

Rowing Canada Aviron
2016 National Rowing Championships Regatta
and
Canada Cup Regatta

TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure requirements necessary for the RCA National Rowing Championships (NRC) and Canada Cup (CC) regattas. It is intended for use by the provincial rowing associations planning to send teams to the event and for the Organizing Committee hosting the regattas. For the Organizing Committee, this document is an integral part of the RCA Bid / Hosting Guidelines Package.

The RCA Rules of Racing shall apply for the organization and operation of the NRC/CC unless stated otherwise. Team managers, coaches and the Organizing Committee are to be familiar with the RCA Rules of Racing.

1. Vision

1.1 NRC Vision

“The National Rowing Championships is a regatta to be held in the fall of each year to mark the end of the sprint racing rowing season. It shall be open to competition for all rowers in the country and be scheduled to facilitate this. From its entries the fastest rowers on that day shall be determined and crowned national champions and the rest shall be ranked accordingly.” The regatta shall also afford the opportunity for athletes to recognize the accomplishments of their peers.

“The NRC shall facilitate national team athletes to “re-connect” with their home club.

1.2 CC Vision

The Canada Cup regatta shall promote intra-regional competition on a yearly basis. Intra-Regional competition allows regions that may not be able to fill a large boat and to remain competitive in the regatta. Provinces that may not be able to field entries for the NRC may participate as Canada Games entries in the Canada Cup.

2. The NRC and CC regattas Objectives

2.1 The event must meet the needs of the athletes. It must be meaningful and have importance. Therefore, it is vital that the top athletes are in attendance and they are provided with a competitive environment.

- 2.2 The NRC event must provide a national ranking of athletes and provincial associations. This is important to the National Team and the provinces.
- 2.3 The event must be a high performance test to help athletes prepare for international competition. A modified FISA progression format would help in this purpose. Events specific to test the rowers' aerobic capacity and ability to generate boat speed will be part of the programme.
- 2.4 The events must provide an opportunity for developing athletes to be exposed to a competitive environment against national training centre athletes, allowing for the chance to be identified and targeted for further development.
- 2.5 The events must also reconnect national team athletes with their respective home clubs and provinces. This shall be done by having "big boat" events i.e., quads and eights in the Canada Cup regatta.
- 2.6 The Canada Games events of the Canada Cup regatta shall be a way to help provincial rowing associations prepare crews and coaches for the Jeux Canada Games.
- 2.7 An athlete awards banquet shall be held in conjunction with the regattas.
- 2.8 The events must work within the approved budget parameters.

3. Regatta Fixture Date and General Schedule

- 3.1 The NRC is to be scheduled to permit athletes to train safely in their home province prior to the event.
- 3.2 The NRC/CC regatta shall be a four-day event and normally shall be held on the last full weekend of September. **Due to changes in the FISA World Championships schedule, the following will be the dates of the regatta for the years 2016 to 2019:**
September 22, 23, 24, 25, 2016
November 9, 10, 11, 12, 2017
November 8, 9, 10, 11, 2018
September 26, 27, 28, 29, 2019 – provisional dates subject to FISA World Championships date TBD by FISA.
- 3.3 The general schedule shall be:

NRC	Thurs. - Fri:	TT's, reps, quarter and semi-finals as needed
NRC	Friday:	Finals C and D and lower as needed
NRC	Saturday:	Finals B and A and Para finals
	Saturday evening:	Awards banquet
CC	Sunday:	Provincial/Regional teams 2x, 4-, 4x and 8+ races

4. Regatta Venue

- 4.1 The NRC-CC shall be held at the same venue for at least three consecutive years.
-

