



# CASCADIA ROWING CANADA AVIRON MASTERS CHALLENGE DÉFI DES MAÎTRES

# WELCOME BACK

- Second event partnered with RCA
- First virtual event
- Two years in the making





# ORGANIZING COMMITTEE

- Bill Myra (*Regatta Chair*)
- Shelley Fletcher (*Vice-Chair*)
- Stephanie Payne (*Results*)
- Jane McCall (*Treasurer*)
- Cinda Ewton (*Dry-Land Events*)
- Jennifer Fitzpatrick (*Director of Partnerships and Sport Development*)
- Matt Draper (*National Events Manager*)
- Liz Montroy (*Communications & Events*)



# Entry System

- Register on RegattaCentral
- Registration is open until 3pm Pacific, July 17, 2021
- Receive the results submission link within 1 hour

**RegattaCentral**  
[www.regattacentral.com](http://www.regattacentral.com)

**TIME TEAM**  
REGATTA SYSTEMS



# Competitor Undertaking and Agreement

Each competitor competes entirely at their own risk and confirms that they are in good health and have no medical or health condition that could endanger or limit their ability whilst participating in the event. Each competitor understands and has considered and evaluated the nature, scope and extent of the risks involved, and voluntarily and freely chooses to assume these risks.

Competitors accept and understand that Cascadia and RCA do not provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with participation in the “2021 Cascadia RCA Masters Challenge”.

In consideration of their acceptance of the entry form, competitors agree that neither Cascadia, RCA, nor its partners, their respective directors, officers, employees, representatives, agent successors and assigns are liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in this event.



# On-Water Events

*\*We strongly recommend you do not compete alone. At the very minimum, alert someone of your race start time and check in with them when you finish.*

- Download Strava or choice application

- RACE

**2 X 1000m with a maximum 5 minutes rest, in opposite directions**

- Submit your results using the Time-Team link
- Help links available in the regatta package or on [cascadiaregatta.ca](http://cascadiaregatta.ca)



# Dry-Land Events

- *\*We strongly recommend you do not compete alone. At the very minimum, alert someone of your race start time and check in with them when you finish.*
- *Recommended to race on Concept2 ergometers*
- *Race details to be sent by Time-Team*
- *Cinda will contact all non-Concept2 rowers for race details including how to submit results*

# Lightweight Events

- Men – 72.5kg (160lbs)  
Women - 59kg (130lbs)
- Must prepare a video as evidence of body weight
  - Recorded same day as the race and upto 1hr before on-water start time
  - Shows scale is zeroed
  - Shows rower standing on the scale
  - Wear racing gear
  - Bodyweight measurement is visible on the scale
  - Date and Time (this could be a screen of phone, watch, computer)
- Verification will take place by the Cascadia Timing Official, the race results will not be official until all weigh-in submission requests are verified







# Novice Events

- On-Water Events
  - Novice rowers are new to rowing as of January 2019
  
- Dry-Land Events
  - Novice rowers are new to rowing as of January 2020



# Age Adjustments

- John Garret system will be applied to this event
- AA has no age adjustments
- Age Adjustments will only be applied to combined events



# Awards

- Electronic certificates will be awarded to First, Second and Third
- There must be at least four competitors to award top three
- Certificates will be sent out after official results are posted



# Meaningful Competition

- If there are not four entries in a race, where logical, the organizing committee will combine age groups in an attempt to reach four or more competitors.
- Category combination may occur after the regatta entries close
- Age adjusted times will be applied and placement will be based on the adjusted times to determine the winners.



# Results

- Results will be posted on the Time-Team website.

<https://regatta.time-team.nl/crcamc/2021/>

*Link available on RegattaCentral and Cascadia Regatta website*

- Results will be posted to RegattaCentral once the event closes and results are made official.



# Zoom Learnings

Zoom Chats open to all registrants:

Tuesday, July 13

Nutrition and Well Being for Masters

by

Dr. Kim McQueen

AND

Thursday , July 15

Olympic Memories – Fireside Chat



# Cocktail Hour

CASCADIA Cocktail Hour Q&A  
FRIDAY, July 16@ 5pm Pacific

*We are now into our second decade of operations and we want to move the regatta in a direction that best suits you.*

Send your questions to [bill@cascadiaregatta.ca](mailto:bill@cascadiaregatta.ca)

Google Meet joining info: <https://meet.google.com/gzw-vibo-auh>

# SUPPORT

- Regatta Support [info@cascadiaregatta.ca](mailto:info@cascadiaregatta.ca)
- RegattaCentral [info@regattacentral.com](mailto:info@regattacentral.com)
- Results Technical Support [info@time-team.nl](mailto:info@time-team.nl)







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