

TRILLIUM CHASE 1x CHALLENGE SERIES
PRESENTED BY ROWONTARIO



CHALLENGE #3:
ROWONTARIO SMALL BOAT TRIALS

Sunday May 26th, 2019

Hosted by the Welland International Flatwater Centre (South Course)
270 Colborne St. Welland, ON L3B 3M9

OFFICIAL REGATTA INFORMATION PACKAGE

Regatta Chair: Andrea Miller
Chief Umpire: Murray Christie

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BACKGROUND INFORMATION

The Trillium Chase is a monthly 1x Challenge Series – a single sculler’s ‘Grand Prix’ – organized by ROWONTARIO. Each month, single scullers of all ages will have the opportunity to earn points toward the ROWONTARIO Trillium Cup, which will be co-awarded to the male and female sculler, regardless of age category, who wins the most points throughout the Series.

Please review the complete ROWONTARIO Trillium Chase information package on the ROWONTARIO website for detailed information about the Series.

The ROWONTARIO Small Boat Trials is also an ideal preparation event for athletes intending to attend the 2019 RCA Speed Orders National Selection Regatta. ROWONTARIO High Performance Manager Chris Marshall will be on site to meet with Ontario-based targeted athletes and their coaches who have questions or require support for the RCA Speed Orders National Selection Regatta.

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REGATTA INFORMATION

The ROWONTARIO Spring Small Boat Trials is a 2000m Time Trial to Seeded Final regatta open to 1x and 2- entries only.

Please see RegattaCentral for a course map. All athletes and crews are expected to follow the posted warm-up, racing and cool-down flow pattern. Athletes and crews that do not follow the posted traffic patterns will be given a Yellow Card.

EVENT LIST

1. M2-
2. W2-
3. Men's 1x
4. Men's Para 1x
5. Women's 1x
6. Women's Para 1x
7. RCA NextGen Hub Skills Competition*

Athletes will be seeded based on the *On Water 2000m Time (OW2KT)* submitted at the time of entry. If an OW2KT is not provided, athletes will be seeded within each event at the discretion of ROWONTARIO. Andrea Miller, Sport Development Manager, and Chris Marshall, High Performance Manager, will be responsible for seeding athletes and crews in each event.

There are no weight or age categories in each event. The goal of the ROWONTARIO Small Boat Trials is to provide athletes with the opportunity to practice their 2000m race plan, gain experience in a Time Trial to seeded final format, and engage in **meaningful competition for all participants** by having like-speed race like-speed, regardless of weight or age.

NEW IN 2019! RCA NextGen Hub Skills Competition

In the spirit of meaningful competition for all participants, ROWONTARIO has partnered with the RCA NextGen Hubs to host a skills competition for identified novice rowers who are not yet ready to race 2000m but who would benefit from a high calibre competition opportunity. This event is by invitation only; please contact your NextGen Hub coach for more information. Details about the Skills Competition are included at the end of this regatta information package.

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DAY OF COMPETITION - SCHEDULE INFORMATION

BOW # PICK-UP / ATHLETE REGISTRATION: 7:00AM – 9:00AM

Athletes are required to register at the Regatta Office. All athletes will be required to show appropriate identification (see below) at time of registration. Bow numbers will **only** be distributed at athlete registration and **only** to those athletes who meet the I.D. requirements (see below). ID will not be checked at Control Commission.

COACHES MEETING: 7:45AM

ALL clubs are required to send a representative to the coaches meeting at 7:45AM for instructions from the Regatta Chair and Chief Umpire, as per Rule 8.6 of the 2018 RCA Rules of Racing. Clubs that do not sign in at the coaches meeting may be issued a Yellow Card or may not be permitted to race. The Club representative in attendance is responsible for conveying all information from the coaches meeting to all participating athletes, coaches and spectators. 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 and posted in easily accessible locations in the participant area and at the spectator area.

The first race will start at 9:00AM. Athletes will be permitted to launch no earlier than 8:00AM.

The minimum interval in the Time Trial will be 1 minute.
The minimum race interval in the finals will be 8 minutes.

Athletes and crews will be permitted to launch no earlier than 60 minutes prior to their posted start time and no later than 30 minutes prior to their posted start time.

There will be a two-hour break between the end of the time-trials and the start of the first sprint final. The RCA NextGen Hub Skills Competition skills testing portion will be held during this break.

Regatta Office Hours

The Regatta Office will be open from 7:00AM until 30 minutes after the last race. The Regatta Office is in the SNRC portable, beside the pavilion.

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ELIGIBILITY

- Ontario athletes: be a registered member of a ROWONTARIO member club and registered with ROWONTARIO and RCA;
- Canadian athletes from outside Ontario: Be a registered member of RCA and your Provincial Rowing Association;
- Athletes from outside Canada: Be a registered member of your national rowing association (e.g., USROWING).

