

2024 JLA REGATTA PROGRAM

Proudly Presented by the Jack's Lake Association

Sunday, August 4th, 2024

MEMBERSHIP & REGISTRATION TABLES OPEN Sunday from 7:30 AM to 3:00 PM

- REGISTRATION IS FREE to MEMBERS OF JLA, THEIR CHILDREN AND GRANDCHILDREN
- NON-MEMBERS ARE ENCOURAGED TO JOIN THE JLA AT THE MEMBERSHIP TABLE THEN REGISTER FOR THE DAY OR PAY A NOMINAL FEE OF \$15 PER PERSON TO PARTICIPATE

REGATTA RULES

- All entrants must be REGISTERED prior to entering an event AND required to WEAR WRISTBAND
- ALL JUDGES DECISIONS ARE FINAL
- All persons ATTENDING and/or PARTICIPATING in this event do so at their OWN RISK and shall indemnify and hold harmless all persons connected to this Regatta from all claims or losses arising directly or indirectly from the Regatta
- NEW: You can now pre-register and quickly pickup your wristband in a separate line on Sunday
 - PLEASE NOTE: ONLY CURRENT PAID MEMBERS CAN PRE-REGISTER - check your membership status at: <https://jackslakeassociation.ca/login/>
 - CLICK HERE TO PRE-REGISTER: <https://jackslakeassociation.ca/regattaregistration>

PRE-REGISTRATION



ONLINE SCHEDULE



EVENT DETAILS

- BOOK SALE OPEN 9:30 AM - 1 PM
- PUZZLE & GAME EXCHANGE AND SALE 10 AM - 2 PM
- KIDS ARTS & CRAFTS TABLE OPEN 10 AM - 2 PM
- BAKE SALE OPEN 11:00 AM - 2 PM
- GREAT FOOD OPTIONS FROM GRAPE & WEDGE and THE LIONS CLUB
- Our Piece of Paradise: A History of Jack's Lake ON SALE AT THE MEMBERSHIP TABLE

8:00 AM FUN RUN ~5 KM RACE Public Boat Launch to end of Shady Lane at FR 87 and back

Women: 12-15, 16-24, 25-39, 40-54, 55-64, 65+

Men: 12-15, 16-24, 25-39, 40-54, 55-64, 65+

8:00 AM IRON MAN Try-Athlon * 5 KM Fun Run, ½ mile Swim across lake, 3 km Bike to start line

Open to 12 + *Bike drop and accompanying swim spotter must be arranged by competitors.

8:45 AM KIDS' RUN 1.5 Km RACE Public Boat Launch to Shady Lane turnoff & back

Kids 8 & under, Girls 9-11, Boys 9-11

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9:00 to 9:45 AM DISTANCE SWIM * from **Anchorage Marina** dock to island

***Note: Strong swimmers only**

Girls: 13-15, 16-18, Boys: 13-15, 16-18

Women 19-29, 30-39, 40+, Men 19-29, 30-39, 40+

***Each swimmer must be accompanied by their own non-motorized watercraft with a spotter, life jacket, whistle & safety equipment *3 whistles to summon help**

10:00 AM * Medal Presentations - Fun Run, Iron Man & Kids' Run***** at **Forest Glen Marina**

10:30 AM SWIM RACES at **Forest Glen Marina**

Kids with floatation devices; may start in water

Females: 6-7, 8-9, 10-11, 12-13, 14-15, 16-25, 26-39, 40-49, 50+

Males: 6-7, 8-9, 10-11, 12-13, 14-15, 16-25, 26-39, 40-49, 50+

12:00 NOON *Medal Presentation - Laurie Strano Memorial Trophy, Short & Distance Swim Races***** at **Anchorage Marina**

1:00 PM PADDLING RACES * **start at Forest Glen Marina Dock** finish line at Anchorage Marina dock

***LIFE JACKETS MUST BE WORN**

1 Canoe: Adult 20+ and Child 12 and under

7 Canoe: Women 16+

2 Paddle Board: Open Boys and Girls 15 and under

8 Kayak: Girls 15 and under

3 Paddle Board: Open Men and Women 16+

9 Canoe: Boys 15 and under

4 Kayak: Boys 15 and under

10 Canoe: Men 16+

5 Canoe: Girls 15 and under

11 Kayak: Women 16+

6 Kayak: Men 16+

12 Bang and Out, All Ages

2:15 PM FIRE PUMP DEMONSTRATION at the **Anchorage Marina dock**

2:30 PM * Medal Presentation for Paddling Races ***** at **Anchorage Marina**

3:00 PM TUG OF WAR * **between the Marinas in the water**

Teams of up to 4 in all categories ***No contestants under 6 years old *Only one team per person**

Kids: Boys and/or Girls 6-9, Girls: 10-13, 14-17, Women 18+, Boys: 10-13, 14-17, Men 18+

***** Medal Presentations to follow immediately after event *****

3:45 PM THREE-LEGGED RACE at **Forest Glen Marina lawn**

Open (boys and/or girls): 5 and under, 6-7, 8-9,

Boys: 10-12, 13-15, 16-18, 19-29

Girls: 10-12, 13-15, 16-18, 19-29

Mixed :(1 man/1 women) 30+

***** Medal Presentation to follow immediately after event *****

4:30 PM EGG TOSS at **Public Boat Launch**

All rounds open (boys and/or girls)

Kids 8 and under, Tweens 9-12, Teens 13-17, Adults 18+

*****Medal Presentations to follow immediately after event *****