

**ROWING CANADA AVIRON**  
**2019 NATIONAL SELECTION GUIDELINES**

Junior National Teams



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## SELECTION OVERVIEW

**National Team Objective: Rowing Canada aims to select athletes and crews to represent Canada with the ability to achieve an ‘A’ Final (top 6) performance at their designated Championships with a primary focus on Olympic & Paralympic boat classes.**

### PURPOSE

This document establishes the process and criteria to be used to select and nominate the 2019 Rowing Canada Aviron (RCA) National Teams for World Rowing Junior Championships, and CanAmMex.

### OVERVIEW

This Selection Guidelines document was drafted and prepared by RCA and came into effect immediately upon publication on the RCA website on December 11, 2018. RCA may also communicate and distribute this Selection Guidelines to relevant athletes through other channels available to the athletes. RCA reserves the right to amend this document for changes imposed by parties external to RCA or for changes that become necessary due to typographical error or a lack of clarity in a definition or wording.

Any changes made by RCA are deemed to come into effect immediately upon publication on the RCA website. Additional publication of the amended Selection Guidelines will be made by whatever means and wherever the original Selection Guidelines was published.

### SCOPE

This Selection Guidelines document will be used to select Athletes to National Teams competing at the following events for 2019:

|  |   |
|--|---|
| 2019 World Rowing Junior Championships | August 6 <sup>th</sup> – 11 <sup>th</sup> , 2019, Tokyo Japan |
| 2019 CanAmMex                          | Date and location TBD   |

## SELECTION ELIGIBILITY REQUIREMENTS

All athletes wishing to be considered for selection must satisfy all of the following requirements:

### 1. GENERAL ELIGIBILITY REQUIREMENTS

All athletes and coaches selected to RCA National Teams must be registered and be in good standing with the Canadian Association of Amateur Oarsmen (CARA), which operates under the name RCA. Athletes must hold a valid Canadian passport or be eligible to row for Canada. Athletes must follow all relevant FISA, and IOC rules regarding eligibility.

For clarity, to be in good standing with the CARA, an athlete must be a registered participant with a member of the CARA and:

- a. their registration dues and any debts to CARA are not overdue;
- b. they are not subject to a disciplinary investigation or action by the Corporation; and,
- c. has fulfilled all terms and conditions of any disciplinary action to the satisfaction of the Board of Directors.

### 2. AGE AND OTHER ADDITIONAL ELIGIBILITY REQUIREMENTS

Junior: Born in 2001 or later. A rower or coxswain is classified as Junior until December 31st of the year in which he/she reaches the age of 18. After that date, he/she shall be classified as Senior.

Must have a Canadian passport valid until March 2020.

### 3. ATHLETE TRACKING AND MONITORING (RADAR)

Athletes must comply with the minimum monitoring requirements. This information is outlined in RCA's Athlete monitoring document available on the RCA website.

[http://www.rowingcanada.org/sites/default/files/pdf/athlete\\_monitoring\\_12012015\\_eng.pdf](http://www.rowingcanada.org/sites/default/files/pdf/athlete_monitoring_12012015_eng.pdf)

### 4. LETTER OF INTENT

The Letter of Intent must be submitted by all athletes who wish to be considered for national team selection.

|                                   |                             |
|-----------------------------------|-----------------------------|
| Program                           | Submission deadline         |
| World Rowing Junior Championships | May 1 <sup>st</sup> , 2019. |
| CanAmMex                          | May 1 <sup>st</sup> , 2019  |

Please go to the following link, login and fill in the Letter of Intent: <https://rca-athlete-tracker.sportingdna.com/users/login>

### 5. ATHLETE AGREEMENT

All athletes wishing to be considered for national team selection must fill in and sign the Athletes Agreement by June 24<sup>th</sup>, 2019. The agreement can be hand delivered, posted, faxed or email scanned and should be sent to the RCA High Performance Manager.

c/o Matt Draper, High Performance Manager,  
Rowing Canada Aviron National Office  
321- 4371 Interurban Road, Victoria, BC V9E 2C5  
Fax: (250) 220-2503 & Email: [mdraper@rowingcanada.org](mailto:mdraper@rowingcanada.org)

*\* Late receipt may jeopardize selection – circumstances will be reviewed by RCA's High-Performance Director on a case by case basis*

### 6. ATHLETE FEES

All athletes wishing to be considered for selection to the events listed within this document should be aware of and prepared for potential fees contingent on being named to a team. A schedule of assessment fees for the 2019 events will be published by March 1<sup>st</sup>, 2019. An initial assessment fee deposit as outlined in Appendix 1 will be required.