5. Right of Entry

- 5.1 The NRC and CC shall be open only to entries received from RCA member provincial rowing associations. For clarity, athletes training at RCA's national training centres shall compete under the provincial association they are affiliated with. The RCA High Performance Director will provide a roster of national training centre athletes to the provincial rowing associations prior to the entry deadline.
- 5.2 As per the CARA Constitution and RCA Registration Policy, an athlete entering the NRC –CC is required to be registered with RCA through a member rowing club prior to the provincial association making an entry for the athlete. The affiliated member club name provided by the athlete to the province shall be used to determine a provincial rowing association affiliation for the purposes of ranking athletes and provincial rowing associations as referenced in 2.2 above. If the affiliated member club name provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's club/province in the database will be used in making the regatta draw (and any subsequent race results). If no club/province affiliation is found in the database, the entry will not be drawn.
- 5.3 The provincial rowing associations shall pay their respective entry fees. The province will supply the provincial colours to each athlete rowing for it.
- 5.4 Athletes shall row in their respective provincial colours, including when competing in composite boats.
- 5.5 Composite crews, in the small boat events, may be made up of any combination of athletes representing any combination of provinces. In the big boat events, composite crews will be permitted from only the following provinces: Alberta, Saskatchewan, and Manitoba; Quebec, New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland and Labrador.
- 5.6 There shall be no limit on the number of athletes per province nor the number of entries a province could make in any one event.
- 5.7 Athletes must meet their province's minimum performance criteria to be entered into the regattas.
- 5.8 There shall be no minimum or maximum age to compete in the NRC. The Canada Games events in the CC shall have a maximum age limit of the Canada Games competition age minus the number of years out from the Canada Games year.
-

6. Events

- 6.1 Races shall be held for the following able bodied boat classes: single sculls (1x), pair (2-), double sculls (2x), fours (4-), quadruple sculls (4x) and eights (8+).

For Para competition, the Legs, Trunk and Arms Men's Double / Pair (LTAM2x/-); the Legs, Trunk and Arms Women's Double / Pair (LTAW2x/-); Trunk and Arms Men's Single (TAM1x); Trunk and Arms Women's Single (TAW1x); Arms and Shoulders Men's Single (ASM1x), and Arms and Shoulders Women's Single (ASW1x) will be the Para types of events for the next few years.

Note: the LTAM2x/- and the LTAW2x/- may include one athlete with a classifiable visual impairment or physical disability, and one able body athlete. Racing shells used in the TA events must be an adaptive or para rowing single and have a fixed seat. Pontoons will not be required in the TA or LTA events; it will be up to the athlete to decide if he or she wants to race with pontoons.

- 6.2 The RCA age categories of Senior, Under 23, and Junior shall be utilized in the able bodied boat classes.

- 6.3 The 24 events at the National Rowing Championships shall be:
(2000 m)

Women Single Sculls	W1x
Lightweight Women Single Sculls	LW1x
Under 23 Women Single Sculls	BW1x
Under 23 Lightweight Women Single Sculls	BLW1x
Junior Women Single Sculls	JW1x

Women Pair	W2-
Under 23 Women Pair	BW2-
Junior Women Pair	JW2-

Men Single Sculls	M1x
Lightweight Men Single Sculls	LM1x
Under 23 Men Single Sculls	BM1x
Under 23 Lightweight Men Single Sculls	BLM1x
Junior Men Single Sculls	JM1x

Men Pair	M2-
Lightweight Men Pair	LM2-
Under 23 Men Pair	BM2-
Under 23 Lightweight Men Pair	BLM2-
Junior Men Pair	JM2-

(1000 m)

Arms and Shoulders Women Single Sculls	ASW1x
Arms and Shoulders Men Single Sculls	ASM1x
Trunk and Arms Women's Single Sculls	TAW1x

	Trunk and Arms Men’s Single Sculls	TAM1x
	Legs, Trunk and Arms Women’s Double/Pair	LTAW2x/-
	Legs, Trunk and Arms Men’s Double/Pair	LTAM2x/-
6.4	The 10 Canada Cup events shall be: (All 2000 m followed by 500 m)	
	Under 21 Women Quad	U21W4x (Canada Games)*
	Under 21 Men Quad	U21M4x (Canada Games)*
	Women Quad	W4x
	Lightweight Men Four	LM4-
	Men Quad	M4x
	Lightweight Women Quad	LW4x
	Lightweight Men Double	LM2x
	Lightweight Women Double	LW2x
	Women Eight	W8+
	Men Eight	M8+

*Reference § 5.8, above.

7. Athlete Weight and Weigh-in

- 7.1 For Canada Cup events coxswains shall weigh and be weighed in under FISA Rule 27 “Coxswains” and Rule 28 “Weighing of Coxswains”.
- 7.2 For NRC events lightweight scullers and rowers shall weigh and be weighed in under FISA Rule 31 “Lightweights”. **For the CC events FISA Rule 31 will apply except that each athlete in a crew will be permitted to weigh the FISA maximum i.e., LM 72.5 kg, LW 59 kg.**

8. Racing Distance

- 8.1 The races in the NRC and CC will be held on a standard 2000 m six lane, fully buoyed course (1000m for para-rowing races).

