



## RCA National Rowing Championships – Canada Cup Regatta

Burnaby Lake

Burnaby, British Columbia

September 22 - 25, 2016

Bulletin No. 2

August 2, 2016

The Operating Committee for the 2016 NRC-CCs has some important updates.

### HOW TO SIGN UP FOR ENTRIES

#### Alpha List

The purpose of the NRC-CC Alpha List is to help the PRA double check entries, as well as enabling Rowing BC to go into RegattaCentral and ensure the team rosters have been entered in their correct events. Prior to completing the entries on RegattaCentral, the PRA must complete the Alpha List. At the bottom of the “Fee” column, there will be a total cost for all of the entries – this number should be the same as the total cost the PRA will see when submitting entries in RegattaCentral. The Alpha List will be emailed by Rowing BC to all PRA contacts upon delivery of this Bulletin. The Alpha List can also be downloaded on [RegattaCentral](#).

The NRC-CC Alpha List must be submitted via email to the Rowing BC office by **Monday, September 12th, 2016. No late submissions will be accepted.**

#### RegattaCentral Sign Up

Although the signup process on RegattaCentral will be similar to the 2015 RCA National Rowing Championships process, the addition of the Canada Cup event has required a slight change to the typical registration process for an event of this type. This change is necessary in order to differentiate the entry fee costs amongst your athletes.

This year each PRA will also be required to email an Alpha List to Rowing BC, [admin@rowingbc.ca](mailto:admin@rowingbc.ca). It is recommended this be completed before signing up on RegattaCentral and is due no later than **Monday, September 12th, 2016** to Rowing BC.

Below is a step-by-step guide to help highlight these new changes on RegattaCentral for 2016.

**Step 1:** Complete and email your Alpha List to Rowing BC, [admin@rowingbc.ca](mailto:admin@rowingbc.ca) no later than **Monday, September 12, 2016**.

**Step 2:** Login to RegattaCentral to sign up your athletes. Once you’ve entered your contact/race day contact details, you’ll notice the addition of an “Additional Information and Options” section, which has been introduced for the 2016 NRC-CC event. Under this section, please ensure you are selecting the correct amount of athletes participating in the corresponding regatta. This is necessary to differentiate the final calculation of entry fees as per the [2016 NRC-CC Bulletin #1 \(English\)](#), [Bulletin #1 \(French\)](#). Note: Entering this information correctly is



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important in order to correctly tabulate your final entry fee charges. The final entry charges should be the same as was calculated on the NRC-CC Alpha List excel.

**Step 3:** The process of submitting entries has remained the same.

**Step 4:** Once you've signed up all of your athletes, you will notice some changes to your "My Invoice" checkout page. Please note that although the entry fee field will be \$0.00 beside all of the athletes' names, the tallying of regatta fees will be produced at the bottom of the invoice based on your submissions that correspond to the process that you followed in Step 3.

**Please ensure that you register your team before September 12th, 2016. No late entries will be accepted.** If you have any questions about this process, please contact Edward Vaughan at [admin@rowingbc.ca](mailto:admin@rowingbc.ca).

### SEEDING PANEL

As mandated in the NRC-CC Technical Package, a Seeding Panel will be struck for the regatta. The panel will use the following criteria to seed the NRC time trails 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

### ID REQUIREMENTS, ATHLETE WEIGH-INS AND CONTROL COMMISSION

#### ID Requirements:

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.

#### Control Commission Access:

Single access to the Control Commission tent will be via the Burnaby Lake parking lot. All competitor boats must be stored in the parking lot.



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### Athlete Weigh-Ins:

An athlete weighing test scale will be available. Weigh-in time is 2 hours to 1 hour 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.**

### **ANTI-DOPING**

All competitors are advised that doping control may be in effect and are subject to doping control under the Canadian Anti-Doping Program (CADP). Coaches and other athlete support personnel are also subject to the rules of the CADP. Athletes are strongly encouraged to visit [www.cces.ca/athletezone](http://www.cces.ca/athletezone) for helpful information and resources; to know their rights and responsibilities as athletes with regards to anti-doping; to understand the sample collection procedures; to check all medications and products before taking them to ensure they do not contain banned substances; to avoid taking supplements (but if they choose to, learn how to minimize their risk); to verify medical exemption requirements; and contact the CCES directly should they have any questions or would like additional information (call 1-800-672-7775 or email [info@cces.ca](mailto:info@cces.ca)). Athletes who test positive risk being sanctioned in accordance to the rules of the CADP. Athletes are responsible for reviewing this information prior to competition. Athlete support personnel are also encouraged to become familiar with anti-doping rules and regulations.

### **REQUEST FOR BC CLUB EQUIPMENT**

If you are interested in renting equipment from a rowing club in BC, Rowing BC will advertise your request. On this form, the PRA will need to specify type and weight class for each boat they need, as well as the event for which the boat is needed. It is up to the PRA and clubs to arrange fees and transportation of equipment on their own. Any PRA interested in renting BC club equipment must complete the form found at the link below by Sunday, August 14th.

#### Timeline:

- Sunday, August 14th: All of the requests must be submitted to the Google Form, "Request for BC Club Equipment".
- Monday, August 15th: Rowing BC will begin to advertise, within the BC rowing community, the requested equipment (oars and boats) and will encourage clubs/individuals to contact the PRAs no later than August 31st.

Rowing BC will commit to advertising the requested equipment; however, we are not guaranteeing equipment for all provincial teams. Provincial Rowing Associations are responsible for covering transport for the equipment.