Composite entries are permitted in the 2- events, so long as both competitors meet the eligibility requirements above and each competitor races in their respective Club racing uniform.

Participation in the RCA NextGen Hub Skills Competition is by invitation only. Athletes competition in that event must also meet the above requirements.

IMPORTANT: I.D. REQUIREMENTS

All competitors will be required to show proof of age and identity at the Regatta Office upon registration by producing government-issued documentation with a photo. 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 at registration. A photo of identification on a cell phone will be accepted, so long as it is clear and has no evidence of tampering.

A birth certificate or other government issued documentation without a photo will be acceptable for Under 13 and Under 15 athletes only.

PROGRESSION FORMAT

Athletes and crews will be placed into finals based on their time in the morning Time Trials. Athletes will race in finals by event, regardless of age or weight, using as many finals as necessary based on the number of entries.

ENTRY DEADLINES AND PAYMENT TERMS

All entries and all payment of entry fees will be completed through RegattaCentral, without exception. Entries, completed in full, must be submitted online by Monday May 20th at 11:59PM.

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

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A preliminary race draw will be posted on RegattaCentral on Tuesday May 21st, 2019. A final race draw will be posted on RegattaCentral on Saturday May 25th, 2019. Any further updates will be published on RegattaCentral and Regatta Master.

Entry Fees

Boat Class	Base Entry Fee		ROWONTARIO Seat Fee	RCA Seat Fee	Total Entry Fee
1x	\$65+HST	\$73.45	\$1.99+HST = \$2.25	\$3.25	\$78.95
2-	\$130+HST	\$146.90	\$3.98+HST = \$4.50	\$6.50	\$157.90
Skills Comp 1x	\$50+HST	\$56.50	\$1.99+HST = \$2.25	\$3.25	\$62.00

Trillium Chase Entry Discount

Competitors who submit an erg score for Challenge #1 **AND** compete in Challenge #2 are eligible for an entry discount at this event. Please contact andrea@rowontario.ca prior to submitting your entry.

1x	\$50+HST	\$56.50	\$1.99 + HST = \$2.25	\$3.25	\$62.00
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*All fees are stated in CAD funds.

Late Entries

Late entries will be accepted on a first come, first paid basis at the discretion of the Regatta Chair. Late entries are subject to lane availability. Late entries will be accepted during the following times:

May 22 nd 9:00am – May 24 th 4:00pm	via RegattaCentral
May 26 th 7:00am – 7:30am	in-person at the Regatta Office

Late entry fee = regular entry fee + 50%. The late entry fee must accompany the late entry for the late entry to be accepted, without exception.

Substitutions

Rule 7.6 (Crew changes before the First Heat) will apply for 2- events. The substitute must meet all eligibility and entry requirements as listed above.

A \$5.00 Name Change Fee will be assessed for all name changes, unless a note from a qualified medical professional is presented to the ROWONTARIO Office by Monday May 27th at 4:00PM (submit via email to andrea@rowontario.ca).

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Substitution requests will be accepted during the following times:

May 22 nd 9:00am – May 24 th 4:00pm	via email (andrea@rowontario.ca)
May 26 th 7:00am – 7:30am	in-person at the Regatta Office

Substitutions will not be permitted for single scullers.

Scratches

All scratches submitted after the entry deadline will be assessed a \$50.00 Scratch Fee.

Crews who miss the start of their race for any reason will also be assessed a \$50.00 Scratch Fee.

Scratch Fees will be waived for medical reasons if a note from a qualified medical professional is presented to the ROWONTARIO Office by Monday May 27th at 4:00PM (submit via email to andrea@rowontario.ca).

RCA RULES OF RACING EXCEPTIONS

This regatta will follow the 2018 Rowing Canada Aviron Rules of Racing, with the Exceptions (per Rule 1.6) below:

2.3 Categories of Rowers and Proof of Age and Identity

Please see the description of and rationale for event categories above as well as the requirements for identification.

2.7 Masters Rowers

Please see the description of and rationale for event categories above as well as the requirements for identification.

2.8 Masters Age-Adjusted Time Scores

Times will not be age-adjusted within each category.

7.6 Crew changes before the First Heat

There will be no substitutions permitted for single scullers.

Substitution requests must be approved at least 60 minutes before the start of the Time Trial for that event to allow time for crews to row to the start.

RESULTS

Results will be posted online using RegattaCentral and Regatta Master, as well as posted on the designated results board(s) at the regatta site.

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PARKING

Parking will not be enforced at this regatta.

SITE AMENITIES

Please note there will be no food vendors at this regatta. Competitors are encouraged to bring their own water; there is access to a water hose at the boat house and there will be bottles of water available in case of emergency at the Start, Finish, Medical and Regatta Office. The municipal water truck will not be present for this event.

