

2017 RCA National Rowing Championships – Canada Cup Regatta

Burnaby Lake
Burnaby, British Columbia



ROWING
CANADA
AVIRON



Bulletin No. 1

May 29, 2017

Rowing British Columbia is looking forward to hosting the annual RCA National Rowing Championships (NRCs) and Canada Cup Regatta (CCR) at Burnaby Lake from Thursday, November 9 to Sunday, November 12, 2017.

For 2017, Technical Packages (TPs) have been updated and are separated to specifically address the two events; the National Rowing Championships and the Canada Cup Regatta. The Technical Packages can be [accessed here](#).

NATIONAL ROWING CHAMPIONSHIPS

We encourage all team managers and coaches to peruse the [NRC Technical Package](#) for important information about this year's regatta. Particular attention needs to be paid to the following sections:

5. Right of Entry
7. Weigh-ins
8. Racing Distance
9. Progression system

5. RIGHT OF ENTRY

For the 2017 NRCs, the Provincial Rowing Association (PRA) coaches determine the entries for all the athletes representing their PRA, including national training centre athletes. Only the PRAs make entries to the National Rowing Championships.

Athletes based at the National Training Centres shall register with a rowing organization (and the rowing organization will register them with the PRA and RCA) in the province for which they decide to compete in the NRC. The RCA High Performance Director will provide a roster of National Training Centre athletes to the Provincial Rowing Associations prior to the entry deadline.

7. WEIGH-INS

NRC:

Lightweight scullers and rowers shall weigh and be weighed in under FISA Rule 31 "Lightweights."

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8. RACING DISTANCE

The racing distance for the NRC races, **including Para Races**, will be 2000m.

9. PROGRESSION SYSTEM

A modified FISA progression system based on the system for World Cup events shall be used at the NRC regatta. The progression system will be published by the Local Organizing Committee in a bulletin to the PRAs prior to the NRC.

All NRC 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 Thursday and Friday, repêchages, quarterfinals and semi-finals, and finals C and D and lower shall be held as needed. On Saturday, finals B and A shall be held.

An RCA Alumni race has been added to the event list. This race will occur at the end of the NRC events on Saturday, November 11th.

CANADA CUP REGATTA

The 2017 Canada Cup Regatta (CCR) will be held at Burnaby Lake, Burnaby B.C. on Sunday, November 12, 2017. The CCR has been established to foster and grow intra-provincial and intra-regional competition in Canada. The CCR shall provide competition in larger boats at two distances (2000m and 500m) to promote both full distance racing strategy and sprinting strategy. Regions ([as defined in the TP](#)) that may not be able to fill a large boat may put together combination entries. The CCR will further foster youth rowing and competition by including age-specific Jeux Canada Games (CSG) events. Provinces that may not be able to field entries for the NRC may participate as CSG entries in the CCR.

We encourage all team managers and coaches to peruse the [CCR Technical Package](#) for important information about this year's regatta. Particular attention needs to be paid to the following sections:

7. WEIGH-INS

Canada Cup:

Coxswain weigh-in for the CCR 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 the first race of the CCR.

Athlete weigh in for the Canada Cup Regatta shall be 60kg maximum for lightweight women and 73.5kg maximum for lightweight men. The weigh-in period for all lightweights shall be from two hours to one hour before the start of the first race of the CCR.

OVERALL NRC & CCR SCHEDULE

Overall scheduling will follow a similar format from 2016 with the addition of the **new RCA Alumni race on Saturday:**

- Tuesday, November 7 – on-water practice (exact times to be confirmed)
- Wednesday, November 8 - on-water practice (exact times to be confirmed)
- Thursday, November 9 - time trials, repêchages, quarterfinals
- Friday, November 10 - quarter finals, semi-finals, finals C+
- Saturday, November 11 - finals A and B, RCA **Alumni Race**, Athlete Awards Banquet in the evening
- Sunday, November 12 - Canada Cup

The Athlete Awards Banquet will be returning to the Hilton Metrotown, in Burnaby after the conclusion of the NRCs on Saturday, November 11. This will include the NRC medal presentation ceremonies and a dinner. Tickets for the athletes are automatically included in the regatta entry fees. Tickets for additional attendees will be available for purchase through Rowing BC.

