

2025 CANADA CUP REGATTA

DOUG WELLS ROWING CENTRE ON FANSHAWE LAKE

London, Ontario Canada

Thursday/Friday/Saturday, August 14-16, 2025

The Canada Cup Regatta aims to show-case Canadian rowing in a sprint format that creates athlete participation through an exciting race program and athlete interaction and encourages spectator and sponsor engagement. Entries for the Canada Cup Regatta are structured to promote inclusion of athletes from all regions.

IMPORTANT DATES

Boat request deadline	July 1 st , 2025
Boat rental fee due	July 7 th , 2025
General entry and payment due with boat classes and number of athletes anticipating with PLACEHOLDER names.	July 11 th , 2025
Athlete and Coach rooming list due*** Minor edits may be made up to July 27 th at 5PM both completed through Accommodations portal	July 21 st (3 weeks out)
Arrival at Ontario Hall	August 11 th , 2025
Training Days	August 12-13 th 2025
Preliminary draw made available	August 10 th
Name Entry Deadline on Regatta Central. All further name changes completed at regatta office	Noon, August 12 th , 2025
Competition Days	August 14-16 th 2025
Checkout and departure	August 16 th or 17 th 2025

ELIGIBILITY

- The Canada Cup Regatta shall be open to athletes who represent a Provincial Rowing Association (PRA).
- As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the Canada Cup Regatta is required to be registered with RCA and their PRA through an RCA Member Club prior to an entry being made for the athlete. If the RCA Member Club provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's Club and PRA in the database will be used in making the regatta draw and any subsequent race results. If no club or PRA affiliation is found in the database, the entry will not be drawn.
- PRA's shall pay their respective entry fees.

- Athletes shall race in their respective PRA colours. Neutral or Club painted oars are acceptable by agreement of the Chief Umpire, however oars must be uniform in colour within a crew.
- **Close of Entries:** Entries for the Canada Cup will close on August 4th at 11:59PM EDT. Late entries will be accepted after this date at the discretion of both by the LOC and RCA.
- **Team Size and Age limits:** Each PRA team shall be a maximum of 8 Men and 8 Women, plus 1 coxswain of any gender.
- Canada Cup athletes shall be under 21 years. A rower or coxswain may compete as an Under 21 competitor until the 31st of December of the year in which they reach the age of 20.

GENERAL INFORMATION

- Coaches meetings will be held at 7PM each day from Monday August 11th to Friday August 15th located in the cafeteria of Ontario Hall at Western University. Coaches meetings will also be held at 7AM on Thursday through Saturday to review weather conditions and any crew changes. All other communication will be disseminated via the Canada Cup What's App group linked below.
- Racing will start at 8:30AM each day.
- Crews will be allowed on the water 40 min before their race time.
- Original government issued photo ID will be required at control commission and weigh-ins
- Heats and Finals take place at 15 minute intervals for 2k races, 10 minute intervals for 1k races and 5 minute intervals for 500m races.
- Equipment rentals from local clubs are possible if the LOC is contacted with requests via the following link
https://docs.google.com/forms/d/e/1FAIpQLSfeO84igFclyLVoHCg1dWo3f7ilYzhO9h7vwAh8MfbbLv_V9g/viewform?usp=sharing&ouid=111118522635497539363
- Drivers are not allowed to park in the designated trailer areas unless a trailer is attached to the vehicle or shell(s) are strapped to a car.
- When parking trailers and tow vehicles, point them toward the lake to exit the site properly (use lower road).
- Entries are to be submitted via Regatta Central.
- Online Name Change Deadline – August 12 at noon EDT.
- Post-entries are allowed up to the morning coaches meeting if they do not force additional heats or finals and subject to approval by both LOC and RCA.
- All crew changes must be communicated in writing to the Organizing Committee no later than the morning coaches meeting.



Canada Cup Regatta

WhatsApp group



Scan or upload this QR code using the WhatsApp camera to join this group

SCHEDULE and LIST OF EVENTS

Events

Men's and Women's 1x, 2- (2000 meters)

Men's and Women's 2x, 4- (1000 meters)

Mixed 4x, 8+ (500 meters)

****Two entries permitted per PRA for the 1x, 2x and 2-*

****One entry permitted per PRA for the 4-, 4x and 8+*

Schedule

Monday, August 11th - Teams arrive in London, ON.

