



**Rowing Canada Aviron
2019 National Rowing Championships Regatta**

TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the 2019 Rowing Canada Aviron (RCA) National Rowing Championships (NRC) Regatta. This document is intended to establish a baseline of hosting expectations for the Organizing Committee (OC) established with RCA through the Hosting Guidelines Package to ensure a high quality participant experience at the regatta.

The RCA Rules of Racing shall apply for the organization and operation of the NRC Regatta unless stated otherwise. Team managers, coaches and OC members are encouraged to be familiar with the RCA Rules of Racing.

1. NRC Regatta Purpose

- 1.1 The NRC Regatta's purpose is to determine and crown Canadian National Champions in the sport of rowing. The regatta shall also afford the opportunity for athletes to be recognized for their accomplishments and to recognize the accomplishments of their peers. The NRC Regatta shall also facilitate National Team athletes to "re-connect" with their home Provincial Rowing Association (PRA) and RCA Member Club.

2. NRC Regatta Objectives

- 2.1 The NRC Regatta must be meaningful for competitors, meeting the needs of athletes. It is vital that the top athletes in Canada are in attendance and that all athletes are provided a competitive environment.
- 2.2 The NRC Regatta must provide a national ranking of athletes and PRAs. This is important to the National Team and PRAs for numerous reasons, including National Training Centre (NTC) invitations, NextGen Athlete rankings and camp invitations, Sport Canada Athlete Assistance Program (AAP) ranking and rankings for provincial funding.

- 2.3 The NRC Regatta must provide a high-performance environment that largely models a Federation Internationale des Societes d’Aviron (FISA) competition. Refer to 10.1 of this document for further details.
 - 2.4 The NRC Regatta must provide an opportunity for developing athletes to compete against Canada’s top rowers, allowing for the chance to be identified and targeted for further development.
 - 2.5 The NRC Regatta must include an athlete awards banquet.
 - 2.6 The NRC Regatta must work within the approved budget parameters.
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3. NRC Regatta Fixture Date & General Schedule

- 3.1 The NRC Regatta shall be scheduled to permit athletes to train safely in their home provinces prior to the event when possible.
- 3.2 The NRC Regatta shall be a four-day event and normally shall be held on the last full weekend of September.
- 3.3 The general schedule of the 2019 NRC Regatta shall be:

Thursday, September 26	NRC Regatta Time Trials and Repêchages
Friday, September 27	NRC Regatta Quarter-Finals and Semi-Finals
Saturday, September 28	NRC Regatta Finals
Saturday evening	NRC Regatta Awards Banquet
Sunday, September 29	Canada Cup Regatta

4. NRC Regatta Venue

- 4.1 The NRC Regatta shall be held at Burnaby Lake, British Columbia in 2019.
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5. NRC Regatta Right of Entry

- 5.1 The NRC Regatta shall only be open to entries from PRAs or RCA Member Clubs (Club). Athletes training at RCA’s NTCs shall compete under their affiliated PRA. The RCA High Performance Director will provide a roster of NTC athletes to affiliated PRAs a week prior to the NRC Regatta entry deadline.
- 5.2 Athletes must represent their PRA if they (1) receive Sport Canada AAP support; (2) receive Provincial funding of any kind, either direct or indirect; (3) are an RCA NextGen HUB athlete; or (4) qualify through any published selection criteria

defined by the athlete's respective PRA. Any other entry may be entered by a Club.

- 5.3 Athletes must meet their PRA's selection criteria to be entered under the PRA. PRAs have the right to decline an entry from a Club within their province if an athlete fails to demonstrate intent towards qualifying through the PRA criteria.
- 5.4 As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the NRC Regatta is required to be registered with RCA through a Club prior to an entry being made for the athlete. The Club listed in an athlete's entry shall be used to determine a PRA affiliation for the purpose of ranking athletes and PRAs (see 2.2 of this document). If the Club listed during the entry process does not correspond with the RCA database at the time entries are verified, the Club and PRA in the database will be used to create the regatta draw and any subsequent race progressions or results. If no Club or PRA is listed in the database, the entry will not be included.
- 5.5 Composite crews are allowed in the pair (2-) events of the NRC Regatta. Each pair (2-) may be made up of any combination of athletes representing any combination of PRA or Club.
- 5.6 PRAs and Clubs shall pay their respective entry fees. In the event of composite entries in the pair (2-) events, one party shall pay the entry fee, with the second party responsible for reimbursing their half of the entry fee to the party who submitted the entry.
- 5.7 Athletes shall row in their respective PRA or Club colours, including when competing in composite boats. The PRA or Club will supply athletes with the appropriately coloured uniform and oars for all races in the NRC Regatta.
- 5.8 There shall be no limit on the number of athletes per PRA or Club, nor the number of entries a PRA or Club can make in any one event in the NRC Regatta.
- 5.9 There shall be no minimum or maximum age to compete in the NRC Regatta.
- 5.10 Para Rowing (PR) athletes must have current classification documentation or be classified at the NRC Regatta prior to racing. A Technical and Medical Classifier will be available to PR athletes at Burnaby Lake on September 25th, 2019.
- 5.11 PR3 athletes will race in the appropriate able-bodied time trials and subsequent progression at the NRC Regatta. PR3 athletes wanting to race in a para-specific event are required to make that request to the RCA Para Lead Coach prior to NRC Regatta registration.
- 5.12 Racing shells used at the NRC Regatta in the PR1 and PR2 events must comply with Part 8 of FISA Appendix 18, Para Rowing Competition Regulations.

