



Rowing Canada Aviron
2017
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 Canada Cup Regatta (CCR) . It is intended for use by the Organizing Committee hosting the regatta. 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 CCR unless stated otherwise. Team managers, coaches and the Organizing Committee are to be familiar with the RCA Rules of Racing.

1. Canada Cup Regatta Purpose

The Canada Cup Regatta has been established to foster and grow intra-provincial and intra-regional competition in Canada. To be held on a yearly basis, the CCR shall provide competition in larger boats at two distances to promote both full distance racing strategy and sprinting strategy. The intra-provincial competition provides one of the few opportunities for provincial rowing teams to compete against each other in a national competition. By the inclusion of an Intra-Regional competition, regions that may not be able to fill a large boat may put together combination entries.

The CCR will further foster youth rowing and competition by including age-specific Jeux Canada Games (CSG) events. Provinces that may not be able to field entries for the NRC may participate as CSG entries in the CCR.

2. The CCR Objectives

- 2.1 The CCR 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 event must provide an opportunity for developing athletes to be exposed to a competitive environment with and against national training centre athletes, allowing for the chance to be identified and targeted for further development. The CCR events allow and promote the development of RCA's Long Term Athlete Development through the inclusion of age based CSG events.

- 2.5 The event must also reconnect national team athletes with their respective home clubs and provinces. This shall be done by having the national team athletes participate in the “big boat” events i.e., quads, fours and eights in the Canada Cup Regatta.
 - 2.6 The CSG events of the CCR shall be a way to help provincial rowing associations prepare crews and coaches for the upcoming CSG.
 - 2.7 Athletes of the CCR shall should be invited to attend the Awards Banquet with athletes of the NRC regatta on Saturday, November 11, 2017.
 - 2.8 The event must work within the approved budget parameters for the CCR.
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3. Regatta Fixture Date and General Schedule

- 3.1 The date of the CCR In 2017 shall be on Sunday, November 12. The schedule will include Provincial and Regional teams 2x, 4x and 8+ races.
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4. Regatta Venue

- 4.1 The CCR shall be held at Burnaby Lake, British Columbia in 2017.
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5. Right of Entry

- 5.1 The CCR 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 Rowing 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 CCR is required to be registered with RCA through a member rowing club prior to the Provincial Rowing Association making an entry for the athlete. 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 the athlete’s 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 Entries from British Columbia and Ontario must all be from their respective province. Composite crews will be permitted from the following provinces: (a) Alberta, Saskatchewan, and Manitoba; (b) 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 can make in any one event.
- 5.7 Athletes must meet their province’s minimum performance criteria to be entered into the regatta.
- 5.8 The CSG events in the CCR shall have a maximum age limit of the CSG competition age minus the number of years out from the CSG year. For 2017, U17 athletes are eligible. (athletes born in 2001 or later.

6. Events

- 6.1 The 10 Canada Cup events shall be:
(All 2000 m followed by 500 m)

Under 17 Women Quad	U17W4x (CSG)*
Under 17 Men Quad	U17M4x (CSG)*
Women Quad	W4x
Lightweight Men Quad	LM4x
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 Coxswain weigh in for the Canada Cup Regatta shall follow the RCA Rules of Racing, with the exception that all coxswains shall be weighed in from two hours to one hour before the start of the first race of the Canada Cup Regatta.
- 7.2 Athlete weigh-in for the Canada Cup Regatta shall be 60kg maximum for lightweight women and 73.5kg maximum for lightweight men. The weigh-in period for all lightweights shall be from two hours to one hour before the start of the first race of the Canada Cup Regatta.
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8. Racing Distance and Progression system.

- 8.1 There are two race distances for the CCR, 2000m and 500m. Entries must compete in both race distances.
- 8.2 The first race of every CCR event shall be the 2000m event. This will be followed by the 500m event as close as possible to the conclusion of the 2000m event. The timing of the 500m races relative to the conclusion of the 2000m races for each event will be dependent on the number of the heats for each event. In the case of heats the fastest times for the 2000m event will be entered into the 500m Final A. Remaining entries will be entered in the 500m Final B.
- 8.3 The winner of each event will be determined by a formula that combines the 2000 m and the 500 m sprint time divided by 5 to get an average 500 m time for the 2 races.
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9. Equipment

- 9.1 Each province is responsible for the provision of all boats, oars and sculls as required for each race.
- 9.2 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.
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10. Infrastructure Requirements

- 10.1 The standard minimum course length for the 2017 CCR shall be a 2000 m racing distance.



- 10.2 There will be six racing lanes plus a lane available to travel to the start of the course. minimum number of lanes shall be seven i.e., six plus an “up” lane.
- 10.3 The minimum lane width will be 12.5m.
- 10.4 A true Albano buoy system with buoy spacing every 10m will be used to hold the CCR. There will be seven lines for six racing lanes with buoys spaced 12.5m apart.
- 10.5 The starter’s tower shall be located above and behind the start line with a light system and an audio system.
- 10.6 The start pontoons shall have 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. Boat bows can be aligned evenly. A proper sighting device is provided for the judge at the start/aligner.
- 10.7 There is no requirement for a starting pontoon for the 500m race of the CCR, however, the Organizing Committee shall be responsible for ensuring that alignment of the boats is possible for this race.
- 10.8 Outdoor boat racks shall be provided for visiting teams.
- 10.9 The Organizing Committee 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.
- 10.10 The Organizing Committee will also commit to providing suitable off-water amenities to ensure a safe and enjoyable experience for athletes and spectators. The off-water amenities will include, but are not restricted to:
 - Change rooms for athletes
 - Food concessions
 - Announcement system for spectators and participants
 - Appropriate signage
 - Spectator viewing areas