Rowing Canada Aviron is pleased to announce that the St. Catharines Rowing Club (SCRC) will host the 10th annual RCA National Rowing Championships (NRC) on Henley Island, St. Catharines, Ontario, from Thursday October 8th to Saturday October 10th 2015. This year’s event will be held on the world class Henley Regatta course, home to the TO2015 Pan Am Games Regatta. A special 10th anniversary post regatta celebration will be held following the final race of the regatta that will include medal presentation ceremonies and an athlete BBQ. Brian Fisher of the St. Catharines Rowing Club will be the Regatta Chair of the Organizing Committee and Tim Henderson of British Columbia will be the Chief Umpire for the regatta.

For details on who can enter the regatta, the events and rules specific to the NRC, e.g., the weigh-in rules, please peruse the attached 2015 NRC Technical Package, in particular, the following sections:

§ 4.1 and 4.2 Right of Entry
§ 5.1 Events
§ 6.1 Athlete Weight and Weigh-in
§ 8. Progression System, Seeding Panel and Fairness Committee

ADDITIONAL ENTRY INFORMATION

All athletes entering the NRC are required to be registered with RCA in the competitive rower category in the RCA Web Registration System (WRS) through a member rowing club prior to the province / NTC making an entry for the athlete. The affiliated club name will be required with the entry to enable athletes to be ranked and points awarded to the athlete’s province. Please review the stipulations about club affiliation in section 4.2 of the TP.

Under the WRS each individual athlete must log into the WRS and create their own personal profile at their club and ensure their information is correct. The respective club must then confirm, in WRS, that the athlete is registered. The respective provincial rowing association would then need to confirm the registrations status, in WRS, for each athlete they intend to enter in the NRC, prior to making an entry. Likewise, RCA High Performance would need to confirm, via WRS, that the National Training Centre athletes HP is considering entering in the NRC, are registered with their respective club and province, prior to making an entry.

PROGRESSION SYSTEM – change from 2014

Please note that all 2000 m events will commence with time trials in their respective groups, instead of heats, regardless of the number of total entries within a group.
ENTRY FEE

For the 2015 NRC, the entry fee will be $75.00 per competitor ($75.00 for a single entry and $150.00 for a pair entry). The entry fees for the para-rowing events will be at the rate of $50.00 per competitor ($50.00 for an ASW1x, ASM1x, TAW1x, TAM1x entry, $100.00 for a LTAW2x/- or LTAM2x/- entry). 13% HST will be added to the cost of all entries. An additional, mandatory fee of $10 per athlete to cover the cost of the Post Regatta BBQ and medal presentation event will be charged for each athlete entered. Additional tickets for the event will be available for purchase at the regatta office until noon, Friday, Oct. 9.

ENTRY PROCESS and ENTRY DEADLINE

Provincial and National Training Centre entries for the 2015 NRC will be collected electronically via RegattaCentral https://www.regattacentral.com/regattas/

All entries and entry payments must be made through RegattaCentral. Entries will be accepted from the Provincial Rowing Associations or RCA HP only. Each PRA and HP is required to designate one representative to submit all entries for the NRC through RegattaCentral.

Entries for which payment has not been submitted by the entry deadline will not be drawn.

RegattaCentral on-line registration will be open Monday, July 13, 2015.

The deadline for submitting entries and entry fee payments is 11:59pm EDT, Monday, September 28, 2015.

Late entries will be accepted; the late entry fee is double the respective entry fee. The deadline for late entries is 11:59 p.m. EDT, Friday, October 2, 2015. Further details will be available on RegattaCentral. Late entries will not be seeded into the Time Trial start lists.

The scratch fee will be $50.00. The name change fee will be $5.00.

A preliminary draw will be posted Friday, October 2, 2015.

RACING DISTANCE

The racing distance on The St.Catharines Rowing Club course will be 2,000 metres for the able bodied events and 1,000 metres for the para-rowing events. The course will have six fully buoyed racing lanes. Ontario Power Generation has confirmed the flow rate on Martindale Pond will be reduced to the rate allowed for the CSSRA regatta and Henley.
EQUIPMENT

Each province as well as the national training centres, are responsible for the provision of all boats, oars and sculls as required for each race. Complimentary boat racks will be available.

RCA PROVINCIAL PARTICIPATION SUPPORT FUNDING PROGRAMME

The programme will be in place for the 2015 NRC; the pool of funds is to be confirmed pending funding approvals. Information on the programme will be forwarded to the provincial rowing association offices as soon as possible.