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**Please fill out this link below if you are interested in renting equipment for the NRC-CC regattas:**

[https://docs.google.com/a/rowingbc.ca/forms/d/e/1FAIpQLSfRrE\\_ydJStUa1VnM7Si3b8K71mv-8UYO6-Ah94NfbZMX1kGw/viewform](https://docs.google.com/a/rowingbc.ca/forms/d/e/1FAIpQLSfRrE_ydJStUa1VnM7Si3b8K71mv-8UYO6-Ah94NfbZMX1kGw/viewform)

### REQUEST FOR BC COXSWAINS

The organizing committee understands the financial pressures related to flying out coxswains for only one day of racing at the Canada Cup Regatta. Accordingly, Rowing BC will advertise, within the BC rowing community, coxswain positions to complete your provincial teams. Any PRA interested in having a BC coxswain must complete the form found at the link below by August 14th.

Timeline:

- Sunday, August 14th: All PRA requests must be submitted to the Google Form, "Request for BC Coxswains".
- Monday, August 15th: Rowing BC will begin to advertise the available positions within the BC rowing community and will encourage individuals to contact the PRAs no later than Wednesday, August 31st.

Rowing BC will commit to advertising these available positions; however, we are not guaranteeing coxswains for all provincial teams. Provincial Rowing Associations are responsible for covering transport, accommodations, and uniforms, and the coxswain ticket for the banquet.

**Please fill out this link below if you interested in having a BC coxswain for the Canada Cup regatta:**

[https://docs.google.com/a/rowingbc.ca/forms/d/e/1FAIpQLSe5xswF5GydSIhwt8w\\_9suU90viO1gKnn2Q57F2eQwEAnAgtA/viewform](https://docs.google.com/a/rowingbc.ca/forms/d/e/1FAIpQLSe5xswF5GydSIhwt8w_9suU90viO1gKnn2Q57F2eQwEAnAgtA/viewform)

### AWARDS BANQUET

The Athlete Awards Banquet will be held at our host hotel, the Hilton Vancouver Metrotown in Burnaby, on Saturday, September 24th, 2016 from 7:00-9:00 pm. NRC medalists will be awarded their medals at this event and should plan to arrive at the hotel by 5:45 pm.

### Athlete and Coxswain Tickets

Athlete tickets are already included in the competition fees. Tickets for coxswains can be purchased for \$50. Rowing BC will invoice the PRAs for coxswains tickets according to what is entered on the Alpha List.



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### Coach Tickets

Each province is offered two (2) complimentary tickets for coaches. These coaches must be included on the Alpha List.

All additional tickets can be purchased after September 12th, 2016 for \$100 + processing fees.

### **SCHEDULES**

The preliminary racing schedule is posted on RegattaCentral:

[https://www.regattacentral.com/cms/uploads/rowing\\_british\\_columbia/files/2016%20NRC%20-%20CC%20Preliminary%20Regatta%20Schedule.pdf](https://www.regattacentral.com/cms/uploads/rowing_british_columbia/files/2016%20NRC%20-%20CC%20Preliminary%20Regatta%20Schedule.pdf)

### **ONLINE INSTRUCTIONS TO BOOK HOTEL ACCOMMODATIONS**

The Hilton Vancouver Metrotown has been selected as the host hotel for the 2016 National Rowing Championships and Canada Cup Regatta.

As a partner of the event, the Hilton has provided excellent room rates open to all teams and their supporters/parents and complimentary rooms for team meetings. The hotel will also host the Athlete Awards Banquet and has designed a banquet menu to meet the needs of our athletes. The Organizing Committee appreciates that all traveling teams stay at our partner hotel. The last day to book with the group rate is **August 21st, 2016**, however we recommend you book before this date as room availability is limited.

### **2016 NRC-CC ONLINE RESERVATIONS:**

The ability to reserve hotel rooms online has now been arranged. Visit the following link to book your room online:

[http://www.hilton.com/en/hi/groups/personalized/Y/YVRVMHF-ROW-20160920/index.jhtml?WT.mc\\_id=POG](http://www.hilton.com/en/hi/groups/personalized/Y/YVRVMHF-ROW-20160920/index.jhtml?WT.mc_id=POG)

Group Name: 2016 National Rowing Championships and Canada Cup  
Group Code: ROW  
Check-in: 20-Sep-2016  
Check-out: 26-Sep-2016  
Hotel Address: 6083 McKay Avenue Burnaby, Canada V5H 2W7  
Phone: 604-438-1200



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### ROOM DETAILS AND RATES

The following rates have been secured for Tuesday, September 20<sup>th</sup> – Sunday, September 25<sup>th</sup>, 2016, inclusive. To secure these rates, you must book before August 21<sup>st</sup>, 2016.

Room	Single Rate	Double Rate	Triple Rate	Quad Rate
Deluxe 2 Queen Room	\$129	\$129	\$129	\$129
Deluxe 1 Bed King Suite	\$129	\$129	\$129	\$129

These rates are also available for guests extending their stay 2 days pre/post the event. Hotel rooms are subject to taxes, currently 5% Goods & Services Tax and 10% Room Tax. Tax is subject to change in accordance with government regulations. Every room is equipped with a mini fridge.

### Or Book by Phone:

Hilton Hotel Metrotown Toll Free Line at 1-888-744-5866

Locally at 604-438-1200

Central Reservations at 1-800-HILTONS (445-8667)

Group rate code: Rowing BC

### REGATTA QUESTIONS?

If you have any questions about the regatta please contact the Organizing Committee Regatta Chair, Jessica Lowe at: [nrc-cc@rowingbc.ca](mailto:nrc-cc@rowingbc.ca). For questions about the RCA National Rowing Championships and Canada Cup please contact Dave Derry at: [dderry@rowingcanada.org](mailto:dderry@rowingcanada.org) 905-682-1747 (office). NRC-CC regatta information will also be posted on <http://rowingcanada.org/> and <https://www.regattacentral.com/>.

We look forward to seeing you in Burnaby!