6. NRC Regatta Events

- 6.1 The RCA age categories of Senior, Under-23, and Junior shall be utilized in the able-bodied boat classes at the NRC Regatta.
- 6.2 The events at the NRC Regatta, listed by gender, rowing type (sculling or sweep) and Gold Medal Standard (GMS), shall be:

Women's Single Sculls	W1x
Lightweight Women's Single Sculls	LW1x
Under 23 Women's Single Sculls	BW1x
Under 23 Lightweight Women's Single Sculls	BLW1x
Junior Women's Single Sculls	JW1x
PR3 Women's Single Sculls	PR3W1x
PR2 Women's Single Sculls	PR2W1x
PR1 Women's Single Sculls	PR1W1x
Women's Pair	W2-
Under 23 Women's Pair	BW2-
Junior Women's Pair	JW2-
PR3 Women's Pair	PR3W2-
Men's Single Sculls	M1x
Lightweight Men's Single Sculls	LM1x
Under 23 Men's Single Sculls	BM1x
Under 23 Lightweight Men's Single Sculls	BLM1x
Junior Men's Single Sculls	JM1x
PR3 Men's Single Sculls	PR3M1x
PR2 Men's Single Sculls	PR2M1x
PR1 Men's Single Sculls	PR1M1x
Men's Pair	M2-
Under 23 Men's Pair	BM2-
Junior Men's Pair	JM2-
PR3 Men's Pair	PR3M2-

7. NRC Regatta Weight of Athletes

- 7.1 For NRC Regatta Lightweight Events, athletes shall weigh and be weighed in under [FISA Rule 31 "Lightweights"](#) (see page 54).
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8. NRC Regatta Weight of Boats

- 8.1 The NRC Regatta shall weigh boats according to the process and requirements under [Rowing Canada Aviron Rule 3.2.1 "Weight of Boats"](#) (see page 13).
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9. NRC Regatta Racing Distance

- 9.1 The NRC Regatta will be held on a 2000 meter, fully buoyed, 6 racing lane course.
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10. NRC Regatta Progression System and Seeding Panel

- 10.1 A modified FISA progression system based on the FISA World Championship Regattas progression shall be used at the NRC Regatta. The progression system details can be found [on Regatta Central](#).
- 10.2 The NRC Regatta shall use time trials instead of heats for all events on the first day of racing. Repêchages will follow the time trials. Quarterfinals and semi-finals shall be held on the second day of racing. All finals shall be held on the third day of racing.
- 10.3 A Seeding Panel made up of representatives of the RCA High Performance Staff and participating coaches shall seed the entries in the time trials. The Seeding Panel shall develop seeding criteria to be published prior to the NRC Regatta.
- 10.4 The NRC Regatta events will race in time trials, repêchages, quarter finals, semi-finals and finals within the following groupings:
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|---------|--------------------------|
| Group 1 | JW1x, BW1x, W1x, PR3 W1x |
| Group 2 | JW2-, BW2-, W2-, PR3 W2- |
| Group 3 | BLW1x, LW1x |
| Group 4 | JM1x, BM1x, M1x, PR3 M1x |
| Group 5 | JM2-, BM2-, M2-, PR3 M2- |
| Group 6 | BLM1x, LM1x |
| Group 7 | PR1 W1x, PR2 W1x |
| Group 8 | PR1 M1x, PR2 M1x |
- 10.5 Athletes will be awarded medals based on their performance within each (1) event and each (2) group (i.e. A JW1X athlete placing third in the Group 1 A-Final will be awarded the W1X Bronze Medal and the JW1X Gold Medal).
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11. NRC Regatta Medals and Points System

- 11.1 NRC Regatta Medals will be awarded to the first place, second place and third place finishing athletes of each event. In the case that there are three or fewer crews in an event, medals will be awarded to all finishers.
 - 11.2 The NRC Regatta will use a points system to determine (1) the overall best PRA and (2) the most efficient PRA. Only athletes representing their PRA will be included in the points calculation and ranking. The points system shall be published in a subsequent bulletin.
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12. NRC Regatta Equipment

- 12.1 Participants are responsible for the provision of all boats, oars and sculls as required for each race at the NRC Regatta.
 - 12.2 Notwithstanding the foregoing, the OC shall endeavour to provide a pool of equipment for participants not able to do so for themselves at the NRC Regatta.
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13. NRC Regatta Infrastructure Requirements

- 13.1 The NRC Regatta shall be held on a 2000 meter, fully buoyed course.
- 13.2 The NRC Regatta course shall have at least six (6) racing lanes and one (1) warm-up/return lane.
- 13.3 Each lane at the NRC Regatta shall be no narrower than 12.5 meters.
- 13.4 The starter's tower at the NRC Regatta shall be located above and behind the start line and will use both a light and audio start system.
- 13.5 Start pontoons at the NRC Regatta will adjust to provide 2000 meter racing for all boat classes.
- 13.6 500 meter splits will be taken during all races at the NRC Regatta except for the time trials. Only 2000 meter times will be taken for the time trials.
- 13.7 Outdoor boat racks will be provided for visiting teams at the NRC Regatta.