## SELECTION CRITERIA

The objective of the 2019 National Selection Guidelines is to select crews (which shall include coxswains and single scullers) that have potential to achieve RCA's National Team Objective of achieving an 'A' Final position (top 6) at the 2019 World Rowing Junior Championships, and top 2 at the 2019 CanAmMex Regatta.

Athletes will be evaluated for crew and team selection using the process outlined in Appendix 1 in accordance with the athlete's performance and achievement with respect to the following criteria ("Selection Criteria"):

1. Performance results in 2019 including but not limited to:
  - a. Time trials of various distances, including but not limited to 2000M

- b. Small and/or large boat seat racing matrices (ie: seat racing all athletes on a given side against each other) and/or targeted seat racing (ie: select head to head races with direct swaps of relevant athletes)
- c. Designated ergometer assessments
- d. Racing results, including but not limited to, results achieved at international rowing regattas
2. Ongoing ergometer testing as per 2019 RCA Athlete Monitoring Program including RADAR

In addition, RCA may take into account the following other factors during the team selection processes (“Other Criteria”):

1. Ongoing technique and ability to adjust to technical feedback;
2. Factors relevant to crew combination, namely crew compatibility (ie: how individuals perform as a team), coachability, and technical compatibility;
3. Commitment to the program;
4. Assessment of competitive readiness (ie: fitness relative to previous assessments and to peers);
5. Ability to meet and maintain bodyweight targets (for lightweights and coxswains only); and
6. Additional factors relevant to achieving RCA team objectives including but not limited to potential development of the athlete or coach for subsequent National Teams and ultimately Senior Team selection.

If an athlete has any questions with respect to the above Selection Criteria and/or Other Criteria, they may contact their RCA Head Coach, High Performance Director or the identified designate to obtain clarification.

From time to time as required, supplemental program specific information may be posted on the Rowing Canada Aviron website at: <http://rowingcanada.org/national-team/criteria-and-information> and circulated through communication channels such as the Athlete Tracker Database.

For **Coxswains** to be considered for selection, the following will also be considered, in addition to the above Selection Criteria and Other Factors:

1. Athlete and coach assessment of the coxswain’s ability;
2. Compatibility with other athletes in the selected crew and coaches;
3. Demonstrated ability to meet weight guidelines (as per FISA Rule 27), and
4. Racing experience and results.

For **Coaches** to be considered for selection, RCA reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards. The details of coach selection are outlined in Appendix 3.

## SELECTION AUTHORITY

The final authority for Team selection rests with the RCA High Performance Director (“HPD”). This authority is based upon the nominations made by individuals noted in the chart below and all other criteria within this document.

Athletes may be considered for late invitation to various selection activities (depending on schooling commitments, or other special circumstances, etc.). The High Performance Director and Director of Coach and Athlete Pathways may also choose to invite athletes based on ‘Special Circumstances’ outlined below.

The High Performance Director will consult the relevant National Head Coach, Director Coach and Athlete Pathways, and may delegate his or her authority for selection to another individual(s) as indicated below.

Delegated responsibility for selecting Boats and Athletes to represent RCA is noted in the chart below.

| Team                              | Selection responsibility   |
|-----------------------------------|--|
| World Rowing Junior Championships | RCA High Performance Director and/or Director Coach and Athlete Pathways |
| CanAmMex Team                     | RCA High Performance Director and/or Director Coach and Athlete Pathways |

## FINAL SELECTION DATES

The final selection date for crews is as shown in the following table. Athletes and potential alternates for those crews, will be named on these dates. After these dates, there will be no further Crews selected, except as allowed by certain ‘Special Circumstances’ as noted below. However, placement of these athletes in specific crews may be changed up to the date of competition, based upon the appropriate assessment of the Crew’s competitiveness and subsequent approval by the High Performance Director or Director of Coach and Athlete Pathways.

| Team                             | Selection / Nomination Date | Announcement Date           |
|----------------------------------|-----------------------------|-----------------------------|
| 2019 Rowing Junior Championships | July 2 <sup>nd</sup> , 2019 | July 3 <sup>rd</sup> , 2019 |
| 2019 CanAmMex Team               | July 2 <sup>nd</sup> , 2019 | July 3 <sup>rd</sup> , 2019 |

*\*The HPD has the discretion to change any of the above selection or nomination dates. The team is not official until posted on the RCA website.*

## AUTHORITY TO MAKE CHANGES TO THE COMPOSITION OF CREWS - ONCE THE TEAM IS SELECTED

Selection to a National Team as part of a crew (or an alternate) does not guarantee an athlete a place in a specific crew for the regatta. For crews selected to the above events, the composition of Crews shall remain the discretion of the RCA High Performance Director and Head Program Coach. The configuration of crews may be changed based on a crew’s competitiveness and such changes will follow the appropriate competition regulations.

