

RCA National Rowing Championships – Canada Cup Regatta

Burnaby Lake
Burnaby, British Columbia

Bulletin No. 3

September 20, 2016

The Organizing Committee is in the final stages of preparation for the 2016 NRCs and Canada Cup events. Please review the following for important information:

GETTING TO BURNABY LAKE & PARKING

Click on the link to find out everything important about getting from home to the parking lot at Burnaby Lake. Please note all cars will need to park in the remote parking lot:

https://www.regattacentral.com/regatta/directions.jsp?job_id=4722&org_id=0

REGATTA SCHEDULE AND TIME TRIAL DRAW

The final schedule and time trial draw has been posted on Regatta Central. Hard copies of schedules and daily racing draws will be available on a limited basis from the regatta office. Electronic versions will be available at the Regatta Master website: <http://online.regattamaster.com/Pages/Regatta.aspx?regattaID=1227>

SEEDING PANEL

As mandated in the NRC-CC Technical Package, a Seeding Panel was struck for the regatta. The panel will use the following criteria to seed the NRC time trials to avoid faster crews overtaking slower crews. Depending on the number of entries in each event, up to 20 entries in the respective events will be seeded.

The criteria to be used are:

1. National Training Centre athletes ranked by HPD based on performance parameters and coach input;
2. Under 23 athletes based on performance at U23 trials and summer racing performances;
3. Junior athletes based on junior selection trials and summer racing performances;
4. Other 2016 racing performance data;
5. RADAR submissions

The seeding panel members are: Chuck McDiarmid, Michelle Darvill, Amanda Schweinbenz, Terry Paul and Peter Cookson.

CANADA GAMES AND CANADA CUP EVENTS PROGRESSION FORMAT

1. Format assumes a maximum of 12 entries for Canada Games events and 5 entries for Canada Cup events. If 7 or more entries are received for the CC events, heats may be added to the schedule. This may result in the regatta extending past currently scheduled ending time.

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2. The events are essentially 2,500 metres in length. Crews race 2000m and then race 500m.
3. In the Canada Games events the five fastest times from the two heats advance to the Final 'A' 500m event; the remainder advance to the Final 'B'. At the conclusion of the CG 2000m heats, crews row to the finish area dock to get new bow number for 500m final.
4. In the Canada Cup events, crews remain on the water after their 2000m race until their 500m race.
5. The 500m finals will start at the 1500m line with a 'floating start'.
6. A crew's 2000m time is added to the crew's 500m time. The crew with the lowest combined time is declared the winner.
7. Only gold medals will be awarded.

TRAFFIC AND RACING PATTERNS

Current maps for Practice, Time Trial and Racing are on [RegattaCentral](#). No rower can be on the water without a safety boat present.

ERGS

The OC has arranged for 12 ergs inside the Burnaby Lake pavilion for athlete warm up and cool down purposes.

I.D. REQUIREMENTS/CONTROL COMMISSION/WEIGH-IN PROTOCOL

As stated in Bulletin #2:

Please note that photo ID is mandatory for athlete weigh-ins and dock access during racing. Acceptable ID will be any government issued document with photo and date of birth. **Copies of ID on electronic devices will not be acceptable;** a clear photocopy of passport will be acceptable.

An athlete weighing test scale will be available. Weigh-in time is not less than one hour and not more than two hours before one's race. For the Canada Cup events, FISA Rule 31 will apply except that each athlete in a crew will be permitted to weigh the FISA maximum i.e., LM 72.5 kg, LW 59 kg.

CREW DEADLINE/SCRATCH DEADLINES

Crew changes (\$5.00 ea.), are to be made at the regatta office in writing by the designated team representative by 5:00 p.m. Wed., September 21.

A fee of \$50.00 will be levied for each scratch and 'no show'. Scratches (\$50.00 ea.) are to be made at the regatta office in writing by the designated team representative at least one (1) hour prior to the race in question. Medical scratches



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require a certificate handed to the regatta office/desk inside the pavilion in order to waive the scratch fee.

NAME CHANGE FEES/NRCs

The name change fee will be \$10.00 per competitor for all NRC events. There will be no change fee for Canada Cup entries. Canada Cup entries are due to the Regatta Office no later than 1.5 hours after the last race on Saturday, September 24.

OUTSTANDING ACCOUNTS

All outstanding accounts between the Organizing Committee and a team are to be settled by the team representative at the regatta office before Noon Saturday, September 24. Cash and cheques will be accepted. Credit cards will not be accepted.

REGATTA OFFICE HOURS

The regatta office/desk will be inside the Burnaby Lake Pavilion and will be open:

- Wednesday: 3:00 - 5:00pm
- Thursday & Friday: 8:00am - 6:00pm
- Saturday: 8:00am - 12:00pm
- Sunday: 7:00am - 11:30am

CONCESSION HOURS

The concession will be inside the Burnaby Lake Pavilion and will be open:

- Thursday: 8:00am - 3:00pm
- Friday: 8:00am - 3:00pm
- Saturday: 8:00am - 10:00am
- Sunday: 8:00am - 11am

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2016 ROWING CANADA AVIRON ATHLETES AWARDS BANQUET

The Athlete Awards Banquet will take place on **Saturday, September 24, 2016**, at the [Hilton Vancouver Metrotown](#). The evening begins with a reception followed by the awards banquet where the 2016 RCA National Rowing Championships medal winners will be recognized along with the Rowing Canada Aviron athlete awards.

