

2017 RCA National Rowing Championships – Canada Cup Regatta

Burnaby Lake
Burnaby, British Columbia



ROWING
CANADA
AVIRON



Bulletin No. 3
November 2, 2017

The Organizing Committee is in the final stages of preparation for the 2017 NRCs and Canada Cup events. Please review the following for important information.

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STAY UP TO DATE

Information regarding this event is available through the [RegattaCentral](#) and [Rowing BC](#) websites. This bulletin will be the final information bulletin. All future updates will be made available on the websites.

COMMUNICATION DURING THE EVENT

WhatsApp chat will be used to keep PRA main contacts informed during NRCs instead of emails or trying to catch people in person on the dock. For the coach or staff members that will be present at the regatta site, please provide sonja.lonne@rowingbc.ca with the cell phone number to best reach them at. These numbers will put into a chat for this purpose only. WhatsApp is free to download on any sort of smartphone. The chat runs on wifi so that no one is paying roaming or text fees.

GETTING TO BURNABY LAKE & PARKING

Trailer parking will be available in the main lot beside the pavilion. We are aware that many trailers are arriving for CURCs the week before NRCs and may wish to stay parked. All personal vehicles must park in the overflow gravel parking lot. Security will be provided in the main lot. It will not be provided in the overflow gravel lot.

REGATTA SCHEDULE AND TIME TRIAL DRAW

The final schedule and time trial draw is available on [Regatta Central](#). Hard copies of schedules and daily racing draws will be available on a limited basis from the regatta office. Please bookmark the Regatta Central site to avoid unnecessary printing requests.

The time trial order has been determined by a seeding panel made up of RCA High Performance Director, Ian Brambell, and National Team Coaches, Terry Paul and Dave Thompson. Additional information on the seeding panel was described in [Bulletin #2](#).

CANADA CUP EVENTS PROGRESSION FORMAT

1. Format assumes a maximum of 12 entries for Canada Games events and 5 entries for Canada Cup events. If 7 or more entries are received for the CC events, heats may be added to the schedule. This may result in the regatta extending past currently scheduled ending time.
2. The events are essentially 2,500 metres in length. Crews race 2000m and then race 500m.
3. In the Canada Games events the five fastest times from the two heats advance to the Final 'A' 500m event; the remainder advance to the Final 'B'. At the conclusion of the CG 2000m heats, crews row to the finish area dock to get new bow number for 500m final.

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4. In the Canada Cup events, crews remain on the water after their 2000m race until their 500m race.
5. The 500m finals will start at the 1500m line with a 'floating start'.
6. A crew's 2000m time is added to the crew's 500m time. The crew with the lowest combined time is declared the winner.
7. Only gold medals will be awarded.

CANADA CUP ENTRIES

Entries for Canada Cup races are due by 3 PM on Saturday, November 11th. Provinces are expected to assign a designate to complete all entries in RegattaCentral. The regatta office will be open to assist with any registration challenges, but will not take responsibility for inputting each province's crews. A wifi password will be provided on Saturday to Provincial Representatives needing to place their Canada Cup entries.

COACHES MEETING

All coaches are expected to attend the following meetings:

Wednesday, November 8th 4-5 PM.

Thursday, November 9th 30 min after the start of the last race.

Friday, November 10th 30 min after the start of the last race.

All meetings will take place in the pavilion.

25TH ANNIVERSARY OF THE 1992 CANADIAN OLYMPIC ROWING TEAM

In 1992, the Canadian Olympic Rowing team achieved a high water haul of medals, winning 4 gold and a bronze at the Barcelona Olympics. Members of the 1992 Olympic Medal winning crews, as well as members in the Coaches and Builder categories will be inducted into the [Canadian Rowing Hall of Fame](#) on Friday, November 10th at the Vancouver Rowing Club. The Canadian Rowing Hall of Fame was established in 2015 to recognize and celebrate the accomplishments of Canadian rowers at the highest levels of the sport, and those whose efforts have contributed directly to those results.

The 25th anniversary celebrations will continue on Saturday November 11th, in conjunction with National Rowing Championships, following the end of racing at 12 noon.

Rowing Canada Aviron encourages members of our community to help celebrate the incredible contribution of the 1992 Canadian Olympic Rowing Team, through purchasing a ticket to the Hall of Fame induction. Another class of Canadian Rowing Hall of Fame inductees will be welcomed in conjunction with the RCA National Conference & Semi-Annual Meeting in Toronto, January 2018.

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Friday November 10th, 2017

Canadian Rowing Hall of Fame Reception

Induction of 1992 Olympic Medal winning crews

Vancouver Rowing Club

6-8pm

Tickets can be [purchased here](#).

