



**RCA National Rowing Championship Regatta  
and  
Canada Cup Regatta**  
*Bulletin No. 1*

September 14, 2018

Rowing BC is excited to host the 2018 Rowing Canada Aviron (RCA) National Rowing Championship (NRC) Regatta and the Canada Cup Regatta. For the third year in a row these events will be hosted at Burnaby Lake in British Columbia. Rowing BC won the right to host these events in Burnaby from 2016 – 2019.

This years' NRC Regatta will run from Thursday, November 8 to Sunday, November 11, 2018, with the Canada Cup Regatta occurring on November 11, 2018, following the completion of the NRC Regatta. The Athlete Awards Banquet will occur after the conclusion of all racing on November 11, 2018.

Both regattas have their own Technical Packages which have been updated for 2018. We encourage all team managers and coaches to read through these documents in detail. To support the Technical Packages of both regattas, this bulletin highlights critical information athletes, coaches and team officials will need to know.

**RIGHT OF ENTRY**

New to the 2018 NRC Regatta, athletes who do not qualify to race for their Provincial Rowing Association (PRA) are able to register and race the NRC Regatta for their RCA-Member Club (Club).

Athletes training at RCA's National Training Center (NTC) shall compete under the PRA they are affiliated with. The RCA High Performance Director will provide a roster of NTC athletes to the PRAs before October 19, 2018, seven days ahead of the NRC Regatta entry deadline.

Athletes who receive Sport Canada Athlete Assistance Program (AAP) support, direct or indirect provincial funding, are on the RCA NextGen HUB list or qualify through any published selection criteria defined with the athlete's respective PRA, must represent their PRA. Entries that do not fit into the categories described above may be made by a Club.

The Canada Cup Regatta shall only be open to athletes who race at the NRC Regatta. Any NRC athlete can represent their PRA, regional team or Club at the Canada Cup Regatta.



### **NRC REGATTA EVENTS**

#### **Women's Single Sculls**

Lightweight Women's Single Sculls  
Under 23 Women's Single Sculls  
Under 23 Lightweight Women's Single Sculls  
Junior Women's Single Sculls  
PR1 Women's Single Sculls  
PR2 Women's Single Sculls  
PR3 Women's Single Sculls

W1x  
LW1x  
BW1x  
BLW1x  
JW1x  
PR1W1x  
PR2W1x  
PR3W1x

#### **Women's Pair**

Under 23 Women's Pair  
Junior Women's Pair  
PR3 Women's Pair

W2-  
BW2-  
JW2-  
PR3W2-

#### **Men's Single Sculls**

Lightweight Men's Single Sculls  
Under 23 Men's Single Sculls  
Under 23 Lightweight Men's Single Sculls  
Junior Men's Single Sculls  
PR1 Men's Single Sculls  
PR2 Men's Single Sculls  
PR3 Men's Single Sculls

M1x  
LM1x  
BM1x  
BLM1x  
JM1x  
PR1M1x  
PR2M1x  
PR3M1x

#### **Men's Pair**

Under 23 Men's Pair  
Junior Men's Pair  
PR3 Men's Pair

M2-  
BM2-  
JM2-  
PR3M2-

### **CANADA CUP REGATTA EVENTS**

Women's Quad  
Men's Quad  
Women's Eight  
Men's Eight

W4x  
M4x  
W8+  
M8+

In the event that any of the Canada Cup Regatta entries are identified as a U17, U19, U21 or U23 crew, the start shall be staggered according to RCA's Gold Medal Standards. Crews will be seeded in lanes to minimize the impact of wake due to the stagger.



## **GENERAL SCHEDULE**

	Morning	Afternoon	Evening
Thursday	Training	NRC Time Trial	Umpire Event*
Friday	NRC Repechage NRC Quarter-finals		Coaches Event*
Saturday	NRC Semi-finals NRC Finals D, E, F, G+		NSO/PSO Event*
Sunday	NRC Finals A, B, C	Canada Cup	Athlete Awards Banquet

*\*Additional information about the evening events will be released in Bulletin #2.*

## **ENTRY FEES**

The entry fee for all competitors at the NRCs is \$150 plus 5% GST = \$157.50. This fee includes entry into the NRC Regatta, entry into the Canada Cup Regatta and a ticket to the Athlete Awards Banquet on Sunday evening. Competitors who do not participate in the Canada Cup Regatta, or who do not attend the banquet will not be reimbursed. The RCA \$3.25 seat fee will also be applied to each entry. There is no entry fee for coxswains. Coxswains will be required to purchase banquet tickets online at a later date.

