

LACHINE CANAL CHALLENGE

MAY 28, 2023



HEAD RACE PARTICIPANT KIT

Presented by

AVIRON QUÉBEC

With the collaboration of

LACHINE ROWING

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VISION, MISSION AND OBJECTIVES OF THE EVENT

VISION

The Lachine Canal Challenge, a story to be told.

Lachine Rowing, the first rowing club in Canada, was established in 1863 during the construction of the Lachine Canal.

This head race takes place in the first five kilometres of a canal that was the cradle of Canada's industrial development.

Once a challenge to build, we have turned the canal into a challenge to row. Rowers of all ages, backgrounds, and nationalities are invited to write their stories with this head race.

MISSION

1. Offer a sanctioned head race at the beginning of the season and allow athletes to transition from indoor winter rowing to rowing on the water.
2. Promote and develop the sport of rowing

OBJECTIVES

1. Providing a safe and fair head race
2. Allow athletes to live a rowing experience where fun and challenge go hand in hand.
3. To promote rowing as a sport for everyone, through which the athlete thrives harmoniously.
4. Make this regatta an annual event that we do not want to miss.

GENERAL INFORMATION

This document provides all the information about the Lachine Canal Challenge Regatta (DCL). By registering, competitors acknowledge having read it and accepted its content.

REGATTA WEBSITE

<https://www.avironlachine.ca/index.php/regattas/defi-du-canal-de-lachine>

https://www.regattacentral.com/regatta/?job_id=8486

REGATTA SITE

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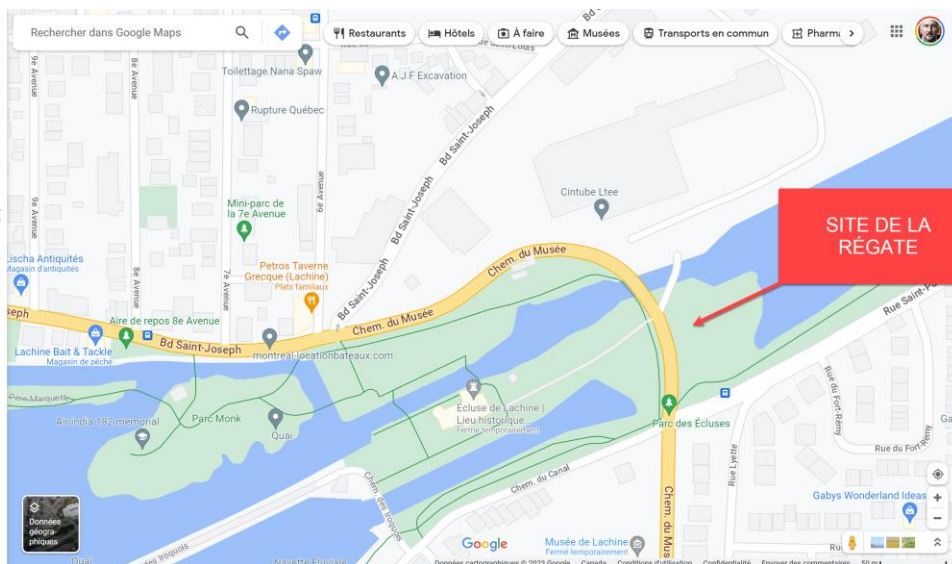
The main regatta site is located near Lock No. 5 near 6th Avenue (chemin du Musée) in Lachine (see Picture 1)

HOW TO GET TO THE REGATTA SITE

Site localisation : 45° 25'53.7"N 73° 39'57.9"W

From the north of the canal - take the chemin du Musée eastward. The site is just before passing south of the canal.

From south of the canal - take St. Patrick Street and turn right onto chemin du Musée. The site is right after.



CAR PARKING

See Picture 1 and Picture 5b.

TRAILER PARKING

See Picture 1 and Picture 5a.

PUBLIC AREAS

Grandstands and picnic tables will be set up for your comfort.

FOOD AND WATER

Athletes, spectators, and volunteers must bring their food and water. There are many restaurants within 2 kilometres of the regatta site.

CHANGING ROOMS AND TOILETS

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Portable toilets will be available on-site.

No changing rooms are provided.

