



**Rowing Canada Aviron
Athlete Assistance Program (AAP) Criteria
2019**



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Rowing Canada Aviron Athlete Assistance Program (AAP) Criteria 2019

1. GENERAL

Sport Canada's Athlete Assistance Program (AAP) provides financial assistance to Canadian high-performance athletes to improve Canadian performances at major international sporting events such as the Olympic Games, Paralympic Games, Commonwealth Games, Pan American Games, and World Championships.

Rowing Canada Aviron (RCA), the national governing body for Rowing in Canada and a recognized National Sport Organization by Sport Canada, is tasked by Sport Canada with the management of the Rowing AAP policy. Rowing Canada Aviron and Sport Canada officials meet annually to review the athlete nominations for AAP support and to determine adjustments to the policy.

Also referred to as "carding", AAP funding is intended to contribute to an athlete's living and training costs. It is not intended to serve as an athlete's sole source of income. Furthermore, the AAP is not a reward for past performance but rather is designed to support athletes for the upcoming year who have demonstrated the potential for superior performance.

Many of the considerations that enter into the AAP nomination process are based on objective criteria. However, carding is not solely based on past performance and accordingly the nomination process will involve in part a subjective analysis of individual applicants.

2. ELIGIBILITY

Athletes must meet the following minimum eligibility requirements for APP nomination to Sport Canada;

- Canadian citizen or permanent resident of Canada on January 1st in the year of application for AAP support and the athlete shall have been a legal resident in Canada (student status, refugee status, work visa or permanent resident) for a minimum period of one year before being considered for AAP nomination;
- Be a member in good standing with RCA, FISA (the international rowing federation), and eligible to represent Canada at World Championships or Olympic Games;
- Meet the carding criteria as a member of a Canadian Team at international events sanctioned by RCA for such purposes.
- Must complete and sign the [AAP application form](#) and submit it to RCA on or before December 15th.
- Must complete and sign the RCA Athlete Agreement and submit it to RCA prior to the deadline for nominations to Sport Canada for AAP funding.
- Must not be under suspension or other sanction by RCA or Sport Canada for any doping or doping related offence.

Athletes achieve eligibility for nomination to the AAP through identified national and international performances each year. RCA nominates individuals to Sport Canada for AAP funding, however Sport Canada has the authority to make the final selection decision of individuals for AAP funding. AAP nomination, and possible support, is predicated on the following expectations:

- That the athlete has the potential to meet the stated national or international performance objectives as set out in the RCA published Selection Policy and/Criteria, in the year of AAP support, or in the near future.
- That the athlete meets all the RCA mandated training and monitoring requirements throughout the AAP cycle.

See 'Criteria for all AAP Applicants' in Section 5, for further detail.

In the event that the athlete is nominated for AAP, he/she must continue to meet these conditions as well as additional conditions contained in the signed Athlete Agreement. RCA can recommend the withdrawal of AAP support to Sport Canada at any time during the year if an athlete is not meeting the performance requirements and/or other requirements as stipulated in the Athlete's Agreement, Selection Policy and/or Selection Criteria.

Upon approval of support, and arrival at designated training centre, athletes will be awarded AAP cards as of **January 1st to December 31st of the year** following an Olympic Games or World Championship.

3. CATEGORIES OF CARDS

RCA nominates athletes for AAP in different categories. Senior or Development. These two categories have specific criteria to which athletes are assessed against using specific criteria. These categories have specific terms and conditions including eligibility requirements that may be in addition to the general eligibility requirements described in this document above.

3.1. SENIOR CARDS

Senior cards have **two** different sets of criteria - International and National.

3.1.1. International Criteria (SR1/SR2 - \$1,765 per month)

Sport Canada sets the International Criteria for AAP Senior Cards. Athletes who meet the international criteria are eligible to be nominated by RCA for two consecutive years. Year one is referred to as **SR1** and the card for year two is referred to as **SR2**. Each athlete must sign an Athlete/RCA Agreement and complete an AAP Application Form for the year in question.

Note; the second year of carding is contingent on the athlete being re-nominated by RCA and a training and competitive program approved by RCA and Sport Canada being maintained.

Only athletes who compete in the international competitions that are identified for SR1/SR2 eligibility shall be eligible for such carding. Athletes who are reserves or spares (and do not participate in the competition) will not be considered.

Athletes selected to the Canadian National Team, and who compete at the World Rowing Senior Championships in an "Olympic Event", or athletes selected to the Canadian Olympic Team and who compete at the Olympic Games, shall be eligible for SR1/SR2 nomination for two consecutive years.

SR1/SR2 cards are awarded according to the following criteria:

- Displayed ongoing commitment to full training and other criteria outlined in Section 5 below.
- Top 8 Finish and top 1/2 of field at the World Rowing Senior Championships or Olympic Games.

Olympic Events are:

Heavyweight Women	1x, 2x, 4x, 2-, 4-, 8+
Lightweight Women	2x
Heavyweight Men	1x, 2x, 4x, 2-, 4-, 8+
Lightweight Men	2x

3.1.2. National Criteria (SR - \$1,765 per month & C1 - \$1,060 per month)

RCA sets the national criteria for Senior Cards. Senior Cards (SR) are based on national criteria, and are awarded for one year.

