



**ROWING
CANADA
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2018 SPEED ORDERS - NATIONAL TEAM SELECTION TRIALS INFORMATION BULLETIN 1

London, Ontario
22nd - 24th & 25th – 30th June, 2018

WELCOME

Dear Athletes and Coaches, please find below Bulletin 1 outlining the general information regarding the 2018 RCA Speed-Orders and National Team Selection Trials. Hosted by the Organising Committee (O.C.) of the London Rowing Society (LRS) and its Chair Volker Nolte, RCA and the LRS will welcome you to Lake Fanshawe in London, Ontario. Please see below information that will assist you with your planning. RCA and the LRS will communicate regularly over the coming months and will outline more detailed racing information in subsequent Bulletins.

1. AIM

The 2018 Speed-Orders (June 22nd - 24th) - is an open yet compulsory small boat trial for those interested in being considered for selection onto a 2018 RCA National Team. Based on Speed Order results, successful athletes will be invited to remain for a selection camp (June 25th - 28th) to determine athlete/crew selections to the following 2018 events: World Rowing Cup 3; World Rowing Under 23 Championships; World Rowing Junior Championships; World University Rowing Championships; CanAmMex Championships and/or Trans-Tasman U21 Regatta.

2. SELECTION PRINCIPLES

The objective of the National Team Selection Criteria is to select crews (including coxswains and single scullers) that have potential to accomplish RCA's National Team objective of achieving an 'A' Final position (top 6). Athletes will be evaluated for crew and team selection using the process outlined in the 2018 National Selection Criteria document.

Note: Athletes and Coaches are strongly advised to review the requirements and information contained in the National Selection Criteria document prior to arrival at the Speed-Orders. The full Selection Criteria document is posted on the Rowing Canada Aviron website at: <http://rowingcanada.org/high-performance-documents>

3. LETTER OF INTENT

Prior to Speed-Orders, a 'Letter of Intent' MUST be submitted by all athletes wishing to be considered for national selection no later than May 1st, 2018. *Please note;* the Letter of Intent can now be accessed directly from a new tab under the 'Sporting' drop down menu in the database. Please go to the following link: <https://rca-athlete-tracker.sportingdna.com/users/login>. For technical assistance contact (cmcdiarmid@rowingcanada.org).

4. ATHLETE AGREEMENT

All athletes wishing to be considered for National team selection, must fill in and sign the Athletes Agreement, *prior* to entering the Speed Order – National Team Selection Trials and training within a National Training Centre. The Athlete Agreement form is available on the RCA website and must be either hand delivered, posted, faxed or e-mail scanned to RCA High Performance Manager: mdraper@rowingcanada.org. The document can also be downloaded from: <http://rowingcanada.org/national-team/criteria-and-information>.

5. PLANNING & DATES

The following process information is outlined in the 2018 National Selection Criteria document.

Event	Date	Athletes	Detail	Objective
Speed Orders	June 22-24 th , 2018	Open and compulsory for all athletes wishing to be considered for National Team selection	Fri June 22: Heats/Reps Sat June 23: Reps/Semi/Quarters Sun June 24: Finals Lightweights (weighin times: between 2 & 1hrs before your race start time) Women: 57kg or less and Men: 70kg or less **Note: ALL athletes wishing to be considered for National selection must fill in and sign the Athletes Agreement and Letter of Intent, prior to entering in the Speed-Orders	Results will be considered as part of potential national team selection. Ranking of individual small boats and to determine invitation to selection camp/trials.
World Cup 3 & Under 23 World Championship Selection Camp	June 25-27 th , 2018	Invited athletes only	Seat racing, matrices, or other assessment trials. Lightweights: will be required to weigh-in each day of selection races at FISA average (Women 57.0kg and Men 70.0kg).	Athlete ranking and identification of target boats
World Cup 3 & Under 23 World Championship Selection - Time Trial	June 28 th , 2018	Invited athletes only	2000m Time Trial Lightweights: Women: 57kg or less and Men: 70kg or less	Selection of World Rowing Cup 3, Senior, U23 World Rowing Championship Crews & FISU crews.
**Junior Selection Camp	June 26 – 30, 2018	Invited athletes only	Various, including small boat races, big boat seat racing/matrix, or other assessment events.	Selection of Junior World Rowing Championship crews/scullers

*At a time communicated during the Speed Orders Trials, a list of athletes invited to the selection camp will be announced on Sunday June 24th.