## **SUBMITTING ENTRIES**

All registration will be processed through RegattaCentral. Entries will only be accepted from individuals that have already been designated by the PRA as having permission to make entries on behalf of the PRA, or a Club. In order to access the RegattaCentral registration, each PRA must email Sonja Lonne ([sonja.lonne@rowingbc.ca](mailto:sonja.lonne@rowingbc.ca)) a list of email addresses for those PRA and club staff/volunteers who should be permitted registration access. Competitors must be registered with their rowing club, province and RCA through the RCA Web Registration system prior to any entry being made.

RegattaCentral online registration will open Friday, September 21<sup>st</sup>. The deadline to submit entries is **11:59 PM PDT, Friday, October 26, 2018**. Managers and coaches should contact their PRA for internal selection deadlines. A preliminary draw for the NRC Regatta will be posted Friday, November 2, 2018.

Please note that entries for which payment has not been submitted by the entry deadline will not be drawn and late entries will not be accepted. The scratch fee and no-show fee is \$50 and the name change fee is \$10 per competitor.

To help reduce credit card processing fees, Rowing BC requests that entries are paid by cheque to Rowing BC, 155-3820 Cessna Drive, Richmond, BC, V7B 0A2.



## **PROGRESSION**

A modified FISA progression system based on the FISA World Championship Regatta progression shall be used at the NRC Regatta. All NRC Regatta events will commence with 1900m time trials in their respective groups, instead of heats, regardless of the number of total entries within a group. On Friday and Saturday, repechages, quarter-finals, semi-finals, and finals D (and up) shall be held as needed. On Sunday, NRC finals A, B, C shall be held before transitioning into the Canada Cup Regatta.

The Canada Cup Regatta format has changed for 2018. Crews will compete in the W8+, W4X, M8+ and M4X over 2000 meters and 500 meters. Start-line staggers will be given to U17, U19, U21 or U23 crews in both the 2000 meter race and the 500 meter race. The 500 meter race will be a floating start. The winner of the 2018 Canada Cup Regatta is the crew with the fastest 500 split time averaged over both the 2000 meter and 500 meter race distances.

## **SEEDING PANEL**

As mandated in the NRC Regatta Technical Package, a Seeding Panel will be struck. The panel will use the following criteria to seed the NRC Regatta time trials in order to avoid faster crews overtaking slower crews. Depending on the number of entries in each event, up to 20 entries in each event will be seeded. The criteria for seeding will be:

- RCA High Performance Director NTC athlete ranking;
- 2018 Domestic and International Results; and
- RADAR submissions

## **WHERE TO ACCESS INFORMATION, SCHEDULES AND RESULTS**

The [Rowing BC website](#) and RegattaCentral will host information about both regattas.

## **REQUEST FOR EQUIPMENT AND COXSWAINS**

Rowing BC and the Regatta Organizing Committee will assist in sourcing equipment for PRAs and Clubs, for both the NRC Regatta and the Canada Cup Regatta. Rowing BC can also assist in finding coxswains for the Canada Cup Regatta.

## **ENVIRONMENTAL REQUIREMENTS FOR BOATS BEING BROUGHT TO BC**

The Ministry of Environment requires 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. Each trailer driver must arrange for an inspection of all equipment to be completed upon arrival in BC before any boats can be unloaded and used for practice or for 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. More information is [available here](#).



