



**Rowing Canada Aviron
2018 Canada Cup Regatta**

TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the 2018 Rowing Canada Aviron (RCA) Canada Cup Regatta. This document is intended to establish a baseline of hosting expectations for the Organizing Committee (OC) established through by RCA through the Hosting Guidelines Package.

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

1. Canada Cup Regatta Purpose

- 1.1 The Canada Cup Regatta exists to promote annual domestic big-boat competition. The regatta will be contested over 2000 and 500 meter distances, requiring athletes to demonstrate race strategies for both. Entries for the Canada Cup Regatta are structured to promote inclusion of athletes from all regions.

2. Canada Cup Regatta Objectives

- 2.1 The Canada Cup Regatta must be meaningful and of importance, meeting the needs of the 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 Canada Cup Regatta must provide an opportunity for developing athletes to compete with and against Canada's top rowers, allowing for the chance to be identified and targeted for further development.
- 2.3 The Canada Cup Regatta shall provide an opportunity for National Team athletes to represent their Provincial Rowing Associations (PRA) and home clubs.
- 2.4 The Canada Cup Regatta will include an athletes' awards banquet.
- 2.5 The Canada Cup Regatta must work within its approved budget parameters.

3. Regatta Fixture Date and General Schedule

- 3.1 The Canada Cup Regatta shall be held on Sunday, November 11, 2018.
 - 3.2 Provincial, Regional and Club-based teams will compete in 4x and 8+ races.
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4. Regatta Venue

- 4.1 The Canada Cup Regatta shall be held at Burnaby Lake, British Columbia.
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5. Right of Entry

- 5.1 The Canada Cup Regatta shall only be open to athletes who represented a PRA or RCA Member Club at the 2018 National Rowing Championships (NRC) Regatta.
- 5.2 Canada Cup Regatta entries require athletes to compete for the same PRA or RCA Member Club that they represented at the NRC Regatta, or representing the same PRA within a composite crew.
- 5.3 As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the Canada Cup Regatta is required to be registered with RCA and their PRA through an RCA Member Club prior to an entry being made for the athlete. If the RCA Member Club provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's club and PRA in the database will be used in making the regatta draw and any subsequent race results. If no club or PRA affiliation is found in the database, the entry will not be drawn.
- 5.4 PRAs and clubs shall pay their respective entry fees. In the event of composite crews, one PRA shall pay the entire entry fee, with the other PRAs responsible for reimbursing their portion of the entry fee to the PRA who submitted the entry.
- 5.5 Athletes shall row in their respective PRA or club colours, including when competing in composite boats. The PRAs or clubs will supply athletes with the appropriately coloured uniform and oars.
- 5.6 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.
- 5.7 There shall be no minimum or maximum age to compete in the Canada Cup Regatta.

- 5.8 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; (c) any other combinations of provinces identified in (a) or (b); (d) nationally if the demographic of the entry is identified as U17, U19 or U21, providing the athletes have not been previously identified through any of the mechanisms above. Option (d) is to be used in the event there are athletes available after provincial and regional entries are made and could be facilitated by RCA staff.
- 5.9 PRAs and RCA Member Clubs are encouraged to use the Canada Cup Regatta to build long term athlete development strategies.
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6. Events

- 6.1 The events at the Canada Cup Regatta, listed by Gold Medal Standard, shall be:

Men's Eight	M8+
Men's Quad	M4X
Women's Eight	W8+
Women's Quad	W4X

7. Weigh-Ins

- 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 their first race.
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8. Racing Distance and Progression System

- 8.1 The Canada Cup Regatta will be contested over 2000 meters and 500 meters.
- 8.2 All races will include staggered starts for crews identified as U23 and under, based off RCA's Gold Medal Standards (GMS). The stagger scale will be published in subsequent bulletins.
- 8.3 To minimize wake, lanes will be awarded from the low side to the high side of the course, according to the size of stagger.
- 8.4 The 500 meter races will start as close as possible to the conclusion of the 2000 meter races, but will be dependent on the number of heats in each event.

- 8.5 In the case of heats at the Canada Cup Regatta, a progression system will be established, based off of the RCA Rules of Racing, establishing which crews will race the 500 meter A, B or C Finals.
- 8.6 The Canada Cup Title will be awarded to the crew with the fastest average 500 meter split, adding both GMS adjusted race times together.
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9. Equipment

- 9.1 Each PRA or RCA Member Club is responsible for the provision of all boats, oars and sculls as required for each race.
- 9.2 Notwithstanding the foregoing, the OC shall endeavour to provide a pool of equipment for participants not able to do so for themselves.
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10. Infrastructure Requirements

- 10.1 The Canada Cup Regatta will be held on a 2000 meter, fully buoyed course.
- 10.2 The course shall have seven lanes (i.e., six plus an “up” lane).
- 10.3 Each lane shall be no narrower than 12.5 meters.
- 10.4 The starter’s tower will be located above and behind the start line and will use both a light and audio start system.
- 10.5 Start pontoons will adjust to provide 2000 meter racing for all boat classes.
- 10.6 A floating start will be used for the 500 meter races.
- 10.7 500 meter splits will be taken during all races.
- 10.8 Outdoor boat racks will be provided at Burnaby Lake.
- 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.