

REGATTA PACKAGE

FEBRUARY 5, 2023



Presented by
ROWING QUEBEC

In collaboration with
LACHINE ROWING

With help of
The borough of Lachi

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VISION, MISSION AND OBJECTIVES OF THE EVENT

VISION

The Quebec Indoor Rowing Championships will serve as a yearly event for any athlete residing not only in all regions of Quebec but also in other Canadian provinces or other countries.

MISSION

The Quebec Indoor Rowing Championship has two missions:

1. Offer a sanctioned competition to the rowing community wishing to gauge their ergometer performance in the middle of the winter season.
2. To promote the sport of rowing.

OBJECTIVES

1. Facilitate remote participation of rowers living far from the competition site through an internet connection
2. Make rowing known to a more significant number of Quebecers, especially among young people.
3. Involve athletes from sports other than rowing.
4. Offer an inclusive event by also presenting para-rowing events.

This document provides all the information related to the Quebec Indoor Rowing Championships (CQAS). By registering with CQAS, competitors acknowledge having read and accepted its terms and conditions.

GENERAL INFORMATION

REGATTA SITE

Collège Sainte-Anne Sports Centre, 50, 12th Avenue, Lachine, Quebec H8S 3H6.

The gymnasium is on the 2nd floor of the sports complex. It is accessible by stairs or elevators.

REGATTA WEBSITE (REGATTA CENTRAL)

On-site participation: [Quebec Indoor Rowing Championships - on-site participation](#)

Remote participation: [Quebec Indoor Rowing Championships – virtual participation](#)

HOW TO GET TO THE REGATTA SITE

From the West:

Highway 20, exit 60, 32nd Avenue southbound, Victoria Street eastbound, 10th Avenue southbound. Saint-Louis Street westbound, 12th Avenue, southbound.

From the east:

Highway 20, exit 63 1st Avenue, southbound. Victoria Street westbound, 10th Avenue southbound. Rue Saint-Louis, westbound. 12th Avenue, southbound.

CAR PARKING

Parking is available in front of the sports complex on Saint-Joseph Boulevard.

FOOD AND WATER

Athletes will need to bring their food. The sports complex has water fountains.

CHANGING ROOMS AND TOILETS

The changing rooms and washrooms of the sports complex will be available to all.

TECHNICAL POINTS

SANCTION AND REGULATIONS

Aviron Québec sanctions the competition on behalf of Rowing Canada Aviron (RCA). The regulations in effect in RCA's 2022 Rules of Racing will be applied. Organizing committees can propose rules which depart from these, under certain conditions (RCA Rule 1.5 and 1.6). They must be safe and fair. These specific rules are indicated in this document in bold followed by '(DR)'. The sanction was approved in the knowledge of these specific rules.

LIST OF EVENTS

The Quebec Championship is open to all athletes from Quebec, other Canadian provinces and outside Canada. **Registration of athletes not affiliated with a rowing club is also permitted.**

Participants may compete in more than one race if eligible.

An event must have two registrations to take place. In the event of a single entry in an age-restricted event, the athlete may compete against athletes with an age limit older than their own.

Category	Age eligibility (as of December 31, 2023)	Race distances
U13 Mixed (DR)	≤ 12 Years	1000 m
U15 Men (DR)	≤ 14 Years	1000 m
U15 Women (DR)	≤ 14 Years	1000 m
U17 Men	≤ 16 Years	2000 m
U17 Women	≤ 16 Years	2000 m
U19 Men	≤ 18 Years	2000 m
U19 Women	≤ 18 Years	2000 m
U23 Men	≤ 22 Years	2000 m
U23 Women	≤ 22 Years	2000 m
U23 Men Weight restricted	≤ 22 Years	2000 m
U23 Women Weight restricted	≤ 22 Years	2000 m
Senior Men	For all ages	500 m and 2000 m
Senior Women	For all ages	500 m and 2000 m
Senior Men Weight restricted	For all ages	2000 m
Senior Women Weight restricted	For all ages	2000 m

Category	Age eligibility (as of December 31, 2023)	Race distances
Master Men (21-49 years) (DR)	≥ 21 Years and ≤ 49 Years	1000 m
Women Master (21-49 years) (DR)	≥ 21 Years and ≤ 49 Years	1000 m
Master Men (50 years and older) (DR)	≥ 50 years	1000 m
Women Master (50 years and older) (DR)	≥ 50 years	1000 m
Relay Men (DR)	≥ 19 years	2000 m
Relay Women (DR)	≥ 19 years	2000 m
U19 Men's Relay (DR)	≤ 18 Years	2000 m
U19 Women's Relay (DR)	≤ 18 Years	2000 m
Recreational Mixed Relay (DR)	≥ 19 years	2000 m
U19 Mixed Recreational Relay (DR)	≤ 18 Years	2000 m

WEIGHT-RESTRICTED EVENTS

Weight restriction for men: ≤ 75.0 kg (DR)

Weight restriction for women: ≤ 61.5 kg (DR)

RELAY EVENTS

Relays will be carried out in teams of four.