RACE PATTERN

Participants will row on an idyllic course with an almost straight 5-kilometre race pattern. The canal walls, which are generally five feet above the water, will shield them from the wind. However, the challenge comes from the numerous artificial obstacles, such as buoys and bridges scattered along the course line. Rowers must be very vigilant about their surroundings and the obstacles in their path.

For a visualization of the entire course as you would see it on the water, watch the video:

https://www.youtube.com/watch?v=dHMeWkm4m_0

For an aerial view of the race course, see Picture 2.

RACE PROCEDURE

The athletes must report to the control commission and leave the launch dock within the prescribed time limits to start their race.

CONTROL COMMISSION

See Picture 1 for the location.

Rowers must report to the control commission 60 minutes before the scheduled start time of their race. Note that: waves two and subsequent races must gather in the waiting area on the water to be escorted to the starting line once the previous race is finished.

To minimize stress during checks and ensure a smooth procedure, please arrive with your shoes securely tightened to the boat and the white bow ball firmly attached.

Also, please ensure you have your proof of identification with you (for details, see Proof of Identification under the Athlete Registration section).

The control commission reserves the right to allow or disallow late crews to proceed.

After passing this checkpoint, you are requested to proceed to the launching dock. Due to its small size, please quickly board your boat and have a club member remove your shoes from the dock promptly.

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WAITING AREA

You will be directed to the waiting area (see Picture 3). You will remain there until the last boat from the previous race has crossed the finish line.

Upon request from the marshall, boats will be invited to proceed up the race course in order of bow number.

STARTING AREA

See Picture 4 for an aerial view of the starting area.

When you pass a large abandoned coal crane (Coke Crane), you will know you are close to the starting area. It is located approximately 400 meters from the starting line.

Please proceed to the warm-up area after crossing the starting line (marked by a red buoy). You are required to remain at a maximum distance of 125 meters from the starting line.

When the starter authorizes the start, athletes will be instructed by the marshall to proceed to the starting line in order of bow number.

Since it is a rolling start, we recommend accelerating your momentum to reach full speed when crossing the starting line.

Please pass the red buoy of the starting line with enough distance to avoid hitting it with your oars. This will slow you down.

When you are close to the starting line, the starter will announce your bow number, followed by "Attention," and then "Go." You will know you have crossed the starting line at this signal.

FINISH AREA

See Picture 3 for an aerial view of the finish area.

A sound signal will be emitted when you cross the finish line. We then ask you to proceed immediately to the launching dock.

Important: Follow the instructions of the dock marshall. Priority access to the docks will be given to hot-sitting boats.

SAFETY

This regatta's safety regulations can be found in Annex 2.

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Here are the specific points you need to pay attention to: (see Group Pictures 6)

Obstacles to avoid on the course.

REFERENCE OF OBSTACLES IN PICTURE 6A	OBSTACLE	DISTANCE FROM THE LAUNCHING DOCK	DISTANCE FROM THE STARTING LINE
01	Pillar of the railway bridge	750 m	4,350 m
02	Narrow passage under the Route 138 overpass	1,350 m	3,750 m
03	Pillars of the Gauron-Lafleur Bridge	1,750 m	3,350 m
04	Pillars of the Footbridge des Trinitaires	3,500 m	1,600 m
05	Pillars of the Angrignon overpass	3,800 m	1,300 m
06	Pillars of the Footbridge of the Lasalle-Coke crane	4,600 m	500 m

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Shelter docks

REFERENCE OF SHELTERS IN PICTURE 6A	SHELTER	DISTANCE FROM THE LAUNCHING DOCK	DISTANCE FROM THE STARTING LINE
R1	Shelter Pont Gauron-Lafleur	1,750 m	3,350 m
R2	Lasalle-Coke crane footbridge shelter	4,600 m	500 m
R3	Shelter of the starting line	5,100 m	0 m

TECHNICAL POINTS

SANCTION AND REGULATIONS

Aviron Québec sanctions the competition on behalf of Rowing Canada Aviron (RCA). The current regulations in the 2022 RCA Rules of Racing will be applied. Any deviation from the said Rules will be indicated in bold, followed by "RS" (for Rules specific to this regatta).

