



2023 Rowing BC Regatta Calendar - Detailed Version

This version of the draft regatta calendar includes a description about the purpose of each event, as well as feedback from the survey that was circulated to all registered BC rowing coaches in early November 2022 about their likelihood of attending each event. Survey responses were collected from 35 coaches representing 27 different local rowing organizations.

This list includes 40+ regattas either hosted in BC, or well-attended by BC athletes. Events still to be confirmed or out of province are denoted in gray font.

The following will assist with interpreting the calendar:

- Dates are listed using the Saturday of each weekend.
- Locations have been abbreviated.
 - ISL = Island, INT = Interior, MNL = Mainland
 - REF = outside of BC, used as a reference point in the season
- Athlete streams are described as follows:
 - JR = Junior (When there is a race category open only to Junior-aged participants associated with a highschool team, HS is used instead).
 - SR = Senior (When there is a race category open only to Senior-aged participants associated with a university team, UN is used instead).
 - MA = Masters
 - C = Coastal
 - Para participants are welcome at all regattas - either in a designated para race, or by racing in their age category.



DRAFT 2023 Rowing BC Regatta Calendar

Date	Event	Location	Stream	Race Type
Jan 4				
Jan 14				
Jan 21				
Jan 28				
Feb 4	<p>Beat the Beast Indoor Rowing Regatta (Feb 4)</p> <p>This regatta includes all athlete streams, and is intended as a regional end-of-winter indoor regatta.</p> <p><i>Certain: 9 Almost Certain: 2 Likely: 2 Possible: 7 Unlikely: 15 Connection to LOC: 1</i></p>	MNL	JR, SR, MA	Indoor
	<p>Brentwood Indoor Rowing Regatta (Feb 5)</p> <p>This regatta has been expanded to include all athlete streams, and is intended as a regional end-of-winter indoor regatta.</p> <p><i>Certain: 3 Almost Certain: 2 Likely: 2 Possible: 5 Unlikely: 23 Connection to LOC: 0</i></p>	ISL	JR, HS, SR, MA	Indoor
Feb 11				
Feb 18				

END main indoor rowing season.
START on-water (mostly head race) season.

Feb 25	<p>Head of the Shawnigan (Feb 26)</p> <p>This regatta creates a start of on-water season development regatta for athletes from across BC, but especially Vancouver Island.</p> <p><i>Certain: 1 Almost Certain: 5 Likely: 1 Possible: 6 Unlikely: 22 Connection to LOC: 0</i></p>	ISL	JR, HS, SR	Head Race
Mar 4	<p>Elk Lake Spring Regatta (Mar 4-5)</p> <p>This 1850m sprint race is an opportunity to kick-start the Spring racing season, both for performance athletes, and for others just looking for an event early in the season. It is primarily attended by teams from Vancouver Island and the Lower Mainland, with some additional reach into the Pacific NorthWest and/or Alberta. This is a common starting point to the Spring racing season, however, which event athletes attend next is very dependent on the athlete stream.</p> <p><i>Certain: 13 Almost Certain: 4 Likely: 4 Possible: 4 Unlikely: 11 Connection to LOC: 0</i></p>	ISL	JR, SR, MA	Sprint
Mar 11				
Mar 18				
Mar 25				
Apr 1	<p>Brown Cup (Apr 1)</p> <p>This is an annual contest between UBC and UVIC, started in 1991. The format of the race is a dual style head-to-head race where two crews</p>	ISL	UN	Head Race

	<p>start side by side and race the best line over the set distance on either the Gorge Waterway or the Fraser River. Watched live around the world, the Brown Cup Races have become a fixture in the Canadian rowing calendar.</p> <p>Sts/College Boatrace (Apr 1)</p> <p>This annual event provides an opportunity for inter-school rivalries to be put to the test on the Fraser River. This event will likely be a pilot project for RCA's "scrimmage" insurance concept.</p> <p>Head of the Fort (Apr 1)</p> <p>This event is intended to provide a start-of-season racing opportunity on the Lower Mainland incorporating both 4000m head racing and 700m sprint racing. For development athletes, this is a great chance to be exposed to multiple types of racing and learn more about competition. For experienced athletes, coaches can choose to enter one or both race categories depending on what type of early-season opportunities the athletes need in order to be prepared for other upcoming events.</p> <p><i>Certain: 5 Almost Certain: 4 Likely: 1 Possible: 3 Unlikely: 24 Connection to LOC: 0</i></p>	MNL	HS	Head Race
<p>END of Spring head races. START of primary sprint race season.</p>				
Apr 8	<p>Cadborosaurus Coastal Regatta (Apr 9)</p> <p>Intended to provide a first race of the season for coastal rowers from</p>	ISL	C	Coastal

