



Row Ontario Cup
Saturday, September 14th, 2024



OFFICIAL REGATTA INFORMATION PACKAGE

Hosted at the Ottawa Rowing Club
10 Lady Grey Drive, Ottawa, ON K1A 0G8

Regatta Chair: Kate Savage, Row Ontario	Chief Umpire: Marie-Sophie Desaulniers
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Safety Advisor: Zak Lewis, Ottawa Rowing Club	First Aid Advisor: Kathleen Rankin, Row Ontario
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REGATTA INFORMATION

The Row Ontario Cup Regatta is a competition model implemented by Row Ontario, with the objective of:

- Better aligning competitions with the Athlete Development Model and the development pathway for rowing in Ontario;
- Creating a model that promotes co-learning opportunities as they relate to the roles and responsibilities of athletes, coaches, umpires, and volunteers during a regatta.

The principles underlying the development of the Row Ontario Cup Regatta are outlined in Appendix 1.

ELIGIBILITY

All events are open to participants from any Club in the world. Athletes and listed coaches must be listed on their Club’s Regatta Central roster.

a) Ontario Participants	<ul style="list-style-type: none"> • Registered and active member of a Row Ontario member club in the appropriate role (e.g. Athlete or Coach); • Registrations must be activated in the RCA Web Registration System to be valid.
b) Canadian Participants, outside Ontario	<ul style="list-style-type: none"> • Registered and active member of a Member Club in the appropriate role (e.g. Athlete or Coach); • Registrations must be activated in the RCA Web Registration System to be valid.
c) International Participants	<ul style="list-style-type: none"> • Registered with the appropriate National Rowing Federation.
d) Para	<ul style="list-style-type: none"> • The Para category is open to all rowers who meet RCA Rules 2.12, but they are not required to have undergone classification prior to this regatta.
e) Inclusion 2x	<ul style="list-style-type: none"> • The new Mixed Inclusion 2x is open to crews in which at least one athlete fits the Para eligibility outlined above. The second athlete may be able-bodied (not Para-eligible). • As this is a Mixed category, the crew must also meet the eligibility criteria for a Mixed crew, under which entries must include no more than 50% male-identifying athletes.

RACE DIVISIONS

All athletes/crew will race against other athletes/crews of similar speed. They will not be divided based on gender, age or weight categories. However, overall rankings and results will be based on gender and age categories.

AGE CATEGORIES

(Age is calculated as of December 31st, 2024. In cases where an athlete/crew fits eligibility criteria for more than one age category, their ranking/results will be recognized according to the category under which they register in Regatta Central.)

- U13 – under 13 years
- U15 – under 15 years
- U17 – under 17 years
- U19 – under 19 years
- U23 – under 23 years
- Open – 23 years and older
- Masters (A+) – 27 years and older

COACHES

All coaches involved in the regatta must be registered in the role of Coach with their respective Club in RCA's Web Registration System and compliant with [RCA's Every Coach Certified policy](#).

EVENTS

Single (1x), Double (2x), or Pair (2-)

RACE DISTANCES

The distance for head-to-head racing is determined according to the speed of each athlete/crew over a 500m Time Trial. The Time Trial is followed by a series of 500m or 250m side-by-side races.

REGATTA FORMAT

The regatta is comprised of multiple stages:

a) **FIRST STAGE: TIME TRIAL**

This stage allows for athletes/crews to be ranked according to speed. The Time Trial will run on 30-second intervals.

Athletes/crews will then be organized, according to speed, into groups defined by a minimum speed (calculated using percentage of Gold Medal Standard). These groups will be referred to as Groupings.

b) **SECOND STAGE:**

The sequence of races in the second stage (Rounds 1 to 4) and the progression system used (see below) will be identical for each Grouping.

The race distance varies between Groupings and will be either 250m or 500m.

PROGRESSION SYSTEM

The progression system is based on a promotion-relegation model. Appendix 2 outlines a tentative (sample) schedule for the day. This schedule is subject to change based on entry numbers.

Round 1: The starting waves will be assigned based on performance (speed) in the Time Trial. The first wave will be comprised of the fastest athletes/crews from the Time Trial, and so on.