LIST OF EVENTS

This regatta is open to athletes from Quebec, other Canadian provinces, and outside Canada.

Participants may compete in more than one race if eligible.

Age categories are as follows:

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AGE CATEGORIES	AGE ELIGIBILITY (AS OF DECEMBER 31, 2023)
U17 W, M	≤ 16 years old
U19 W, M	≤ 18 years old
U23 W, M	≤ 22 years old
U23 W, H Weight restricted	≤ 22 years old
Senior W, H	For all ages
Senior W, H Weight restricted.	For all ages
Master W, H	≥ 21 years
Master W, H Weight restricted	≥ 21 years

There may be mixed events. No more than half of the rowers in each crew may identify as male, excluding the coxswain.

Boat categories include 1X, 2X, 2-, 4+, 4X, 4X+, 8+.

An event must have two entries to take place. In the case of a single entry in an age-limited event, the athlete may compete against athletes of an older age limit.

WEIGHT FOR WEIGHT-RESTRICTED ROWERS AND COXSWAINS

Weight-restricted rowers:

Women: ≤ 59.0 kg

Men: ≤ 72.5 kg

Coxswains:

The age categories also apply to coxswains, except for masters events.

U17 and U19 crews: ≥ 45 kg

Other crews: ≥ 55 kg

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WEIGH-IN SCHEDULE FOR WEIGHT-RESTRICTED ROWERS AND COXSWAINS

The Weigh-in will be open between 7h15 and 9h00

RESULTS

Results will be posted as races progress at the information booth (see **Picture 1**). They will also be available online on the club's website:

<https://www.avironlachine.ca/index.php/regattas/defi-du-canal-de-lachine>

MEDALS

All races are finals. The fastest time will determine the winner.

Gold, silver, and bronze medals will be awarded to event winners with at least 4 participants.

Gold and silver medals will be awarded to event winners with 3 participants.

A gold medal will be awarded to the winner in events with 2 participants.

Medal presentations will take place at the end of the **regatta**.

ATHLETE REGISTRATION

REQUIRED HEALTH

All participants in the regatta understand that they will compete in a very intense activity. They acknowledge that they are in good health and have been authorized by a doctor to participate in this physical activity.

HOW TO REGISTER

Entries must be made on the regatta site on Regatta Central:

https://www.regattacentral.com/regatta/deadlines/?job_id=8486&org_id=0

Athletes cannot compete in two consecutive waves.

REGISTRATION DEADLINE

The registration deadline for the regatta is May 25, 2023, at midnight.

Registrations made after May 25 will be accepted. They must continue to be made through the registration site on Regatta Central. Additional fees will be charged (see Registration Fees section)

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A final schedule will be posted on Regatta Central no later than 5 pm on May 27.

SCRATCHES

Rule 7.5 of the RCA Racing Code will apply.

All scratches announced after the first registration deadline of May 25 will be charged \$10 each.

Scratches may be declared on the regatta day during the coaches' meeting on the morning of the competition. All scratches must be paid to the organizing committee immediately following this meeting in cash.

There will be no fee for scratches for medical reasons. A doctor's note will be required.

PROOF OF ATHLETE IDENTIFICATION

When presenting themselves to the Control Commission before launching, each athlete must demonstrate proof of age and identity by presenting an identification containing a picture and a date of birth. This may be issued by a government or by the school where the athlete studies (RS).

The document may be in physical or electronic format via a mobile phone (RS).

REGISTRATION FEES

Registration fees must be prepaid on the Regatta Central website. No payment on-site will be accepted.

REGISTRATIONS MADE BEFORE THE MAY 25 DEADLINE

BOAT	FEES PER BOAT
1X (U17 OR U19)	\$35
1X (U23, SENIOR AND MASTER)	\$40
2X, 2- (U17 OR U19)	\$40

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2X, 2-	\$55
4X, 4X+, 4+ (U17 OR U19)	\$50
4X, 4X+, 4+	\$80
8+	\$100

(*) The fees of the national and provincial federations, RCA (\$3.85 per seat) and AQA (\$1.90 per seat), will be added to the fees at the time of registration.