9. Progression System, Seeding Panel and Fairness Committee

- 9.1 **A modified FISA progression system, based on the system for World Cup events, shall be used at the NRC regatta.**
- 9.2 On the Thursday of the NRC, time trials, instead of heats, shall be held for all grouped entries. On Thursday **and Friday, repêchages, quarterfinals and semi-finals and finals C and D and lower shall be held as needed. On Saturday, finals B and A shall be held.**

- 9.3 Seeding Panel, made up of representatives of the RCA High Performance staff and provincial coaches, shall seed the entries in the time trials. The Seeding Panel shall develop the criteria to seed and publish same in Bulletin No. 2.
- 9.4 The 18 able bodied NRC 2000 m small boat events will be grouped as follows and they will be raced in time trials, repêchages, quarter finals, semi-finals and finals within the groups as shown here:

Group 1	JW1x, BW1x, W1x
Group 2	JW2-, BW2-, W2-
Group 3	BLW1x, LW1x
Group 4	JM1x, BM1x, M1x
Group 5	JM2-, BM2-, M2-
Group 6	BLM1x, LM1x
Group 7	BLM2-, LM2-

Entries within a group will be seeded (as above) for the time trials and remain in the group throughout the repêchages, quarter finals, semi-finals and finals and will be awarded medals based on the performance within the event and group. For example, if in Final A of Group 1 the 1st and 2nd place boats were W1x entries and the third place boat was a JW1x entry, that athlete in the third place boat would be declared the bronze medallist of the W1x and the gold medallist in the JW1x.

10. Medals and Points System

- 10.1 Medals will awarded to the first place, second place and third place crews in each event for the NRC.
- 10.2 Medals will be awarded only to the first place crews in the Canada Cup events.
- 10.3 A points system shall be used to determine the overall best province and efficient province in the NRC. Results in the CC are not to be used in the NRC points calculation.

11. Equipment

- 11.1 Each province is responsible for the provision of all boats, oars and sculls as required for each race.
- 11.2 Notwithstanding the foregoing, the Organizing Committee shall endeavour to provide a pool of boats for provinces that are not able to trailer their shells to the regatta.
-

12. Infrastructure Requirements

The following are the minimum infrastructure requirements to be met by any club or association bidding to host the National Rowing Championships / Canada Cup regattas:

- 12.1 The standard minimum course length for hosting the NRC shall be a 2000 m racing distance.
- 12.2 The minimum number of lanes shall be seven i.e., six plus an “up” lane.
- 12.3 The minimum lane width should be 13.5m. A course with lanes 12.5m wide could be considered.
- 12.4 A true Albano buoy system with buoy spacing every 10m is preferred to hold a NRC. The minimum acceptable lane markings is seven lines for six racing lanes with buoys spaced 12.5m apart.
- 12.5 No stream on the race course is preferable. Any stream existing should be so slight as to not give rise to unequal conditions on the different lanes.
- 12.6 A starter’s tower located above and behind the start line is required. A light system and audio system, is also required.
- 12.7 Start pontoons with adjustable fingers to allow the bows of boats of different classes to be aligned on the zero line so that each class races over 2000m exactly, is preferred. An absolute minimum requirement is that in each race the boat bows can be aligned evenly. The start pontoons, therefore, would need to be designed to accommodate this requirement. A proper sighting device would need to be provided for the judge at the start/aligner.
- 12.8 Start pontoons for 1000m para-rowing races are preferred.
- 12.9 Interval timing for each 500m is required for reps, quarter finals, semi-finals and finals.
- 12.10 Outdoor boat racks, for visiting teams are required.
- 12.11 The event host will commit to providing reasonable hosting standards, including those for athletes with and without a disability. In particular, weigh-in facilities suitable for the time of year (warm, dry and free of wind) must be provided, as well as segregated washrooms and an interviewing room for anti-doping testing.

Reviewed by the RCA Board of Directors, June 25, 2015

Updated April 2016