

**Big Rideau Lake Association's  
Annual Aquatic Regatta  
Saturday July 31 - Rain date Aug 1 /10  
Cow Island near Portland  
Registration 10:00 Start 11:00 am**

Join us for various swimming and canoeing events for all ages. We'll also enjoy lunch.

Participation in the Regatta is free. Donations will be accepted for lunch to cover cost.

### **Schedule**

- Registration begins at 10:00
- Regatta Starts at 11:00
- Lunch at 12:30 (approximately)



### **Things to Bring**

- Life Jacket
- Swim Suit and Towel
- Canoe (if possible)
- Sunscreen and a Hat
- Camera



Please come out and join us at Cow!