Recreational Mixed Relays: No minimum or maximum of women or men.

RESULTS

The results of the races will be published, after verification by the Chief Referee, on the [Time-Team](#) website.

MEDALS AND CERTIFICATES

All races are finals. The fastest time will determine the winner if multiple starts are required for an event.

Gold, silver and bronze medals will be awarded to the winners of events with at least four participants.

Gold and silver medals will be awarded to the winners of events with three participants.

A gold medal will be awarded to the winner of the events with two participants.

The medals will be awarded at the end of the competition.

RACING EQUIPMENT

For on-site race participation - athletes will row on Concept2 model D PM5 ergometers

For athletes competing remotely - only Concept2 models D PM3, D PM4 and D PM5 will be accepted.

WARM-UP AREA

See the 'Preliminary Regatta Schedule' section for the opening time of the warm-up area on the regatta site.

Ten Model D PM5 ergometers will be made available to athletes for the warm-up.

ATHLETE REGISTRATION

HEALTH STATUS

All participants in the regatta understand that they will compete in a very intense activity. They acknowledge that they are in good health and have been authorized by a doctor to participate in this physical activity.

REGISTRATION PROCEDURES

Registrations must be made on the regatta site on Regatta Central:

On-site participation: [Quebec Indoor Rowing Championships - on-site participation](#)

Remote participation: [Quebec Indoor Rowing Championships – virtual participation](#)

CONTACT NAME TO BE PROVIDED FOR SECURITY PURPOSES

When registering, participants will be asked to identify a contact person by completing the required information under "Race Day Contact." It will be essential to enter a valid phone number.

This contact person for athletes competing on-site must be reachable quickly, if necessary.

For those who row remotely, the contact person will be the one who will be present at the athlete's race site to ensure his safety.

DEADLINES

The deadline to take advantage of the early registration fee (see below) is **January 27, 2023**.

The registration deadline for the regatta is **February 3, 2023, at 6:00 pm**.

A final schedule will be posted on Regatta Central on **February 4, 2023**.

WITHDRAWALS

Rule 7.5 of the RCA Racing Code will apply.

REGISTRATION FEES

Registration fees must be prepaid on the Regatta Central website. No payment on-site will be accepted.

a) Fees for U13, U15, U17, U19

Individual events

Early fees (until January 27, 2023) ----- \$20 per seat (*)

Regular fee (after January 27, 2023) ----- \$25 per seat (*)

Relay events

Early fees (until January 27, 2023) ----- \$65 per relay team (**)

Regular fee (after January 27, 2023) \$ ----- \$80 per relay team (**)

b) Fees for U23, Senior and Master events

Individual events

Early fees (until January 27, 2023) ----- \$25 per seat (*)

Regular fee (after January 27, 2023) ----- \$30 per seat (*)

Relay events

Early fees (until January 27, 2023) ----- \$80 per relay team (**)

Regular fee (after January 27, 2023) \$ -----\$96 per relay team (**)

(*) The fees of the national and provincial federations, RCA (\$3.65 per seat) and AQA (\$1.82 per seat), **will be added** to the fees upon registration.

(**) The fees of the national and provincial federations, RCA (\$14,60 per relay) and AQA (\$7,28 per relay), **will be added** to the fees upon registration.

SPECIFIC INFORMATION FOR ON-SITE PARTICIPATION

REGATTA WEBSITE

[Quebec Indoor Rowing Championships - on-site participation](#)

WEIGH-IN OF THE ATHLETES - WEIGHT-RESTRICTED EVENTS

The weigh-in will be open between two and a half hours and one hour before the time of the first weight-restricted event (refer to the final calendar that will be published on February 4 on the regatta website ([Quebec Indoor Rowing Championships - on-site participation](#), or Quebec [Indoor Rowing Championships - remote participation](#))).

Competitors who weigh above the maximum weight will be able to compete in the race in which they were entered, but their time will be recorded on the regular race corresponding to their age category.

ATHLETE IDENTIFICATION

All athletes must show photo identification to the umpire before entering the race area. It will assign them a specific seat as well as their race code.

SPECIFIC INFORMATION FOR VIRTUAL PARTICIPATION

VIRTUAL REGATTA SITE

[Quebec Indoor Rowing Championships – virtual participation](#)

WEIGH-IN OF THE ATHLETES - WEIGHT-RESTRICTED EVENTS

The weighing of the athletes will have to be done in front of a camera so that the umpire can see the athlete and the balance.