## ON-SITE DECISION MAKING AUTHORITY

During the training and competition period at an ‘away’ venue all final decision making authority will reside with the team leader.

The responsibilities of the team leader will first and foremost be creating and supporting an environment that supports performance excellence at their event, in addition to:

- Leading all matters related to crisis management, emergency preparedness and response,
- Manages team member human resources, roles and responsibilities, accreditations and conduct issues on behalf of RCA,
- Acts as spokesperson for the team and RCA on-site pertaining to any issues on entries, FISA/PASO regulations and organizing committee communication, and
- Responsible for ensuring the team and members comply with RCA/FISA/PASO regulations and agreements signed by team and members.

## SPECIAL CIRCUMSTANCES

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection to a National Team. Athletes must advise the RCA High Performance Director in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the Athlete’s doctor must be submitted to RCA’s Chief Medical Officer. In the event an Athlete who has been selected in National Team becomes injured or ill, and in the opinion of the High Performance Director and/or Director Coach and Athlete Pathways (with advice of the Chief Medical Officer where relevant), is not deemed fit to compete, then the Athlete may be replaced with another Athlete. The choice of replacement Athlete is at the sole discretion of the High Performance Director, in consultation of the relevant coach. In all cases, permission to be exempted

from any requirement contained within this document must be obtained in writing from the High Performance Director.

Failure to properly report injury, illness, and/or other personal extenuating circumstances prior to the selection processes of each event may result in the athlete being de-selected and financially responsible for all the athlete's costs associated with the event.

## REMOVAL FROM A TEAM ONCE SELECTED

The High Performance Director and/or Director of Coach and Athlete Pathways (or their designate team Lead) may, at any time, and at their discretion, disqualify an athlete from being considered for nomination to the Canadian Team based on terms and conditions outlined in the RCA Athlete Agreement. RCA will advise the affected athlete, in writing, of the decision.

Reasons for dismissal include, but are not limited to:

- Inability to maintain high training standards
- Inability to meet performance expectations in competition
- Inability to perform due to injury, illness or for other medical reasons as determined by RCA's Chief Medical Officer
- Violation of terms and conditions as set out in the RCA Athlete Agreement.

The High Performance Director or Director of Coach and Athlete Pathways reserves the right to withdraw an athlete from nomination:

- If the athlete has not taken part in the mandatory training camps organised by RCA prior to the event or,
- If the athlete has not fulfilled his/her responsibilities as identified in the RCA Athlete Agreement.

The RCA Athlete Agreement can be found on the following page: <http://www.rowingcanada.org/national-team/criteria-and-information> and the relevant policies identified as components of the Athlete Agreement can be found at: <http://www.rowingcanada.org/about-us/governance>

## APPEAL PROCESS

Decisions made pursuant to this Selection Guidelines document may be appealed in accordance with the RCA Appeal Guidelines located in the Athlete Handbook and on the RCA website here: [http://www.rowingcanada.org/sites/default/files/appealpolicyrca\\_0.pdf](http://www.rowingcanada.org/sites/default/files/appealpolicyrca_0.pdf)

## RELOCATION and TEAM FUNDING

Relocation for carded athletes: RCA and Sport Canada's Athlete Assistance Program (AAP), provide financial assistance for carded athletes with relocation expenses to a National Training Centre.

For additional information, please visit: <http://athletescan.com/leadership/resources/leadership-modules/sport-system-101/sport-canada/athlete-assistance-program-aap/>.

Athletes selected onto a team may be required to relocate to a designated training location. See Appendix 1 for specific program information.

Ongoing assessments are conducted based on available funds for RCA's National Team Programs. Athletes selected may be subject to an assessment fee. See Appendix 1 for specific program information.

## EVENT REQUIREMENTS

### APPENDIX

1. Junior selection - Event Requirements
2. Coach & Team Leader & Team Support Staff selection
3. Important dates
4. RCA High Performance Contact details



# ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY

## Junior National Teams

### APPENDIX 1

#### Junior Team - EVENT REQUIREMENTS

The Rowing Canada Aviron (RCA) National Selection Guidelines outline the broad selection criteria for all rowers and coxswains and can also be viewed on the RCA website. These Event Requirements operate as an appendix to the RCA Selection Guidelines and outline the activities that rowers and coxswains must complete to be eligible for selection for a Canadian Team. Only the criteria listed in this document will be used when determining selection of athletes to camps and teams.