FLOW PATTERNS

Maps of the flow pattern for practice, warm up, 2000m racing, 500m racing and time trials area [available on RegattaCentral here](#). Please note that for crews familiar with Burnaby Lake, this IS NOT the regular club rowing pattern. Athletes and coaches should carefully review the maps before arrival. These patterns will be in effect during CURCs and NRC-CCs November 2-12th.

PRACTICE SESSIONS

The lake will be open for practices at the following times:

Tuesday, November 7th 12-4:30 PM

Wednesday, November 8th 7 AM-4:30 PM

Thursday, November 9th 7-8 AM

Friday, November 10th 7-8 AM

Saturday, November 11th 7-8 AM, 1-3 PM

Teams arriving early that would like to also practice on Monday should connect with [Jessica Lowe](#) to make appropriate arrangements.

A coach boat must be on the water in order for crews to practice. Coaches are responsible for coordinating who will go out in the coach boat before any athletes launch. An online sign up sheet is [available here](#). Coaches are required to go online to indicate who has taken responsibility over having a coach boat on the water during that session. Athletes must not launch unless a coach has signed up for the session, and a coach boat is on the water.

ATHLETE AREAS

The OC has arranged ergs inside the Burnaby Lake pavilion to be available for athlete warm up and cool down purposes.

There will be limited space available in the pavilion. Athletes are encouraged to make use of the athlete tent space in the main lot in between races.

Water will be available on-site, but athletes should ensure to each bring a refillable water bottle.

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ID REQUIREMENTS

Please note that photo ID is mandatory for athlete weigh-ins and dock access during racing. Acceptable ID will be any government issued document with photo and date of birth. A photobook is being created to help streamline the process of athlete check-ins for races at the 2017 RCA National Rowing Championships. For provinces that would like to participate in this initiative, each province will take responsibility for checking their athlete's ID and collecting a color photo that clearly shows the athlete's facial details (this could be done by arranging to take photos of athletes, or having athletes submit a pre-existing photo). Each province should compile their athlete photos into a Google Drive folder and share the folder with sonja.lonne@rowingbc.ca. Athlete photos should be uploaded into this folder in color, titled with the Province and Athlete's Name in the following form: Province - Last Name, First Name.

Completion of submission into the photobook requires that the photos have been uploaded, and a completed copy of the attached form has been emailed to sonja.lonne@rowingbc.ca by Friday, November 3rd.

Provinces who choose not to participate in the photobook, or athletes who do not supply a photo, will be required to be checked in with a government-issued photo ID at the control tent before each race.

CONTROL COMMISSION

Single access to the Control Commission tent will be via the Burnaby Lake parking lot. All competitor boats must be stored in the parking lot.

ATHLETE WEIGH-INS

An athlete weighing test scale will be available. Weigh-in time is 2 hours to 1 hour before one's race.

For the Canada Cup events, FISA Rule 31 will apply except that each athlete in a crew will be permitted to weigh the FISA maximum i.e., LM 73.5 kg, LW 60 kg. In addition, the weigh-in window for all athletes and coxswains is 2 hours to 1 hour before the first race of the day.

BOAT WEIGHING

At request of the National Team coaches, boats being used for racing at the 2017 National Rowing Championships Regatta will be subject to boat weighing regulations. Guidelines from the FISA Rules of Racing and Related By Laws (2017), Bylaws to Rule 41 – Weights of Boats, will be used for the regatta.

It is solely the responsibility of the crew that their boat meets the required minimum weight. Rowing Canada will provide a weigh scale which shall indicate weight of boat to

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0.1 kg. The scale will be available from Wednesday 14:00hrs, Nov 8th with priority to boats being officially weighed by RCA during racing. Brass weight will be available for rent at the weigh station at the market cost of \$4.00/100g in cash. Funds will be refunded at the end of racing on Sunday, November 12th in exchange for rented weights.

The High Performance Director will randomly draw before the start of racing each day, the boats to be weighed. The High Performance Director will deliver draw to the designated RCA staff person at the boat weighing station. The draw will be kept confidential until crews of the selected boat have been notified. The designated staff person will notify crews of their selection as they leave the water after their race and accompany the boat directly to the weighing scales. Crews that have raced in an underweight boat will not advance further in the regatta progression and will not be given a result for the just completed race.

MINISTRY OF ENVIRONMENT INSPECTION

The Ministry of Environment requires that all equipment arriving in BC after having been in Ontario, Quebec or Manitoba go through an inspection to help stop the spread of invasive zebra and quagga mussels. Before being loaded onto your trailer, equipment must be cleaned with soap and fresh water, drained and fully dried. Rowing BC will coordinate with trailer drivers for an inspection of all equipment to be completed upon arrival in BC, before any boats can be unloaded and used for practice/racing. To pass the inspection, the inside of boats must be fully dry so that there is nowhere for larvae or adult mussels to live or be transferred from. Additional information will be provided in the lead-up to the NRC-CC regattas to the trailer drivers of those provinces affected. More information on requirements for bringing boats into BC is [available here](#).

