



RCA National Rowing Championships & Canada Cup Regatta
September 26-29, 2019 | Burnaby Lake, British Columbia

Bulletin No. 2
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1. REGATTA COMMUNICATIONS

General Information

This bulletin will be the final information bulletin that will be emailed from the Organizing Committee (OC). All future communications will be via the [Regatta Central](#) and [Rowing BC](#) websites.

Event Social Media

Additional information and reminders will be available through Rowing BC's Facebook (@rowingbc) and Twitter (@rowing_bc) accounts. Connect with us on social media using the hashtag #CDNROWING or #AVIRONCDN!

Regatta Updates

The OC has created a '**WhatsApp Chat Group**' to provide real-time updates to regatta participants. Please join the [2019 RCA NRC-CC Regatta WhatsApp Group](#). *WhatsApp* is free to download at: <https://www.whatsapp.com/download/>

2. GENERAL INFORMATION: ON-LAND

The OC has kept many of the regatta site improvements from 2018. There will again be a Regatta Village, built from marquee-style tents, that will house an Athlete Warm-up Area, Bag Check, Umpires' Space, Volunteer Check-In and Regatta Office. This is intended to leave the majority of the Burnaby Lake Pavilion for viewing races. View the [2019 site plan here](#).

Trailer and Parking Arrangements

As noted on the [2019 site plan](#), vehicle parking will be assigned by the OC for (1) emergency vehicles, (2) para athletes, (3) City of Burnaby employees and (4) the Chief Umpire and the Assistant Chief Umpire. Umpire parking is available in the roundabout at the main entrance to the park. Note: Para athletes requiring access to a parking location near the Pavilion, please contact Martin George at 1-250-307-7732 prior to your arrival.

All other parking will be in the overflow gravel lot. Follow the path from the North-East corner of the gravel lot for a 5-10 min walk to the main lot where volunteers will welcome you to the regatta venue. Spectators with mobility concerns should speak with the parking attendant at the entrance to the park to get drop-off access to the pavilion.

Trailers will be able to drive into the main parking lot to unload equipment up until the Regatta Office closes on Wednesday, September 25th. Empty trailers will re-parked in the gravel lot until the regatta is over. Trailer drivers must contact David Calder at david.calder@rowingbc.ca or 1-778-677-5633 to confirm their arrival times so that the appropriate arrangements can be made.



Regatta Office - Hours of Operation

	WEDNESDAY Sept 25	THURSDAY Sept 26	FRIDAY Sept 27	SATURDAY Sept 28	SUNDAY Sept 29
Regatta Office	12PM – 5:30PM	6:30AM-6:30PM	6:30AM-6:30PM	6:30AM-4PM	6:30AM-1PM
Concession	N/A	Indoor: 7:30AM-6:30PM Outdoor: 11AM-6:30PM	Indoor: 7:30AM-6:30PM Outdoor: 11AM-6:30PM	Indoor: 7:30AM-4:30PM Outdoor: 10:30AM-12:30PM	Indoor: 7:30AM-1PM Outdoor: 10:30AM-12:30PM

Volunteers

Thank you to everyone volunteering to make this event a success! If you are spectating and could offer some time as a volunteer, please consider [signing up here](#). Volunteers who help with two or more shifts in a day will be treated to lunch at the on-site concession.

NEW 2019 Concession

This year, there will be two concession locations, one inside in the pavilion and the other outside in a tent. The menu will consist of a selection of hot beverages and food items. In an effort to promote this event as a zero-waste event, we highly encourage you to bring your own kitchenware such as thermoses, mugs, bowls, and spoons. In addition, bottled water will not be sold on site, so please bring your own water bottles. Cash, Credit Cards, and Debit Cards are all accepted.