All athletes must complete all activities stipulated in these Event Requirements (except for activities marked 'participation encouraged') unless there are Special Circumstances that prevent this, in which case RCA is to be notified of the particular reason as soon as is practical, and in accordance with the Guidelines noted in this document. The selection process for the Junior Worlds and Can Am Mex Rowing Canada National Teams will include the following requirements as indicated (and as outlined below):

| Item | Event  | Date  | Athletes  | Location  | Detail  | Objective  |
|------|--|---|---|---|---|--|
| 1    | RADAR monitoring ergometer   | January 28 <sup>th</sup> to March 31 <sup>st</sup> , 2019 | <b>Required</b> for all athletes wishing to be considered for selection to a Junior National team   | Supervised in: HUB or Local Training Environment.   | Results to be submitted online to Athlete tracker data base.  | Individual performance monitoring in accordance with Selection Criteria. Athletes achieving set ergometer targets (posted below) and fulfilling all other selection requirements will receive invitation to Selection Camp. (Item 7) |
| 2    | Letter of Intent: Junior   | On or before May 1 <sup>st</sup> , 2019                   | <b>Required</b> for all athletes wishing to be considered for Junior and Can Am Mex Selection       | Online  | RCA Athlete Tracker database.   | Confirm athlete eligibility and commitment.  |
| 3    | Primary Water Qualification. Compete in targeted events at regionally identified regattas and camps. | May 12 <sup>th</sup> , 2019                               | Open and <b>Required</b> for all athletes wishing to be considered for Junior Worlds and Can Am Mex | East  | U19 Men's and Women's 1x and 2- at identified regattas and camps.   | Ranking of athletes in small boats to determine invitation to Selection Camp (Item 7).   |
|      |  | May 12 <sup>th</sup> , 2019                               |   | Ontario   |   |  |
|      |  | May 18 <sup>th</sup> , 2019                               |   | BC  |   |  |
|      |  | June 8 <sup>th</sup> , 2019                               |   | Prairies  |   |  |
| 4    | Invitations - Round 1  | May 24 <sup>th</sup> , 2019                               | First round of invitations to Selection Camp (Item 7) circulated                                    | Athletes and their coaches will be contacted directly by Rowing Canada, and an invitation list will be posted on the RCA website. | Review and ranking of performance results from Items 1 & 3, other than June 8 <sup>th</sup> , Prairies event. | Allow athletes achieving early performance standards to prepare and plan for Selection.  |
| 5    | National 2000m ergometer test  | June 17 <sup>th</sup> , 2019                              | <b>Requirement</b> of All eligible Athletes seeking selection to a 2019 Junior national team        | Regional HUB or local training environment  | Results to be submitted online to Athlete tracker data base.  | opportunity to meet ergometer standards (posted below) or improve ergometer performance to be used for consideration in Item 6   |
| 6    | Invitations - Round 2  | June 19 <sup>th</sup> , 2019                              | Second round of invitations to Selection Camp circulated.   | Athletes and their coaches will be contacted directly by Rowing Canada and an invitation list will be posted on the RCA website.  | Review and ranking of athletes based on all performances results from items 1,3, and 5                        | Establish a final list of athletes invited to attend Selection Camp (Item 7).  |

## ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY Junior National Teams

|    |                                    |  |   |                        |                       |   |
|----|------------------------------------|--|---|------------------------|-----------------------|---|
| 7  | Selection Camp                     | June 28 <sup>th</sup> - July 1 <sup>st</sup> , 2019        | Invited athletes only for Junior Worlds and CAM regatta     | BC, Final Location TBD | Activities as defined | Selection of athletes into crews in accordance with all relevant Selection Criteria and Other Factors |
| 8  | Selection Time Trial               | July 2 <sup>nd</sup> , 2019                                | Invited athletes only, for Junior World Rowing Championship | BC, Final Location TBD | 2000m Time Trial      | Nomination of Crews for Junior World Rowing Championship  |
| 9  | CAM Pre-competition training camp  | July 3 <sup>rd</sup> to Departure (July 6 <sup>th</sup> )  | Selected athletes only                                      | BC, Final Location TBD |                       | Preparation for corresponding event   |
| 10 | Junior Worlds Pre-competition camp | July 3 <sup>rd</sup> to Departure (July 29 <sup>th</sup> ) |   | BC, Final Location TBD |                       |   |

### NOTES

Additional information regarding certain events within the Event Requirement Timelines (using the same numbering in the table above):

Item 1 and 5.

