



Rowing Canada Aviron
2017 National Rowing Championships Regatta

TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the 2017 RCA National Rowing Championships (NRC). It is intended for use by the Organizing Committee hosting the regatta. For the Organizing Committee, this document is an integral part of the RCA Bid / Hosting Guidelines Package.

The RCA Rules of Racing shall apply for the organization and operation of the NRC unless stated otherwise. Team managers, coaches and the Organizing Committee are to be familiar with the RCA Rules of Racing.

1. NRC Purpose

The National Rowing Championships (NRC) purpose is to determine and crown national champions in the sport of rowing in Canada. The regatta shall also afford the opportunity for athletes to recognize the accomplishments of their peers. The NRC shall facilitate national team athletes to “re-connect” with their home club.

2. The NRC Objectives

- 2.1 The event must meet the needs of the athletes. It must be meaningful and have importance. Therefore, it is vital that the top athletes are in attendance and they are provided with a competitive environment.
- 2.2 The NRC event must provide a national ranking of athletes and provincial associations. This is important to the National Team and the provinces for numerous reasons: National Team invitations, athlete rankings, Sport Canada Athlete Assistance program ranking, provincial funding, etc.
- 2.3 The event must be a high performance test to help athletes prepare for international competition. A modified FISA progression format will be used for this purpose. Events specific to test the rowers’ aerobic capacity and ability to generate boat speed will be part of the programme. The racing distance for the NRC races, including Para races, will be 2000m.

- 2.4 The events must provide an opportunity for developing athletes to be exposed to a competitive environment competing against Canada's best rowing athletes, allowing for the chance to be identified and targeted for further development.
 - 2.5 An athlete awards banquet shall be held in conjunction with the regatta to be held at the conclusion of the NRC event and prior to the Canada Cup event.
 - 2.6 The NRC event must work within the approved budget parameters.
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3. Regatta Fixture Date and General Schedule

- 3.1 The NRC is to be scheduled to permit athletes to train safely in their home province prior to the event when possible.
- 3.2 The NRC regatta shall be a three day event and normally shall be held on the last full weekend of September. However, due to the timing of the World Rowing Championships, the dates for 2017 shall be:
November 9, 10, 11, 2017
- 3.3 The general schedule shall be:

NRC	Thurs. - Fri:	TT's, reps, quarter and semi-finals as needed
NRC	Friday:	Finals C and D and lower as needed
NRC	Saturday:	Finals B and A and Para finals
	Saturday evening:	Awards banquet

4. Regatta Venue

- 4.1 The NRC shall be held at Burnaby Lake, British Columbia in 2017.
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5. Right of Entry

- 5.1 The NRC shall be open only to entries received from RCA member provincial rowing associations. For clarity, athletes training at RCA's national training centres shall compete under the provincial association they are affiliated with. The RCA High Performance Director will provide a roster of national training centre athletes to the provincial rowing associations prior to the entry deadline.
- 5.2 As per the CARA Constitution and RCA Registration Policy, an athlete entering the NRC is required to be registered with RCA through a member rowing club prior to the provincial association making an entry for the athlete. The affiliated member club name provided by the athlete to the province shall be used to determine a provincial rowing association affiliation for the purposes of ranking athletes and provincial rowing associations as referenced in 2.2 above. If the



- affiliated member club name provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's club/province in the database will be used in making the regatta draw (and any subsequent race results). If no club/province affiliation is found in the database, the entry will not be drawn.
- 5.3 The provincial rowing associations shall pay their respective entry fees. The province will supply the provincial colours to each athlete rowing for it.
 - 5.4 Athletes shall row in their respective provincial colours, including when competing in composite boats.
 - 5.5 Composite crews are allowed in the pairs events of the NRC . Each pair may be made up of any combination of athletes representing any combination of provinces.
 - 5.6 There shall be no limit on the number of athletes per province nor the number of entries a province can make in any one event.
 - 5.7 Athletes must meet their province's minimum performance criteria to be entered into the regatta.
 - 5.8 There shall be no minimum or maximum age to compete in the NRC.
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6. Events

- 6.1 Races shall be held for the following able bodied boat classes: single sculls (1x) and pairs (2-). For the Para races, the events shall consist of single sculls, pairs (2-) and double sculls(2x)
- 6.2 The RCA age categories of Senior, Under23, and Junior shall be utilized in the able bodied boat classes.
- 6.3 The 22 events at the National Rowing Championships shall be:
(2000 m)