Tuesday, August 12th – Wednesday, August 13th camp training days and events

Thursday, August 14th Regatta Day 1 for the following events:

- *Men's 1x, 2- (2000m)*
- *Women's 1x, 2- (2000m)*
- *Training time 30 minutes after last race until 3PM*

Friday, August 15th Regatta Day 2 for the following events:

- *Men's 2x, 4- (1000m)*
- *Women's 2x, 4- (1000m)*
- *Training time 30 minutes after last race until 3PM*

Saturday, August 16th ^{11 SEP} Regatta Day 3 for the following events:

- *Men 4x, 8+ (500m)*
- *Women 4x, 8+ (500m)*
- *Awards presentation one hour after last race*

Saturday, August 16th PM, Teams depart. Please inform the LOC if accommodations are needed for Saturday night.

****Starting system will be in place for 2000 meter racing. For 1000 meter and 500 meter racing a floating start will be used.****

PROGRESSION

- *For events with more than 6 entries, placing during heats determine the finalists. The top finisher from 2 heats will move on, then next fastest times. Points will be awarded for the top finisher from each PRA. Remaining boats will be moved to the B final.*
- *For events with 6 entries or less, a race for lanes will take place*
- *For events with 7 entries, there will be no B final as the 7th place finisher will be automatically allocated the 7th ranking.*

POINTS

- Points shall be awarded for each Canada Cup event in each A Final as follows:
 - 1st place in each event:** 6 points for each rower's Province (excluding coxswains)
 - 2nd place in each event:** 5 points for each rower's Province (excluding coxswains)
 - 3rd place in each event:** 4 points for each rower's Province (excluding coxswains)
 - 4th place in each event:** 3 points for each rower's Province (excluding coxswain)
 - 5th place in each event:** 2 points for each rower's Province (excluding coxswains)
 - 6th place in each event:** 1 point for each rower's Province (excluding coxswains)
- ** Winners of the overall Provincial point-score, will be awarded the 'Canada Cup' trophy.

PRACTICE TIME AND SCHEDULE

- Between August 12th and 13th, facilities will be open to practice between 8 and 3PM. Transportation times will correspond with open practice times.
- A coach must be on the water in a safety boat while their crews are practicing. Coaches from participating PRAs must volunteer to act as safety boats during the practice time, or the course will remain closed. Coach boats, fuel, safety equipment will be provided by the LOC.
- No megaphones are permitted during practice hours

COXSWAINS AND WEIGH IN RULES

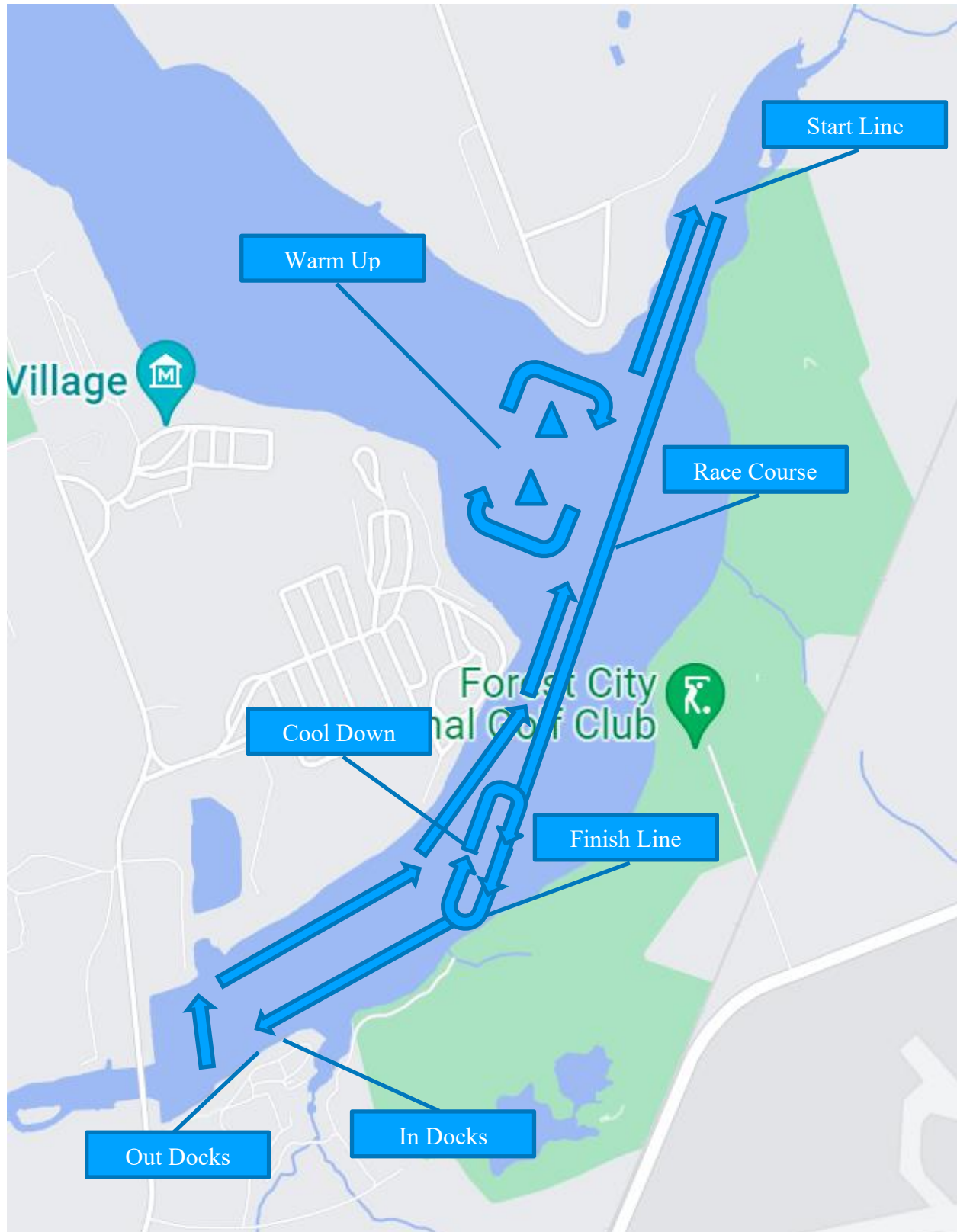
- All coxswains must weigh in.
- Coxswain weigh-in will occur from two hours to one hour before the start of coxswain's first race
- Coxswains must weigh in accompanied by a coach.
- In the case of any dispute, the umpire will communicate with the crew's coach or PRA official only.
- Coxswains will weigh in wearing their racing uniform. No one will be weighed in wearing more or less clothing.
- All weights for coxswains requiring extra weight will be supplied at the scales and will be the only weights recognized by umpires.
- A test scale will be open and made available.
- The minimum weight for a coxswain at the Canada Cup regatta will be 45kg.
- Photo ID will be requested.
- Weigh ins will occur on a first come first served basis, based upon when you report to the weigh in room.
- Any verbal abuse of umpires will result in disciplinary action as outlined in the RCA Rules of Racing and RCA Safe Sport policy.
- Coxswains may cox crews from other Provinces.

