



RCA National Rowing Championships – Canada Cup Regatta
Burnaby Lake
Burnaby, British Columbia



Bulletin No. 1

May 2, 2016

Rowing British Columbia is looking forward to hosting the annual RCA National Rowing Championships and the RCA Canada Cup regatta (NRC-CC) from Thursday, September 22nd to Sunday, September 25th 2016. The venue for this new, combined event is Burnaby Lake, Burnaby, B.C. Site of the 1973 Canada Games regatta, Burnaby Lake is known for its calm water, little, if any wind and fair racing across all six of its 2000 m buoyed lanes. Jessica Lowe, co-chair of the very successful 2014 RCA Canadian Masters Championships, held at the lake, is the Chair of the 2016 NRC-CC Organizing Committee and former FISA umpire Mike Bagshawe will be the Chief Umpire for the regatta.

2016 represents the return of the Canada Cup concept and will include provincial and regional teams racing in 2x, 4-, 4x and 8+ events. And within the Canada Cup are two events to help provincial rowing associations identify and select athletes for the Canada Games. Please see the attached NRC-CC Technical Package for the full list of events.

An athlete awards banquet will be held after the conclusion of the NRC on the Saturday evening that will include the NRC medal presentation ceremonies and a dinner. Tickets will be automatically included in the regatta entry fees. The Canada Cup regatta will be run on the Sunday.

We encourage all team managers and coaches to peruse the attached NRC-CC Technical Package for important information about the regatta. Particular attention needs to be paid to the following sections in the TP:

- § 5. Right of Entry
- § 6. Events
- § 7. Weigh-ins
- § 9. Progression system, seeding panel and fairness committee
- § 11. Equipment

Additional information relative to the above referenced sections follows.



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RIGHT OF ENTRY:

The NRC-CC is designed to allow national team athletes to “re-connect” with their home club and provincial rowing association. Athletes based at the national training centres shall register with a club (and the club will register them with the PRA and RCA) in the province they decide to compete in the NRC-CC.

For 2016 NRC-CC the provincial rowing association coaches determine the entries for all the athletes representing their PRA, including the above referenced national training centre athletes. Only the PRA’s make entries to the National Rowing Championships and to the Canada Cup.

To be eligible to compete in the Canada Cup events, athletes must be entered in the National Rowing Championships. PRA’s, however, are not required to enter their 2017 Canada Games eligible athletes in NRC events in order to be eligible to compete in the W4x and M4x Canada Games races. We do however, strongly encourage all Canada Games athletes to race in the NRCs as well as their Canada Games events on Sunday.

Please note the Canada Games events age limit changes each year in relation to the year of the Games as follows:

- 2016 Under 20
- 2017 Under 17 (Canada Games August)
- 2018 Under 18
- 2019 Under 19
- 2020 Under 20
- 2021 Under 17 (Canada Games August)

Please see the TP sections 5.1 to 5.8 for additional information.

EVENTS:

Please see TP sections 6.3 for a list of the 24 NRC events and § 6.4 for the ten Canada Cup events. The NRC events will be run Thursday through Saturday. It is anticipated Canada Cup racing should be concluded by 11:30am on Sunday.

WEIGH-INS:

FISA rules will be applied for all weigh-ins. To accommodate lightweight rowers in the NRC events forming crew boats in the CC events, the FISA crew average weight limit will not be applied in the CC events. Instead, each crew member will be allowed to weigh the FISA maximum weight i.e., LW 59 kg; LM 72.5 kg. Please see TP sections 7.1 and 7.2 for additional information.



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PROGRESSION SYSTEM:

All NRC events will commence with 1900 m time trials in their respective groups, instead of heats, regardless of the number of total entries within a group. Over the Thursday, and Friday there will also be repêchages, quarterfinals and semifinals as required by the number of entries. Finals C and D and lower will be held on Friday. Saturday finals B and A and the PARA events will be held.

Crews in the Sunday Canada Cup events compete over 2000 m and then over 500 m. Winners will be determined by combining the 2000 m and 500 m times divided by 5 to get the average 500 m time for both events. The lowest average time wins.

EQUIPMENT:

Each province is responsible for the provision of all boats, oars and sculls as required for each race. Boat racks will be available at Burnaby Lake.

RCA PROVINCIAL PARTICIPATION SUPPORT FUNDING PROGRAMME:

The PPSFP programme will be in place for the 2016 NRC-CC and the pool of funds is the same as 2015, \$30,000. Detailed information on the programme will be forwarded from the RCA office in the near future.

ENTRY FEE:

Fees found in the table below are per competitor. Fees allow entry into 1 NRC event, and all CC events as permitted by the schedule. All fees include a ticket to the Athlete Awards Banquet on Saturday evening. Competitors who do not attend the banquet will not be reimbursed. Additional tickets for the banquet can be purchased online at a later date. A 5% GST will be added to the cost of all fees.

Competitor Events	Entry Fee per competitor (\$)	Tax 5% GST (\$)	Total Fee (\$)
NRC and CC, and Athlete Awards Banquet	140.00	7.00	147.00
NRC only (no CC), and Athlete Awards Banquet	130.00	6.50	136.50
Canada Summer Games only (no NRC), and Athlete Awards Banquet	65.00	3.25	68.25
Coxswains *	0.00	0.00	0.00

*Coxswains will be required to purchase their ticket for the Athlete Awards Banquet online at a later date.



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ENTRY PROCESS AND ENTRY DEADLINE:

Entries will only be accepted from individuals that have already been designated by the provincial rowing associations. Athletes must be registered with their club, province and RCA through the WRS prior to any entry being made. An alpha competitor list will be required from each province.

All entries and payments will be made through RegattaCentral:
https://www.regattacentral.com/regatta/index.jsp?job_id=4722

RegattaCentral online registration will open Monday, June 13, 2016.

The deadline to submit entries and entry fees is 11:59pm PDT, Monday, September 12, 2016. Club coaches should contact their PRA for internal selection deadlines.

Entries for which payment has not been submitted by the entry deadline will not be drawn.

Late entries will not be accepted for the 2016 NRC-CC.

A fee of \$50.00 will be levied for each scratch and 'no show'. The name change fee will be \$10.00 per competitor. Name changes will not be allowed if competitors are not on the alpha competitor list.

A preliminary draw will be posted Friday, September 16, 2016.



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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 who just raced. The Organizing Committee appreciates that all traveling teams stay at our partner hotel.

LOCATION

6083 McKay Avenue
Burnaby, British Columbia V5H 2W7

The hotel is a 12 minute drive from Burnaby Lake. The hotel is also steps away from many grocery stores, restaurants and Metrotown, British Columbia’s largest Shopping Mall Complex. Metrotown is connected to a Skytrain station with access to the Expo Line and Millennium Line, light rapid transit systems that can transport passengers to Waterfront Station in downtown Vancouver in 23 minutes.

ROOM DETAILS AND RATES

The following rates have been secured for Tuesday, September 20th – Sunday, September 25th, 2016, inclusive.

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





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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.

RESERVATIONS

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.

Reserve your room by calling:
Hotel 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

Online reservations will also be available. Details on how to reserve online will be provided in an upcoming bulletin.

REGATTA QUESTIONS?

If you have any questions about the regatta please contact the Organizing Committee Regatta Chair, Jessica Lowe at: nrc-cc@rowingbc.ca. For questions about the RCA National Rowing Championships and Canada Cup please contact Dave Derry at: 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.