Women Single Sculls	W1x
Lightweight Women Single Sculls	LW1x
Under 23 Women Single Sculls	BW1x
Under 23 Lightweight Women Single Sculls	BLW1x
Junior Women Single Sculls	JW1x
Women Pair	W2-
Under 23 Women Pair	BW2-
Junior Women Pair	JW2-

Men Single Sculls	M1x
Lightweight Men Single Sculls	LM1x
Under 23 Men Single Sculls	BM1x
Under 23 Lightweight Men Single Sculls	BLM1x
Junior Men Single Sculls	JM1x
Men Pair	M2-
Under 23 Men Pair	BM2-
Junior Men Pair	JM2-
Arms and Shoulders Women Single Sculls	ASW1x
Arms and Shoulders Men Single Sculls	ASM1x
Trunk and Arms Women's Single Sculls	TAW1x
Trunk and Arms Men's Single Sculls	TAM1x
Legs, Trunk and Arms Women's Double/Pair	LTAW2x/-
Legs, Trunk and Arms Men's Double/Pair	LTAM2x/-

Note: the LTAM2x/- and the LTAW2x/- may include one athlete with a classifiable visual impairment or physical disability, and one able body athlete. Racing shells used in the TA events must be an adaptive or para rowing single and have a fixed seat. Pontoons will not be required in the TA or LTA events; it will be up to the athlete to decide if he or she wants to race with pontoons.

7. Athlete Weight and Weigh-in

- 7.1 For NRC events lightweight scullers and rowers shall weigh and be weighed in under FISA Rule 31 "Lightweights".

8. Racing Distance

- 8.1 The races in the NRC will be held on a standard 2000 m six lane, fully buoyed course.

9. Progression System, Seeding Panel and Fairness Committee

- 9.1 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 LOC in a bulletin to the PRA's prior to the NRC.

- 9.2 On the Thursday of the NRC, time trials, instead of heats, shall be held for all grouped entries. 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.
- 9.3 A Seeding Panel, made up of representatives of the RCA High Performance staff and provincial coaches, shall seed the entries in the time trials. The Seeding Panel shall develop the criteria to seed and publish same in Bulletin No. 2.
- 9.4 The 24 NRC 2000 m small boat events will be grouped as follows and they will be raced in time trials, repêchages, quarter finals, semi-finals and finals within the groups as shown here:

Group 1	JW1x, BW1x, W1x
Group 2	JW2-, BW2-, W2-
Group 3	BLW1x, LW1x
Group 4	JM1x, BM1x, M1x
Group 5	JM2-, BM2-, M2-
Group 6	BLM1x, LM1x
Group 7	ASW1x, TAW1x
Group 8	ASM1x, TAM1x
Group 9	LTAW2x/-, LTAM2x/-

Entries within a group will be seeded (as above) for the time trials and remain in the group throughout the repêchages, quarter finals, semi-finals and finals and will be awarded medals based on the performance within the event and group. For example, if in Final A of Group 1 the 1st and 2nd place boats were W1x entries and the third place boat was a JW1x entry, that athlete in the third place boat would be declared the bronze medallist of the W1x and the gold medallist in the JW1x.

10. Medals and Points System

- 10.1 Medals will be awarded to the first place, second place and third place crews in each event for the NRC.
- 10.2 A points system shall be used to determine the overall best province and efficient province in the NRC. The points system shall be published in a subsequent bulletin from the Organizing Committee to the PRA's.
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11. Equipment

- 11.1 Each province is responsible for the provision of all boats, oars and sculls as required for each race.
 - 11.2 Notwithstanding the foregoing, the Organizing Committee shall endeavour to provide a pool of boats for provinces that are not able to trailer their shells to the regatta.
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12. Infrastructure Requirements

- 12.1 The standard minimum course length for the 2017 NRC shall be a 2000 m racing distance.
- 12.2 The minimum number of lanes shall be seven i.e., six plus an “up” lane.
- 12.3 The minimum lane width at Burnaby Lake should be 12.5m.
- 12.4 A true Albano buoy system will be used with buoy spacing every 10m. The lane markings will be seven lines for six racing lanes with buoys spaced 12.5m apart.
- 12.5 The starter’s tower will be located above and behind the start line. A light system and audio system will be used,
- 12.6 Start pontoons with adjustable fingers to allow the bows of boats of different classes to be aligned on the zero line so that each class races over 2000m exactly, will be used. Each race, the boat bows will be aligned evenly. The start pontoons, therefore, will accommodate this requirement. A proper sighting device will be provided for the judge at the start/aligner.
- 12.7 Interval timing for each 500m is required for reps, quarter finals, semi-finals and finals.
- 12.8 Outdoor boat racks, for visiting teams will be provided at Burnaby Lake.