- Athletes who achieve ergometer targets as listed below will be invited to the selection camp (item 7) for the respective Junior National Team Program. Athletes must still complete all mandatory selection requirements, including item 3 and 5 listed above.
- Athletes not achieving these targets will have their ergometer scores assessed as part of their ranking for invitation in Items 4 and 6 listed in the table above.

| Erg invitations for the following selection camps |       |            |                            |
|---|-------|------------|----------------------------|
|   |       | Can Am Mex | Junior World Championships |
| Women   | 2000m | 07:22.0    | 07:08.0                    |
|   | 6000m | 23:39.0    | 22:57.0                    |
| Men   | 2000m | 06:21.0    | 06:13.0                    |
|   | 6000m | 20:20.0    | 19:56.0                    |

Item 3 Targeted events will include the open U19 Mens and Womens 1x's and 2-'s at the following regatta's, camps, and locations. U19 Lightweight events offered at the same regatta or camp will not be considered for selection.

May 12<sup>th</sup>, 2019 - Eastern Canada Jr Camp, Hosted by Aviron Quebec, Montreal Olympic Basin.  
 May 12<sup>th</sup>, 2019 - Mothers day Regatta. Hosted by St Catharines Rowing Club. St. Catharines Ontario.  
 May 18<sup>th</sup>, 2019 - Rowing BC Junior Provincial Championships. Hosted by Rowing BC. LOCATION TBA  
 June 8<sup>th</sup>, 2019 - Regina Sprints. Hosted by Regina Rowing.

## ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY Junior National Teams

Items 4 and 6 - invitation process.

Invitations to the final selection camp Item 7 will be circulated as follows

|                              |   |  |
|------------------------------|---|--|
| Item 4 - Invitations Round 1 | All results from item 1 and 3, up to and including May 18 <sup>th</sup> will be reviewed and one of the following actions will be taken   | 1) Athletes may be invited to the final selection camp to tryout for both teams (JR Worlds AND CAM)<br>2) Athletes may be invited to the final selection camp to try out for a "Specific Team" (JR Worlds OR CAM)<br>3) <i>Applies to Round 1 only.</i> Athletes not invited in this round will be placed on a list for further review in Invitations Round 2 (Item 6) |
| Item 6 - Invitations Round 2 | All results from items 1, 3, and 5, up to and including June 17 <sup>th</sup> will be reviewed and one of the following actions will be taken. * athletes not invited in Round 1 will be reviewed again against athletes list in Round 2. |  |

- Athletes invited in Round 1 who demonstrate improvement prior to Round 2 can improve what team they are selected to try out for.
- Athletes invited in Round 1 who do not maintain performance or decrease performance during Round 2 review, may be removed from invitation list.

Item 7 An assessment fee deposit of \$1000 will be required upon arrival at the Junior Selection Camp and full payment of the assessment fee's remaining balance is due July 5<sup>th</sup>, 2019. Complete information regarding event costs will be outlined in the Junior Information Bulletin to be circulated by May 1st, 2019

Any athlete assistance for the Junior Selection Camp process will be communicated by May 1<sup>st</sup>, 2019

Item 10 and 11

Following the Selection Camp and Time Trial, named Junior Worlds and Can Am Mex crews and athletes will be invited to the pre-competition training camp (locations TBA) starting July 3<sup>rd</sup> until event departure. The Can Am Mex team target departure date is July 6<sup>th</sup> and Junior Worlds target departure date is July 29<sup>th</sup> 2019.

Final location for Selection Camp, Selection Time trial, and Pre-Competition training camps will be communicated by May 1<sup>st</sup>, 2019.

### OTHER NOTES

The RCA National Team priority is ranked as:

- 1 Junior World Championships
- 2 Can Am Mex

Certain procedures for crew selection for all both programs may be conducted at the same time, to assess appropriate performance standards; in any case, athletes will be given full consideration for selection for the program(s) that they are eligible for.

The criteria in determining invitations to the selection camp and final selection are identified under "Selection Criteria" section of this Selection Guidelines. Specific selection camps activities may include: ergometer testing; small boat matrices; seat racing in various boat classes; and/or time trials.

# ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY

## Junior National Teams

### APPENDIX 2

#### TEAM LEADER and SUPPORT STAFF SELECTION

An events team leader or support staff will be appointed by the High Performance Director and/or the Director of Coach and Athlete Pathways. Generally, appointments will be made from existing RCA employees, but should additional requirements exist, RCA will advertise the application process with an official notice. If appointment of sports medicine support staff is required to support a team, RCA's Chief Medical Officer will play a role in the identification and selection/nomination of those practitioners.

#### COACH SELECTION

RCA reserves the right to nominate the coach believed to be able to produce the best performance of the athlete or crew at the designated event. Coaching appointments may be made to achieve strategic objectives or meet certain principled standards.

Selection of Crew Coaches for all teams will be at the sole discretion of the High Performance Director, with input from the respective National Head Coaches and Director Coach and Athlete Pathways. Selection considerations include previous experience, performance of athletes coached, coaching qualifications and long term development strategy.

##### Coach Selection Prerequisites

Coaches interested in selection for a national team role (at any level) must:

Complete an Expression of Interest - emailed to the High Performance Manager (mdraper@rowingcanada.org) before January 1<sup>st</sup>, 2019. The Expression of Interest should outline the coach's coaching record, the program(s) of interest, and their availability to relocate to coach the identified crew (if required).

##### Minimum Qualifications:

| Junior   | Can Am Mex Games          |
|--|---------------------------|
| Performance Coach Certified                                      | Performance Coach Trained |
| Registered as a Coach in good standing with Rowing Canada Aviron |                           |

Other requirements (to be completed before May 1<sup>st</sup>, 2019) include:

- Making Ethical Decisions;
- Respect in Sport Online Module;
- CCES True Sport 101; and
- Criminal Record Check.

An announcement of the selected coaching staff will take place by February 1<sup>st</sup>, 2019.

Should RCA identify that additional coaching staff are required to support selected teams after the February 1<sup>st</sup>, 2019 announcement date, coaches will be selected from within RCA's existing pool of National Team Coaching Staff or the pool of coaches who complete an Expression of Interest by January 1<sup>st</sup>, 2019.

##### Training location

The training location of the Junior and CanAmMex team will be in BC, with the final location confirmed prior to May 1<sup>st</sup>, 2019.

**ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY  
Junior National Teams**

**APPENDIX 3**

**2019 IMPORTANT DATES**

| <b>RCA High Performance Program</b>            |                       |                        |
|--|-----------------------|------------------------|
| <b>Junior Worlds &amp; CanAmMex Event Plan</b> |                       |                        |
| RADAR Open                                     | January 28            | National               |
| Monitoring Camps                               | February 2            | NextGen HUBS           |
| 2k Indoor Regatta                              | February 3            | Regional               |
| Integration Camp                               | February 17-23        | Victoria, BC           |
| Monitoring Camps                               | March 16 or 17        | NextGen HUBS           |
| RADAR Close                                    | March 31              | National               |
| Letter of Intent Due                           | May 1                 | National               |
| Monitoring Camps                               | May 4 or 5            | NextGen HUBS           |
| Water qualification - East                     | May 12                | Montreal, Quebec       |
| Water qualification - Ontario                  | May 12                | St Catharines Ontario  |
| Water qualification - BC                       | May 18                | BC - TBA               |
| Junior Invitations - Round 1                   | May 24                | National               |
| Water qualification - Prairies                 | June 8                | Regina, Sask           |
| Monitoring Camps                               | June 8 or 9           | NextGen HUBS           |
| 2k Erg Submission                              | June 17 <sup>th</sup> | National               |
| Junior Invitations - Round 2                   | June 19               | National               |
| Selection Camp                                 | June 28 - July 2      | BC (location TBA)      |
| CAM Training Camp                              | July 3 - 6            | Location TBA           |
| Junior worlds Training Camp                    | July 3 - 29           | Location TBA           |
| CAM Depart                                     | July 7                |                        |
| Junior Worlds Depart                           | July 29               |                        |
| CAM training and regatta                       | July 8 - 13           | USA - TBA              |
| Junior Worlds Regatta                          | August 7-11           | Tokyo, Japan           |
| Canadian Henley                                | August 6-11           | St Catharines, Ontario |
| National Rowing Championships                  | September 27-29       | Burnaby, BC            |
| RADAR open                                     | October 1             | National               |
| RADAR Close                                    | November 30           | National               |

ROWING CANADA AVIRON - 2019 NATIONAL SELECTION POLICY  
Junior National Teams

APPENDIX 4

CONTACT INFORMATION

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