RULES OF RACING

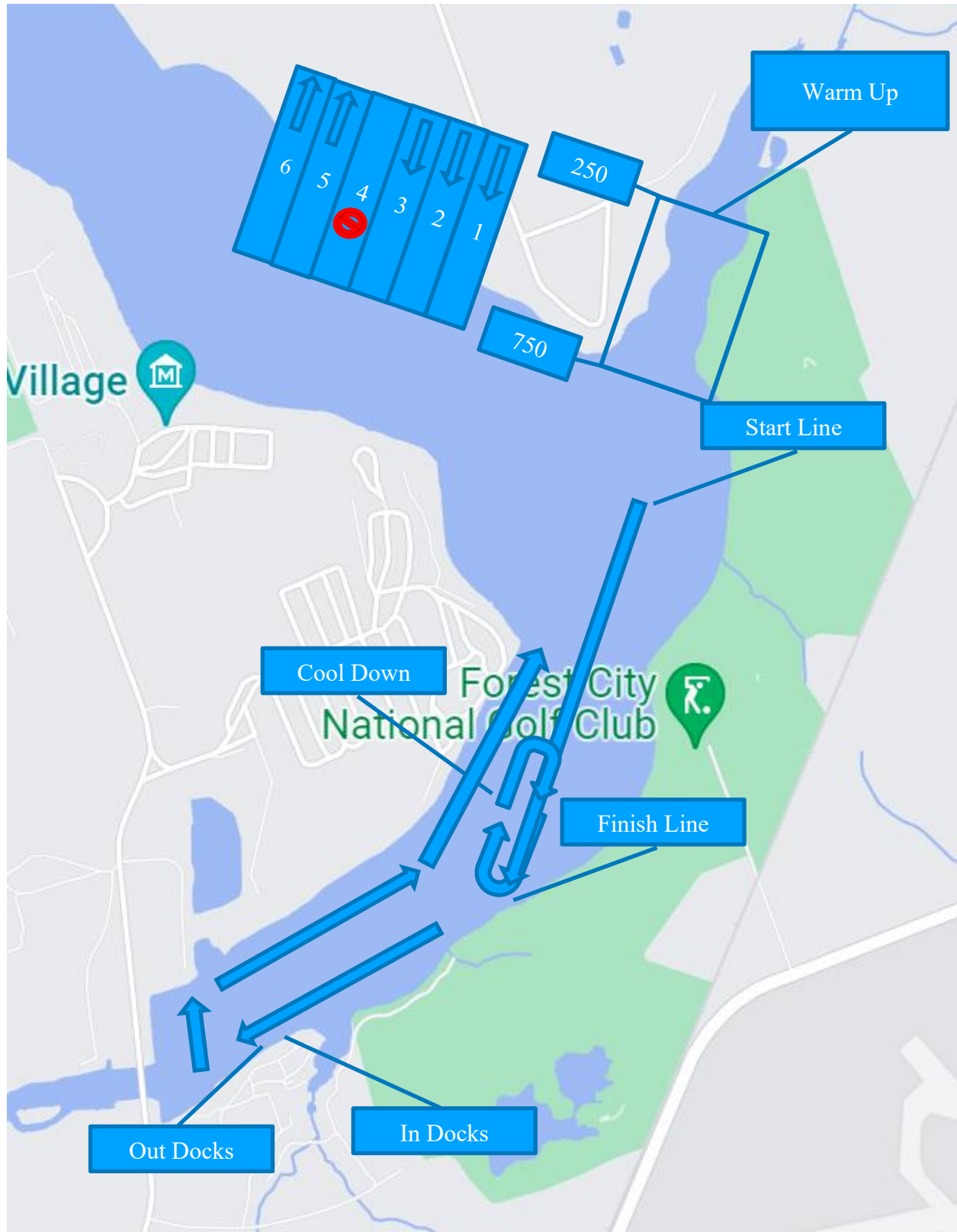
The RCA Rules of Racing will apply at this regatta. Exceptions to the RCA Rules of Racing are as follows:

- **Rule 2.5 - Coxswain Weights** – The minimum weight for a coxswain is 45 kg.
- **Rule 11.16.6 – Zonal Umpiring** will be used for 500m racing

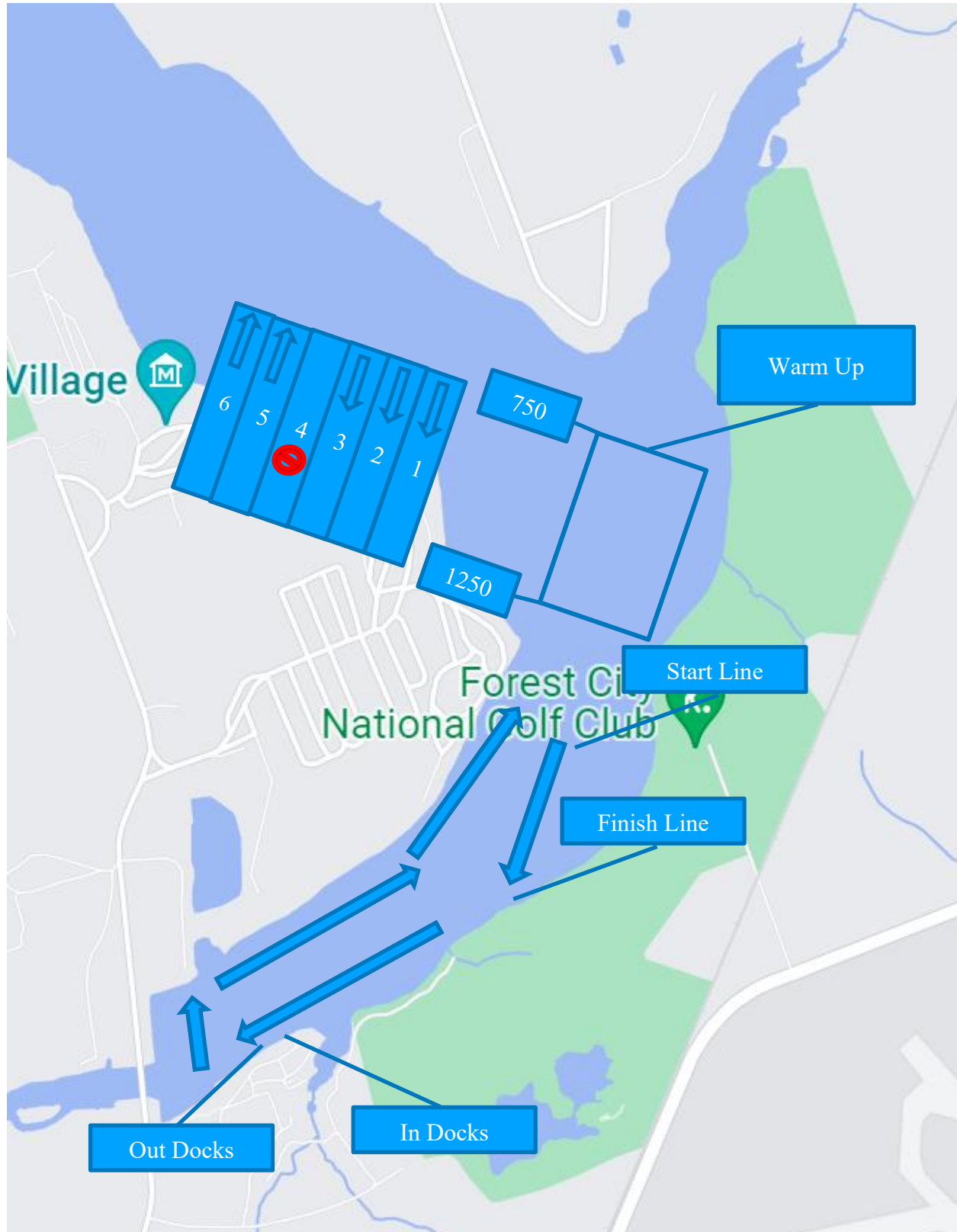
RACE DAY FLOW PATTERN – 2000m



RACE DAY FLOW PATTERN – 1000m



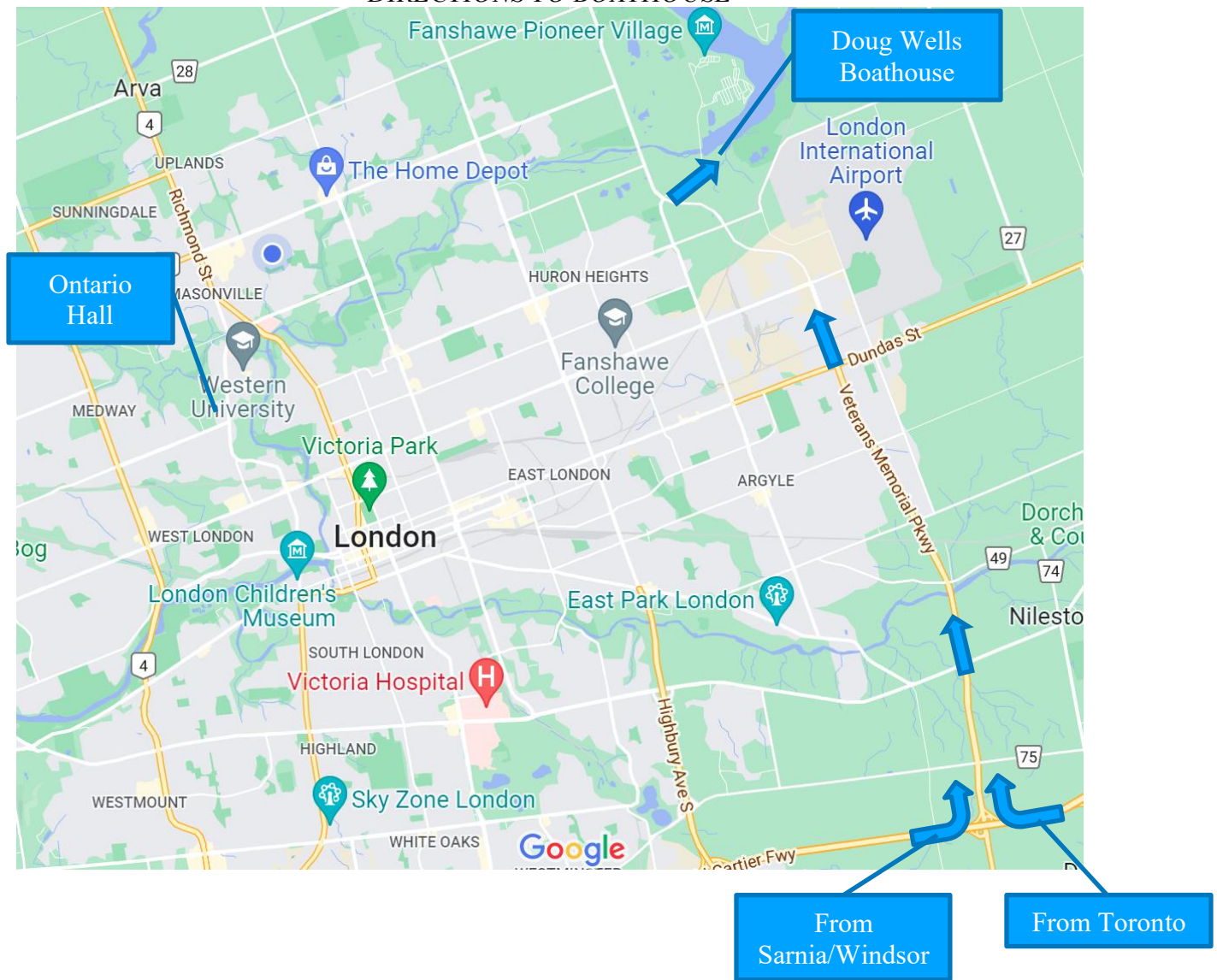
RACE DAY FLOW PATTERN – 500m



TRAINING DAY FLOW PATTERN



DIRECTIONS TO BOATHOUSE



PARKING

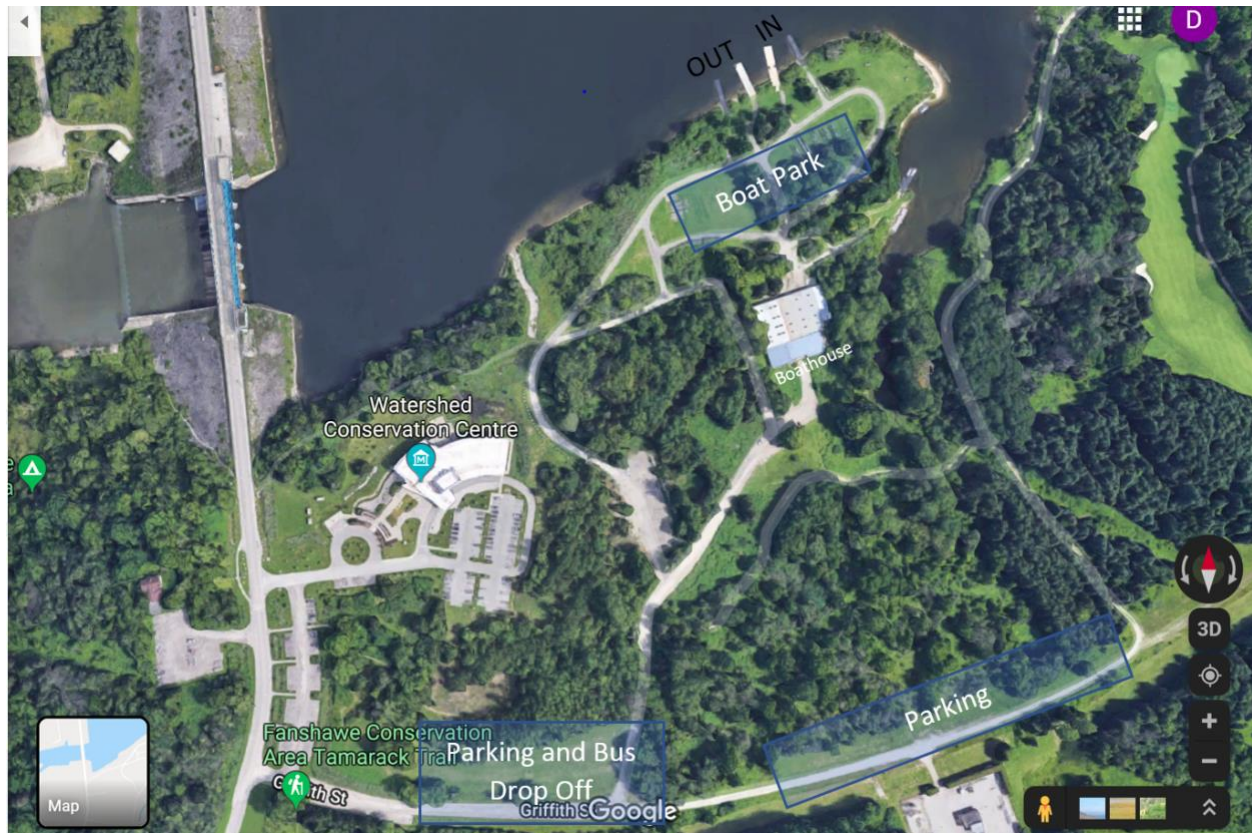
Transportation will be provided to coaches and athletes from all PRA between Ontario Hall and the Doug Wells Rowing Centre. Parking is restricted to the designated areas. Please be prepared to walk from the designated areas. All other space around the boathouse will be reserved for umpires and volunteers. Only trailer tow vehicles or vehicles that are car topping boats will be allowed on the paths around the boathouse. These paths will be clearly marked and should be left open for emergency vehicles.

BUS DROP OFF

Bus drop off and pickup will occur a short distance away from the boathouse and boat park. This is to allow busses ample room to turn and remove traffic from emergency lanes. Participants should be prepared to walk a short distance to the boat park area from the bus drop off point.