CREW DEADLINE/SCRATCH DEADLINES

Crew changes (\$5.00 ea.), are to be made at the regatta office in writing by the designated team representative by 5:00 p.m. Wednesday, November 8th.

A fee of \$50.00 will be levied for each scratch and 'no show'. Scratches (\$50.00 ea.) are to be made at the regatta office in writing by the designated team representative at least one (1) hour prior to the race in question. Medical scratches require a certificate handed to the regatta office inside the pavilion in order to waive the scratch fee.

NAME CHANGE FEES

The name change fee will be \$10.00 per competitor for all NRC events. There will be no change fee for Canada Cup entries. Canada Cup entries are due to the Regatta Office no later than 1.5 hours after the last race on Saturday, November 11th.

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OUTSTANDING ACCOUNTS

All outstanding accounts between the Organizing Committee and a team are to be settled by the team representative at the regatta office before Noon on Saturday, November 11th. Cash and cheques will be accepted. Credit cards will not be accepted.

REGATTA OFFICE HOURS

The regatta office/desk will be inside the Burnaby Lake Pavilion and will be open:

- Wednesday: 2-4 PM
- Thursday 8 AM-5 PM
- Friday: 8 AM-5 PM
- Saturday: 8 AM-2 PM
- Sunday: 7 AM-12 PM

The regatta office can be reached at 778-994-2834 during these hours.

CONCESSION HOURS

The concession will be inside the Burnaby Lake Pavilion and will be open:

- Thursday 8 AM-3 PM
- Friday 8 AM-3 PM
- Saturday 8-10 AM
- Sunday 8-11 AM

ATHLETE AND COACH BIOS

The OC intends to be able to equip announcers with information about all of the athletes and coaches attending this event. If you haven't done so, please complete the short athlete or coach bio available at the link below.

Athlete Bio questionnaire can be [accessed here](#).

Coach Bio questionnaire can be [accessed here](#).

2017 RCA NATIONAL ROWING CHAMPIONSHIPS ATHLETE AWARDS BANQUET

The 2017 RCA National Rowing Championships Athlete Awards Banquet is presented by Jonker Auto Group.

The banquet will be held at the Hilton Metrotown after the completion of 2017 RCA National Rowing Championships racing on **Saturday, November 11th**. The banquet will include medal presentation ceremonies and a dinner.



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NRC Medal Presentations: 5pm – 6pm (athletes to arrive by 4:45 pm)

Reception: 6pm – 7pm

Banquet: 7pm – 9pm

Location: 6083 McKay Ave., Burnaby BC V5H 2W7, Crystal Ballroom, Hilton Vancouver Metrotown

Dress Code: Cocktail

Tickets for athletes are automatically included in their entry fees. Tickets for coxswains, coaches, staff, parents, and supporters must be purchased separately for \$105 each (\$100 plus 5% tax).

Online purchasing of tickets is [available here](#).

Tickets will be considered “on hold” after the online form has been completed. Tickets will be confirmed only when full payment has been received. Payment can be made by cheque to Rowing BC (155-3820 Cessna Drive, Richmond, BC, V7B 0A2) or by e-transfer to admin@rowingbc.ca.

Supporters from across the country are donating toward tables at the Athlete Awards Banquet. If you, or someone you know, would be interested in giving a donation to provide support in this way, please visit the [Donation Webpage](#).

POINTS SYSTEM

Points Distribution for Events With More than Ten Entries:

Points to be awarded, on a sliding scale (below), to the top 10 placing athletes in each event in the NRC. NTC entries are **not** to be included in any of the calculations. Points for combined NTC / Prov. entries will be award only for the provincial half of the entry.

Single

1st place - 10 points
2nd place - 9 points
3rd place - 8 points
4th place - 7 points
5th place - 6 points
6th place - 5 points
7th place - 4 points
8th place - 3 points
9th place - 2 points
10 place - 1 point

Pair

1st place – 20 points
2nd place - 18 points
3rd place - 16 points
4th place – 14 points
5th place – 12 points
6th place – 10 points
7th place – 8 points
8th place – 6 points
9th place – 4 points
10th place – 2 points

Points for composite pairs to be split equally to the provinces making the entry.

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Points Distribution for Events With Fewer than Ten Entries:

In events with less than 10 competitors, the points to be awarded from the “bottom up” vs the “top down”. Points are awarded based on an athlete’s placing, and distributed relative to the overall depth of an event. For example, if there were 8 competitors, the winning boat would earn 7 points for their province, 2nd place 6 points, 3rd place 5 points and so forth.