Rounds 2 to 4:

- a) For the first wave: The top athletes/crews from the first wave of the previous round will race together, with the last finisher being relegated to the second wave. The top athlete/crew from the second wave in the previous round will be promoted to race with these athletes/crews.
- b) For all subsequent waves, except the last wave: The middle athletes/crews, between the fastest and the slowest, from the same wave in the previous round, will race together with the fastest from wave following theirs, along with the slowest from the wave preceding theirs.
- c) For the last wave: The remaining athletes/crews will race with the slowest athlete/crew relegated from the preceding wave in the previous round.

Appendix 3 illustrates an example of this progression system, which would apply to the sample schedule outlined in Appendix 2. This example is based on groupings of 16 athletes.

CO-LEARNING: COACHES / ATHLETES / UMPIRES

The Row Ontario Cup presents an opportunity to enhance learning, not only for athletes, but also coaches and umpires. This is not possible without a joint effort and continuous dialogue surrounding the roles and responsibilities of each throughout the regatta.

Appendix 4 describes the objectives for co-learning between athletes and coaches. Appendix 5 describes the objectives for co-learning between umpires and coaches.

DAY OF COMPETITION – SCHEDULE INFORMATION

- a) Coaches Meeting – There will be a mandatory Coaches Meeting on Saturday, September 14th at 7:00am between the boathouses.

ALL clubs are required to have at least 1 representative at the coaches meeting, for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2022 RCA Rules of Racing.

As per Rule 8.6 in the Rowing Canada Rules of Racing, the Chief Umpire may penalize a club for failure to attend the coaches meeting, including not permitting the club to race. The Club representative in attendance is responsible for conveying all information from the coaches meeting to all participating athletes and coaches. All participants are expected to be familiar with the information conveyed at the coaches meeting.

Hardcopies of the draw will not be distributed. The draw will be available online in Regatta Central on Tuesday, September 10th. Updates will be shared via WhatsApp during the regatta.

- b) Race Times – The first race will start at 8:00am. Athletes will be permitted to launch from Control Commission starting at 7:15am.
- c) Minimum Race Intervals and Expected Launch Times – The minimum race interval will be 15 seconds between boats (in alternative lanes) for time trials (30 seconds per lane). In side-by-side promotion/relegation racing, waves will run in quick succession. Intervals between rounds of racing will be enough to allow crews to re-align themselves from one round to the next. Crews will not be permitted to launch more than 45 minutes or less than 15 minutes prior to the posted start time for their event.

PROOF OF AGE AND IDENTITY

As per Rule 2.3, identification will only be accepted if it includes the athlete’s birthdate AND photo. If two pieces of identification are required to meet these requirements, competitors are required to show both to the Regatta Chair for verification, prior to presenting at Control Commission. A photo of identification on a cell phone will be accepted, so long as it is clear and has no evidence of tampering.

ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payments of entry fees will be completed through Regatta Central, without exception. Entries, completed in full, must be submitted online by Friday, September 6th at 11:59PM.

Entries will only be accepted with full payment. Any entries for which payment has not been received will be deleted after the deadline.

A preliminary race draw will be posted on Regatta Central on Tuesday, September 10th. Any further updates will be published on Regatta Central and shared via WhatsApp during the regatta.

a) Entry Fees

Boat Class	Base Entry Fee		Row Ontario Seat Fee	RCA Seat Fee	Total
1x	\$40.00 +HST	\$45.20	\$2.35 + HST = \$2.66	\$4.00	\$51.86
2x/2-	\$80.00 +HST	\$90.40	\$4.70 + HST = \$5.32	\$8.00	\$103.72

All fees are stated in CAD funds.

- b) Late Entries – Applications for late entries may be submitted through Regatta Central until Friday, September 13th at 4pm. Late entries are subject to approval by the Regatta Chair. The cost of a late entry will be 1.5x the cost of the base entry fee, plus seat fees. The late entry fee must accompany the late entry for the entry to be accepted, without exception.
- c) Substitutions – The substitute must meet all eligibility and entry requirements as listed above. For substitutions submitted after the entry deadline, a \$5.00 Name Change Fee will be assessed for all name changes unless a note from a qualified medical professional is emailed to kate@rowontario.ca by 5:00pm on Monday, September 16th, 2024. After the entry deadline, name changes must be submitted using the online [Name Change Form](#); name changes will only be accepted until 2 hours before the posted start time.