6. ENTRIES

Right of Entry: All athletes shall compete in their Club or University colours. In the Pair events, composite crews may be made up of any combination of athletes representing any Club or University.

Entry Fee: Single scull (1x) is \$50 and Pair (2-) is \$100. All entries will be via the Regatta Central (RC) website. The link for the Entry portal on RC will be announced shortly.

7. EVENTS

WOMEN	MEN
Women's 2-	Men's 2-
Women's 1x	Men's 1x
Women's Lwt 1x	Men's Lwt 1x
Women's PR2 1x	Men's PR2 1x
Women's PR1 1x	Men's PR1 1x

8. SELECTION TRIALS

A general daily planner will be published closer to the event. **All athletes and coaches are encouraged to read carefully all the requirements outlined in the 2018 National Team Selection Criteria.** The document is posted on the Rowing Canada Aviron website at: <http://rowingcanada.org/high-performance-documents>

9. TRAINING

Training before the regatta:

- Wed. June 20th and Thurs. 21st
 - o The course will be open for training between 9-11am & 3-5pm
 - o Water use is on a shared basis with local crews.
 - o **Safety:** Athletes and coaches are individually responsible for safety and good conduct on water.
Motor boats will be available for use by coaches from the O.C.
- Fri. June 22nd – Organising Committee ‘on-water safety’ services begin

10. TRANSPORT

- **Non-Carded Athletes** are responsible for their own air and ground transport arrangements. *Due to the uncertain nature of a selection process, it is highly recommended when purchasing airfare to be flexible with your return date.*
- **Sport Canada AAP Carded Athletes** will receive the following support:

Air Flights:

World Cup 3 athletes:

Up to \$400 reimbursement towards a 1-way airfare to London, ON. *Return* flights to Victoria, BC after the World Cup 3, will be arranged by RCA.

Excess luggage: athletes attending the World Cup 3 event are recommended to bring 1 luggage bag only for Europe. Should that entail bringing 2 bags to London ON, the second bag can also be claimed from RCA (receipts are required for any excess luggage fees).

*Carded athletes **not selected** for World Cup 3:*

Up to \$400 reimbursement towards a return airfare from London, ON.

Notes:

For reimbursement please email your confirmed flight itinerary with completed expense claim to: Lauren Nutt at RCA: lnutt@rowingcanada.org

Ground transport:

RCA will book all vehicles for use by AAP Carded athletes and coaches whilst in London ON. Athletes should arrange themselves into 4-person groups with at least one designated driver over the age of 25yrs. Once your 4-person group is determined, please contact Michelle Boss to make arrangements. (mboss@rowingcanada.org).

AAP Carded athletes (resident in London, ON): will be able to claim a subsidy of up to \$50 towards fuel costs, provided that they have organised a 4-person group of ‘non London resident’ AAP carded athletes to transport throughout the Speed Order Trials and Selection Camp. Please keep track of your daily mileage (including names of athletes you transported) and email to: Michelle Boss at mboss@rowingcanada.org.

Notes:

Please reserve your vehicle with Michelle before May 1st.