GENERAL INFORMATION

Training Sessions

The OC has arranged volunteer safety boat drivers for these training sessions:

- Wednesday 9AM – 12PM and 4PM – 5:30PM
- Thursday 7AM – 8:30AM and 5:45PM – 6:30PM
- Friday 7AM – 8:30AM and 5:30PM – 6:30PM
- Saturday 7AM – 8:30AM and 12:45 PM – 4PM
- Sunday 7AM – 9AM

Three safety boats are required to be on the water *at all times* in order for crews to train. The OC has arranged volunteer safety boat drivers for the practice sessions listed above. Anyone arriving before Wednesday is asked to contact the OC prior to arrival to access additional training sessions.



Coaches of PR1 and PR2 athletes are required to check in with the Regatta Office prior to launching their athletes for the first time.

Traffic Patterns and Maps

Athletes should review all course maps prior to arrival. Maps are [available here](#). Please note that the time trial map is new for 2019. Local athletes are reminded that regatta flow patterns are in effect. Infringements of traffic patterns may result in penalties in accordance with the RCA Rules of Racing.

Course Enhancements

Thank you to the City of Burnaby, Sport Tourism Burnaby and volunteers from the Burnaby Lake Rowing Club. Significant weeding of the lake has been undertaken in 2019, allowing for a wider warm up lane. Athletes are still reminded to keep an eye out for other boats during the warm up. In addition, further work has been done on the start lighting system and athletes can expect to follow a FISA horn and light start protocol during 2000 meter racing.

ADMINISTRATION INFORMATION

Entries

NRC registration closes at 11:59PM on **Thursday, September 12, 2019**. Canada Cup final registration closes at 2:00PM on **Saturday, September 28, 2019**. Provinces are required to notify the Regatta Office their expectations for Canada Cup entries by **Wednesday, September 25, 2019**.

Regatta Schedule and Time Trial Draw

The Regatta Schedule and Time Trial Draw will be posted on [Regatta Central](#) on Thursday, September 19, 2019. A limited number of hard copies of the draw will be available at the Regatta Office but participants are encouraged to bookmark the Regatta Central website on their handheld devices to avoid unnecessary printing.

Team Managers and Coaches Meeting

All team managers and coaches are required to attend a meeting on Wednesday, September 25, 2019 at 6PM in the Burnaby Lake Pavilion.

Line-Up Changes and Scratches

Line-up changes can be made in writing at the Regatta Office by 2PM on Wednesday, September 25, 2019 by the appropriate team representative. Line-up changes after the close of Entries on September 12, 2019 will cost \$25. Substitutions with a signed medical certificate from a doctor or nurse practitioner will be exempt from the fee.

Scratches can also be made in writing at the Regatta Office up to one-hour prior to the race in question. Scratches must be made by the appropriate team representative. A \$50 fee will be applied for each scratch or no-show.



Coach and Umpire Appreciation Event

Rowing BC would like to celebrate the coaches and umpires who make this event possible. Please join us in the Laliq Room at the Hilton Vancouver Metrotown on Thursday, September 26, 2019 from 7:30-9:00 PM for a drink and some light snacks. Please [sign up HERE](#) for your free ticket so that we can plan the catering accordingly.

ATHLETE INFORMATION

Control Commission

All boats must pass through the Control Commission to access the racing course. Officials will check safety equipment, including bow balls, foot stretchers, heel ties and athlete identification.

ID Requirements

Photo ID is mandatory for athlete weigh-ins and for dock access during racing. Acceptable ID is government issued ID, including a photo and date of birth. Digital copies will not be accepted, however clear photocopies of a passport will be.

Athlete Weigh-In

****UPDATED:** No lightweight rower may weigh more than 72.5 kgs (men), or 59kg (women).

A test scale will be available in the weigh-in tent starting at 12PM on Wednesday, September 25, 2019. As per FISA Rule 31: *Lightweight rowers shall be weighed wearing only their racing uniform not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition.*

Coxswain weigh-in for the Canada Cup Regatta happening on Sunday, September 29, 2019 shall follow the RCA Rules of Racing, with the exception that all coxswains shall weigh in from two hours to one hour before the start of their first race.