	<p>across the province on a World Rowing endurance-length course.</p> <p><i>Certain: 1 Almost Certain: 0</i> <i>Likely: 2 Possible: 5</i> <i>Unlikely: 27 Connection to LOC: 1</i></p>			
Apr 15	<p>Maple Bay Regatta (Apr 15)</p> <p>This 1500m race is intended to provide racing experience to new athletes, and to those with 2-3 years experience. It is primarily attended by athletes from Vancouver Island. Athletes attend for the race experience, and for the relaxed atmosphere that allows a balance between focusing on racing and fun. This event usually feeds into the progression of regattas every two weeks on Vancouver Island between April and June, with many of the same athletes attending the series.</p> <p><i>Certain: 6 Almost Certain: 5</i> <i>Likely: 1 Possible: 2</i> <i>Unlikely: 22 Connection to LOC: 0</i></p>	ISL	JR, HS	Sprint
Apr 22				
Apr 29	<p>Brentwood Regatta (Apr 28-30)</p> <p>The 1500m Brentwood Regatta has been held annually since 1971. This international event is attended by Junior rowers from schools and clubs across BC and the Pacific Northwest of the US. For many, this is the pinnacle event of the Spring season, and it also functions as the qualification regatta for Canadian crews to qualify for Windermere Cup. Aside from the racing, people attend for the experience of the regatta - teams sleep in the gym or classrooms at the school and spend</p>	ISL	JR, HS	Sprint

	<p>their entire regatta weekend on the campus with on-land events planned throughout the days and evenings.</p> <p><i>Certain: 9 Almost Certain: 6 Likely: 2 Possible: 3 Unlikely: 16 Connection to LOC: 0</i></p>			
May 6	<p>RCA Small Boat Trials (Date TBD)</p> <p>This 2000m event is aimed at performance athletes needing additional race opportunities on a full 2000m buoyed course, and interested in possible selection for Provincial and National teams. This event is mandatory for those who will (or want to) be on the CSI Targeted Athlete List, and will be included in both Rowing BC and Rowing Canada Aviron team selection policies.</p> <p><i>Certain: 8 Almost Certain: 5 Likely: 2 Possible: 11 Unlikely: 9 Connection to LOC: 0</i></p> <p>Windermere Cup (May 6)</p> <p><i>Certain: 1 Almost Certain: 1 Likely: 6 Possible: 9 Unlikely: 17 Connection to LOC: 1</i></p>	REF	JR, SR	Sprint
		REF	JR, SR, MA	Sprint
May 13	<p>Shawnigan Lake Regatta (May 12-14)</p> <p>This 2000m regatta is for highschool athletes racing for their clubs or schools. It is the last big local regatta on Vancouver Island in the Spring season, and a final chance for a tune up before some teams head to the Canadian Secondary School Regatta. Athletes attending this regatta will often first attend the Maple Bay Regatta and Brentwood</p>	ISL	JR, HS	Sprint

	<p>Regatta, then attend the Shawnigan Lake Regatta, possibly before attending the Canadian Secondary School Regatta. Participants come from across BC. Hosted in a park, this regatta has a garden picnic atmosphere that is nice for spectators.</p> <p><i>Certain: 11 Almost Certain: 9 Likely: 1 Possible: 3 Unlikely: 11 Connection to LOC: 0</i></p>			
May 20				
May 27	<p>Nanaimo Sprints Regatta (May 27-28)</p> <p>This 1000m event was created as an opportunity to end the Spring season specifically for JR athletes not planning to attend the Canadian Secondary School Rowing Association Regatta. While performance athletes are welcome, the focus is on the development of novice and JV athletes. This regatta is being expanded to also include opportunities for SR and MA athletes looking for additional race opportunities at this point in the season. For JR athletes, this event is a sister event to the Delta Deas Scholastic Regatta.</p> <p><i>Certain: 3 Almost Certain: 1 Likely: 1 Possible: 5 Unlikely: 23 Connection to LOC: 2</i></p> <p>Delta Deas Scholastic Regatta (May 27-28)</p> <p>This 1000m event is an opportunity to end the Spring season specifically for JR athletes not planning to attend the Canadian Secondary</p>	<p>ISL</p> <p>MNL</p>	<p>JR</p> <p>JR</p>	<p>Sprint</p> <p>Sprint</p>

