Rowing Canada Aviron

2015 National Rowing Championships
TECHNICAL PACKAGE

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure requirements necessary for the RCA National Rowing Championships (NRC). It is intended for use by the provincial / territorial rowing associations and the National Training Centres planning to send teams to the event and for the Organizing Committee hosting the regatta. For the Organizing Committee, this document is an integral part of the RCA Bid / Hosting Guidelines Package.

The RCA Rules of Racing shall apply for the organization and operation of the NRC unless stated otherwise. Provincial and national team managers, coaches and the Organizing Committee are to be familiar with the RCA Rules of Racing.

1. NRC Vision

“The National Rowing Championships is a regatta to be held in the fall of each year to mark the end of the sprint racing rowing season. It shall be open to competition for all rowers in the country and be scheduled to facilitate this. From its entries the fastest rowers on that day shall be determined and crowned national champions and the rest shall be ranked accordingly.”

2. Regatta Objectives

2.1 The event must meet the needs of the athletes. It must be meaningful and have importance. Therefore, it is vital that the top athletes are in attendance and they are provided with a competitive environment.

2.2 The event must provide a national ranking of athletes and provincial associations. This is important to the National Team and the provinces. See Appendix ‘A’ for the ranking system.

2.3 The event must provide an opportunity to developing athletes to be exposed to a competitive environment against national training centre athletes, allowing for the chance to be identified and targeted for further development.

2.4 The event must work within the approved budget parameters.

2.5 The event must be a high performance test to help athletes prepare for international competition. A FISA progression format would help in this purpose.
3. Regatta Fixture Date

3.1 The NRC is to be scheduled to permit athletes to train safely in their home province prior to the event.

3.2 The 2015 NRC regatta shall be a three-day event, to be held from Thursday, October 8\textsuperscript{th} to Saturday, Oct. 10\textsuperscript{th} inclusive.

4. Right of Entry

4.1 The NRC shall be open only to entries received from RCA member provincial / territorial rowing associations and the RCA National Training Centres (NTC). For clarity, athletes training at RCA’s national training centres shall compete under the national training centre designation. The RCA High Performance Director will provide a roster of national training centre athletes to the regatta Organizing Committee prior to the entry deadline. Sport Canada carded athletes assigned to and training at a National Development Centre or Talent Development Centre will be eligible to enter only through their respective provincial / territorial rowing association.

4.2 As per the CARA By-Laws and RCA Registration Policy, an athlete entering the NRC is required to be registered with RCA through a member rowing club prior to the provincial / territorial rowing association / NTC making an entry for the athlete. The affiliated member club name provided by the athlete to the province / territory / NTC, shall be used to determine a provincial / territorial rowing association affiliation for the purposes of ranking athletes and provincial / territorial rowing associations as referenced in 2.2 above. If the affiliated member club name provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete’s club/province in the database will be used in making the regatta draw (and any subsequent race results). If no club / province affiliation is found in the database, the entry will not be drawn.

4.3 The provincial / territorial rowing associations and RCA High Performance shall pay their respective entry fees. The province / territory / RCA High Performance will supply the provincial / territorial / NTC colours to each athlete rowing for it.

4.4 Athletes shall row in their respective provincial / territorial or national training centre colours, including when competing in composite boats. National training centre athletes, however, will not be permitted to compete in the RCA National Team uniform.

4.5 Composite crews may be made up of any combination of athletes representing any combination of provinces / territories / national training centres without restriction.

4.6 There shall be no limit on the number of athletes per province / territory / NTC nor the number of entries a province / territory / NTC could make in any one event.

4.7 Athletes must meet their province’s / territory’s / NTC minimum performance criteria to be entered into the event.

4.8 There shall be no minimum or maximum age to compete in the NRC.
5. **Events**

5.1 Races shall be held for the following able bodied boat classes: single sculls (1x), pair (2-)

For Para competition, the Legs, Trunk and Arms Men’s Double / Pair (LTAM2x/-); the Legs, Trunk and Arms Women’s Double / Pair (LTAW2x/-); Trunk and Arms Men’s Single (TAM1x); Trunk and Arms Women’s Single (TAW1x); Arms and Shoulders Men’s Single (ASM1x), and Arms and Shoulders Women’s Single (ASW1x) will be the Para types of events for the next few years.

Note: the LTAM2x/- and the LTAW2x/- may include one athlete with a classifiable visual impairment or physical disability, and one able body athlete. Racing shells used in the TA events must be an adaptive or para rowing single and have a fixed seat. Pontoons will not be required in the TA or LTA events; it will be up to the athlete to decide if he or she wants to race with pontoons.

5.2 The RCA age categories of Senior, Under 23, and Junior shall be utilized in the able bodied boat classes.

5.3 The 24 events at the National Rowing Championships shall be:

<table>
<thead>
<tr>
<th>Event Description</th>
<th>Category</th>
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<tbody>
<tr>
<td>Women Single Sculls</td>
<td>W1x</td>
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<tr>
<td>Lightweight Women Single Sculls</td>
<td>LW1x</td>
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<tr>
<td>Under 23 Women Single Sculls</td>
<td>BW1x</td>
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<tr>
<td>Under 23 Lightweight Women Single Sculls</td>
<td>BLW1x</td>
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<tr>
<td>Junior Women Single Sculls</td>
<td>JW1x</td>
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<tr>
<td>Women Pair</td>
<td>W2-</td>
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<tr>
<td>Under 23 Women Pair</td>
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<tr>
<td>Junior Women Pair</td>
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<td>Men Single Sculls</td>
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<tr>
<td>Trunk and Arms Women’s Single Sculls</td>
<td>TAW1x</td>
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<tr>
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<tr>
<td>Legs, Trunk and Arms Women’s Double/Pairs</td>
<td>LTAW2x/-</td>
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<td>LTAM2x/-</td>
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6. **Athlete Weight and Weigh-in**

