



# REGATTAS

**WHAT** is a regatta? A regatta is a series of boat races, and a great part of the summer paddling program! Whether you see it as an opportunity to compete against local clubs and set personal bests, or a time to come together as a team and create memories with friends – there is something for everyone at a regatta!

**WHO** competes in regattas? Maskwa athletes registered in the 2024 full summer paddling program can compete in two different regattas for their age group over the summer.

**HOW** do I sign up for a regatta?

- Prior to a regatta, each group's senior coach will reach out to parents by email to confirm who is participating. **Senior coaches must be informed of your child's participation by the beginning of the week of the regatta.**
- Coaches will submit entries, and a "draw" with exact start times for each race will be published 2-3 days before the event at [ADCKC](#). If anything changes, coaches have the ability to make final changes to the draw no later than noon on the day before the event. Cancelling at the last minute or not showing up to an event may mean a teammate doesn't get to race, so it's important to keep the senior coach informed of your plans.

**WHEN & WHERE** are regattas?

- If you are U10, your two regattas will generally be on a weekday afternoon from 4:00-7:00PM. These regattas typically take place at a local paddling Club.
- If you are U12 or U14, there is a single day regatta on a July weekend, plus the three-day U12/U14 Atlantic Champs near the end of the summer. These regattas typically take place at Lake Banook in Dartmouth.
- Exact dates and location details for regattas can be found at: [ADCKC](#)
- **Note: On race day, paddlers should be at the regatta site no later than 1 hour before their first race.**

**WHAT** do I bring to a regatta?

On race day, you should be prepared for a long day outside in the elements. This means bringing lots of snacks and water (some people bring it in a cooler), sunscreen, lawn chair, umbrella and whatever else you might need for our Nova Scotia weather! And of course, don't forget your singlet, bun, and life-jacket!

## DID YOU KNOW?

THE TERM "REGATTA" COMES FROM THE VENETIAN LANGUAGE, WITH REGATTA MEANING "CONTEST" AND TYPICALLY DESCRIBES RACING EVENTS OF ROWED OR SAILED WATERCRAFT.