



**2022 RCA National Rowing Championships Regatta**  
Quamichan Lake, BC  
Thursday November 10 – Sunday November 13

## **Bulletin No. 2**

### **GENERAL INFORMATION**

#### **CHAT GROUP**

**WhatsApp:** As per previous years, the Organizing Committee (OC) will initiate a 'WhatsApp Chat Group' to inform PRAs, club managers, coaches and staff of important information during the event.

To register in this group, go to this link: [WhatsApp link](#)

WhatsApp is free to download at: <https://www.whatsapp.com/download/>

#### **REGATTA INFORMATION**

This bulletin will be the final information bulletin. All future communications will be made available on the [RegattaCentral](#) and [Rowing Canada Aviron](#) websites and at the venue.

**MASKS, ETC:** Following guidance from our Chief Medical Officer, being fully vaccinated is highly recommended. Wearing a mask indoors is required (except when warming up).

#### **PARKING ARRANGEMENTS**

Trailer and vehicle parking will be assigned by the OC for emergency vehicles, Para athletes, people with special needs, key members of the Organizing Committee, the Chief Umpire, and the Assistant Chief Umpire<sup>1</sup>. All other parking will be in the gravel lot, at the Duncan Community Lodge. Assistants will be on-site to assist participants with parking.

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<sup>1</sup> People with accessibility concerns should speak with the parking attendant at the entrance to the park

## TRAILERS

Trailer drivers, please contact Jon Rose at RCA to notify us when you will be arriving in Duncan. Email Jon at: [jrose@rowingcanada.org](mailto:jrose@rowingcanada.org)

## TEAM MANAGERS/COACHES MEETING

All team managers/coaches are required to attend a compulsory meeting on **Thursday November 10 at 4:00pm** on the second floor of the Duncan Community Lodge (NTC). This will be an opportunity to review final regatta details with the OC and the Chief Umpire.

## YOUTUBE BROADCAST

With the support of our partners Roll.Focus. Productions, the OC will be broadcasting live coverage of all A/B Finals on Saturday November 12. Racing will be livestreamed on **CBCsports.ca** and **CBC Gem** as well as on the **RCA YouTube** page. A direct link to the livestream and the broadcast start time will be published on the RCA and RegattaCentral websites once the final race schedule is determined.

## AWARDS DINNER

You're invited to the 2022 National Rowing Championships Athlete Awards Dinner! Join us at Shawnigan Lake School on Saturday November 12 at 6:00pm to celebrate our athletes. Coaches, coxswains, team personnel and community members can purchase tickets via the RegattaCentral website. *Athletes entering the NRCs are automatically registered for a ticket.* **The deadline to purchase tickets is Tuesday November 8.** No physical tickets will be printed. Upon arrival at the Athlete Awards Dinner, all attendees will check in at a registration table to confirm seating.

## REGATTA SCHEDULE AND TIME TRIAL DRAW

The provisional schedule will be [available on RegattaCentral](#) in the evening on Tuesday November 8 The start list for the Time Trials will be available in the afternoon of Thursday November 10.

The OC is aiming to minimize waste and protect the environment, and so where possible, will operate in a 'paperless' environment. Limited hard copies of schedules and results will be posted on the results and notice board. Please bookmark the RegattaCentral website on your phone.

## REGATTA OVERVIEW

### Thursday November 10

- Regatta Office: 9:00am-4:30pm
- Course officially open for training (using NRCs traffic pattern and safety boats): 12:00-4:30pm
- Compulsory Coaches and Team Managers Meeting: 4:00pm (Duncan Lodge Level 2)

## Friday November 11

- Regatta Office: 6:30am-4:30pm
- Concession: 7:30am-4:30pm
- Practice Session: 7:30-8:15am & 3:15-4:30pm (depends on race program each session)
- Racing Sessions: (see the Provisional Schedule on the RegattaCentral website)
  - 8:30am-12:00pm (depends on final entry numbers)
  - 12:00-3:00pm (depends on final entry numbers)

## Saturday November 12

- Regatta Office: 6:30am-4:30pm
- Practice Session: 7:30-8:15am & 3:15-4:30pm (depends on race program each session)
- Racing Sessions:
  - 8:30am-12:00pm (depends on final entry numbers)
  - 12:00-3:00pm (depends on final entry numbers)

## Sunday November 13

AM Session: **Spare** session contingency in case of bad weather on Nov 11/12.

## ON-WATER SAFETY

The OC has arranged for safety boats to be on water for all training and racing sessions. Notes:

a) **Para athletes** may require additional rescue/safety services during training. Para coaches/athletes please contact the OC in the Regatta Office to ensure adequate coverage is arranged.

b) **PRE-TRAINING:** Training is possible on Quamichan if you arrive early - under strict conditions. Training windows from Monday November 7 - Wednesday November 9 are 9am-11am and 2pm-4pm. **\*\*All visitors must sign out a coach boat and provide a coach to go out on the water with your crews. *Note: Safety is your own responsibility during this period.*** The OC will **not** be monitoring the water until Thursday November 8 at 12:00pm. Email Jon Rose ([jrose@rowingcanada.org](mailto:jrose@rowingcanada.org)) to arrange a boat.

