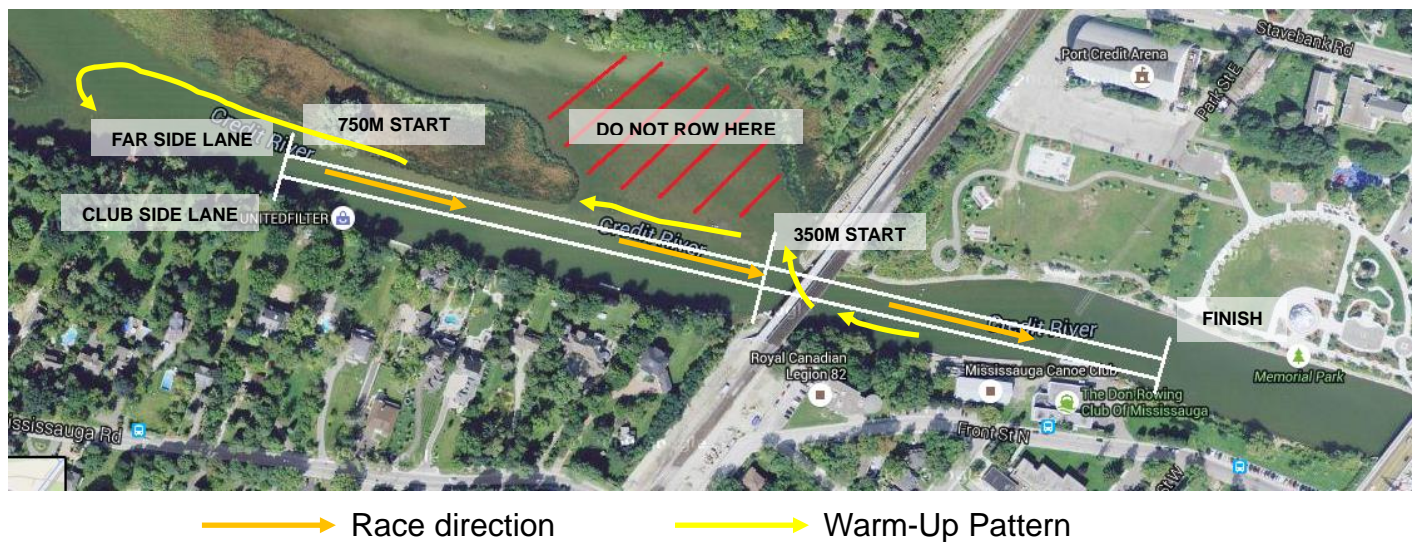
Boats & Racing

All racing boats will be provided by the Don Rowing Club of Mississauga. Please do not bring any of your own boats - space is at a premium at our club. Novice doubles and all quads events will be raced in touring boats (T7's and T11's respectively), all other events will be raced in skinny shells.

Course Information:

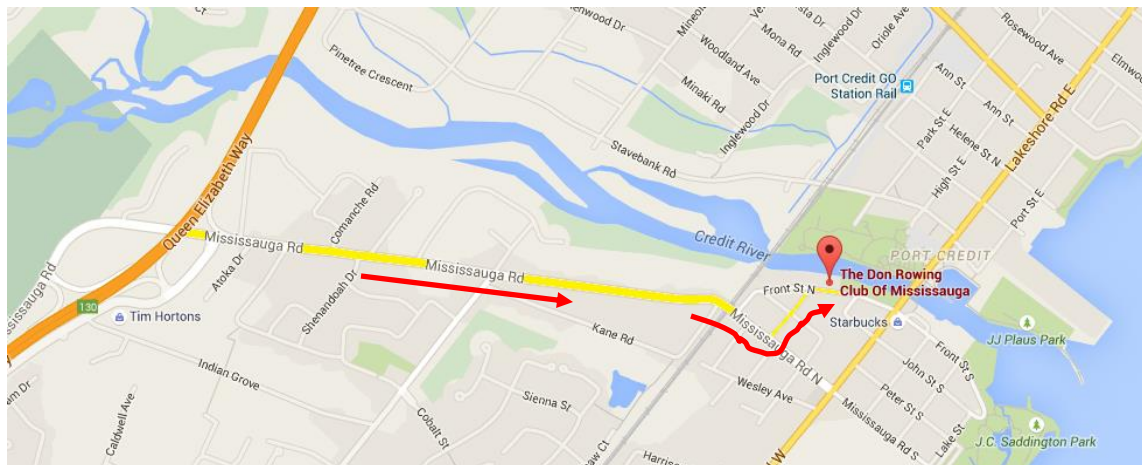
- Two lanes of racing: **Club Side** and **Far Side**.
- Boats will be launched both from the DRC and the MCC (Mississauga Canoe Club) dock.
- All races will have a floating start.
- There are no technical installations on the course. An official's launch will follow all races and will give instructions regarding a crew's course.
- Each race will be timed, and times will be posted outside the boathouse.
- Races are typically 8-10 min apart, depending on the total number of races.
- Medals will be awarded.

TONY FOOKS RACE MAP



Contact Information:

Club Address: The Don Rowing Club of Mississauga
25 Front Street North
Mississauga, ON
L5H 2E1



- Directions:**
1. From **QEW** take the **Mississauga Road** exit **south**.
 2. Proceed on Mississauga Road south for approximately 2km.
 3. After passing under the railway overpass take the second **left** onto **Park St W**.
 4. Follow Park St. W and then turn **right** onto **Front St N**.
 5. The **Don Rowing Club** will be on your **left-hand side**.

Club Phone: 905-274-1871

Website: www.donrowingclub.com/tonyfooks

Email: office@donrowingclub.com