REGISTRATIONS MADE AFTER THE MAY 25 DEADLINE

BOAT	FEES PER BOAT
1X (U17 OR U19)	\$45
1X (U23, SENIOR AND MASTER)	\$60
2X, 2- (U17 OR U19)	\$50
2X, 2-	\$75
4X, 4X+, 4+ (U17 OR U19)	\$60
4X, 4X+, 4+	\$100
8+	\$120

(*) The fees of the national and provincial federations, RCA (\$3.85 per seat) and AQA (\$1.90 per seat), will be added to the fees at the time of registration.

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PRELIMINARY SCHEDULE OF THE REGATTA

HOUR	ACTIVITY
7:15 am.	Opening of the site
7:15 am.	Meeting of officials
7:15 am	Opening of the weigh-in
7:45 am.	Coaches meeting Opening of the control commission
7:45 am.	The rowers of the first wave must report to the control commission.
9 am.	Departure of the first wave Closing of the weighing
9:15 am.	Second-wave rowers must report to the control commission.
10:30 am	Departure of the second wave
11:45 a.m.	Third-wave rowers must report to the control commission.
12:00	Departure of the third wave
12h15	Rowers of the fourth wave must report to the control commission.
1:30 pm	Departure of the fourth wave
2:30 pm.	Medal ceremony and closing of the regatta

The final schedule will be published on May 27 at 5 pm at the latest on the Regatta website:
[https://www.regattacentral.com/regatta/events/index.jsp?mode=view&job_id=8486.](https://www.regattacentral.com/regatta/events/index.jsp?mode=view&job_id=8486)

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BEHAVIOR AND SPORTSMANSHIP

The organizing committee volunteers take the policies and rules seriously, ensuring that the Lachine Canal Challenge will be conducted with integrity and fairness for all, without prejudice or injury. The organizing committee will comply with all applicable rules, laws, and policies of the governing bodies of rowing and the legislative requirements of the governments of Quebec and Canada.

All information provided to the organizing committee of the Lachine Canal Challenge by participants in this regatta, whether in registrations, videos, results, or any other information provided, must be entirely truthful.

RCA HEAD RACE CODE

The Lachine Canal Challenge participants agree to abide by the RCA rules regarding head races. Participants acknowledge that they have read and accepted the regatta rules by registering.

SPORT INTEGRITY

The organizing committee unequivocally opposes cheating, match-fixing, and doping in the sport. Any attempt to gain an unfair advantage by an individual or organization is prohibited and may result in disqualification and potential bans from future competitions.

SAFE SPORT

The organizing committee believes that everyone in rowing has the right to enjoy the sport at all levels of participation and adheres to RCA's safe sport policy. Athletes, coaches, officials, and volunteers have the right to participate in a safe and inclusive training and competition environment, free from violence, harassment, or discrimination.

PARTICIPANT'S COMMITMENT AND AGREEMENT

Each participant competes entirely at their own risk and confirms that they are in good health and have no medical or health issues that could jeopardize or limit their abilities while participating in the event.

MINOR PARTICIPANTS

Minor competitors must have a parent, legal guardian, or coach present during a race.

DATA COLLECTION AND USE OF RESULTS, PHOTOS, OR IMAGES

Any personal information is collected for the registration systems and will only be used by the organizing committee for event organization and communication purposes. The organizing committee and its contracted third-party partners will take all necessary measures to protect the confidentiality of personal information. Results, photos, and images captured or created during the regatta, whether on-site or remotely, may be stored, reproduced, shared, or transmitted by the championship organizers for appropriate purposes related to promoting and developing indoor rowing without identification or compensation.

SOCIAL MEDIA

Participants will not violate third parties' privacy, infringe on intellectual property rights, or disclose any private information about another person. If a competitor posts comments, opinions, and any other material in any manner, including on social and digital media, regarding the regatta, they acknowledge that they may be personally held responsible and are solely responsible for the consequences of such action.