The weigh-in will be open between two and a half hours and one hour before the time of the first weight-restricted event (refer to the final calendar that will be published on February 4 on the regatta website ([Quebec Indoor Rowing Championships - on-site participation](#), or Quebec [Indoor Rowing Championships - remote participation](#)). In that period of time the athlete will communicate with us via ZOOM (Id : 873 7628 2431, password : CQAS2023).

It will be necessary that:

- The scale is digitally readable and can indicate the weight in kilograms with an accuracy of one-tenth of a kilo (0.1 kg).
- The date and time of the weighing must be visible (taken from a phone, tablet or laptop).
- It must be shown that the scale indicates 0.0 kg before weighing
- The competitor must be visible from head to toe, from the front and in the race, getting on the scales.
- An example of the weighing process is presented at the following link https://www.youtube.com/watch?v=Q_0qar_yx4M.

Competitors who weigh above the maximum weight will be able to compete in the race in which they were entered, but their time will be recorded on the regular race corresponding to their age category.

ATHLETE IDENTIFICATION

All athletes participating remotely will be required to show photo identification in front of the camera.

RACING PLATFORM

The [Time-Team](#) platform will be used for races held outside the regatta site. It requires an internet connection.

TECHNICAL INFORMATION FOR VIRTUAL PARTICIPATION

Competitors who participate remotely should consult Time-Team's technical manual to familiarize themselves with the login process.

1. BASIC EQUIPMENT

- Concept2 ergometer with PM3, PM4 or PM5 display
- Up-to-date [Concept2](#) firmware (select your monitor, then update),
- Laptop, PC or Mac
- USB A-B cable, for example a printer cable (see below),
- WiFi or 4G or Ethernet (as long as the connection is stable and reliable).

Participants competing virtually must ensure that the Concept2 ergometer used for the event is in good condition and that they have enough space to compete without risk of interference. If you have any questions or concerns about the state of your ergometer, contact Concept2 by email at info@concept2.com or by phone at 1-800-245-5676.

2. INDIVIDUAL LOGIN

- Preferably, Internet via cable, with a backup 4G hotspot "by laptop."
- **A week before the event, a connectivity test with everything connected must be done.** Time-Team's [technical manual](#) explains how to do the test.
- A webcam will be required. Zoom software will be used.
- The participant must be visible at all times during their race.

3. GROUP CONNECTION

- A laptop dedicated to 4 ergometers.
- Preferably, Internet via cable, with a backup 4G hotspot.
- **A week before the event, a connectivity test with everything connected must be done.** [The Time-Team technical manual](#) explains how to do the test.
- To supervise the rowers, there must be one volunteer for every four ergometers, plus one extra volunteer.
- An additional webcam per connection point will be required. Zoom software will be used.

Competitors must be visible at all times during the races.

A FEW DAYS BEFORE THE RACE

Time-Team will send participants a secret code (AAA-BBB-CCC) to connect remotely (one Code per participant and per race).

For relays, only the first registrant will receive the secret Code.

If a participant has not received their secret Code 24 hours before the race, you must notify us at tresorier@avironlachine.ca.

The [technical manual](#) explains the steps to follow to connect.

THE RUNNING OF THE RACE (PARTICIPATION ON-SITE AND REMOTELY)

JUST BEFORE THE START OF THE RACE

It is possible to warm up until the message "STOP ROWING" appears on the ergometer monitor.

The start sequence will be as follows:

- **Five minutes before the race**, the following message will appear: "5 MINUTES TO START". The ergometer will be put into race mode.
- **Two minutes or less before the race**, the following message will appear "STOP ROWING." You will have to stop rowing.
- As soon as all flywheels are stopped, the starting procedure starts with the following words appearing on the monitor.
 - "READY"
 - "ATTENTION"
 - "ROW"

During the race, the monitor will indicate the progress of your race.

FALSE STARTS

A false start will result in a cessation of the race with the message "STOP ROWING." Everyone will have to stop rowing.

As soon as all flywheels are stopped, the start procedure will resume.

WHAT IF THE CONNECTION IS CUT DURING A RACE?

All ergometers (on-site or remote) will be connected to a server to manage the races. It is possible, however, that this connection falls during the race.

If the race is started, the monitor will read "Keep Rowing." **You must keep rowing while this message is visible because your time, despite everything, continues to be recorded!** Don't stop rowing until your race is over.

The system will send the data as soon as the Internet connection is restored. If the organizing committee cannot process the results automatically, they will submit your results manually. It is important not to touch the monitor until the results are submitted.

