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2016 MLA SAILING REGATTA
Sunday July 31, 2016
Muskoka Lakes Golf & Country Club,
Lake Rosseau
Registration 10:30-11:30am
First gun 12:30 pm, 3 races

2016 MUSKOKA LASER REGATTA
Sat/Sun, August 20 & 21, 2016
Kettles Sailing Club,
Lake Muskoka
For details & registration email:
Steve.phillips@bell.net



SPECIAL NOTE

The MLA Regatta Committee reminds you that we are guests of the Muskoka Lakes Golf & Country Club. The Club will provide an enclosed, licensed beer garden during Tilting. Proof of age will be required for the purchase of alcoholic beverages. No dogs allowed on Club property. Please respect these privileges.

SPECIAL THANKS FROM THE MLA TO:

- Our host, the Muskoka Lakes Golf & Country Club
- Chestnut Park Real Estate
- Port Carling FOODLAND
- Walkers Point Marina
- Wilson Niblett
- Chubb
- Jayne's Cottages
- Regatta Committee members and volunteers

Lost and found items may be claimed at the MLA office.

JOIN THE MLA TODAY!

Your membership fee helps us continue our work to preserve the unique environment of Muskoka.



65 Joseph St., 2nd Floor,
Port Carling, ON P0B 1J0
(705) 765-5723

www.mla.on.ca

Regatta donations are gratefully received.

MUSKOKA LAKES ASSOCIATION 123rd AQUATIC REGATTA



SATURDAY JULY 30, 2016
MUSKOKA LAKES
GOLF & COUNTRY CLUB
JR. REGATTA 9:00AM
SR. REGATTA 12:30PM



JUNIOR REGATTA 9:00am

(13 years & under)

1. *Jr. Family Tandem Canoe (related male adult 30+)	10 & under
2. Single Skiff (boys or girls, separate prizes)	13 & under
3. Wee Skiff	9 & under
4. Tandem Canoe (2 boys, 2 girls or mixed)	13 & under
5. *Jr. Family Double Skiff (related female adult 30+)	10 & under
6. Single Canoe (boys or girls, separate prizes)	13 & under
7. Wee Skiff - Adamson Trophy	7 & under
8. Tandem Canoe (2 boys, 2 girls or mixed)	10 & under
9. *Family Double Skiff (related male adult 30+)	13 & under
10. *Mixed Family Canoe Fours (1f, 1m with related child) - Archdekin Trophy	13 & under
11. Single SUP (boys or girls, separate prizes)	13 & under
12. *Three Generations From One Family Canoe - Boughner Family Trophy	13 & under
13. Mixed Double Skiff	13 & under
14. *Family Tandem Canoe (related female adult 30+)	13 & under
15. Open Single Kayak	13 & under
16. Out and In Tandem Canoe (see rules)	13 & under
17. *Junior Canoe Fours	10 & under
18. Ladies Wee Skiff	30+
19. Canoe Fours	13 & under
20. PFD Relay (parent and related child)	7 & under
21. Boys Swimming	9 & under
22. Girls Swimming	9 & under
23. Mixed Swim (with PFDs)	5 & under
24. Boys Swimming	11 & under
25. Girls Swimming	11 & under
26. Boys Swimming	13 & under
27. Girls Swimming	13 & under
28. Jr. Family Swimming Relay (parent and child)	9 & under
29. Mixed Trio Swimming Relay (m & f, need not be related)	13 & under
30. Mixed Swimming (no PFDs)	7 & under
31. Mixed Trio Swimming Relay (m&f, need not be related)	11 & under
32. Family Swimming Relay (2 children & related adult 30+)	13 & under

* All participants must perform and contribute to the event

Please read the Event Card carefully.

Junior Regatta results are announced and posted on the Leader Board. Medals may be collected over the course of the day.

Junior Regatta Trophy winners will be announced and photographed as soon as the results have been tabulated.

Grand prizes:

- Blogg Anderson Trophy for Best Junior Paddler
- Kelly Trophy for Best Junior Rower

MUSKOKA LAKES ASSOCIATION 2016 AQUATIC REGATTA

The MLA Regatta, the oldest and largest continuing water sporting event in Canada, is held to encourage aquatic skills and safety.