## TRAFFIC PATTERNS

Updated maps of the traffic patterns for training, Time Trials, and 2000m racing will be loaded on RegattaCentral and also displayed at the venue.

a) **Local crews**, please note the changes to regular club rowing traffic patterns. Athletes and coaches should carefully review the maps before arrival.

b) **Infringements** of the traffic pattern(s) may incur an official warning, yellow card, or red card (exclusion from the event).

## CREW DEADLINES/SCRATCH DEADLINES

As per RCA Rule 7.6, crew changes after the close of entries and before the first heat may be made in writing at the Regatta Office (in Duncan Lodge located upstairs), up to 1 hour before the first heat of the event (other than medical substitutions). See Rule 7.7 for rules related to changes after the first heat. A fee of \$50 will be charged for each scratching and 'no show' crews.

\*\*Note: Medical substitutions require a medical certificate to be lodged with the regatta office in order to waive the scratching fee.

**International/CAN composite crews:** Several Canadian athletes nominating for National selection but studying in the USA have been allowed to race a pair with an international pair partner (also studying at the same university/club). These composite crews will not be eligible for a Canadian National Rowing Championship medal, and the next ranked Canadian crew will be elevated on the final medal table. The international athlete will not be eligible for Canadian National selection.

## ATHLETE INFORMATION

### CONTROL COMMISSION

The Control Commission will be open during racing hours only. All boats must access the launch pontoon and water via the Control Commission checkpoint, where officials will check various safety requirements (including legal bow balls, quick release foot-stretchers, heel ties, athletes ID, etc.).

### ID REQUIREMENTS

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. Photos of ID on electronic devices or a clear photocopy of a passport will be acceptable.

### LIGHTWEIGHTS WEIGH-IN

For NRC regatta lightweight events, 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 12:00pm on Thursday November 10, 2022. As per WR ByLaw to Rule 22: Lightweight rowers shall be weighed wearing at least their racing uniform on tested scales *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. Weigh-ins will take place in a designated area, upstairs in the Duncan Lodge.

### MEDALS

Medals will be awarded to first, second and third placed athletes and crews in the 'A' Final of each event. All awards will be presented **after the completion of all 'A' finals**, on land near the boating area.

## PROVINCIAL POINTS SYSTEM (NRCs)

### Points Distribution for events with more than 10 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.

#### Single

|                        |             |
|------------------------|-------------|
| 1 <sup>st</sup> place  | - 10 points |
| 2 <sup>nd</sup> place  | - 9 points  |
| 3 <sup>rd</sup> place  | - 8 points  |
| 4 <sup>th</sup> place  | - 7 points  |
| 5 <sup>th</sup> place  | - 6 points  |
| 6 <sup>th</sup> place  | - 5 points  |
| 7 <sup>th</sup> place  | - 4 points  |
| 8 <sup>th</sup> place  | - 3 points  |
| 9 <sup>th</sup> place  | - 2 points  |
| 10 <sup>th</sup> place | - 1 point   |

#### Pair

|                        |             |
|------------------------|-------------|
| 1 <sup>st</sup> place  | - 20 points |
| 2 <sup>nd</sup> place  | - 18 points |
| 3 <sup>rd</sup> place  | - 16 points |
| 4 <sup>th</sup> place  | - 14 points |
| 5 <sup>th</sup> place  | - 12 points |
| 6 <sup>th</sup> place  | - 10 points |
| 7 <sup>th</sup> place  | - 8 points  |
| 8 <sup>th</sup> place  | - 6 points  |
| 9 <sup>th</sup> place  | - 4 points  |
| 10 <sup>th</sup> place | - 2 points  |

Points for composite pairs to be split equally to the provinces making the entry.

### Points Distribution for events with less than 10 entries:

In events with less than 10 competitors, the points 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 were 8 competitors, the winning boat would earn 7 points for their province, second place 6 points, third place 5 points, and so forth.

#### *Case of Athlete Winning Their Own Restricted Event and Open Category Event:*

An athlete can earn points only in the event in which they are entered. For example, if entered the BW1x and win the W1x, then points are awarded only for the BW1x event.

If an athlete/crew wins an event above their entered category, then the second place finisher in the event earns 9 points and the third place finisher earns 8 points and so on down.

#### Provincial Awards:

The Grand Champion Award – Shall be deemed the province with the greatest number of points.

The Efficiency Award - Is tabulated by dividing number of points earned by a province by the number of athletes the province registered for the regatta.