ORGANIZING COMMITTEE

Regatta chair: Richard Cabana president@avironlachine.ca 514-833-0359

- Organizer of the Défi du canal de Lachine
- President, Rowing Lachine
- Level 3 Rowing Referee (National)
- Member of the Board of Directors of Aviron Lachine since 2015

Chief Umpire : Guillaume Chrétien

- Level 4 Rowing Referee (National)

Aviron Québec representative: Nadine Boutin

- Executive Director

Aviron Québec representative: Philippe Colas

- Director of Safety, Regattas and Sanctioning
- Level 5 Rowing Referee (International)

Security Advisor: Reginald Soubry

- Civil Engineer

Medical Advisor: Dominic Vautier

- President of Regional Emergency Care Action (ASUR)

Volunteer Manager : Marie Lefebvre

Registrar and Secretariat: Rémi Couture

Sponsorships TBD

To register as a volunteer, indicate your interest by writing to info@avironlachine.ca or richard.cabana@gmail.com

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APPENDIX 1 - SITE PICTURES

PICTURE 1 - AERIAL VIEW OF THE REGATTA SITE



CC - CONTROL COMMISSION

G - PUBLIC BLEACHERS

I - INFORMATION / REGISTRATION

M - MEDICAL

R - TRAILERS

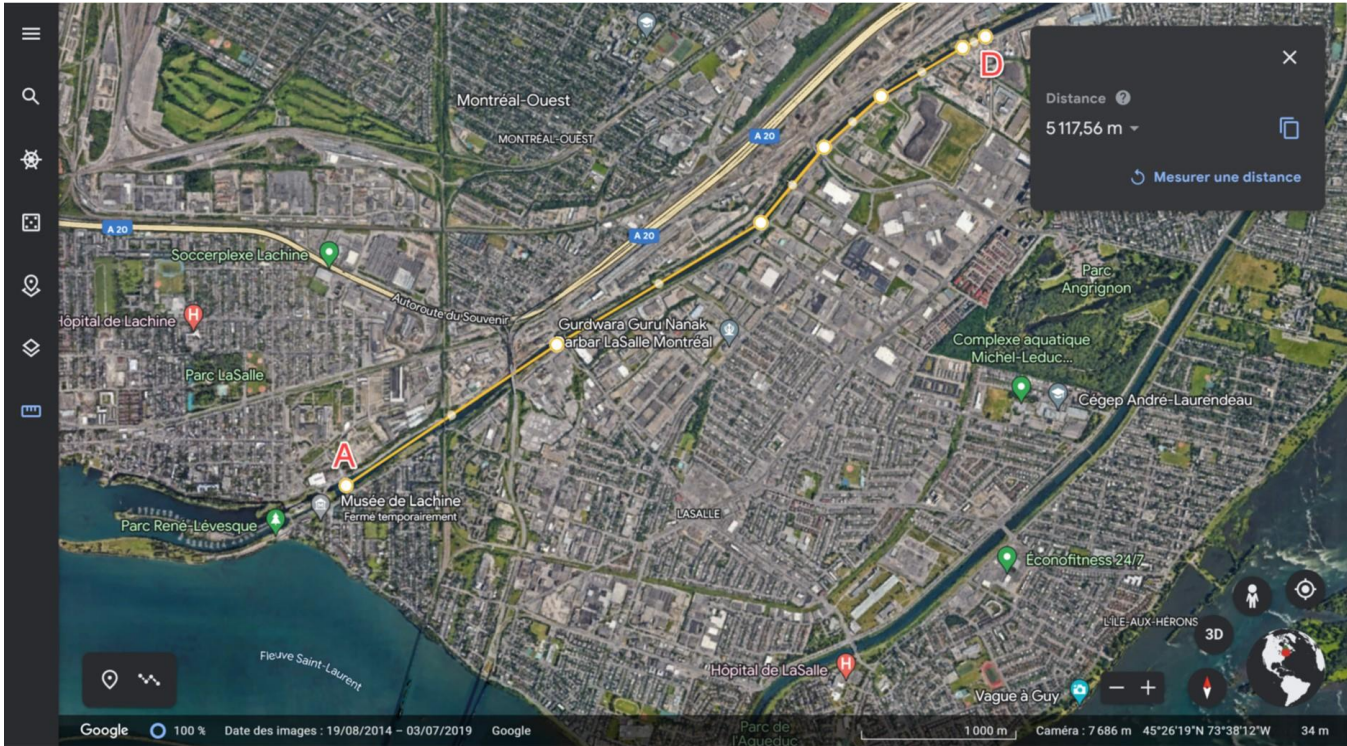
V - CAR

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PICTURE 2 - AERIAL VIEW OF THE RACE COURSE