- d) Scratches – All scratches submitted after the entry deadline will be assessed a \$50.00 + HST Scratch fee. Clubs will be assessed a \$50.00 + HST Scratch fee for any crew that misses the start of their race for any reason. Scratch fees will be waived for medical reasons if a note from a qualified medical professional is emailed to kate@rowontario.ca by 5:00pm on Monday, September 16th, 2024. Scratches must be submitted using the online [Scratch Form](#).

RCA RULES OF RACING EXCEPTIONS

This regatta will follow the [2022 Rowing Canada Aviron Rules of Racing](#), with the following exceptions:

8.7.2 Traffic Patterns on the Course

- Crews warming up should not stop as a race approaches or passes their position. As per 8.7.1, crews will be required to avoid crossing the finish line during warm-up as racing crews are finishing a race.

9.1 Progression

- Each round of racing will occur in quick succession, as outlined above and in Appendix 2. After the initial Time Trial, rounds of Progression-Relegation racing will occur back-to-back for each Grouping.

9.3 Events with 7 or More Entries

- Progression will occur as described above and as outlined in Appendix 3.

RESULTS AND MEDALS

Gold, silver, and bronze medals will be awarded to the top three rowers/crews in the final round of racing, in each of the recognized age categories. Ranking will be determined based on overall placing, with Wave 1 representing the top places, followed by Wave 2, and so on.

For a gold, silver, and bronze medal to be awarded in a category, there will need to be a minimum of four boats eligible to race in that category. If there are only three boats, only a Gold and Silver will be awarded. If just two boats, only the Gold will be awarded.

COMMUNICATION

Regatta communication will be distributed through WhatsApp. Please join the group at this link.

<https://chat.whatsapp.com/IgbRAIUykQdDAITX67tqe5>

MEDICAL SERVICES

A clearly marked medical tent will be located outside the Ottawa Rowing Club boathouse, with access to a coach boat to assist an athlete on the water with immediate need.

All questions should be addressed to Kate Savage via email kate@rowontario.ca.

APPENDIX 1 – PRINCIPLES UNDERLYING THE DEVELOPMENT OF THE ONTARIO CUP REGATTA

1. Rowers competing by speed categories, and not by age, weight, gender categories
 - To encourage a competitive environment based on speed, without distinction based on age or gender;
 - To prioritize races where athletes of similar speed compete over appropriate distances, allowing them to measure themselves head-to-head with their peers;
 - To come as close as possible to Gold Medal Speed targets, even if only over a short distance;
 - To promote teamwork between athletes and coaches in order to navigate a very competitive environment;
 - To challenge athletes to row faster, developing technical efficiency and power before endurance; technique is a limiting factor;
 - To group athletes for a series of progression-relegation races, based solely on speed, in alignment with the concept of appropriate specialization in sport;
 - To run progression-relegation races which are, to some extent, training intervals, developing speed and competitive race strategies.
2. Choice of short races, not strictly 2000m
 - With time and speed improvements, the maximum race distance could be established at 2000m;
 - A short race distance promotes a mental state ready to embrace the challenge presented by racing;
 - Supports retention of athletes, when they are offered race opportunities adapted to their skill level, whether it be over 250, 500, 750, or 1000m, all in a competitive environment where they compete with others of similar speed;
 - Allows a rower to more easily progress to a higher level over time.
3. Skills contest is absent from the programme
 - Inclusion of a skills contest would put too much strain and pressure on an already very busy regatta schedule;
 - It is the responsibility of coaches, within training sessions, to develop and prioritize foundational skills, including balance, posture, and power, to allow rowers to improve their rowing stroke;
 - It is important for coaches to be present at racing, near the start line or near the finish line, in order to observe their rowers during racing.
4. Sculling is prioritized over sweeping
 - Sculling develops better foundational skills than sweeping;
 - It is easier to transition from sculling to sweeping, rather than the reverse;
 - Sculling is more symmetrical and develops more complete athletes, and better sweep athletes
5. Primarily singles racing
 - The single develops a sense of responsibility in relation to one's equipment, and develops a rower's autonomy;
 - The single allows a rower to develop the ability to recover in the event the boat flips. This increases rowing safety;
 - The single favours a better individual performance;

