

# DON ROWING CLUB OF MISSISSAUGA

## TONY FOOKS REGATTA

### SATURDAY AUGUST 20<sup>TH</sup> 2016



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. Competitors will not have rowed at any sprint regattas this season, and will be registered as a 'Sport Rower' on Rowing Canada. All racing shells will be provided by the Don Rowing Club and a BBQ lunch will be served on the club patio. So no trailering or rigging... all you have to do is show up and have a good time! ☺

#### Schedule of Events:

##### Youth Races (morning)

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. Advance Mixed 4+
12. Advance Mixed 4x+ (T11)

##### Adult Races (afternoon)

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 4x+ (T11)
20. Novice Mixed 4+
21. Advanced Women 8+
22. Advanced Women 4+
23. Advanced Women 2x
24. Advanced Men 4+

##### Adult Races (afternoon)

25. Advanced Men 2x
26. Advanced Mixed 8+
27. Advanced Mixed 4+
28. Advanced Mixed 4x+ (T11)

##### Other Races (afternoon)

29. Adaptive 4x
30. Adaptive 2x (T7)
31. Adaptive 2x
32. Generational 2x

#### Definitions:

- *novice* – took a learn-to-row course in 2016
- *advanced* – took a learn-to-row course in 2015 or earlier
- *mixed* – equal number of female and male rowers
- *youth* – 16 years of age and under

#### Medals will be awarded!

#### Entry Fees:

- Youth Rower \$35.00 – entry fee includes up to two races 350m in length
- Adult Rower \$45.00 – entry fee includes up to three races 750m in length
- Adaptive Rower \$35.00 – entry fee includes up to two races 750m in length

*More information and the registration package can be found online – we hope to see you in August.*



[www.donrowingclub.com/tonyfooks](http://www.donrowingclub.com/tonyfooks)