Reception: 6pm – 7pm* ***Please note a change from Bulletin #2: All NRC Medal Winners are asked to be at the Hilton by 5:30 PM. The Medal Ceremony will take place in the Baccarat Room.**

Banquet: 7pm – 9pm

Location: 6083 McKay Ave., Burnaby BC V5H 2W7, Crystal Ballroom, Hilton Vancouver Metrotown

Dress Code: Cocktail

Parking: First 3 hours free. \$2.50/half-hour after 3 hours.

WHAT IS THERE TO DO AROUND BURNABY LAKE/METROTOWN?

Check out the information at the end of the bulletin for things to do in and around Burnaby, including restaurants, shopping, etc.

REGATTA QUESTIONS?

If you have any questions prior to the regatta please contact the Organizing Committee Regatta Chair, Jessica Lowe at: nrc-cc@rowingbc.ca. From Tuesday September 20 to Sunday September 25 you can find/reach Jessica Lowe (604.836.4034) or Derek Page, Assistant Chair (778.991.0797) on site at Burnaby Lake.

NRC-CC regatta information will also be posted on on Regatta Master: <http://online.regattamaster.com/Pages/Regatta.aspx?regattald=1227> or <https://www.regattacentral.com/>.

We look forward to seeing you in Burnaby!



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The Organizing Committee and Rowing BC wish to thank our sponsors for their support of this event:

Volunteer Sponsor:



Supporters:



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Things to See & Do - Metrotown:

Metropolis at Metrotown

BC's largest mall, with over 400 stores and services, Metropolis at Metrotown offers something for everyone. Visitors can shop for casual or high end fashion, enjoy food at one of the many restaurants, or enjoy the latest blockbuster at the movie theater.

- Address: 4700 Kingsway, Burnaby, BC V5H 4M1
- Phone: 604.438.4715



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Crystal Mall

Crystal Mall is the largest Asian-Themed Shopping Mall in Western Canada with more than 200 shops providing a wide variety of retail and professional services. A special feature of the mall is its multicultural food court, where you can take a culinary journey and sample 20 different types of cuisine from across the globe.

- Address: 4500 Kingsway, Burnaby, BC V5H 2B1
- Phone: 604.438.6363

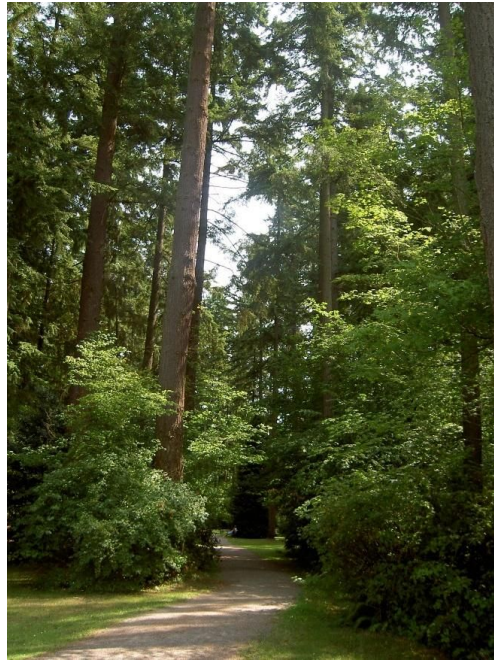


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Central Park

This 86.4-hectare urban park is notable for its immense douglas fir, western hemlock, cedar, poplar and maple groves. The park's tennis courts, outdoor swimming pool, horseshoe pitch and a pitch-and-putt golf course are popular draws.

- Address: 5826-5846 Boundary Road, Burnaby, BC V5S 3R2
- Phone: 604.294.7450



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Old Orchard Lanes

Bowling – a classic game that everyone can enjoy!

- Address: 4429 Kingsway, Burnaby, BC V5H 2A1
- Phone: 604.434.7644



Bonsor Recreation Complex

Bonsor Complex is a multi-service recreation centre located in the heart of Metrotown. Choose from swimming, racquetball or squash, sports in the gymnasium, weight training, fine arts, yoga, dance, fitness and more!

- Address: 6550 Bonsor Avenue, Burnaby, BC V5H 2G8
- Phone: 604.297.4597



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Dining - Metrotown:

Reflect Social Dining + Lounge (inside Hilton Vancouver Metrotown)

- Address: 6083 McKay Avenue, Burnaby, BC V5H 2W7
- Phone: 604.639.3756



Trattoria

- Address: 102 – 4501 Kingsway, Burnaby, BC V5H 2A9
- Phone: 604.424.8779



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Earls

- Address: 4361 Kingsway, Burnaby, BC V5H
- Phone: 604.432.7329



Cactus Club

- Address: 4653 Kingsway, Burnaby, BC V5H 4L3
- Phone: 604.431.8448



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Boston Pizza

- Address: 135 - 6200 McKay Avenue, Burnaby, BC V5H 4L7
- Phone: 604.431.6565



Sushi Garden

- Address: 4635 Kingsway, Burnaby, BC V5H 4L3
- Phone: 604.436.0104



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Green Basil Thai

- Address: 4623 Kingsway, Burnaby, BC V5H 2B3
- Phone: 604.439.1919



Dinesty Dumpling House

- Address: 104 – 4501 Kingsway, Burnaby, BC V5H 4V8
- Phone: 604.439.0009