Case of Athlete Winning Their Own Restricted Event and Open Category Event:

An athlete can earn points only in the event in which they are entered. For example, if entered the BW1x and win the W1x, then points are awarded only for the BW1x event. If an athlete / crew wins an event above their entered category, then the second place finisher in the event earns 9 points and the 3rd place finisher earns 8 points and so on down.

Awards:

Grand Champion – Shall be deemed the province with the greatest number of points

Efficiency - Is tabulated by dividing number of points earned by a province by the number of athletes the province registered for the regatta.

VOLUNTEERS

The OC is still in need of individuals to fill a variety of positions on all of the event days. If any additional coaches/parents/supporters will be travelling with your team, please encourage them to sign up for a few volunteer shifts. Most shifts are about two hours in duration. Individuals who volunteer for at least two shifts will be provided with commemorative swag. Those that volunteer two shifts in a single day will also be provided lunch in appreciation of their support. Snacks and hot drinks will also be available. Volunteers are asked to bring a re-usable mug for hot drinks to help make the regatta as green as possible.

The positions still needing volunteers can be [viewed here](#).

REGATTA QUESTIONS?

Jessica Lowe will be returning as Chair of the 2017 NRC-CCR Organizing Committee and former FISA umpire Mike Bagshawe will be returning as the Chief Umpire for the regatta. If you have any questions about the regatta please contact the Organizing Committee Regatta Chair, Jessica Lowe at: nrc-cc@rowingbc.ca.

We look forward to seeing you in Burnaby.

THANK YOU TO OUR ATHLETE AWARDS BANQUET DONORS

At the time of this bulletin, the following donors from across the country had contributed towards the Athlete Awards Banquet. A full, up-to-date listing of the donors involved in this event is [available here](#).

- **Laurel and Stephen Glanfield**
- **Rowing BC Board of Directors**
- **ROWONTARIO**
- **Hudson Boatworks**
- **1867 Paris Crew** (Robert Fulton, Samuel Hutton, George Price, Elijah Ross)
- **1968 Canadian Olympic Men's 8+** (Daryl McDonald, Clay Brown, Rich Symysk, John McIntyre, Rick Crooker, John Richardson, John Ross, Niel Campbell, Joel Finlay)
- **1970 World Rowing Championships Canadian Men's 8+ in honour of Bob Advent** (Benj Clark, Bob Advent, Rod Bell-Irving, Bryan McKibbon, Doug McKegny, Ian Gordon, Karel Jonker, Ed Smith, Cox Mike Conway, Coach Peter Klavern) – *Bob Advent rowed in the 1969 Canada Games, the 1970 World Championships, and the 1971 Pan Am Games and is fondly remembered by his fellow rowers for his unvarying dedication, congeniality and good humour.*
- **1972 Canadian Olympic Men's 4-** (Don Curphey, Greg Rokosh, Karel Jonker, Ian Gordon)
- **1976 Canadian Olympic Women's 8+** (Carol Eastmore (Love), Rhonda Ross, Nancy Higgins, Mazina Delure, Susan Antoft, Wendy Pullan, Christine Neuland, Gail Cort, Illoana Smith)
- **1976 Canadian Olympic Men's 4-** (Brian Dick, Ian Gordon, Philip Monckton, Andrew van Ruyven)
- **1978 UBC/VRC Men's 8+** (Peter Jackson, David Orr, Fred Withers, John Richardson, Robin Catherall, Marius Felix, David Dunnison, David Wilkinson, Morris Hutchins)
- **1979 PanAm Games UBC/VRC Men's 8+** (John Richardson, Fred Withers, Marius Felix, Rob Hartvikson, David Wilkinson, Robin Catherall, David Orr, Greg Hood, Mike Conway)
- **1978 UBC/VRC Men's 8+ and 1979 PanAm Games UBC/VRC Men's 8+** have supported a third table with the help of John Cordonier, Cedric Burgers, and John Bodnar
- **1984 Canadian Olympic Men's 8+** (Blair Horn, Dean Crawford, Michael Evans, Paul Steele, Grant Main, Mark Evans, Kevin Neufeld, Pat Turner, Brian McMahon)
- **2008 Canadian Olympic Men's 8+** (Kevin Light, Ben Rutledge, Andrew Byrnes, Jake Wetzell, Malcolm Howard, Dominic Seiterle, Adam Kreek, Kyle Hamilton, Brian Price)
- **Friends of Rowing**
- **Tom Hawker**

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THANK YOU TO OUR PARTNERS AND SPONSORS