	<p>School Rowing Association Regatta. While performance athletes are welcome, the focus is on the development of novice and JV athletes. This event is a sister event to the Nanaimo Sprints Regatta.</p> <p><i>Certain: 7 Almost Certain: 7 Likely: 1 Possible: 5 Unlikely: 15 Connection to LOC: 0</i></p>			
Jun 3	<p>Canadian Secondary School Rowing Association Regatta (June 2-4)</p> <p><i>Certain: 8 Almost Certain: 1 Likely: 4 Possible: 5 Unlikely: 16 Connection to LOC: 1</i></p>	REF	HS	Sprint
Jun 10				
Jun 17	<p>Lap the Lake (Jun 17)</p> <p>This regatta follows a unique format with 3500m racing in the morning, followed by a regatta BBQ, and 500m racing after lunch. This event is primarily attended by teams from the Interior, as an important chance to race and connect as a community. It is also attended by teams from the Lower Mainland looking for a friendly racing opportunity where each athlete will have more than one chance to race. This event is appropriate for beginners and those who like to row for fun. In addition to the regatta, a special topic speaker or professional development session is usually planned in association with the regatta to make it a fun-filled racing and learning weekend.</p> <p><i>Certain: 5 Almost Certain: 0 Likely: 2 Possible: 6</i></p>	INT	JR, SR, MA	Sprint

	<i>Unlikely: 23 Connection to LOC: 0</i>			
Jun 24	<p>NorthWest Masters Championships (Jun 23-25)</p> <p><i>Certain: 4 Almost Certain: 2 Likely: 1 Possible: 4 Unlikely: 22 Connection to LOC: 2</i></p>	REF	MA	Sprint
Jul 1	<p>Henley Royal Regatta (Jun 27 - Jul 1)</p> <p><i>Certain: 1 Almost Certain: 1 Likely: 3 Possible: 2 Unlikely: 26 Connection to LOC: 2</i></p>	REF	JR, SR, MA	Sprint
Jul 8	<p>Elk Lake Summer Regatta (Jul 7-9)</p> <p>1850m racing intended to help prepare athletes from across the province before heading to other events like the BC Summer Games, Canada Summer Games, Henley and BC Provincial Championships later in the Summer season.</p> <p><i>Certain: 10 Almost Certain: 7 Likely: 2 Possible: 4 Unlikely: 11 Connection to LOC: 1</i></p>	ISL	JR, SR, MA	Sprint
Jul 15	<p>Nelson Sprints (Jul 15)</p> <p>This event offers 500m and 1000m race opportunities for novices, and those looking for a friendly regatta experience. It is primarily attended by athletes from the Interior of BC, but also by those from C'ouer d'Alene (ID), and Spokane (WA). The event offers a social, festival feel and is often used as a way to combine a little racing with a little vacation. This is an important event for bringing together and connecting teams from across the Interior of BC.</p>	INT	JR, SR, MA	Sprint

	<p><i>Certain: 2 Almost Certain: 2 Likely: 1 Possible: 3 Unlikely: 27 Connection to LOC: 0</i></p> <p>Cascadia Masters Regatta (Jul 14-16)</p> <p>This 1000m regatta is intended for performance MA athletes, and is specifically placed in the calendar to allow adequate recovery time in between the NorthWest Masters Regatta and the Cascadia Regatta. Athletes attend for the high quality racing provided, and for the festival-like atmosphere that is created at the regatta site. This event is attended by athletes from across BC, AB and the Pacific NorthWest.</p> <p><i>Certain: 4 Almost Certain: 5 Likely: 4 Possible: 0 Unlikely: 21 Connection to LOC: 1</i></p>	MNL	MA	Sprint
Jul 22	<p>BC Provincial Championships (Jul 21-23)</p> <p>This new addition of a 2000m event is intended to be the pinnacle event of the Summer season for all BC athletes. The date has been selected to also enable this event to be the final preparation for BC athletes attending the Royal Canadian Henley.</p> <p><i>Certain: 10 Almost Certain: 5 Likely: 2 Possible: 7 Unlikely: 11 Connection to LOC: 0</i></p>	MNL	JR, SR	Sprint
Jul 29	<p>Western Canadian Beach Sprints (Jul 29 or 30)</p> <p>This event will provide a dedicated racing opportunity within BC for</p>	ISL	C	Sprint