TRAILER PARKING

Spots for trailer parking will be marked off. The designated spots for each trailer will be staked off. We will also be designating certain areas for vehicles with boats on them.



ACCOMMODATIONS

Western University is excited to host Provincial rowing teams from across the country. Athletes, coaches and managers will be housed in our most energy efficient, LEED Certified Residence, Ontario Hall.

A fillable rooming list will be sent out to each PRA to be completed and sent back to Western University. All inquiries about rooming lists and housing can be directed to:

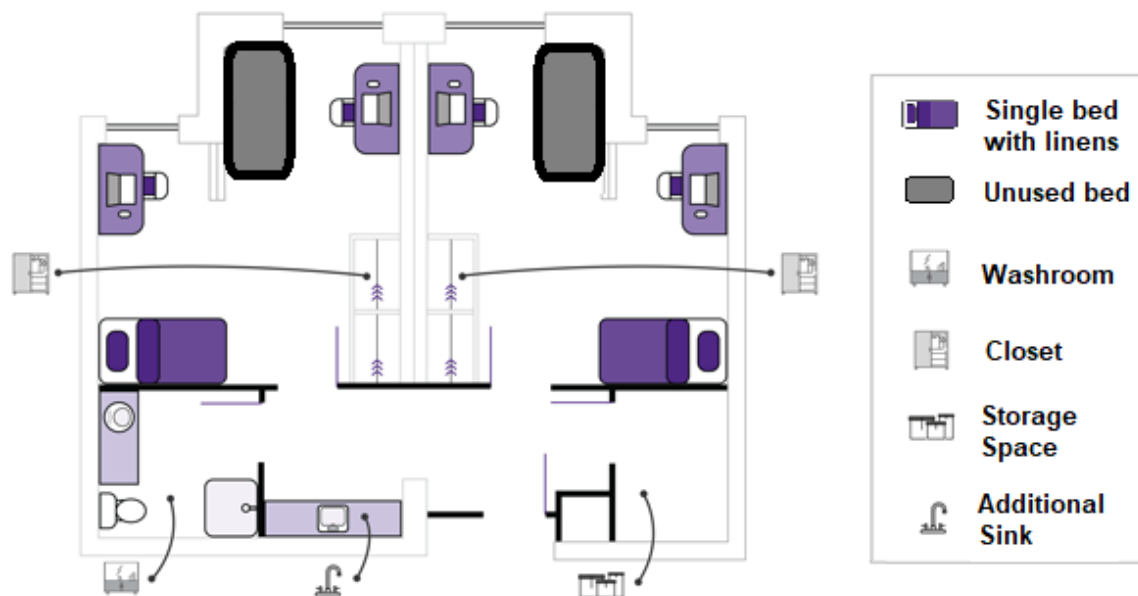
Catering and Conferences

catering.conferences@uwo.ca

519-661-3545

Each Suite-Style apartment offers semi-private shared accommodations featuring a single, lockable bedroom and a shared washroom (between 2 people). Each bedroom is equipped with a single bed, blanket, bed linens, pillow, bath towels, facecloth, washing soap and a drinking cup. Each unit is equipped with its own climate-controlled heat/air conditioning unit.

Suggested items to bring; hair dryer, shampoo.



Rooming List Template:

PRA's will receive a rooming list template by June 1st. PRA's will need to pair athletes to room together. Coaches and managers will be required to be on this list as well. Western will require the first name, last name and email address of each athlete. This is important for wifi access as well.

Room #	Last Name	First Name	Email
1E03A (L)			
1E03B (L)			

1E05A (L)			
1E05B (L)			

MEALS

Breakfast, a boxed lunch and dinner will be provided for all athletes, coaches and team managers. Breakfast and dinner will be in the Dining Hall located on the second floor of Ontario Hall.



Meal times as follows:

Breakfast: 6am – 8am

Boxed Lunch Pick Up: 6am – 8am
(from the dining hall)

Dinner: 5pm – 7pm

ACCREDITATION AND ACCESS

The accreditation will take place in the Main Lounge of Ontario Hall on the first floor. Athletes, Coaches and Managers will receive a Western lanyard including their keycard, Western map and Wi-Fi credentials here when the team checks in.

