

Anstruther Lake's 61st Annual Regatta



VICTOR LUDORUM (VL) PADDLES

Girls/Boys	7 – 8 years
Girls/Boys	9 – 10 years
Girls/Boys	11 – 12 years
Girls/Boys	13 – 14 years
Women/Men	15 – 19 years
Women/Men	20 – 29 years
Women/Men	30 – 39 years
Women/Men	40 – 49 years
Masters Women/Men	50 – 59 years
Senior Women/Men	60 and over

VL points are awarded in events as follows:

1 st place	5 points
2 nd place	4 points
3 rd place	3 points
Participation	1 point

7,6,5 points for 1st, 2nd, 3rd in long distance swim, cross-country run & triathlon. The long distance canoe race has no medal points, but has double par points. The VL winner in each category is the person who accumulates the most points. VL winners must participate in at least four events.

You must sign-up for events for your points to be recorded for VL paddles. Only Anstruther Lake family members are eligible to win VL paddles.

VL paddles and 2nd and 3rd place medals will be awarded at the ALCA Meeting on Monday August 1st at 10am.

ANNUAL GENERAL MEETING & REGATTA
AWARDS – MONDAY, AUG. 7th – 10 A.M.

SATURDAY 9:00am (register 8:15-8:45am)

1. Bruce and Catherine Found Long Distance Swim: Found's Island to the Marina. All VL categories. To "place" swimmers must be in the lake unassisted from start to finish. Swimmers may wear flotation but not swimming aids such as flippers.

Children 8 and under must wear life jackets. Each swimmer must have an escort with 2 life jackets in a non-motorized boat (no SUPs). Swimmers must name their escort at registration. One swimmer per boat.

SATURDAY 3:00pm

2. Stand Up Paddleboard Race: Start at Marina. All VL categories, (parpoints only). *11 and over; all must wear life jackets. Multiple heats to be run if not enough SUPs.*

SUNDAY 8:30am

3. Cross Country Run: All VL categories. Kids under 15 years run 2km; others run 6km.

Registration for the run closes at 8:15.

4. Cross Country Walk Open: 2km
Not a race – (parpoints only).

SUNDAY 9:45am

5. Lifejacket Swim: 6 and under

SUNDAY 10:15am

6. Triathlon: 2km run, 400 meter canoe, 200 meter swim. All VL categories.

SUNDAY 11:00am
Little Big Winner Midway 8 and under

SUNDAY 11:00am

Contestants in canoe/kayak events must wear lifejackets.

7. Canoe Singles:

Girls/Boys/Women/Men VL Categories

8. Kayak Singles:

Girls/Boys/Women/Men VL Categories

9. Swimming:

Girls/Boys/Women/Men VL Categories
Family Relay (*parpoints only*) 3 per team

SUNDAY 11:45am

10. Canoe Doubles:

Long Distance Canoe Race Open
(*double parpoints only*)

Mixed 4 in a Canoe 14 and under
Mixed 4 in a Canoe 15 and over
(*parpoint only*)

Parent & Child 14 and under
Parent & Child 15 and over
(*parpoints only*)

SUNDAY FUN EVENTS

No parpoints or medal points

11. Crab Race:

Women/Men 12 and over

12. Bang and Jump Out:

Women/Men 12 and over

13. Cornhole Tournament

2 per team Adults and Kids welcome

- For insurance and liability reasons, each participant must complete a registration form and waiver, and their family must belong to ALCA (*ALCA membership available at Regatta registration*)
- Participants should pre-register for the regatta on Saturday! There will be a registration desk at the Marina Saturday right after the Long Distance Swim. Contestants in the Long Distance Swim register at Found's Island Saturday from 8:15 to 8:45am
- Participation is for Anstruther Lake cottagers and their families/visitors
- Participants receive a numbered wristband they must wear in events

Anstruther Lake Cottage Assn.
Inc.
2023 Membership/Dues Form
\$35.00

Name: _____

Cottage Owner: _____

Home Address: _____

Email: _____

Amount Paid: _____

Anstruther Lake 2023 Regatta Registration

Name: _____

M/F: _____ Age: _____

Date of Birth: _____

Cottage Owner: _____

Phone # (Cell or Cottage): _____

Wristband # _____

LD Swim Escort: _____

WAIVER AND INDEMNITY

In consideration of permission to participate in this Regatta, I release, waive and forever discharge ALCA, its directors, officers and members, Anstruther Marina and all Regatta volunteers from damages, expenses and causes of action in respect of death, injury or loss to me or my property arising as a result of my participation in or attendance at this Regatta, whether prior to, during or after the event and notwithstanding this may have been contributed to by the negligence of any of the aforesaid. I undertake to hold and save harmless and agree to indemnify all the aforesaid from any liability incurred by any of them arising as a result of my participation in or attendance at this Regatta. I acknowledge having read, understood and agreed to this waiver and indemnity. I warrant that I am physically fit to participate in this Regatta. I am aware that this Regatta can be hazardous, and I am voluntarily participating with knowledge of these hazards.

Signature: _____

(If under 19, parent signature required)

Safety Requirements

- Persons without regatta wristbands will not be permitted to participate
- Lifejackets must be worn and done-up in canoeing and kayaking events
- Lifejackets must be worn by children 8 and under in the long distance swim and all by participants in the lifejacket swim
- **All participants in the Long Distance Swim must have an escort in a non-motorized boat - one swimmer per boat – violators get no points**
- Escorts for the long distance swim must have a lifejacket for themselves and for their swimmer
- Spectators *please* stay off the docks during swimming events
- Regatta officials must be respected.

ANSTRUTHER MARINA

BBQ SUNDAY 11AM - 2:30PM

COFFEE! ICE CREAM! DRINKS!

RESTAURANT!

GAS! CONVENIENCE STORE!



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Anstruther Marina August 5-6, 2023

IMPORTANT!

Participants must pre-register, and wear their wristband during events

Pre-register at the Marina Saturday after the Long Distance Swim. Register for the Bruce and Catherine Found Long Distance Swim at Found's Island Saturday 8:15-8:45am