PRELIMINARY SCHEDULE OF THE REGATTA

HOUR	ACTIVITY
7:45 am.	Site opens
7:45 am.	Meeting of the Umpires
8:15 am.	Warm-up area opens
8:15 am.	Coaches' Meeting
8:30 am.	Weigh-in opens
8:30 am.	U13, U15 race – men, women – 1000 m
9:00 am.	U17, U19 race – men, women – 2000 m
10:00 am	Weigh-in Closes
10:20 am	U23 race – men, women – 2000 m
11:00 am	U23 race – men, women – weight-restricted – 2000 m
11:40 am	Senior race – men, women – without weight restriction and with weight restriction – 2000 m
1:20 pm	Senior sprint race – men, women – 500 m
1:50 pm	Masters race, 21-49, 50 and + – men, women – 1000 m
3:10 pm	Senior, U19 Relay – men, women – 2000 m
3:30 pm	Senior, U19 Mixed Recreational Relay – 2000 m
4:10 pm	Medal ceremony and closing of the regatta

The schedule will be adjusted if para-rowing participants register for the Championship.

The final calendar will be published on February 4 on the regatta website ([Quebec Indoor Rowing Championships - on-site participation](#)), or Quebec [Indoor Rowing Championships - remote participation](#)).

BEHAVIOUR AND SPORTSMANSHIP

The organizing committee volunteers take the policies and rules seriously, ensuring that the Quebec Indoor Rowing Championships are conducted with integrity and fairness for all without prejudice or injury. The organizing committee will comply with all applicable rules, laws and policies of the governing bodies of the sport of rowing, as well as the legislative requirements of the governments of Quebec and Canada.

All information provided to the Quebec Indoor Rowing Championships by participants in this regatta, whether in registrations, videos, results or any other information, must be entirely accurate.

RCA INDOOR ROWING CODE

Athletes participating in the Quebec Indoor Rowing Championships, whether RCA members, non-affiliates or members of another national rowing federation, agree to abide by the RCA rules for indoor rowing. By registering and participating in the Championship, participants acknowledge having read and accepted the regatta rules.

SPORT INTEGRITY

The organizing committee unequivocally opposes the practice of cheating, competition manipulation and doping in sports. Any attempt to obtain an undue advantage from an individual or organization is prohibited and may result in disqualification and possible bans from future indoor rowing competitions organized by the Quebec Indoor Rowing Championships.

SAFE SPORT

The organizing committee believes that everyone in rowing has the right to enjoy sport at all levels of participation and adheres to RCA's Safe sport Policy. Athletes, coaches, officials and volunteers have the right to participate in a safe and inclusive training and competition environment without abuse, harassment or discrimination.

COMMITMENT AND AGREEMENT OF THE PARTICIPANT

Each participant participates entirely at their own risk and confirms that they are in good health and has no medical or health conditions that could endanger or limit their abilities while participating in the event.

They accept and understand that the Quebec Indoor Rowing Championships, the Quebec rowing association and Aviron Lachine do not provide any insurance, whether life, medical or civil liability for any illness, accident, injury or damage that may occur in connection with participation in the Championship.

UNDERAGED PARTICIPANTS

Underage competitors must have a parent, legal guardian or coach present during a race.

DATA COLLECTION AND USE OF RESULTS, PHOTOS OR IMAGES

Any personal information is collected for the registration systems and will only be used by the organizing committee to organize the event and for communication purposes. The organizing committee, its partners and third parties under contract will take all necessary measures to protect the confidentiality of personal information. Results, photos or images captured or created during the regatta, in on-site participation or remotely, may be stored, reproduced, shared or transmitted by the championship organizers for purposes appropriate for the promotion and development of the sport of Indoor rowing without identification or compensation.

SOCIAL MEDIA

Participants will not violate the privacy of others, infringe intellectual property rights or disclose any private information about any other person. If a contestant posts comments, opinions and other material in any way, including on social and digital media, about or in connection with the Championship, participants acknowledge that they may be held personally liable and are solely responsible for the consequences of such action.

ORGANIZING COMMITTEE

Regatta President : Rémi Couture tresorier@avironlachine.ca 514-923-5700

- Organizer of the Virtual Quebec Indoor Rowing Championships in 2022.
- Level 2 Rowing Umpire (Provincial)
- Member of the Board of Directors of Aviron Lachine since 2015

Chief Umpire: Richard Cabana:

- Organizer of the Lachine Canal Challenge
- President, Rowing Lachine
- Level 3 Rowing Referee (National)

Aviron Québec representative: Nadine Boutin:

- Executive Director

Aviron Québec representative: Philippe Colas:

- Director of Safety, Regattas and Sanctioning
- Level 5 Rowing Referee (International)

Security Advisor: Hélène Genest

- Manager GBA+ at Parks Canada
- Manager "Rehabilitating the Role of Fire" at Parks Canada
- Returning Officer, DGEQ
- Regional Coordinator, Médecins Sans Frontières

Medical Advisor: Dominic Vautier, President of Regional Emergency Care Action (ASUR)

Volunteer Lead: TBD

Registrar and Secretariat: TBD

Sponsorships TBD

To register as a volunteer, indicate your interest by writing to info@avironlachine.ca or tresorier@avironlachine.ca