EVENTS

Depending on the number of entries, quarter-finals, semi-finals and possibly some C, D, E, F, and G finals would be held on Friday, October 9th, in the same order as below. The medal presentation ceremony will be held after the last race on Saturday. The provisional order of events for the finals, on Saturday, October 10, 2015 is as follows:

<table>
<thead>
<tr>
<th>Event Number</th>
<th>Time</th>
<th>Event/Groups</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>8:00 a.m.</td>
<td>ASW1x</td>
</tr>
<tr>
<td>2</td>
<td>8:10 a.m.</td>
<td>ASM1x</td>
</tr>
<tr>
<td>3</td>
<td>8:20 a.m.</td>
<td>TAW1x</td>
</tr>
<tr>
<td>4</td>
<td>8:30 a.m.</td>
<td>TAM1x</td>
</tr>
<tr>
<td>5</td>
<td>8:40 a.m.</td>
<td>LTAW2x/-</td>
</tr>
<tr>
<td>6</td>
<td>8:50 a.m.</td>
<td>LTAM2x/-</td>
</tr>
</tbody>
</table>

**Grouped Events**

- **Group 1, Final B**
  - 9:10 a.m.
  - JW1x, BW1x, W1x
- **Group 1, Final A**
  - 9:20 a.m.
  - JW1x, BW1x, W1x
- **Group 2, Final B**
  - 9:30 a.m.
  - JW2-, BW2-, W2-
- **Group 2, Final A**
  - 9:40 a.m.
  - JW2-, BW2-, W2-
- **Group 3, Final B**
  - 9:50 a.m.
  - BLW1x, LW1x
- **Group 3, Final A**
  - 10:00 a.m.
  - BLW1x, LW1x
- **Group 4, Final B**
  - 10:10 a.m.
  - JM1x, BM1x, M1x
- **Group 4, Final A**
  - 10:20 a.m.
  - JM1x, BM1x, M1x
- **Group 5, Final B**
  - 10:30 a.m.
  - JM2-, BM2-, M2-
- **Group 5, Final A**
  - 10:40 a.m.
  - JM2-, BM2-, M2-
- **Group 6, Final B**
  - 10:50 a.m.
  - BLM1x, LM1x
- **Group 6, Final A**
  - 11:00 a.m.
  - BLM1x, LM1x
- **Group 7, Final B**
  - 11:10 a.m.
  - BLM2-, LM2-
- **Group 7, Final A**
  - 11:20 a.m.
  - BLM2-, LM2-
NOTICE OF DOPING CONTROL

Participants in the 2015 RCA National Rowing Championships must be aware that doping control tests will be conducted by the Canadian Centre for Ethics in Sport (CCES) in accordance with the Canadian Anti-Doping Program. To avoid an inadvertent positive test and the consequences of an anti-doping rule violation, athletes are encouraged to take the following steps:

- Check the Global DRO (www.globaldro.com) to determine if any prescription or over-the-counter medications or treatments that are banned by the WADA Prohibited List.
- Review medical exemptions requirements (www.cces.ca/medical) if you require the use of a banned medication for a legitimate medical reason.
- Do not use supplements, or take precautions prior to doing so. Supplement products cannot be verified by the CCES or in the Global DRO. A lack of industry and government regulation makes it impossible to confirm their ingredients. Read more: www.cces.ca/supplements
- Review the steps of the doping control sample collection procedures: http://www.cces.ca/en/samplecollection

For additional resources and general information about anti-doping, please contact the CCES:

- Email: info@cces.ca
- Call toll-free: 1-800-672-7775
- Online: www.cces.ca/athletezone

REGATTA QUESTIONS?

If you have any questions about the regatta please contact the Organizing Committee Regatta Chair Brian Fisher at: bfisher@pridemobility.com. For questions about the RCA National Rowing Championships please contact Dave Derry at: dderry@rowingcanada.org 905-682-1747 (office).

NRC regatta information will also be posted on https://stcatharinesrowingclub.org and www.regattacentral.com
10th Annual RCA National Rowing Championships  
St. Catharines, Ontario  
Henley Island  
October 8 – 10, 2015

ACCOMMODATIONS

Best Western St.Catharines  
Hotel and Conference Centre  
2 North Service Rd, St. Catharines, ON L2N 4G9

Deluxe Standard Room - $119 (plus taxes)  
2 Queen Beds up to 4 persons

Above rates are based on single/double occupancy, $10.00 each additional guest. Rooms have two queen beds in each. Rates are subject to 13% HST and 5% Facility Fee. Cots are available at an additional charge of $15.00 per night.

Includes:
- hot breakfast every morning
- parking
- Wi-Fi
- Use of 10,000 Sq. Ft fitness centre and indoor salt water pool

Team Reservations  
Contact Rebecca Hunter, 905-704-5669 or rebecca.hunter@honhotels.com in order to put rooms aside for your team. Full terms and conditions will be sent to each team with their contract.

Individual Reservations  
Call Direct 905-934-8000  
Please reference the **National Rowing Championships** when making reservations.

All reservations are based on availability & will need to be made prior to the **release date of September 10, 2015.**