



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

May 2019

Rowing BC is excited to host the 2019 Rowing Canada Aviron (RCA) National Rowing Championship (NRC) Regatta and the Canada Cup Regatta. For the fourth 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, September 26 to Saturday, September 28, with the Canada Cup Regatta occurring on Sunday, September 29. The Athlete Awards Banquet will occur after the conclusion of NRC racing on Saturday, September 28.

Both regattas have their own Technical Packages which have been updated for 2019 ([available here](#)). 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

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 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+



GENERAL SCHEDULE

	Morning	Afternoon	Evening
Wednesday	Training	Pro-D Session & Training	Coach & Umpire Meeting
Thursday	NRC Time Trial	NRC Repechage	Coach & Umpire Appreciation Event*
Friday	NRC Quarter-finals	NRC Semi-Finals	Canadian Rowing Hall of Fame Inductions*
Saturday	NRC Finals D+	NRC Finals A, B, C	Athlete Awards Banquet
Sunday	Canada Cup		

**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 Saturday 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 and Rowing BC seat fee of \$3.50 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](#). 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 July 12th**. The deadline to submit entries is **11:59 PM PDT, September 12th**. Managers and coaches should contact their PRA for internal selection deadlines. A preliminary draw for the NRC Regatta will be posted **September 19th**.

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. 2000m repechages will take place following the time trial leading into quarter-finals and semi-finals to be raced on Friday. All 2000m finals will take place on Saturday.

The Canada Cup Regatta format has changed for 2019. Crews will compete in the W8+, W4X, M8+ and M4X over 500 meters.

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;
- 2019 Domestic and International Results; and
- RADAR submissions

WHERE TO ACCESS INFORMATION, SCHEDULES AND RESULTS

The [Rowing BC website](#) hosts comprehensive information on the regatta, including details that will benefit spectators and guests. Entries, draws and results can be accessed through [RegattaCentral](#).

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.

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). 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.

CANADIAN ROWING HALL OF FAME INDUCTIONS

Rowing Canada Aviron (RCA) is pleased to announce the Class of 2019 Rowing Hall of Fame inductees with outstanding Canadian rowing icons represented in the Athlete and Builder categories. The class of 2019 includes Olympic champions, the 1984 Olympic Men's Coxed Eight, the 1976 Women's Olympic Rowing Team, and builders Neil Campbell (posthumously) and Dick McClure.

The induction ceremony will take place at the Hilton Vancouver Metrotown between 6:30-8:30 PM on Friday, September 27th. Tickets are \$50 for guests and \$20 for rowers competing at the National Rowing Championships. Tickets are [available here](#).

ATHLETE AWARDS BANQUET

The Athlete Awards Banquet will be returning to the Crystal Ballroom at the Hilton Vancouver Metrotown in Burnaby after the conclusion of the NRC Regatta on Saturday, September 28th. Tickets for competing athletes are included in the regatta entry fees. Tickets for coxswains, coaches and additional attendees will be available for purchase through the [Rowing BC website](#).

Reception: 5:30-6:00 PM
Banquet: 6:00-9:00 PM
Dress Code: Cocktail



ACCOMMODATIONS

The Hilton Vancouver Metrotown is the host hotel for the 2019 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 \$180 plus 5% GST and 10% Room Tax has been secured for Tuesday, September 24th-Monday, September 30th, 2019 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 **Sunday, August 25th, 2019**. 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.

Reserve your room by calling 604-438-1200. 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](#).

OTHER QUESTIONS

If you have further questions about the regatta, please contact Rowing BC at sonja.lonne@rowingbc.ca.