



2019 SPEED ORDERS - NATIONAL SELECTION REGATTA INFORMATION BULLETIN 1 (May 6)

VICTORIA, BC
JUNE 14 – 16, 2019

WELCOME

Dear Athletes and Coaches, please find below Bulletin 1 outlining general information regarding the 2019 RCA Speed-Orders National Selection Regatta. Host, Victoria City Rowing Club, and Regatta Chair, Julien Bahain, welcome you to Elk Lake in Victoria, BC. VCRC's goal is to run a regatta that is fair, safe, and focused on what is best for the athletes. Please see below for information that will assist you with your planning. Regatta information and updates will be posted on Regatta Central (https://www.regattacentral.com/regatta/?job_id=6468). Selection information will be posted on the RCA website.

AIM

The 2019 Speed Orders National Selection Regatta is an open small boat trial that is compulsory for those interested in being considered for selection onto a 2019 RCA National Team at the following events: **World Rowing Under 23 Championships; Pan American Games; and/or Trans-Tasman U21 Regatta.**

Athletes and Coaches are strongly advised to review the requirements and information contained in the *2019 National Selection Guidelines – U23, U21, PanAm* document posted on the Rowing Canada Aviron website at: <https://rowingcanada.org/resources/>

LETTER OF INTENT

Athletes aiming to be considered for a position on a U23, U21 and/or PanAm team should have completed a letter of intent by May 1st, 2019. If this has been neglected please email hp@rowingcanada.org.

ENTRIES

Right of Entry: All athletes shall be Registered participants of an RCA Rowing Club and compete in their Club or University colours. In the Pair events, composite crews may be made up of any combination of athletes representing any Club or University.

Late entries: Entries received after the entry deadline (June 4, 5pm - Pacific) will be considered at the discretion of the Organizing Committee. Late entries will be assessed an additional fee of \$25/entry. NO entries will be accepted after the late entry deadline (June 12th, noon Pacific).

Scratches: Crews scratching after the Entry Deadline (June 4, 5pm Pacific) but by the Scratch/Late Entry Deadline will be assessed a scratch fee of \$25/boat. Crews scratching for non-medical reasons any time after the Scratch/Late Entry Deadline will be assessed a \$100/boat scratch fee. (This includes no-shows).

Entry Fee: Single scull (1x) is \$50 and Pair (2-) is \$100 plus seat fees and GST. All entries must be submitted via the Regatta Central (RC) website. Late entries are an additional \$25/entry.

EVENTS

WOMEN	MEN
Women's 2-	Men's 2-
Women's 1x	Men's 1x
Women's Lwt 1x	Men's Lwt 1x
Women's PR2 1x	Men's PR2 1x
Women's PR1 1x	Men's PR1 1x

- Due to the nature of the regatta, athletes may only enter one event.

LIGHTWEIGHTS

At FISA average – Men 70kg; Women 57kg

Weigh-in: One to two hours before the start of your first race of the day, each day you race. If two rounds of the same event take place on the same day of competition (ie Reps and Semi-finals) and some rowers in the second round (ie Semi-finals) do not have to race in the first round of that day (ie Reps), then these rowers in the second round shall be weighed at the same time as the rowers in the first round.

IMPORTANT DATES/TENTATIVE SCHEDULE

May 1 st	Letter of Intent Due	RCA Athlete Tracker
June 4 th , 5pm PT	Entry Deadline	RegattaCentral
June 10 th	Provisional Draw/Schedule Published	RegattaCentral
June 12 th noon PT	Scratch/Late Entry Deadline	RegattaCentral
June 12 th 5pm PT	Final Draw/Regatta Schedule Published	RegattaCentral
June 12 th and 13 th	Course open for training.	10am to Noon & 2pm to 5pm
June 13 th TBC	Coaches and Athletes Meeting	Spraklen Room.
June 14 th , Friday	Time trials*	AM
June 15 th , Saturday	Reps and/or Quarterfinals	AM
	Semi-finals and Final D's (if required)	PM
June 16 th	Finals A, B, and C	AM

	U23, PanAm and U21 selection camp Invitation list posted	TBC
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*Note. If an event requires 5 rounds of racing, it may take place on Friday after the Time Trial session.

