



RBC Royal Bank

## RBC RCA National Rowing Championships

Elk Lake, Victoria, B.C.

November 9 - 11, 2012

### Bulletin No.2

September 28, 2012

#### RIGHT OF ENTRY

As indicated in Bulletin No. 1, issued June 5, 2012, all athletes must be registered with RCA as competitive rowers. With the adoption of the new RCA Web Registration System (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.

#### ENTRY PROCESS and ENTRY DEADLINE

Provincial and National Training Centre entries for the 2012 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 online registration will be open Monday, October 15, 2012.

The deadline for submitting entries and entry fee payments is 11:59pm PDT, Monday, October 29, 2012.

Late entries may be accepted only if they do not require the addition of another race. The late entry fee is double the respective entry fee as noted in Bulletin No. 1. Late entries will only be accepted at an on-site regatta office between 12 noon and 3pm Pacific time Wednesday, November 7, 2012. In order to be accepted and drawn by the Organizing Committee, any late entries are to be paid by cash, debit, MasterCard, or Visa at the time the late entry is made.

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

A provisional draw will be posted Friday, November 2.





**EVENTS**

Races shall be held for the following able bodied boat classes: single sculls (1x), pair (2-). For Adaptive competition, the Leg, Trunk and Arms Mixed Cox Four (LTAMix4+), Trunk and Arms Mixed Double (TAMix2x) and the Arms and Shoulders only single sculls for men and women (ASM1x), (ASW1x) will be the types of events for the 2012 NRC. The RCA age categories of Senior, Under 23, and Junior will be utilized in the able bodied boat classes.

The 22 events at the National Rowing Championships will be:

Women Single Sculls	W1x	Men Single Sculls	M1x
Lightweight Women Single Sculls	LW1x	Lightweight Men Single Sculls	LM1x
Under 23 Women Single Sculls	BW1x	Under 23 Men Single Sculls	BM1x
Under 23 Lightweight Women Single Sculls	BLW1x	Under 23 Lightweight Men Single Sculls	BLM1x
Junior Women Single Sculls	JW1x	Junior Men Single Sculls	JM1x
Women Pair	W2-	Men Pair	M2-
Under 23 Women Pair	BW2-	Lightweight Men Pair	LM2-
Junior Women Pair	JW2-	Under 23 Men Pair	BM2-
		Under 23 Lightweight Men Pair	BLM2-
		Junior Men Pair	JM2-
Arms/Shoulders only Women Single Sculls	ASW1x	Trunk and Arms Mixed Double	TAMix2
Arms/Shoulders only Men Single Sculls	ASM1x	Leg, Trunk and Arms Mixed Coxed Four	LTAMix4+

As outlined above, there will be 22 categories of racing, including the four Adaptive events. The non-Adaptive events will be raced as groups. The first, second and third place finishers in each event (within the group) will be eligible for gold, silver and bronze medals respectively, as outlined in the NRC Technical Package section 8.4.

The 18 able bodied events will be grouped as follows and they will be raced in heats, repêchages, semi-finals and finals within the groups as shown here (time trials in place of heats if the number of entries warrants it):

- 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-

*The provisional order of events for the finals, on Sunday, November 11, 2012 is as follows:*





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Event Number	Time	Event/Groups
1	8:00 a.m.	ASW1x
2	8:10 a.m.	ASM1x
3	8:20 a.m.	TAMix2x
4	8:30 a.m.	LTAMix4+
		<b>Grouped Events</b>
Group 1, Final B	8:40 a.m.	JW1x, BW1x, W1x
Group 1, Final A	8:50 a.m.	JW1x, BW1x, W1x
Group 2, Final B	9:00 a.m.	JW2-, BW2-, W2-
Group 2, Final A	9:10 a.m.	JW2-, BW2-, W2-
Group 3, Final B	9:20 a.m.	JM1x, BM1x, M1x
Group 3, Final A	9:30 a.m.	JM1x, BM1x, M1x
Group 4, Final B	9:40 a.m.	JM2-, BM2-, M2-
Group 4, Final A	9:50 a.m.	JM2-, BM2-, M2-
Group 5, Final B	10:00 a.m.	BLW1x, LW1x
Group 5, Final A	10:10 a.m.	BLW1x, LW1x
Group 6, Final B	10:20 a.m.	BLW1x, LW1x
Group 6, Final A	10:30 a.m.	BLW1x, LW1x
Group 7, Final B	10:40 a.m.	BLM2-, LM2-
Group 7, Final A	10:50 a.m.	BLM2-, LM2-

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, November 9<sup>th</sup>, in the same order as above.

The medal presentation ceremony will be held after the last race on Sunday.





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## NOTICE OF DOPING CONTROL

Participants in the 2012 RCA National Rowing Championships must be aware that doping control tests may be conducted by the Canadian Centre for Ethics in Sport (CCES) on a random basis 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](http://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](http://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](http://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](mailto:info@cces.ca)
- Call toll-free: 1-800-672-7775
- Online: [www.cces.ca/athletezone](http://www.cces.ca/athletezone)

## REGATTA QUESTIONS?

If you have any questions on the 2012 regatta please contact the regatta Organizing Committee Registrar Mary Garden at: [regatta.2012nrc@gmail.com](mailto:regatta.2012nrc@gmail.com) or questions on the RCA National Rowing Championships please contact Dave Derry at: [dderry@rowingcanada.org](mailto:dderry@rowingcanada.org)

NRC regatta information will also be posted on <https://sites.google.com/site/regattasvrcr/home>

