

Senobe's Guide to Regattas - 2023

All Senobe paddlers are encouraged to take part in race days, which are called "regattas". Regattas are an important part of the sport of paddling and they are a lot of fun for both paddlers and families! Regattas are also a great way for paddlers to see how they are progressing through the summer and from year-to-year.

Regattas are organized by the Atlantic Division of Canoe Kayak Canada (the ADCKC) and bring together paddlers from multiple paddling clubs. Regattas are organized by age group (U10, U12, U14, etc). Regattas feature races for single paddlers in kayaks and canoes (K1 and C1) and crewboat races (K2, C2, K4, C4 and C15/war canoe).

Where and when are regattas?

This year **all regattas for Senobe U10, U12 and U14 paddlers are being held on Lake Banook.**

This is the 2023 regatta schedule for Senobe paddlers:

U10 Regattas:

Wednesday, July 26, 2023

Tuesday, August 15, 2023

U12 Regattas:

Saturday, July 22, 2023

Saturday, August 5, 2023

Thursday - Saturday, August 24-26, 2023 - Atlantic Division U12/U14 Championships

U14 Regattas:

Sunday, July 23, 2023 | U14 Regatta #1 | Lake Banook

Sunday, August 6, 2023 | U14 Regatta #2 | Lake Banook

Thursday - Saturday, August 24-26, 2023 - Atlantic Division U12/U14 Championships

What time of day are regattas held?

U10 regattas usually begin in the mid-afternoon and run into the evening (approximately 3:30 to 6:30). A detailed schedule will be available closer to each regatta.

U12 and U14 regattas usually begin in the early morning and run into the late afternoon (approximately 8:00 - 5:30). There is a one hour lunch-break to give the regatta officials a break. A more detailed schedule will be available closer to each regatta.

Although regattas usually run on-time, sometimes races are pushed back due to weather or other delays. We recommend not scheduling other commitments close to the regatta's expected end time, in case the regatta runs long.

How do I find the regatta schedule?

Paddlers are required to arrive 1 hour in advance of their first race to get their boats ready and to warm up for their race. It is important to know when your paddler's first race is so that they are ready on-time!

Families can find out when their paddler will be paddling by consulting the schedule for the regatta, which is called the "draw". The draw for each regatta is posted on the ADCKC website: <https://www.adckc.ca/2023-schedule-and-results>. The draw lists the time of each event, the paddlers who will be participating and the lane-numbers for each boat.

The draw is usually posted a few days in advance of the regatta. However, there can be last-minute updates to the draw, so be sure to double-check the finalized draw the night before the regatta.

What is "Champs"? Is that event for all U12/U14 paddlers?

The U12/U14 Championships is also known as "Champs". Champs brings together U12 and U14 from all of the Atlantic Division clubs. Champs is one of the largest events of its kind in the world, and is typically attended by over 800 athletes. The first and second day of Champs are qualifying heats and finals are held on the last day for qualifying boats.

All U12 and U14 paddlers are eligible and encouraged to participate in Champs.

How does my paddler sign-up for a regatta? Is there a fee to participate?

There will be sign-ups for each regatta in the week prior to the event. Please keep an eye on the Senobe newsletter for more information throughout the summer.

There is no additional fee to participate in regattas. ADCKC racing fees are mandatory for all paddlers, but have already been collected as part of your registration with Senobe.

If you have any questions about signing up for a regatta, please ask your paddler's coach.

What if my paddler has signed up but now can't attend?

Paddling is a team sport, so other paddlers may be affected if your paddler signs up for a regatta but does not attend. If something urgent arises and your paddler can no longer attend the regatta, please let your paddler's coach or the head coach know as soon as possible. This will allow time to make adjustments so that the other paddlers can still race.

How do regattas work? What is the day like?

At U10 regattas, paddlers in K1 and C1 events leave the starting line in a staggered fashion and are individually timed. All other U10 events and all events for U12 and U14 paddlers are conducted in heats of up to 9 boats racing at a time.

Senobe coaches will be on hand at the club to make sure paddlers are prepared for their races. Coaches will help to organize paddlers and make sure that paddlers are leaving the dock in time to paddle to the starting line, but families and paddlers should also be aware of race times so that coaches do not have to go looking for paddlers. If a paddler is late to the starting line, they may not be permitted to race.

If a paddler tips or falls out of their boat, a rescue boat will pick them up and bring them and the back to the dock.

The Senobe canteen will be open during weekend regattas.

The Senobe beach is available for swimming during regattas, but life-guard supervision may not be available outside of Senobe's regular operating hours.

Regatta days are very busy days for Senobe coaches. If you have questions about your paddler's performance or their placement in particular crewboats, we ask that you hold those questions until after regatta day so that your questions can be addressed more fully. We also ask families to keep in mind that crewboat selections are at the discretion of the coaches and must take various factors into account, including skills and ability, practice attendance and number of athletes participating.

Parents are responsible for ensuring that their paddlers are appropriately supervised on regatta days when not on the water. For paddlers participating in our off-water supervision program, please remember that this program operates only on weekdays and ends at 5:00pm.

How do we know the results of the regatta?

Results of the regatta are posted on the ADCKC website: <https://www.adckc.ca/2023-schedule-and-results> At some regattas there may also be an announcer and/or a time clock. The results site is updated with placements and times throughout the day of the regatta, so you can check the results soon after your paddler's event.

What does my paddler need to wear for racing?

U10 paddlers must wear either a Senobe t-shirt or a Senobe club singlet.

In past years, paddlers in U12 and U14 were required by ADCKC to wear an official Senobe racing singlet. Due to a recent rule change, paddlers in all age-groups under U16 now have more flexibility in what can be worn for racing. U12 and U14 paddlers can still wear an official Senobe racing singlet if they have one, but have the alternative of wearing a club singlet (a less expensive option).

Club singlets may be purchased at the canteen for \$20.

What should we bring to a regatta?

- Paddlers must bring their lifejacket. Safety always comes first!
- Paddling is an outdoor sport and regattas are held in all types of weather. Make sure your paddler has applied sunscreen and is dressed appropriately for the weather. Remember to prepare for weather changes and temperature changes.
- It is a good idea to have several changes of clothing available for your paddler so that they stay comfortable through the day. Even on warm days, paddlers can get cold if they remain in wet clothing.
- Paddling takes lots of energy! Make sure that your paddler has lots of food and water to keep them fueled and feeling great.
- Families may wish to bring folding chairs so that they and their paddler has a place to rest throughout the day. Some other ideas that may come in handy, but are not essential: a sunshelter, an umbrella for sun/rain protection, a blanket for chilly days, binoculars for watching the races.

Can we watch regattas for other age-groups?

Senobe families are always welcome to come down to the club on a day when the older paddlers will be racing. This is a fun time to cheer on club-mates and see our high-performance athletes in action.

The full list of 2023 regatta events for all age-groups is available on the ADCKC website:
<https://www.adckc.ca/2023-schedule-and-results>

We are also excited that the 2023 Canoe Kayak Canada National Championships will be held on Lake Banook this year. This event will be held from August 29 - September 2, 2023. This is another great opportunity to support our strong Senobe high-performance team and see the best paddlers in the country race for the podium!