MEDICAL SERVICES

A clearly marked medical tent, staffed with a certified City of Welland lifeguard, will be located at the finish line on the West shore (finish tower side), with access to a coach boat to assist an athlete on the water with immediate need. The Regatta Office will have a basic First Aid kit, as well as a telephone to phone 911 if required. The Regatta Office will also have radio communication with medical services on-site.

All questions should be addressed to Andrea Miller, ROWONTARIO Sport Development Manager, at andrea@rowontario.ca.

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APPENDIX 1: TRILLIUM CHASE POINTS

Athletes will be awarded points toward the **ROWONTARIO Trillium Cup** based on their category. Points are only awarded to 1x entries.

Points are awarded based on the fastest time in the Time Trial in that category, as defined above, using the birth date entered at time of registration. All competing athletes who complete the Time Trial will be awarded points regardless of the number of entries in an event and regardless of participation or performance in the final.

Fastest Time	25 points
Within 0.1-0.9% of Fastest Time	22 points
Within 1-1.9% of Fastest Time	18 points
Within 2-2.9% of Fastest Time	15 points
Within 3-3.9% of Fastest Time	12 points
Within 4-4.9% of Fastest Time	10 points
Within 5-5.9% of Fastest Time	7 point
Within 6% or greater of Fastest Time	5 point
Did not race	0 points

The leader in each age category will be recognized as such at the next Challenge in the Series, should they choose to enter that event.

Please refer to the **ROWONTARIO Trillium Chase 1x Challenge Series Information Package** for more information regarding category gold medals and the **ROWONTARIO Trillium Cup**.

Categories (Age as of December 31, 2019):

Under 13	▪ Born in 2007 or later.	Age 51-55	▪ Born in 1964-1968
Under 15	▪ Born in 2005 or 2006	Age 56-60	▪ Born in 1959-1963
Under 17	▪ Born in 2003 or 2004	Age 61-65	▪ Born in 1954-1958
Under 19	▪ Born in 2001 or 2002	Age 66-70	▪ Born in 1949-1953
Under 21	▪ Born in 1999 or 2000	Age 71-75	▪ Born in 1944-1948
Under 23	▪ Born in 1997 or 1998	Age 76-80	▪ Born in 1939-1943
Under 30	▪ Born in 1990-1996	Age 81-85	▪ Born in 1934-1938
Age 30-35	▪ Born in 1984-1989	Age 86-90	▪ Born in 1929-1933
Age 36-40	▪ Born in 1979-1983	Age 91-95	▪ Born in 1924-1928
Age 41-45	▪ Born in 1974-1978	Age 96-100	▪ Born in 1919-1923
Age 46-50	▪ Born in 1969-1973	▪ And so on as required... in 5-year increments.	
PARA	▪ PR1 / PR2 / PR3*	Points (as well as separate Category Medals) will be awarded in each para	

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	*as per the criteria set out in the FISA Para Rowing Classification Requirements	category for Men & Women where entries warrant.
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Female and Male athletes will be ranked separately within each category as separate events.

There are no weight categories or age handicaps in the ROWONTARIO Trillium Chase 1x Challenge Series.

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APPENDIX 2: RCA NextGen Hub Skills Competition

Eligibility: By invitation only. Please contact your NextGen Hub coach for information about registering for this event. There are no age, weight, or gender divisions in this event; athletes will be scored and ranked as one group, separate from other participants in the Small Boat Trials regatta.

Competition Format:

The Skills Competition will include three (3) components:

1. Boat-Handling Skills
2. 500m minimum strokes
3. 500m side-by-side racing

Athletes will receive a score in each component, with the winner having earned the highest total number of points at the end of the day.

Boat-Handling Skills will be tested in the two-hour break between the Small Boat Trials time trials and sprint finals. The two 500m tests will take place at the end of the day once the 2000m side-by-side racing is complete.

Scoring:

Boat-Handling Skill	Scoring
360 Degree Boat Turn (Clockwise & Counter-clockwise)	20 seconds = 10 points 1 point deducted for every +5 seconds
Rigger Dips (30 seconds)	1 point for each 6 reps
Handle Dips (30 seconds)	1 point for each rep
Loaded Roll Ups (10 attempts)	1 point for each successful rep
Tap Downs (10 attempts)	1 point for each successful rep

500m Minimum Strokes (From a standing start)	
17-19 strokes	10 points
20-22 strokes	9 points
23-25 strokes	8 points
26-28 strokes	7 points
29-31 strokes	6 points
32-34 strokes	5 points
35-37 strokes	4 points
38-40 strokes	3 points
41-43 strokes	2 points
44+	1 point

500m Side-by-Side (From a fixed start)	
Fastest Time	20 points
2nd Fastest	19 points
3rd Fastest	18 points
4th Fastest	17 points
5th Fastest	16 points
...etc.	...etc.