A - ARRIVAL

D - START

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PICTURE 3 - AERIAL VIEW OF THE FINISH AREA



A - FINISH LINE

MA - WAITING AREA

Q - LAUNCHING DOCK

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PICTURE 4 - AERIAL VIEW OF THE START AREA



E - SPACE FOR WARM-UP

L - LIMIT OF THE WARM-UP SPACE

LD - START LINE

R - START AREA SHELTER

S - STARTER

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PICTURE GROUP 5 - REGATTA SITE SEEN FROM THE STREET

Picture 5a - View of the regatta site - Race course direction



CC -CONTROL COMMISSION

G - PUBLIC BLEACHERS

I - INFORMATION AND REGISTRATION

M - MEDICAL

A - TRAILER PARKING

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Picture 5b - View of the regatta site - Back to the race course



B - LACHINE LOCK BUILDING

V - CAR PARKING

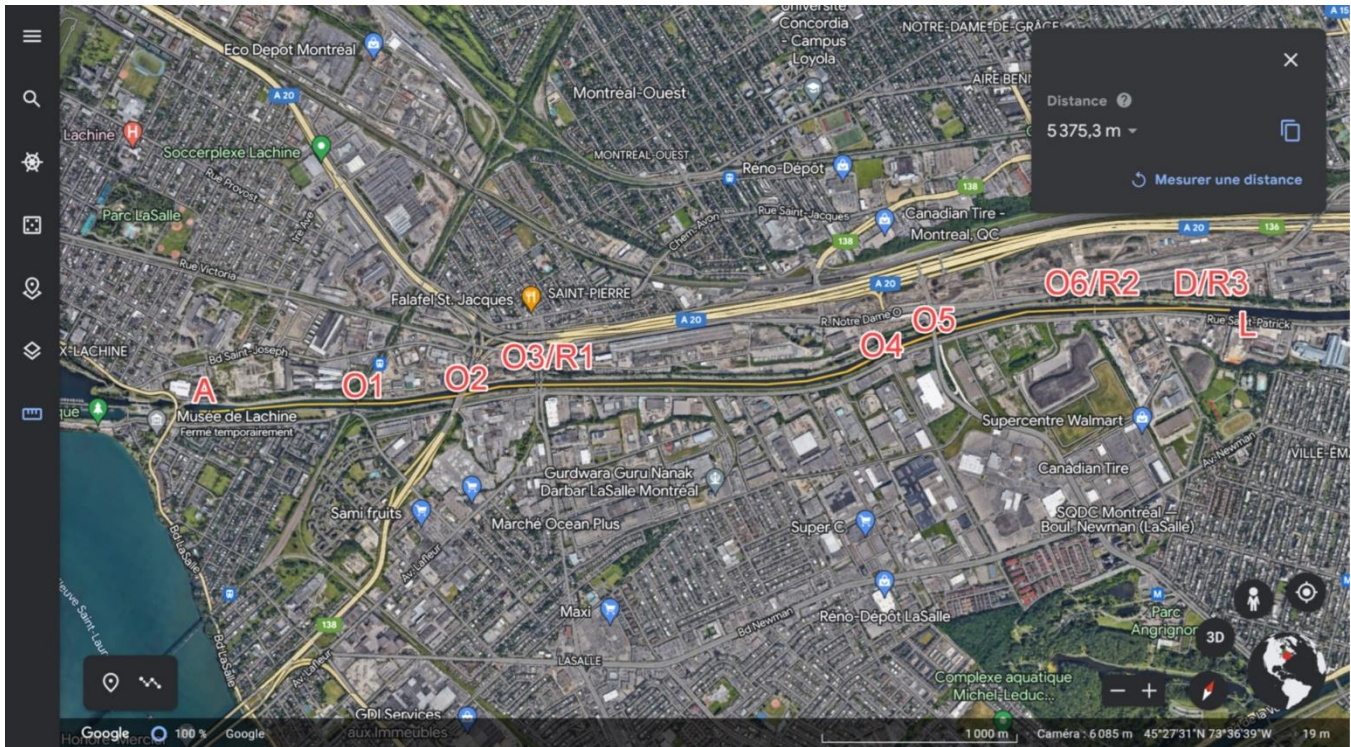
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PICTURE GROUP 6 - OBSTACLES AND SHELTERS