GENERAL INFORMATION AND RULES

For insurance purposes, all participants or their guardians must sign a waiver and obtain an official wristband before competing.

Eligibility: The MLA regatta is a community event. Nominal fees for non-members. Date of qualifying age is July 30, 2016.

Code of Conduct: No alcohol is permitted. Unsportsmanlike conduct will not be tolerated. Participants in each event must obey the starter and judges, or risk disqualification.

Safety: For all boating events, competitors must wear lifejackets (PFDs) or have them on board, or the boat and all competitors therein will be disqualified. The MLA accepts no responsibility for competitors' safety.

Equipment: The Regatta Committee will disallow any equipment that gives an unfair advantage.

Canoes: Must be between 14 & 18 feet in length, have 3 useable seats/thwarts, be a minimum of 30 inches wide, and be able to hold 4 people safely. No kayaks,



Sunnyside Cruisers or Millwood canoes. Only straight-shaft paddles allowed.

Skiffs: Must be traditional double-ender - minimum weight 90 lbs., no shells, sliding seats or outrigger oarlocks.

Three In Canoe By Hand: Participants use only their hands to paddle the race. No paddling objects other than hands are allowed. Paddles may be used to approach the starting line and clear the finish area.

Out and In Tandem Canoe: At mid-race signal, both participants jump out of canoe into water, change places, get back in, paddle to finish.

Open Long Distance Swim: All swimmers must register between 12:00 and 2:00pm.

SUP (Stand up Paddleboard): Event rules will be available in registration area on regatta day.

All attendees and participants: Please be advised that your picture may be taken during the regatta and used in the MLA Yearbook, posted on our website and/or appear in the newspaper.

No dogs allowed on the Club property.

TILTING

Registration opens at 1:00pm - \$20/team.

The first 12 teams with complete registrations will compete. Last year's top 4 teams have automatic entry with completed registrations submitted by 3:00pm. Competitors must be 16 yrs. old or over. 16 - 18 yr. olds must have a parent/guardian-signed waiver. FASTENED HELMETS REQUIRED for both tilter & paddler. Mouth guards are recommended!

SENIOR REGATTA 12:30pm

1. Boys Swimming	18 & under
2. Girls Swimming	18 & under
3. Mixed Trio Swimming Relay (m & f need not be related)	18 & under
4. Mens Swimming	All ages
5. Ladies Swimming	All ages
6. Family Swimming Relay - Mills Trophy (2 children & related adult 30+, 2 generations)	All ages
7. Mixed Tandem Canoe - Wahoo Trophy	All ages
8. Open Single Kayak (m & f, separate prizes)	All ages
9. Mens Double Skiff - Duncan Trophy	All ages
10. Mixed Family Tandem Canoe (adult /related child)	18 & under
11. Ladies Single Skiff - Tobin Trophy	All ages
12. Mens Single Canoe - Mollard Challenge Cup	All ages
13. Single SUP (man or woman, separate prizes)	All ages
14. Out and In Tandem Canoe (see rules)	All ages
15. Mixed Double Skiff	18 & under
16. Ladies Single Canoe	All ages
17. Tandem Canoe (2 boys or 2 girls, separate prizes)	18 & under
18. Mens Single Skiff - Steven Vaughan Trophy	All ages
19. Three in a Canoe by Hand (see rules)	All ages
20. Single SUP (boy or girl, separate prizes)	18 & under
21. Mens Tandem Canoe	All ages
22. Ladies Double Skiff	All ages
23. Mixed Tandem Canoe	18 & under
24. Mixed Double Skiff	All ages
25. Ladies Tandem Canoe	All ages
26. Canoe Fours	All ages
27. LD Swimming - McCrae Trophy (Men) - Little Eagle Trophy (Ladies)	All ages
28. LD Double Skiff	All ages
29. LD Tandem Canoe - Wallace Trophy	All ages
30. LD Single SUP	All ages
31. Tilting - Richards Trophy	16 & over

Events 27, 28, 29, and 30 will be run concurrently.

Please read the Event Card carefully.

Senior Regatta results will be announced and posted on the Leader Board. Medals may be collected over the course of the afternoon.

Senior Regatta Trophy winners will be announced and photographed as soon as all results have been tabulated.

Grand prizes:

- Jim Alexander Paddle for Best Senior Paddler
- Catto Oar for Best Senior Rower