	<p>coastal rowers. In some years, it may also serve as a selection event for National coastal rowing representation.</p> <p><i>Certain: 2 Almost Certain: 0 Likely: 0 Possible: 2 Unlikely: 28 Connection to LOC: 3</i></p>			
Aug 5	<p>Royal Canadian Henley Regatta (Aug 6-13)</p> <p><i>Certain: 8 Almost Certain: 3 Likely: 4 Possible: 2 Unlikely: 16 Connection to LOC: 2</i></p>	REF	JR, SR, MA	Sprint
Aug 12				
Aug 19				
<p>END main sprint race season (JR, HS, and UN continue to remain primarily sprint) START main head race season</p>				
Aug 26	<p>Race Around the Rock (Aug 27)</p> <p>This event has been reimagined, and will now be an ultra long distance coastal relay styled rowing event circumnavigating Salt Spring Island open to any/all participants 19 and older in the 4x, 4+ and 2x. The event is intended to bring together coastal rowers from across BC, Canada, and the Western US. This will be a celebrated event on Salt Spring Island, and a celebration of Salt Spring Island culture.</p> <p><i>Certain: 1 Almost Certain: 2 Likely: 1 Possible: 4 Unlikely: 24 Connection to LOC: 3</i></p>	ISL	C	Head Race
Sept 2				
Sept 9				

Sept 16				
Sept 23	<p>Head of the Nicomekl (Sept 23)</p> <p>This is a friendly regatta, great for first time regatta experience, and also for those preparing for the Head of the Charles Regatta wanting experience on a windy river course. The day consists of two 6000m races. One where participants race against rowers in their own boat class, and the second where a handicap system is used to compare all boat classes against each other for an overall winner. Athletes can enter both races, and many do. Participants attend because of the beautiful river and challenging course, the ability to enter two races on the same day, and the welcoming friendly regatta environment.</p> <p><i>Certain: 9 Almost Certain: 8 Likely: 1 Possible: 3 Unlikely: 14 Connection to LOC: 0</i></p> <p>World Rowing Masters Regatta (Sept 21-24)</p> <p><i>Certain: 0 Almost Certain: 3 Likely: 1 Possible: 6 Unlikely: 23 Connection to LOC: 2</i></p>	MNL	JR, SR, MA	Head Race
		REF	MA	Sprint
Sept 30	<p>Deep Cove Classic Regatta (Sept 30)</p> <p>This 7000m head race does a loop around two islands, and is intended to be Deep Cove Rowing Club's signature contribution to the local rowing calendar. It is not suitable as a novice event. It attracts JR, SR and MA entries from across the Lower Mainland as well as some coastal participants. Participants</p>	MNL	JR, SR, M, C	Head Race

	<p>attend for the unique race experience it provides.</p> <p><i>Certain: 0 Almost Certain: 1 Likely: 5 Possible: 6 Unlikely: 23 Connection to LOC: 1</i></p> <p>Burnaby Lake Small Boat Invitational (Oct 1)</p> <p>This 4000m time trial race is attended by a wide variety of athletes from the Lower Mainland, often including those looking for preparing for the Head and Tail of the Gorge regattas. This regatta has a relaxed atmosphere ensuring everyone from novice to performance feels welcome.</p> <p><i>Certain: 6 Almost Certain: 8 Likely: 5 Possible: 7 Unlikely: 10 Connection to LOC: 1</i></p>	MNL	JR, SR, MA	Head Race
Oct 7	<p>Western Canadian University Rowing Championships (Date TBD)</p> <p><i>Certain: 5 Almost Certain: 1 Likely: 1 Possible: 0 Unlikely: 25 Connection to LOC: 3</i></p> <p>RCA National Rowing Championships (Date TBD)</p> <p><i>Certain: 7 Almost Certain: 4 Likely: 1 Possible: 5 Unlikely: 17 Connection to LOC: 1</i></p> <p>October Sprints (Oct 7-8)</p> <p>This 1000m sprint event is intended for the same novice and experienced high school athletes from the Greater Victoria area who</p>	TBD	UN	Sprint
		TBD	JR, SR	Sprint
		ISL	JR, HS	Sprint