Picture 6a - Obstacles and shelters - Aerial view



A - ARRIVAL

D / R3 - STARTING LINE AND SHELTER OF THE STARTING LINE

L - LIMIT OF THE WARM-UP ZONE OF THE STARTING AREA

O1 - RAILWAY BRIDGE PILLAR OBSTACLE

O2 - ROUTE 138 OVERPASS OBSTACLE

O3 AND R1 - OBSTACLE AND SHELTER OF THE GAURON-LAFLEUR BRIDGE

O4 - OBSTACLE OF THE TRINITAIRES FOOTBRIDGE

O5 - ANGRIGNON OVERPASS OBSTACLE

O6 AND R2 - OBSTACLE AND SHELTER CRANE LASALLE - COKE FOOTBRIDGE

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Picture 6b - Obstacle (O1) of the railway bridge pillar - View from the water - Direction Start



Picture 6c - Obstacle (O2) of the Route 138 overpass - View from the water - Direction Start



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Picture 6d - Obstacle and shelter (O3, R1) of the Gauron-Lafleur bridge - View from the water - Direction Finish



Picture 6e - Obstacle (O4) Trinitaires footbridge- View from the water - Direction Start



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Picture 6f - Obstacle (O5) of the Angrignon overpass - View from the water - Direction Finish



Picture 6g - Obstacle and shelter (O6, R2) Crane Lasalle-Coke footbridge - View from the water - Direction Finish



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ANNEXE 2 - EMERGENCY ACTION PLAN

The following emergency action plan is to be used as a guide in the event of an emergency occurring during a regatta on the Lachine Canal.

ADVERSE WEATHER CONDITIONS

In the event of adverse weather alerts, rowers will be asked to bring their boat to the nearest dock immediately or, if none is available, to move immediately to the shore.

Apply the 30/30 rule.

Be vigilant and know to LOOK UP AND LOOK AROUND.

Seek appropriate shelter when you count 30 seconds or less between lightning and thunder.

Remain sheltered for 30 minutes after the last thunder.

MEDICAL ASSISTANCE ON REGATTA SITE

The main regatta site is located near lock number 5, near 6th Avenue (Chemin du Musée) in Lachine. This is where we will have a medical team (shown in Picture 1). They will be in an easily identifiable booth.

The medical team should be contacted for any emergency concerning an athlete, volunteer, or staff member.

If ambulance transport or additional medical assistance is required, it will be coordinated by the medical team.

COLLISION/CAPSIZING

The safety boat will determine if the rower(s) can get back on their boat. In that case, and until the crew is self-sufficient, they should ensure the safe passage of the following boats.

If the rower(s) cannot get back into their boat, the following measures should be taken:

- Emergency personnel or 911 should be called.
- The crew will be assisted in the motorboat in order of medical priority.
- Rowers without medical emergencies will be transported to the regatta site.

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- Crews with medical issues will be immediately transported to the designated meeting point as per the instructions of the medical staff.
- Excess equipment will be set aside if possible or retrieved conveniently.

EMERGENCIES RESULTING FROM FIRE OR OTHER DISASTERS

The city of Lachine has a fully functional fire service available 24/7. They are at our disposal in an emergency caused by a natural disaster, fire, electrical discharge, or other similar catastrophes. In this case, 911 should be called. If 911 has been contacted by someone other than the regatta chair, safety officer, or medical officer, the person who contacted them should immediately inform the regatta chair or any member of the organizing committee. They will alert the Lachine Fire Department for additional assistance.

EVACUATION OF THE REGATTA SITE

In an emergency requiring evacuation, the site can be evacuated west of the regatta headquarters, towards the Lock building 250 meters away.

LIST OF EMERGENCY CONTACTS

Emergency: 911

Regatta Chair: Richard Cabana: 514-833-0359

Regatta Medical Team: ASUR: 514-221-0111

Lachine Rowing Club: 514-639-0006