### **ATHLETE IDENTIFICATION**

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 a photo and date of birth. Copies of ID on electronic devices will not be acceptable; a clear photocopy of a passport will be acceptable. A photobook is being created to help streamline the process of athlete check-ins for races. For PRAs or clubs that would like to participate in this initiative please contact Sonja Lonne ([sonja.lonne@rowingbc.ca](mailto:sonja.lonne@rowingbc.ca)). Submissions must be complete by Friday, November 2, 2018. PRAs or clubs who choose not to participate in the photobook, or athletes who do not supply a photo, will be required to be checked in with government-issued photo ID at the control tent before each race.

### **ANTI-DOPING**

All competitors are advised that doping control may be in effect and that all competitors are subject to doping control under the Canadian Anti-Doping Program (CADP). Coaches and other athlete support personnel are also subject to the rules of the CADP. Athletes are strongly encouraged to visit <http://www.cces.ca/athletezone> for helpful information and resources; to know their rights and responsibilities as athletes with regards to anti-doping; to understand the sample collection procedures; to check all medications and products before taking them to ensure they do not contain banned substances; to avoid taking supplements (but if they choose to, learn how to minimize their risk); to verify medical exemption requirements; and contact the CCED directly should they have any questions or would like additional information (call 1-800-672-7775 or email [info@cces.ca](mailto:info@cces.ca)). Athletes who test positive risk being sanctioned in accordance to the rules of the CADP. Athletes are responsible for reviewing this information prior to competition. Athlete support personnel are also encouraged to become familiar with anti-doping rules and regulations.

### **ATHLETE AWARDS BANQUET**

The Athlete Awards Banquet will be returning to the Hilton Vancouver Metrotown in Burnaby after the conclusion of the NRCs and CCR on Sunday, November 11<sup>th</sup>. Tickets for competing athletes are included in the regatta entry fees. Tickets for coxswains, coaches and additional attendees will be available for purchase through [Rowing BC](#).

**Reception:** 5:30-6:00 PM  
**Banquet:** 6:00-9:00 PM  
**Location:** Crystal Ballroom, Hilton Vancouver Metrotown  
**Dress Code:** Cocktail



## **ACCOMMODATIONS**

The Hilton Vancouver Metrotown is the host hotel for the 2018 NRC Regatta and Canada Cup Regatta. As a partner of the event, the Hilton has provided excellent room rates open to all teams and their supporters/parents, and complimentary rooms for team meetings. The hotel will also host the Athlete Awards Banquet and has designed a banquet menu to meet the needs of our athletes. The Organizing Committee appreciate that all travelling teams stay at our partner hotel.

The Hilton is located at 6083 McKay Avenue, Burnaby, BC. This is a 12 minute drive from Burnaby Lake. The hotel is also steps away from many grocery stores, restaurants and Metrotown, BC's largest shopping mall complex. Metrotown is connected to a skytrain station with access to the Expo and Millennium Line trains, light rapid transit systems that can transport passengers to Waterfront Station in downtown Vancouver in 23 minutes.

A room rate of \$139 plus 5% GST and 10% Room Tax has been secured for Tuesday, November 6<sup>th</sup>-Monday, November 12<sup>th</sup>, 2018 inclusive. Tax is subject to change in accordance with government regulations. Every room is equipped with a mini fridge. Underground self-parking is available for \$12 plus applicable taxes for regular sized vehicles.

The last day to book with the group rate is **Friday, October 12, 2018**. We recommend you book before this date as room availability is limited. Ensure that you alert the hotel that you are booking as part of the Rowing BC block of rooms.

[Book online here](#) or reserve your room by calling 1-888-744-5866. Ensure you identify yourself as attending for the RCA National Rowing Championships so that you will be placed in the correct room block.

## **SUPPORT THE REGATTAS**

Please consider purchasing a table and attending the Athlete Awards Banquet to celebrate the performances of our athletes, or donating a table if you are unable to attend. More information and donation instructions are [available here](#).

If you could be available to volunteer during the regattas or banquet, please contact Sarah Douville ([sndouville@gmail.com](mailto:sndouville@gmail.com)) for more information, and to sign up.

## **OTHER QUESTIONS**

If you have further questions about the regatta, please contact Rowing BC at [sonja.lonne@rowingbc.ca](mailto:sonja.lonne@rowingbc.ca). Bulletin No. 2 will be released in October, 2018.