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## 2023 MLA SAILING REGATTAS

For official notice of races go to the Sailing Tab at  
[www.mla.on.ca](http://www.mla.on.ca)

### 2023 MLA YOUTH APHRODITE REGATTA

For all Clubs  
South Muskoka Sailing Club  
Wednesday, July 26, 2023

### MLA MULTI-FLEET REGATTA

Saturday, August 6, 2023  
Muskoka Lakes Golf and Country Club  
3 Races  
Registration 11:00am  
Skippers Meeting 11:30am  
First Fleet Start 12:35pm  
Awards following races

For further information contact:  
MLA Office 705-765-5723 or  
Steve Phillips: [steve.phillips@bell.net](mailto:steve.phillips@bell.net)



### SPECIAL NOTE

The MLA Regatta Committee reminds you that we are guests of the Muskoka Lakes Golf & Country Club.

No dogs allowed on Club property.

### SPECIAL THANKS FROM THE MLA TO:

Our host, the Muskoka Lakes Golf & Country Club  
The Rock Muskoka  
RMC  
Scotia Bank  
SWS Marina  
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.

**Remember to Post  
an Instagram story  
of you at the MLA  
Aquatic or Sailing  
Regatta and tag us,  
and you could win!**



65 Joseph St., 2nd Floor,  
Port Carling, ON P0B 1J0  
(705) 765-5723  
[www.mla.on.ca](http://www.mla.on.ca)

Regatta donations are gratefully received.

## MUSKOKA LAKES ASSOCIATION **130<sup>th</sup>** **AQUATIC REGATTA**



**Saturday August 5, 2023**  
**Muskoka Lakes**  
**Golf & Country Club**

Blended junior and senior  
regatta will start at 9:30am



BOATING RACES

9:30am (ALL AGES)

1.	<b>FAMILY TANDEM CANOE</b> (Related female 30+)	13 & under
2.	<b>JR. DOUBLE SKIFF</b> (2 females, 2 males, or mixed)	15 & under
3.	<b>LADIES TANDEM CANOE</b>	All ages
4.	<b>WEE SKIFF</b> (male or female)	11 & under
5.	<b>FAMILY CANOE FOURS - ARCHDEKIN TROPHY</b> (2 parents with 2 related children)	15 & under
6.	<b>SINGLE SUP</b>	All ages
7.	<b>MENS TANDEM CANOE</b>	All ages
8.	<b>LADIES SINGLE CANOE</b>	All ages
9.	<b>FAMILY DOUBLE SKIFF</b> (Related male adult 30+)	13 & under
10.	<b>3 IN A CANOE BY HAND</b> (See rules)	All ages
11.	<b>MENS SINGLE SKIFF - <i>Steven Vaughan Trophy</i></b>	All ages
12.	<b>THREE GENERATIONS FROM ONE FAMILY CANOE - <i>Boughner Trophy</i></b>	9 & under
13.	<b>LADIES DOUBLE SKIFF</b>	All ages
14.	<b>JUNIOR CANOE FOURS</b>	15 & under
15.	<b>MENS SINGLE CANOE - <i>Mollard Challenge Cup</i></b>	All ages
16.	<b>JUNIOR WEE SKIFF - <i>Adamson Trophy</i></b>	7 & under
17.	<b>MIXED TANDEM CANOE - <i>Wahoo Trophy</i></b>	All ages
18.	<b>ADULT WEE SKIFF</b> (See rules)	All ages
19.	<b>OUT AND IN TANDEM CANOE</b> (See rules)	All ages
20.	<b>JUNIOR TANDEM CANOE</b> (2 females, 2 males, or mixed)	13 & under
21.	<b>MIXED DOUBLE SKIFF - <i>Fearman Winter Bean Trophy</i></b>	All ages
22.	<b>CRAB RACE</b> (see rules)	All ages
23.	<b>LADIES SINGLE SKIFF - <i>Tobin Trophy</i></b>	all ages
24.	<b>JUNIOR SINGLE CANOE</b> (Male or Female)	15 & under
25.	<b>MENS DOUBLE SKIFF - <i>Duncan Trophy</i></b>	All ages
26.	<b>CANOE FOURS</b>	All ages

\* All participants must perform and contribute to the event.

PLEASE READ THE EVENT CARD CAREFULLY  
AS EVENTS HAVE CHANGED

MUSKOKA LAKES ASSOCIATION

2023 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 & 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 August 3, 2019.

**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.

**SUP (Stand Up Paddleboard):** Event rules will be available in registration area.

**Skiffs:** Must be traditional double-ender - minimum weight 90 pounds. No shells, sliding seats or outrigger oarlocks.

**Crab Race:** Single participant sitting in bow of canoe using a paddle to race to finish line.

**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.

**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.

**Regatta results** are announced and posted on the leader board. Medals may be collected over the course of the regatta. Trophy winners will be announced and photographed as soon as all results have been tabulated after the swimming events.

Grand Prizes:

Best Junior Paddler: **Blogg Anderson Trophy** • Best Junior Rower: **Kelly Trophy**



SWIMMING RACES

(Will Follow Event #26, Canoe Fours)

1.	<b>FAMILY PFD RELAY</b> (1 parent with child in a PFD)	9 & under
2.	<b>BOYS SWIMMING</b> (1 lap)	9 & under
3.	<b>GIRLS SWIMMING</b> (1 lap)	9 & under
4.	<b>MIXED SWIMMING WITH PFD</b> (male/female, 1 lap)	5 & under
5.	<b>BOYS SWIMMING</b> (3 laps)	13 & under
6.	<b>GIRLS SWIMMING</b> (3 laps)	13 & under
7.	<b>JUNIOR MIXED TRIO SWIMMING RELAY</b> (male/female/mixed, 7 laps)	13 & under
8.	<b>MIXED SWIMMING NO PFDs</b> (male/female, 1 lap)	7 & under
9.	<b>BOYS SWIMMING</b> (3 laps, 3 strokes)	18 & under
10.	<b>GIRLS SWIMMING</b> (3 laps, 3 strokes)	18 & under
11.	<b>FAMILY TRIO PFD RELAY</b> (1 adult 30+, 2 related children, 3 laps switching PFD between swimmer)	13 & under
12.	<b>MIXED TRIO SWIMMING RELAY</b> (male/female/mixed, 7 laps, 3 strokes)	18 & under
13.	<b>MENS SWIMMING</b> (3 laps, 3 strokes)	All ages
14.	<b>WOMENS SWIMMING</b> (3 laps, 3 strokes)	All ages
15.	<b>FAMILY TRIO SWIMMING RELAY - <i>Mills Trophy</i></b> (male/female/mixed, 7 laps, any stroke)	All ages
16.	<b>TILTING - <i>Paul Richards Trophy</i></b>	16 & over

TILTING – Registration from 12 noon to 2pm  
-\$20/team.

The first 12 teams with complete registrations will compete. Competitors must be 16yrs. 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!