NRC Medal Presentations: 5pm – 6pm

Reception: 6pm – 7pm

Banquet: 7pm – 9pm

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

Dress Code: Cocktail

RCA PROVINCIAL PARTICIPATION SUPPORT FUNDING PROGRAMME

The PPSF programme will be in place for the 2017 NRC-CCR. The pool of funds for 2017 is \$15,000. Detailed information on the programme will be forwarded from the RCA office in the near future.

NRC-CCR ENTRY FEES

Fees found in the table below are per competitor. Fees include an entry into the NRC, **entry into the CCR**, and a ticket to the Athlete Awards Banquet on Saturday evening. Competitors who do not attend the banquet will not be reimbursed. Competitors who do not participate in the CCR will not be reimbursed. Additional tickets for the banquet can be purchased online at a later date. A 5% GST will be added to the cost of all fees.

Competitor Events	Entry Fee per competitor (\$)	5% GST (\$)	Total Fee (\$)
NRC and CCR, and Athlete Awards Banquet	\$150.00	\$7.50	\$157.50
Coxswains *	\$0.00	\$0.00	\$0.00

*Coxswains will be required to purchase their ticket (\$50) for the Athlete Awards

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Banquet online at a later date.

ENTRY PROCESS AND ENTRY DEADLINE

Entries will only be accepted from individuals that have already been designated by the Provincial Rowing Associations. Competitors must be registered with their rowing organization, province and RCA through the Web Registration System prior to any entry being made.

All entries and payments will be made [through RegattaCentral](#)

RegattaCentral online registration will open **Monday, August 14, 2017**

The deadline to submit entries and entry fees is 11:59pm PDT, Friday, October 20, 2017. Club coaches should contact their PRA for internal selection deadlines.

Entries for which payment has not been submitted by the entry deadline will not be drawn.

Late entries will not be accepted for the 2017 NRCs or CCR.

A fee of \$50.00 will be levied for each scratch and 'no show'. The name change fee will be \$10.00 per competitor.

For the CCR, boat line-ups will be accepted on **Saturday, November 11th, 2017** at a time TBD.

A preliminary draw for the NRC and a preliminary schedule for the CCR will be posted Friday, November 3, 2017.

REQUEST FOR EQUIPMENT and COXSWAINS:

As in 2016, Rowing BC will assist in helping clubs source boats by advertising your requests through the Rowing BC channels. Rowing BC will commit to advertising the requested equipment, however we will not be guaranteeing equipment for all provincial teams. It will be the responsibility of PRAs and local rowing clubs to work out the details.

Rowing BC will also assist in finding coxswains for the CCR through similar advertising requests to the BC rowing community. Forms and links will be provided in upcoming bulletins.

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ACCOMMODATIONS



The Hilton Vancouver Metrotown is the host hotel for the 2017 National Rowing Championships 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 who just raced. The Organizing Committee appreciates that all traveling teams stay at our partner hotel.

LOCATION

6083 McKay Avenue
Burnaby, British Columbia V5H 2W7

The hotel is a 12 minute drive from Burnaby Lake. The hotel is also steps away from many grocery stores, restaurants and Metrotown, British Columbia's largest Shopping Mall Complex. Metrotown is connected to a Skytrain station with access to the Expo Line and Millennium Line, light rapid transit systems that can transport passengers to Waterfront Station in downtown Vancouver in 23 minutes.

ROOM DETAILS AND RATES

The following rates have been secured for Monday, November 6th, 2017 – Sunday, November 12th, 2017, inclusive.

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
Deluxe 2 Queen Room	\$135	\$135	\$135	\$135
Deluxe 1 Bed King Suite	\$135	\$135	\$135	\$135

Hotel rooms are subject to taxes currently 5% Goods & Services Tax and 10% Room Tax. Tax is subject to change in accordance with government regulations. Every room is equipped with a mini fridge.

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Underground self parking is available at \$12.00 plus applicable taxes for regular sized vehicles.

RESERVATIONS

The last day to book with the group rate is **Monday, October 9th, 2017**, however we recommend you book before this date as room availability is limited.

Book online [HERE](#)

Group Code: ROW

Or, reserve your room by calling:

Hotel Toll Free Line at 1-888-744-5866

Locally at (604) 438-1200

Central Reservations at 1-800-HILTONS (445-8667)

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.

NRC-CC regatta information will also be posted on www.rowingbc.ca and <https://www.regattacentral.com/>.

We look forward to seeing you in Burnaby.