- For each athlete, development in the single allows them to be more autonomous and remain in the sport longer.
6. Time Trial and Promotion-Relegation System
- Ranking is based on speed;
 - Promotion-relegation format allows athletes to measure their speed against others, in a competitive environment with close racing;
 - Learning to win and lose is an essential learning for the development of a competitive athlete;
 - Allows an objective analysis of performance;
 - The athlete has access to a large number of races to improve capacity of energy systems and performance.
7. Selection of dates for hosting Ontario Cup Regattas
- These regattas must take place at intervals of a minimum of 4 weeks, in order to:
 - Allow for athletes' physiological adaptation;
 - Improve athletes' skill development;
 - Allows all athletes to participate, no matter the timing of their entry into the sport, by offering different race distances;
 - Extends the season during which regattas are held, including the fall;
 - Regatta dates must allow rowers to also participate in other provincial, national, and international regattas.



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APPENDIX 2 – ROW ONTARIO CUP – SAMPLE REGATTA SCHEDULE

Time			
7:00	Coach & Umpire Meeting		
7:15	Launching for Time Trials (2- and 1x) – Control Commission		
7:30			
7:45			
8:00	500m Time Trial (2- and 1x)		
8:15			
8:30	Docking		
8:45	Coach Meeting to determine Groupings / Nutrition Break		
9:00			
9:15	Athlete Briefing		
9:30	Group A – Launch		
9:45			
10:00	250m (2- and 1x) Promotion/Relegation (Rounds 1 to 4)		
10:15			
10:30			
10:45		Group B – Launch	
11:00			
11:15	Group A – Docking	500m (2- and 1x) Promotion/Relegation (Rounds 1 to 4)	Lunch / Nutrition Break
11:30			
11:45			
12:00			
12:15			
12:30		Group B – Docking	
12:45	Launching for TT (2x)		
13:00			
13:15			
13:30	500m Time Trial (2x)		
13:45	Docking		
14:00	Coach Meeting to determine Groupings / Nutrition Break		
14:15	Athlete Briefing		
14:30	Group C – Launch		
14:45			
15:00	250m (2x) Promotion/Relegation (Rounds 1 to 4)		
15:15		Group D – Launch	
15:30			
15:45	Group C – Docking	500m (2x) Promotion/Relegation (Rounds 1 to 4)	
16:00			
16:15			



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16:30		Group D – Docking	De-rigging & Trailer loading
16:45			
17:00			
17:15			
17:30	Wrap-up/De-brief		
17:45			
18:00	BBQ Dinner & Medal Presentations		
18:15			
18:30			
18:45			
19:00			
19:15			

APPENDIX 3 – PROMOTION-RELEGATION PROGRESSION SYSTEM EXAMPLE

Progression – 16 boats & 4 lanes (can be adjusted and applied to Groupings of 8 boats and more)								
Round 1 (R1)		Round 2 (R2)		Round 3 (R3)		Round 4 (Final)		Ranking
Wave 1 (W1)	1	W1	R1, 3W1	W1	R2, 3W1	W1	R3, 3W1	1 st to 4 th
	2		R1, 1W1		R2, 1W1		R3, 1W1	
	3		R1, 2W1		R2, 2W1		R3, 2W1	
	4		R1, 1W2		R2, 1W2		R3, 1W2	
Wave 2 (W2)	1	W2	R1, 3W2	W2	R2, 3W2	W2	R3, 3W2	5 th to 8 th
	2		R1, 4W1		R2, 4W1		R3, 4W1	
	3		R1, 2W2		R2, 2W2		R3, 2W2	
	4		R1, 1W3		R2, 1W3		R3, 1W3	
Wave 3 (W3)	1	W3	R1, 3W3	W3	R2, 3W3	W3	R3, 3W3	9 th to 12 th
	2		R1, 4W2		R2, 4W2		R3, 4W2	
	3		R1, 2W3		R2, 2W3		R3, 2W3	
	4		R1, 1W4		R2, 1W4		R3, 1W4	
Wave 4 (W4)	1	W4	R1, 3W4	W4	R2, 3W4	W4	R3, 3W4	13 th to 16 th
	2		R1, 4W3		R2, 4W3		R3, 4W3	
	3		R1, 2W4		R2, 2W4		R3, 2W4	
	4		R1, 4W4		R2, 4W4		R3, 4W4	

