



# ARGONAUT ROWING CLUB

ARC FROSTBITE SPRINTS  
SUNDAY, NOVEMBER 6, 2011, 08:30 - 13:00

Attention Junior, Novice and Recreational rowers:

The ARC Frostbite Sprints will include 750 meter races for junior, women's, men's and mixed crews of doubles, fours, and eights. The races will take place on the Dragonboat course in the West Toronto Beaches area at the Argonaut Rowing Club (please see last page for detailed map of the race course)

Please have your coach, or crew captain register a crew by contacting [Argonaut Rowing Club Events \(argoevents@yahoo.ca\)](mailto:argoevents@yahoo.ca) using the forms below no later than Friday, October 28, indicating the events to be entered.

Test your skills against rowers from other clubs and enjoy a lunch at the conclusion of the races.

The entry fee is \$30 (includes an unlimited number of races, special frostbite survival kit and lunch). Guest lunch tickets will be available for \$10 adult/\$5 children.

For further information please contact [Argonaut Rowing Club Events \(argoevents@yahoo.ca\)](mailto:argoevents@yahoo.ca)

Table 1. Racing Categories

Event #	Category	Boat class
1	Junior boys	2x
2	Junior boys	4+
3	Junior boys	8+
4	Junior girls	2x
5	Junior girls	4+
6	Junior girls	8+
7	Men*	2x
8	Men	4+
9	Men	8+
10	Women*	2x
11	Women	4+
12	Women	8+
13	Mixed*	4+
14	Mixed	8+

\* Please note Men/Women/Mixed categories includes rowers of all levels, however regatta is aimed at more Recreational rowers (Novice and Rec. categories)

Table 2. Participant Entries

Event #		Participants	Gender (M/F)	Regatta Fee (\$30 unlimited races)
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	coxswain			
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	coxswain			
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	coxswain			
	1			
	2			
	3			
	4			
	5			
	6			
	7			
	8			
	coxswain			

# ARGONAUT ROWING CLUB

## Activity Waiver

Please print the following information:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Activity: Frostbite Sprints

Date: Sunday, November 6, 2011

### Terms and conditions

- I agree to abide by all the Rules, by-laws of the Club which can be found at [www.argonautrowingclub.com](http://www.argonautrowingclub.com) .
- I agree and acknowledge that I undertake any activity, including rowing entirely at my own risk, and that I am medically fit to undertake such activity.
- I agree to hold the Argonaut Rowing Club harmless for any personal injury sustained by myself or any other person, and for any loss or any damage to any property that I have brought to the premises, whether caused by theft, and or any other cause, including negligence of the Club, or any of its members or staff.

I have read all of the above terms and conditions, I understand them and agree to abide by them.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Age: (if under 18)\_\_\_\_\_ If you are under 18 years of age, this application must be co-signed by a parent or legal guardian.

Guardian's name (please print): \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Regatta Day Events

- Registration starts at 7:45 a.m.
- Coaches and Umpires Meeting at 8:30 a.m. in the Boathouse
- First race starts at 9:00 a.m.
- Lunch will be served around 1PM at the clubhouse banquet room

## Boats & Racing

- All racing boats will be provided by Argonaut Rowing Club. **Please do not bring any of your own boats.** Space is at a premium at our club.
- Course:
  - ~750 m on West Toronto Beaches area at the Argonaut Rowing Club
  - Up to 4 lanes of racing.
  - Floating start
  - No technical installations, few buoys at the start and finish.
- Each race will be timed (times will be posted outside the boathouse).
- Races are typically 9 min apart, depending on the total number of races.
- Medals will be awarded.

## Travel Info

Boathouse Address: 1225 Lake Shore Boulevard West  
Toronto, ON M6K 3C1

Club Phone: (416) 532 2803

Website: [www.argonautrowingclub.com](http://www.argonautrowingclub.com)

Entries email: [argoevents@yahoo.ca](mailto:argoevents@yahoo.ca)

## Race course map