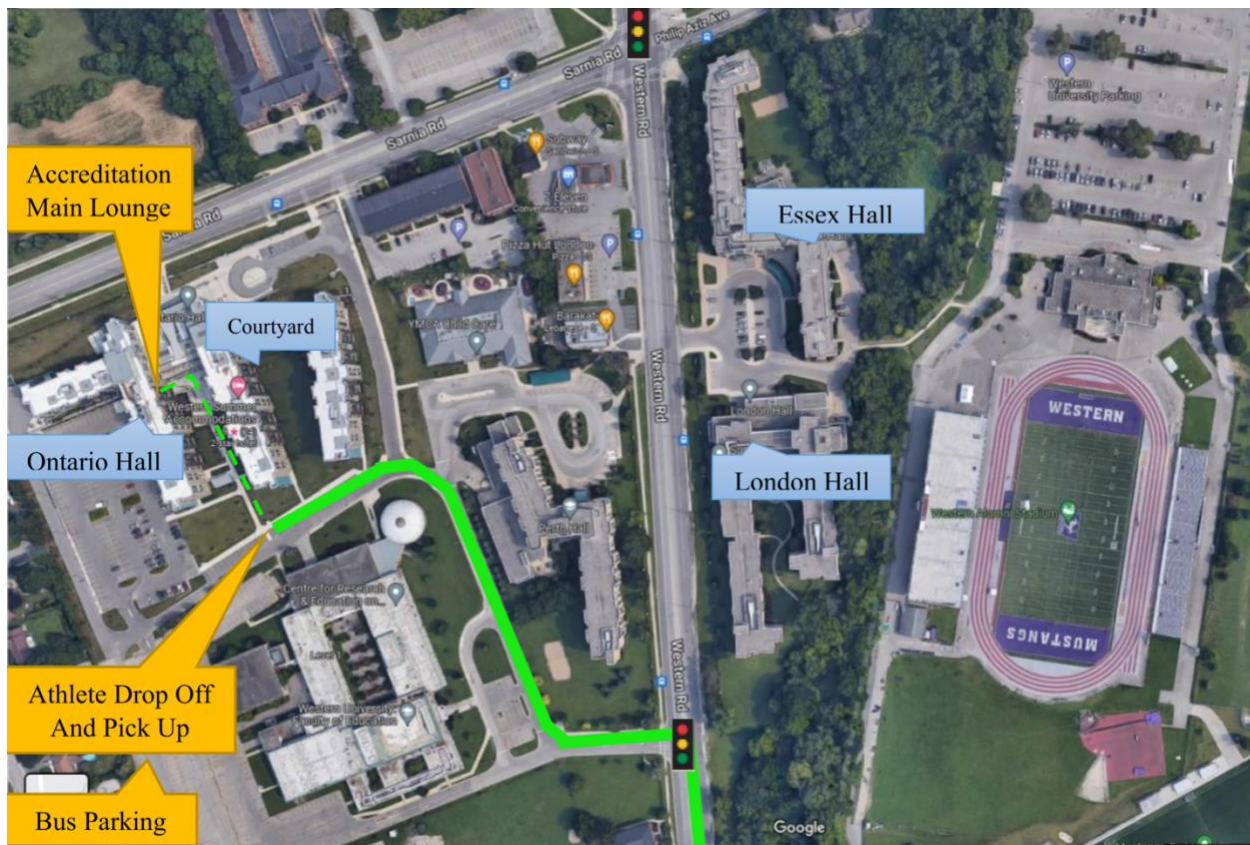


ONTARIO HALL FLOORS

1 st Floor	2 nd Floor	3 rd Floor	4 th – 6 th Floor
Main Lounge/ Accreditation/ Guest Rooms	Dining Hall/ Guest Rooms	Front Desk/ Guest Rooms	Guest Rooms

ATHLETE PICK UP AND DROP OFF

Complimentary bus parking is provided for all teams if needed of the Canada Cup Regatta. The Bus Drop off location is posted on the map below.



ACTIVITIES

- Outdoor Courtyard gathering area and Weekend Campfires
- Outdoor Volleyball Court
- Basketball Court (Indoor – Rental fee may apply)
- Campus Walking Path (35 points of interest)
- Masonville Mall (Located less than 8 minutes by bus North of Campus)
- Movie nights and cultural events

TRANSPORTATION

The LOC will organize group transportation to and from the Doug Wells Rowing Centre for training and racing for all those who require the service. The LOC asks to please be informed if transportation is needed to the London International Airport (YXU) after racing is completed.

PAYMENT AND SCHEDULE

The cost of the event will be \$1250 per athlete. The priority of the LOC remains to make this event financially reasonable for all participants. Maximum of two coaches/managers per team. Upon registration via Regatta Central, a \$1250 deposit is required, the equivalent to one athlete.

The remainder of your team's **NON-REFUNDABLE athlete fee of \$1250 per athlete** can be made by VISA or Master Card to Rowing Canada Aviron by **July 11th, 2025**.