11. FOOD

- **Non-Carded Athletes** are responsible for their own food and meal arrangements. Given the selection process, and potential for all weather conditions throughout the week, it is recommended that athletes bring sufficient funds to allow for good food and hydration throughout the event. Further information regarding a good general competition diet can be found at: <https://www.canada.ca/en/services/health/food-nutrition.html>
- **Sport Canada AAP Carded Athletes** will receive the following support:

Breakfast:	Arrangements have been made for 2018 Carded Athletes to receive breakfast at <i>James Place Restaurant</i> . Photo ID and \$2 Tip Are Required.
Lunch:	Own cost and arrangements
Dinner:	Own cost and arrangements

12. ACCOMMODATION

- **Non-Carded Athletes** are responsible for their own arrangements. The organising committee have made arrangements with a local company (RoomRoster) who have preferred rates for athletes attending the Speed Orders included). The link is: <https://app.roomroster.com/events/5083/hotels?nav=hidden>

Note: Non-Carded Athletes *invited to the selection camp* after the Speed Order Trials, will have accommodation made available at Fanshawe College for the duration of their involvement in the selection process (*Note: this applies ONLY to athletes invited to the World Cup 3, U23 & Junior team(s) selection trials, and is NOT available to athletes invited to trials for the FISU, CanAmMex or Trans-Tasman U21 teams*)

- **Sport Canada AAP Carded Athletes** will receive the following support:
 - RCA will provide accommodations at Fanshawe College for all interested AAP Carded Athletes.
 - Please email Rebecca at RCA: burgoyne@rowingcanada.org by May 1st to confirm accommodation requirements and preferred roommates/rowing partner.
 - For AAP Carded athletes that choose personal accommodation arrangements outside of those provided at Fanshawe College, expense reimbursement will not be provided.

13. EQUIPMENT

- **Non-Carded Athletes** are responsible for their own equipment (1x or 2-) arrangements. During the selection process (following the Speed Order Trials), RCA will make arrangements to have 'big boats' available throughout the process. Clubs are encouraged to pool trailer transport resources where possible.

Note: For West Coast based clubs, it may be possible that RCA has additional space on the RCA trailer(s). The Fee is \$220 per seat (return transport). Request for trailer space can be made on a first come / first served basis to Michelle Boss by June 1, 2018. (mbooss@rowingcanada.org). The trailer is planned to return to Victoria, BC as soon as possible after the selection trials (approximately June 29th). More information regarding availability and timings - will be available within Info Bulletin 2 (planned release early May, 2018).

- **Sport Canada AAP Carded Athletes** will receive the following support:

The RCA trailer(s) will depart Victoria, BC on Thursday June 14th. Carded athletes will be responsible for loading their own equipment onto the trailer. Michelle Boss will develop a 'Load List' for the trailer(s) that will include any big boats required for the selection week. More information to follow.

14. BOAT WEIGHING & SAFETY

Boat weighing will take place throughout the Speed Order Trials and will be *available from June 20th at 3pm*. All athletes are responsible to ensure their boat meets minimum boat weight guidelines. Competitors should be aware that boats must meet the following FISA minimum weights: Singles 14kg & Pairs 27kg. Athletes should note that 'heel ties' and other safety requirements, will be checked by umpires throughout the racing (and training) period.

15. BOAT STORAGE

During the event, boats must be stored on boat trailers, or your own 'boat stretchers'. The O.C. has arranged suitable secure areas for this purpose.

16. WEATHER

Options for information regarding the local London, ON weather, can be found at:

https://weather.gc.ca/city/pages/on-137_metric_e.html

<https://www.accuweather.com/en/ca/london/n6g/hourly-weather-forecast/55489>

17. COMMUNICATIONS & QUESTIONS

- Questions regarding:

- Venue, training, or boating facilities
- boat storage

Please direct your questions to the London Organising Committee (LRS) at email: vnolte@uwo.ca

- Questions regarding:

- Entries,
- Time table
- Athlete Agreement and Letter of Intent etc;

Please direct your questions to: Matt Draper, HPM mdraper@rowingcanada.org

- Communications during the event:

- Please make sure all athletes and coaches have WhatsApp loaded prior to the event.
- Coaches will be required to inform RCA (at the event) of their Cell-phone contact number.

18. MAPS – SEE OVER

TRAFFIC FLOW PATTERN

Fanshawe Lake - London, ON

