



Bulletin #1

October 3, 2013

The Welland International Flatwater Centre is pleased to host the 2013 Rowing Canada Aviron National Rowing Championships on its South Course, Friday November 8th to Sunday November 10th. This will be the fourth time that the WIFC has been the selected venue of the RCA National Rowing Championships.

The Regatta Chair is Stephen Fischer of the WIFC and the Chief Umpire is Judy Sutcliffe.

RIGHT OF ENTRY (excerpt from the 2013 Technical Package)

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 Constitution 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

REGATTA ENTRY AND FEES

Entries will be made and fees will be collected through Regatta Central at www.regattacentral.com

The on-line registration will open October 7, 2013.

The deadline for submitting entries and entry fee payments is 11:59 pm EDT, October 31, 2013. Entries made without payment by Oct. 31 will not be drawn.



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- Regular Events:** \$70.00 per competitor per event + HST = \$79.10
(fee plus HST)
Single will be \$70.00 per entry + HST = \$79.10
Pairs will be \$140.00 per entry + HST = \$158.20
- Para Events:** \$50.00 per competitor per event + HST = \$56.50
(fee plus HST)
ASW1x and ASM1x will be \$50.00 per entry + HST = \$56.50
TAW1x and TAM1x will be \$50.00 per entry + HST = \$56.50
LTAW2x/- and LTAM2x/- will be \$100.00 per entry + HST = \$113.00
- Late Entry Fees:** Late entries will be double the rates above, plus HST, and can only be made in person at the on-site Regatta Office between 3 p.m. and 5 p.m., Thursday, November 7, 2013. Late entries will only be accepted if the entry does not result in an additional race.
- Name Change Fees:** \$5.00 per name change and can only be done in person at the on-site Regatta Office
- Scratch Fees:** \$50.00 per scratch and this includes "no shows". Scratches can only be completed in person at the on-site Regatta Office

EVENTS

The 24 events at the National Rowing Championships will be as follows:

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 and Shoulders Women Single Sculls	ASW1x	Arms and Shoulders Men Single Sculls	ASM1x
<u>Trunk and Arms Women Single Sculls</u>	<u>TAW1x</u>	<u>Trunk and Arms Men Single Sculls</u>	<u>TAM1x</u>
<u>Leg, Trunk and Arms Women Double/Pair</u>	<u>LTAW2x/-</u>	<u>Leg, Trunk and Arms Men Double/Pair</u>	<u>LTAM2x/-</u>

The underlined Para events are new and provide more options/opportunity for Para rowers to compete at the NRC. 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.



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As outlined above, there will be 24 categories of racing, including six Para events. The Non-Para events will be raced as groups. The first, second and third place finishers in each event will be eligible for gold, silver and bronze medals.

The 18 Non-Para events will be grouped as follows and will race in time trials (if there are 49 or more entries in the group) heats, repêchages, quarter-finals, semi-finals and finals within the groups and in the order below:

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 Para events will be run after the B and A finals of Group 7.

ATHLETE WEIGHT AND WEIGH-IN

The FISA maximum weight for a single sculler (male 72.5 kg, female 59 kg) shall be permitted in the lightweight single sculls events as well as in the lightweight pair oared events. 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.

RACING DISTANCE

The racing distance for the 2013 National Rowing Championships will be 2000 metres for the able bodied events and 1000 metres for the Para events. The WIFC South Course is an Albano buoyed course with six racing lanes and one up lane.

MEDALS AND MEDAL PRESENTATION

Medals will be awarded to the first, second and third place crews.

Medal Presentations will take place on Sunday, November 10th, following the last race at the WIFC South Course Finish Line Tower.

NOTICE OF DOPING CONTROL

Participants in the 2013 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) to determine if any prescription or over the counter medications or treatments 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 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: www.cces.ca/en/samplecollection

REGATTA TRAFFIC:

On Water Traffic Maps:

- In the event of Time Trials being required, lane 5 of the WIFC South Course will be utilized for Time Trials. Please see the attached Time Trial Traffic Map
- The East Bank will be used for rowing traffic heading south to the start and boats will race north to the finish line.
- Boats will continue on the West bank to travel north to the boat houses after their race is complete. Please see the attached Regatta Traffic Map

Para Event On Water Traffic Maps:

- Para athletes will launch from the finish line medical dock on the East bank of the course
- Para events will follow the same Regatta Traffic Map, with the exception of starting the race at the 1000 m mark.

Regatta Vehicle Traffic on the Kingsway:

- Vehicles (Coaches, crew members, spectators, etc.) are not permitted to follow the races on the roadway east of the course.
- The roadway will be monitored by security at the intersection and patrolled by a security vehicle
- There is a paved trail on the west bank of the course that coaches, crew members and spectators can utilize with bicycles to follow the races.



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BULLETIN UPDATES:

All updates will be posted on Regatta Central. All updates will also be communicated through the Regatta Central e-mail distribution system. All athletes, coaches, and Provincial Rowing Offices should add their e-mail to this distribution list to receive the most up-to-date information.

To do this, follow these steps:

1. Go to www.regattacentral.com and 'Login'
 - New users can create an account using the 'Join' link
2. Click the 'add regatta' link in the 'Regatta Calendar & Entries' box on the left side of the page
3. Check the box to the left of the regatta(s) and click 'OK'

ACCOMMODATIONS:

Our accommodation partners help support local Flatwater Programming. When booking your accommodations, please let the reservation desk know that you are booking for the RCA National Rowing Championships.

Ramada Inn, Welland

1030 Niagara Street, Welland, Ontario, L3C 1M6

www.ramada.com

Newly renovated and located in the north end of Welland,
close to restaurants and the Seaway Mall.

Comfort Inn, Welland

870 Niagara Street, Welland, Ontario, L3C 1M3

www.comfortinnwelland.ca

The Comfort Inn hotel provides friendly customer service,
inviting accommodations and affordable rates to everyone
visiting the Welland Area.

Also located in the north end of Welland, next to the Seaway Mall.

Love Niagara Hotels

www.visitst.catharines.com

Love Niagara offers a selection of hotels at affordable rates in the
Niagara Region.

Ramada

Holiday Inn and Suites

Four Points by Sheraton

Comfort Inn

Days Inn St. Catharines Niagara

Best Western Niagara