	<p>attended the Crabfest/Head of the Hamster Regattas earlier in October. This event is the middle of their three-event progression during the Fall season which will finish with the LVISSA City Championships.</p> <p><i>Certain: 3 Almost Certain: 0 Likely: 2 Possible: 1 Unlikely: 26 Connection to LOC: 4</i></p>			
Oct 14	<p>Head and Tail of the Gorge (Oct 14-15)</p> <p>These two regattas are an iconic BC event to attend. Each day, racing takes place on the Gorge Narrows for all categories of athletes. Viewers can watch from the Tillicum Narrows Bridge as boats navigate through the rushing water at the narrows, making this a very spectator-friendly event. Historically, athletes have used this as an opportunity to dress up in Halloween costumes while racing. This event draws participation from across BC and the Pacific NorthWest.</p> <p><i>Certain: 9 Almost Certain: 4 Likely: 4 Possible: 5 Unlikely: 10 Connection to LOC: 3</i></p>	ISL	JR, SR, MA, C	Head Race
Oct 21	<p>Head of the Charles (Oct 21-22)</p> <p><i>Certain: 5 Almost Certain: 5 Likely: 4 Possible: 3 Unlikely: 16 Connection to LOC: 2</i></p>	REF	JR, SR, MA	Head Race
Oct 28	<p>North Shore Youth Invitational (Oct 28)</p> <p>This 500m sprint race for Juniors is primarily directed at novices needing race experience, or a wrap-up event for their Fall season. It is usually</p>	MNL	JR	Sprint

	<p>attended by athletes from the Lower Mainland, although programs from Vancouver Island have occasionally attended. Umpires at this event are accustomed to dealing with and helping novice athletes. The event schedule flexibly adjusts to ensure each athlete is able to have multiple race opportunities.</p> <p><i>Certain: 3 Almost Certain: 1 Likely: 1 Possible: 5 Unlikely: 22 Connection to LOC: 3</i></p> <p>Head Up the Creek (Oct 29)</p> <p>This 5000m event has historically been held in March at the start of the Head Race season, but has moved to this date in hopes of better weather, and to provide a clear end to the Head Race season on the Lower Mainland. This event is primarily attended by JR athletes looking for race experience, and SR/MA athletes looking for a race opportunity close to home. It mostly attracts attendees from the Lower Mainland. The environment is purposefully designed to be welcoming for those newer to regattas. The event is easy to access with its central Downtown Vancouver location and provides the unique opportunity to row under multiple bridges, beside and around small tourist ferries, and culminates in cake for the winners.</p> <p><i>Certain: 4 Almost Certain: 3 Likely: 3 Possible: 6 Unlikely: 18 Connection to LOC: 1</i></p> <p>LVISSA City Championships (Oct 28-29)</p>	<p>MNL</p> <p>ISL</p>	<p>JR, SR, MA</p> <p>HS</p>	<p>Head Race</p> <p>Sprint</p>
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	<p>This 1000m sprint event is the culmination of the Fall season for novice and experienced high school athletes from the Greater Victoria area who competed in the Crabfest/Head of the Hamster Regattas, and October Sprints earlier in the season.</p> <p><i>Certain: 3 Almost Certain: 1 Likely: 0 Possible: 3 Unlikely: 25 Connection to LOC: 4</i></p>			
END main head race season				
Nov 4	<p>Canadian University Rowing Championships (Date TBD)</p> <p><i>Certain: 6 Almost Certain: 0 Likely: 0 Possible: 1 Unlikely: 25 Connection to LOC: 3</i></p> <p>Head of the Lake Regatta (Nov 4-5)</p> <p><i>Certain: 10 Almost Certain: 3 Likely: 3 Possible: 2 Unlikely: 15 Connection to LOC: 3</i></p> <p>Island Scholastic Invitational (Nov 4-5)</p> <p>This new event has been added to create an end-of-season opportunity for school and club athletes from across Vancouver Island.</p> <p><i>New addition since the survey.</i></p>	TBD	UN	Sprint
		REF	JR, SR, MA	Head Race
		ISL	JR, HS	Sprint
Nov 11	<p>Lower Mainland HighSchool Championships (Nov 11-12)</p> <p>This event has been created to address the gap in high school racing opportunities on the Lower Mainland in the Fall season. This will</p>	MNL	JR, HS	Sprint

	<p>allow programs with high school athletes to have a clear pinnacle event in the Fall season, and a clear opportunity to graduate athletes from novice school-based programs into club-based programming for the Spring (where applicable). In many ways, this event will be similar in form and function to the LVISSA City Championships Regatta. A location and Local Organizing Committee will be determined with the help of Rowing BC.</p> <p><i>Certain: 0 Almost Certain: 1 Likely: 3 Possible: 3 Unlikely: 24 Connection to LOC: 4</i></p>			
<p>END sprint season for JR, HS and UN START main indoor rowing season</p>				
Nov 18				
Nov 25				
Dec 2				
Dec 9				
Dec 16				
Dec 23				
Dec 30				