Boat Weigh-In

Boats entering the NRC Regatta will be subject to random boat weighing as specified under Rowing Canada Aviron Rule 3.2.1 "Weight of Boats". Boats will be notified by the control commission as they leave the water following their race. If a boat is weighed in underweight the crew or athlete will be relegated to last place of the race.

Boat scales will be available for test weigh-ins starting at 12PM on Wednesday, September 25, 2019. It is the sole responsibility of each crew to ensure their boat meets the required minimum weight. Please note that the OC is NOT supplying boat weights at this regatta. There will be no boat weigh-ins during the Canada Cup Regatta.

PRODUCTION AND BROADCASTING

The OC is excited to announce that portions of the 2019 NRC and the Canada Cup Regattas will be produced and broadcasted live on again on CBC's digital platform, as well as on Rowing Canada Aviron's YouTube channel. More details will be available closer to the event.



The broadcast will include commentary from skilled sports commentators, on the dock interviews with athletes and up-to-the-minute results. The broadcast will also be shown on TVs across the regatta site. In the days following the close of entries, all registered athletes and coaches will be sent an email asking them to complete an on-line biography. Please take the time to complete your bio by Monday September 16, 2019 so that the broadcasters have information about you.

Athletes are advised that the production team will be using a drone.

ATHLETE AWARDS BANQUET

The Athlete Awards Banquet will be returning to the Hilton Vancouver Metrotown in Burnaby after the conclusion of the events on Saturday, September 28, 2019. Tickets for competing athletes are included in the regatta entry fees. Tickets for coxswains, coaches and additional attendees are [available for purchase here](#).

Reception:	5:30-6:00 PM
Banquet:	6:00-9:00 PM
Location:	Crystal Ballroom, Hilton Vancouver Metrotown
Dress Code:	Cocktail (Festive and Fun, semi-formal, ties optional)

NRC award presentations will be part of the Awards Banquet. The Banquet is an important part of ensuring that athletes receive the recognition they deserve in front of their peers.

PROVINCIAL POINTS SYSTEM

NRC Points Distribution:

For events with 10 or more entries points will be awarded to the top 10 placing crews on a sliding scale. Points will only be awarded to athletes representing their provincial team. Points for composite pairs to be split equally to both provinces making the entry.



Single 1X	
1 st place	10 pts
2 nd place	9 pts
3 rd place	8 pts
4 th place	7 pts
5 th place	6 pts
6 th place	5 pts
7 th place	4 pts
8 th place	3 pts
9 th place	2 pts
10 th place	1 pt

Pair 2-	
1 st place	20 pts
2 nd place	18 pts
3 rd place	16 pts
4 th place	14 pts
5 th place	12 pts
6 th place	10 pts
7 th place	8 pts
8 th place	6 pts
9 th place	4 pts
10 th place	2 pts

Points Distribution for events with less than ten entries will be awarded from the “bottom up” vs the “top down”. Points are awarded based on an athlete’s placing and distributed relative to the overall depth of an event. For example, if there are 8 competitors, the winning boat will earn 7 points for their province, 2nd place = 6 points, 3rd place = 5 points, and so forth.

An entry can only earn points for the event in which they are entered. For example, if an athlete is entered the BW1x but wins the W1x, then points are only awarded for the BW1x.

If a boat wins an event above their entered category, then the second place finisher in the event earns 9 points and the 3rd place finisher earns 8 points and so on down.

NRC Regatta Awards:

NRC Grand Champion – The Province with the greatest number of points;

NRC Efficiency Award - Is tabulated by dividing number of points earned by a province by the number of athletes the province has registered in the regatta.



Canada Cup Provincial Points

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); and
- 3rd place in each event: 1 pt for each rower's Province (excluding coxswains).

The Province with the most Canada Cup points will be awarded the Canada Cup Trophy.

Thank you! - See you in Burnaby soon!