6.1 The FISA maximum weight for a single male sculler (72.5 kg) shall be permitted in the lightweight single sculls events as well as in the lightweight pair oared events. The FISA maximum weight for a single female sculler shall be 59 kg plus an allowance of 1 kg, making the maximum permissible weight 60 kg. The weigh-in protocol for athletes as described in the FISA Rules of Racing [FISA Rule 31] shall be followed at the NRC with the following exception: athletes will be permitted to weigh-in wearing summer weight colours; the summer weight colours are not required to be provincial / territorial / NTC issue.

7. **Racing Distance**

7.1 The races in the NRC will be held on a standard 2000m six lane, fully buoyed course (1000m for para-rowing races). A racing distance of 1800m could be utilized for the able bodied competitors if the venue chosen by RCA was equal to the other requirements of the RCA Rules of Racing.

8. **Progression System, Seeding Panel and Fairness Committee**

8.1 The FISA progression system, in particular, for World Cup events, as allowed under RCA Rule of Racing 9.3.1, shall be used at the NRC regatta with the following modifications:

8.2 On the Thursday of the NRC, time trials shall be held in place of heats for all events/groups. On Friday, the repêchages, quarterfinals and semi-finals shall be held. On Saturday the finals shall be held.

8.3 The advancement of crews from the time trial will be based on the FISA World Cup progression system as if heats (or time trial) had been held, as defined in the cases.

8.4 To avoid having the faster boats in an event/group overtaking slower boats in the time trial, a Seeding Panel made up of representatives of the RCA High Performance staff and provincial coaching and/or university coaching staff shall seed the entries in the heats. The Seeding Panel shall develop the criteria to seed, to be approved by the RCA CEO who may consult with others as appropriate. These criteria will be published in Bulletin No. 2.

8.5 The 18 able bodied events will be grouped as follows and will be raced in time trials, repêchages, semi-finals and finals within the groups as shown here:

- **Group 1**: JW1x, BW1x, W1x
- **Group 2**: JW2-, BW2-, W2-
- **Group 3**: BLW1x, LW1x
- **Group 4**: JM1x, BM1x, M1x
- **Group 5**: JM2-, BM2-, M2-
- **Group 6**: BLM1x, LM1x
- **Group 7**: BLM2-, LM2-
Entries within a group will be seeded (as above) for the time trials and remain in the group throughout the time trials, repêchages, semi-finals and finals and will be awarded medals based on the performance within the event and group. For example, if in Final A of Group 1 the 1\textsuperscript{st} and 2\textsuperscript{nd} place boats were W1x entries and the third place boat was a JW1x entry, that athlete in the third place boat would be declared the bronze medallist of the W1x and the gold medallist in the JW1x.

8.6 A Fairness Committee, to ensure as far as possible, that athletes compete under fair conditions, shall be established and employed at the regatta.

9. Medals

9.1 Medals will awarded to the first place, second place and third place crews in each event.

10. Equipment

10.1 Each province / territory as well as the national training centres, are responsible for the provision of all boats, oars and sculls as required for each race.

11. Infrastructure Requirements

The following are the minimum infrastructure requirements to be met by any club or association bidding to host the National Rowing Championships:

11.1 The standard minimum course length for hosting the NRC shall be a 2000m racing distance. A course length of between 1800m and 2000m could be considered if other aspects of the venue meet the infrastructure requirements. A 1500m course, however, shall not be considered.

11.2 The minimum number of lanes shall be seven (i.e., six plus an “up” lane).

11.3 The minimum lane width should be 13.5m. A course with lanes 12.5m wide may be considered.

11.4 A true Albano buoy system with buoy spacing every 10m is preferred to hold a NRC. The minimum acceptable lane markings are seven lines for six racing lanes with buoys spaced 12.5m apart.

11.5 No stream on the race course is preferable. Any stream existing should be so slight as to not give rise to unequal conditions on the different lanes.

11.6 A starter’s tower located above and behind the start line is preferred. If this not available, then at an absolute minimum, sound speakers must be located on each starting platform to allow each crew to hear the start signal at the same instant. A light system, in conjunction with the audio system, is preferable over an audio only system.

11.7 Start pontoons with adjustable fingers to allow the bows of boats of different classes to be aligned on the zero line so that each class races over 2000m exactly, is preferred.
An absolute minimum requirement is that in each race the boat bows can be aligned evenly. The start pontoons, therefore, would need to be designed to accommodate this requirement. A proper sighting device would need to be provided for the judge at the start/aligner.

11.8 Start pontoons for 1000m para-rowing races are preferred.

11.9 Steering aids in the start zone are preferred.

11.10 Interval timing for each 500m is preferred.

11.11 Outdoor boat racks, for visiting teams are required.

11.12 The event host will commit to providing reasonable hosting standards, including those for athletes with and without a disability. In particular, weigh-in facilities suitable for the time of year (warm, dry and free of wind) must be provided, as well as segregated washrooms and an interviewing room for anti-doping testing.

December 8, 2014