APPENDIX 4 – CO-LEARNING OBJECTIVES AMONG COACHES AND ATHLETES

DESCRIPTION OF EXPERIENCES OVER THE COURSE OF THE ROW ONTARIO CUP				
Activity	Athlete	Coach	Result	Development Principle
Registration	Communication of information to the coach	Regatta Central registration platform & confirmation of entries	Data entry for registration and participation tracking	Communication skills and administration management
Arrival & Coaches Meeting	Rigging and adjustments to boats by athletes	Briefing about the day	Athlete independence	Independence and responsibility of the athlete
	Logistical preparations for Time Trial with teammates	Desired learning / use of tools for performance analysis	Athlete awareness and responsibility for safety	Evaluation of performance by the coaches
		Assignment to stations	Coach learnings / coaching	Fundamental skills in independent preparation
Athlete Briefing	Race day schedule	Reinforcement of independence	Questions / communication	Effective communication of expectations
	Race format			
Time Trial	Independent launching	Stations for timing and observation	Independence of the athlete	Ensure an appropriate race experience
	Self-management	Mentoring at each station	Learning opportunity for coach	Prioritization of power before endurance
	Warm-up/Cool-down	% World's Best Time	Performance analysis	
Promotion-Relegation Racing (250 or 500m)	Multiple starts	Observation	Performance	Ensure an appropriate race experience
	Independent launching	Assist with promotion and relegation shifts	Benefits from racing	Scaling distance
	Self-management	Timing and mentorship	Greatest speed/proximity to World Best Time speeds	Speed

	Organizational capacity on the water	Analysis of selection process	Quality of movement	Evaluation of performance by the coaches
End of Racing	De-rigging and storage/trailering	Ranking of performances	Analysis with coaches	Analysis of performance
		Posting of results	Athletes are responsible for equipment	Appropriate development process
		De-briefing and questions from coaches	Practical training opportunity for coaches	Appropriate intervention
Athlete De-briefing & Group Meal	Knowledge and understanding of the results and process	Communicate improvements and performances	Culture of improvement and innovation	SMART goal-setting process
	Understanding of rankings	Celebrate improvements	Integrate gap analysis	Use LTAD principles appropriately
	Reflection and celebration of performances and of the process	Process for improvement	Responsibility	Return on investment
			Goal for next performance	
			Data	

APPENDIX 5 – CO-LEARNING OBJECTIVES AMONG COACHES AND UMPIRES

Activity	Umpires & Coaches	Underlying Principles	Tasks to Accomplish
Coach & Official Meeting	Briefing before the competition	Collaboration	Briefing / Opportunities for learning
Athlete Briefing	Sharing of expectations	Team of coaches and officials are partners in athletes' learning	Sharing of expectations
Launching	Safety and importance of safety	Co-learning around safety	Control Commission tasks
Time Trial Analysis	Confirmation of finish order	Umpires – confirmation of times taken by coaches; Coaches – timers and provide insight into timed performances	Exchange with coaches in performance analysis
Publication of Groupings	Confirmation of progressions	Ensure fairness of waves	Collaborate with coaches in the publication and explanation of progression
Summary/De-briefing of Morning	Sharing of observations	Integration / Evolution of learning / Lessons learned for improvement	Exchange of observations and areas for improvement
PAUSE	De-briefing of coaches and umpires together	Ongoing improvement and communication around the importance of co-learning	Communicate and exchange with athletes around the approach to co-learning
Promotion / Relegation	Role of the coaches and umpires to ensure proper promotion and relegation	Safety maintained, along with promotion and relegation	Collaboration to ensure the progression system is respected
Recovery & Docking / Boat Storage	Safety on the docks	Safety	Ensure safety on-site
Medal Presentations & De-Briefing	Reflection on the day & de-briefing	Ongoing improvement – Did the regatta achieve its objectives?	Collaboration & collective co-learning - possible improvements & adjustments

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<p>Coach & Official De-Briefing</p>	<p>Revisiting important events/situations</p>	<p>Integral part of ongoing umpire development</p>	<p>Contribute to important messages from coaches to athletes, on behalf of umpires</p>
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