TRAINING BEFORE AND DURING RACING

Training times will be regulated to assist in managing traffic on the lake. The Senior World Cup team will be in Victoria training and the lake is shared with other local crews. Managing training times will allow us to ensure good conditions are protected.

Tentative training times: (please check RegattaCentral and signs at the regatta venue for updates)

Wednesday June 12th : 10 am-12 noon, 2 pm-5:30 pm
Thursday June 13th : 10 am-12 noon, 2pm-5:30 pm
Friday, Saturday and Sunday: 6 am-1 hour before the first scheduled race of the day, and
for 2 hrs, starting 45 minutes after the last scheduled race of the day.

Training times will be posted at the regatta site and on RegattaCentral once the final race schedule is posted.

Coaches are asked to provide Safety Boat coverage on Wednesday and Thursday. Please contact Brenda Taylor (clubadmin@vcrc.bc.ca) to book a safety boat.

PROGRESSION

The regatta progression will be a modified FISA World Championship format, with Time Trials in place of Heats. This is the same format as the National Championships. Progression Tables will be posted on Regatta Central. A Seeding Panel made up of representatives of the RCA High Performance Staff and participating coaches shall seed the entries in the time trials. The panel will consider Domestic Results, International Results and RADAR scores, seeding up to 10 entries within an event.

PARA CLASSIFICATION

Para Rowers will be able to be classified at Speed Orders. Athletes must fill out the Medical Diagnostic form (complete with their doctor's signature), complete the classification consent form and gather all other supporting medical information. Classifications are available Saturday June 15th.

For a classification appointment, email John Wetzstein, RCA Para-Rowing Program Head Coach at: jwetzstein@rowingcanada.org

All documentation can be found on the FISA website in PDF format at: <http://www.worldrowing.com/para-rowing/>

FOOD and ACCOMMODATION and TRANSPORT

Athletes are responsible for their own food, accommodation and transportation arrangements. A concession at the regatta site will serve hot and cold drinks and light snacks on Friday, Saturday and Sunday (we encourage you to support this fundraiser for VCRC Juniors travelling the Royal Canadian Henley Regatta). Please check the VCRC website for more information on local

accommodation, local transportation, parking and directions. (<https://www.vcrc.bc.ca/regattas-and-events/vcrc-regattas#accommodation-and-travel>).

EQUIPMENT

Athletes will be responsible for their own equipment arrangements. RCA will have limited equipment prioritised to existing carded athletes. VCRC may have a limited number of boats available to rent. Please contact Brenda Taylor clubadmin@vcrc.bc.ca

BOAT WEIGHING & SAFETY

Boat weighing will take place throughout the Speed Order Regatta and scales will be *available from June 13th*. All athletes are responsible to ensure their boat meets minimum boat weight guidelines as defined in the [RCA Rules of Racing Part #3.2.1](#). Athletes should note that 'heel ties' and other safety requirements, will be checked by umpires throughout the racing period.

BOAT STORAGE

Boats must be stored on boat trailers, or your own 'boat stretchers'.

WEATHER

Information on local weather, can be found at:

VRS Boathouse weather station: for current and historic conditions, including wind speed and direction <https://www.vcrc.bc.ca/about-vcrc/the-boathouse>

Environment Canada: https://weather.gc.ca/marine/forecast_e.html?mapID=02&siteID=06100

Windy app: <https://www.windy.com>

NOTICE OF DOPING CONTROL

Athletes should be aware that Anti-Doping testing may be conducted at Speed Orders. More information can be found at: <https://cces.ca/anti-doping>. Relevant e-Learning documents can be found at: <https://cces.ca/e-learning>.

COMMUNICATIONS & QUESTIONS

Please direct all REGATTA questions (entries, fee payment, scratches etc) to: vcrcregattas@gmail.com

For boat storage, trailer parking, use of safety boats, or boat rentals please contact Brenda Taylor clubadmin@vcrc.bc.ca

For questions and information around selection, please contact Adam Parfitt parfitt@rowingcanada.org

During the regatta there will be a Whatsapp communications group for coaches.

