



**Rowing Canada Aviron
2019 Canada Cup Regatta**

TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the 2019 Rowing Canada Aviron (RCA) Canada Cup Regatta. This document is intended to establish a baseline of hosting expectations for the Organizing Committee (OC) established 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 Aim

1.1 The Canada Cup Regatta aims to show-case Canadian rowing in a sprint format that excites athlete participation and encourages spectator and sponsor engagement. The regatta will be contested over 500 meters in a 'Sprint' format. Entries for the Canada Cup Regatta are structured to promote inclusion of athletes from all regions.

2. General Schedule

2.1 Provincial, Regional and Club-based teams will compete in 4x and 8+ races on Sunday.

3. Regatta Venue

3.1 The 2019 Canada Cup Regatta shall be held at Burnaby Lake, British Columbia.

4. Right of Entry

4.1 The Canada Cup Regatta shall be open to athletes who represent a Provincial Rowing Association (PRA), or their RCA Member Clubs at the 2019 National Rowing Championships (NRC's).

4.2 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.

4.3 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.

4.4 PRAs and RCA Member 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.

4.5 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.

4.6 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.

4.7 There shall be no minimum or maximum age to compete in the Canada Cup Regatta.

4.8 Entries:

Entries will be accepted from (a) British Columbia; (b) Ontario (c) any other Province, where all crew members must be from the same Province, or (d) Composite crews; will be permitted from the following provinces: (i) Alberta, Saskatchewan, Manitoba; (ii) Quebec, New Brunswick, Nova Scotia, Prince Edward Island and Newfoundland & Labrador; (iii) or, any other combinations of provinces identified above, provided the makeup of the entry is identified as fully U19 or U21, and providing the athletes have not been previously identified through any of the mechanisms above. Note: Option (iii) may be used in the event there are other athletes available after provincial and regional entries are made, and further entries can be facilitated by PRA coaches or RCA staff.

4.9 Close of Entries:

Entries for the Canada Cup will close in line with the NRC's entry close off. However, to ensure Provincial Rowing Associations or RCA Member Clubs are able to maximise their entries, late entries will be accepted after this date for a fee until 12 noon Saturday September 28th.

5. Events

5.1 The Canada Cup events shall be:

Men's Eight	M8+
Women's Eight	W8+
Men's Quad	M4x
Women's Quad	W4x

6. Racing Information

6.1 The Canada Cup Regatta will be contested over 500 meters.

6.2 Following the close of entries, a **progression system** will be announced on the OC website and Regatta Central.

7. Event format

7.1 The order of events shall be the following, however may change following the close of entries to facilitate athlete 'doubling up' and/or boat sharing:

Men's Eight	M8+
Women's Eight	W8+
Men's Quad	M4x
Women's Quad	W4x

8. Points

8.1 Points shall be awarded for each Canada Cup event as follows:

- 1st place in each event: 3 pts for each rower's Province (excluding coxswains)
- 2nd place in each event: 2 pts for each rower's Province (excluding coxswains)
- 3rd place in each event: 1 pt for each rower's Province (excluding coxswains)

* Composite crews will be awarded double points for each member of each Province.

** Winners of the overall Provincial point-score, will be awarded the '**Canada Cup**' trophy.

9. 'Canadian Sprint Champions'

9.1 The highest ranked crew in each Canada Cup event (5.1 above), will be known as the 'Canadian Sprint Champion'. Titles will be awarded to the highest placed:

WOMEN	MEN
Open Women's Eight	Open Men's Eight
U21 Women's Eight	U21 Men's Eight
U19 Women's Eight	U19 Men's Eight
Open Women's Quad	Open Men's Quad
U21 Women's Quad	U21 Men's Quad
U19 Women's Quad	U19 Men's Quad

10. Coxswains

10.1 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. Coxswains may cox crews from other Provinces if required.

11. Equipment

11.1 Each PRA or RCA Member Club is responsible for the provision of all boats and oars as required for each race, however notwithstanding this, the host OC shall endeavour to assist visiting Provinces with equipment options.

12. Infrastructure Requirements

12.1 The Canada Cup Regatta will be held over 500m on a fully buoyed 6 lane course.

12.2 The course shall have 6 racing lanes (plus adequate warm-up and cool-down areas (as agreed by the Chief Umpire and RCA Event Manager).

12.3 Each lane shall be a minimum of 12.5 meters wide.

12.4 The starter's tower will be located above and behind the start line and will use both a flag and audio start system.

12.5 A held or floating start may be used for the 500 meter races.

12.6 Outdoor boat racks will be provided at Burnaby Lake.

12.7 The Organizing Committee will commit to providing reasonable hosting standards for all athletes. 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.