Note; the *first* time an athlete is awarded a Senior card, this card will be called a **C1** card. These are funded at the same Development Card level (\$1,060/month).

To be eligible for an **SR** Card, the following performance criteria are required:

- Any athlete selected to compete in an Olympic event or targeted Lightweight Non-Olympic Event. Including spares who are nominated to support Olympic class events and Targeted Non-Olympic Events: Lightweight Men's and Women's Single (LM1x and LW1x) and Lightweight Quadruples (LM4x and LW4x), at the World Rowing Senior Championships or Olympic Games and does not meet the International Criteria,
- Achieve the following performances:

January 2019 Intake

- 2000m or 6000m ergometer: Senior Standard or faster completed between September 1st, and November 30th, 2018 **and**
- 2018 National Rowing Championships: within 2% of the winning time in the final of the Open/Lightweight Singles or Open Pair events.

July 2019 intake (*applicable to eligible athletes outside those successful within the January Intake*)

- Within 2% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2019 Speed Orders National Selection Regatta, **plus**
- 2000m or 6000m ergometer: Senior Standard or faster completed between March 1st, and June 1st 2019, **or**
- Within 2% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2018 National Rowing Championships

See Section 16 below for National Ergometer Standards

*Athletes can retain Senior (SR or C1) card status for a maximum of four years total, by the end of which SR1/SR2 card status should have been attained. This four-year period may be extended if an athlete is demonstrating improvement towards SR1/SR2 status and, after a thorough review, is recommended by RCA and approved by Sport Canada. Any extension would be for a one-year period only.

3.2. DEVELOPMENT CARDS - (D) (\$1,060 per month):

RCA sets the national criteria for Development Cards. Development Cards based on national criteria are awarded for one year and are called **D** cards. Development Cards have 3 categories: Senior, U23 and U21.

Athletes may be nominated for AAP support based on **Development (D) Card** criteria outlined below. The number of cards allocated is dependent on quotas set by Sport Canada. Performance criteria include;

- Athletes achieving a top 3 finish, and top ½ of the field, at the World Rowing Under 23 Championships in an Olympic boat class, during the same calendar year as the AAP nomination,
- Athletes Winning a Gold Medal at the World Rowing Under 23 Championships in a Non-Olympic Boat class, during the same calendar year as the AAP nomination, or
- On water results at identified events and ergometer performances for the distances and dates listed below:

3.2.1. Senior Development Athletes (Athletes 23 and older in the upcoming calendar year) achieve the following performances:

January 2019 Intake

- 2000m or 6000m ergometer: Development Senior Standard or faster completed between September 1st, and November 30th, 2018 **and**,
- 2018 National Rowing Championships: within 4% of the winning time in the final of the Open/Lightweight Singles or Open Pair events

3.2.2. U23 Development Athletes (Athletes eligible to race as Under 23 in the upcoming calendar year) achieve the following:

January 2019 Intake

- 2000m or 6000m ergometer: Development U23 Standard or faster completed between September 1st, and November 30th, 2018 **and**,
- 2018 National Rowing Championships: within 6% of the winning time in the final of the Open/Lightweight Singles or Open Pair events.

July 2019 intake (*applicable to eligible athletes outside those successful within the January Intake*)

- Within 2% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2019 Speed Orders National Selection Regatta **and either**,
- 2000m or 6000m ergometer: Development U23 Standard or faster completed between March 1st, and June 1st, 2019 **or**,
- Within 6% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2018 National Rowing Championships

3.2.3. U21 Athletes (Athletes Under 21 in the upcoming calendar year) achieve the following:

January 2019 Intake

- 2000m or 6000m ergometer: Development U21 Standard or faster completed between September 1st, and November 30th, 2018 **and**,
- 2018 National Rowing Championships: within 7% of the winning time in the final of the Open/Lightweight Singles or Open Pair events.

July 2019 intake (*applicable to eligible athletes outside those successful within the January Intake*)

- Within 3% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2019 Speed Orders National Selection Regatta, **and either**,
- 2000m or 6000m ergometer: Development U21 Standard or faster completed between March 1st, and June 1st, 2019 **or**,
- Within 7% of the winning time in the final of the Open/Lightweight Singles or Open Pair events at the 2018 National Rowing Championships

See Section 16 for the National Ergometer Standards.

3.2.4. Percentage behind winning time for NRC ranking:

$$\left(\frac{\text{Gold Medal Standard}}{\text{Winning time}}\right)\% - \left(\frac{\text{Gold Medal Standard}}{\text{FinishTime}}\right)\% = \text{Percentage behind winning time}$$

3.2.5. Lightweight Maximum Weights

The following are the Maximum allowable weights for assessment in 2018/19.

Assessments	Lwt Women	Lwt Men
2018 National Rowing Championships	59 kg	72.5 kg
November 30 th , 2018 Ergometer deadline	60 kg	74 kg
June 15 th , 2019 Ergometer deadline	59 kg	72.5 kg
2019 Speed Orders National Selection Regatta	57 kg	70 kg

Athletes meeting the above eligibility requirement will be ranked (see Section 4 – Relative Ranking Process) by national team coaches to create the AAP Nomination List.

* Athletes must be training in their designated training Centre to receive funding.

It is the intention of Sport Canada that the criteria for D Cards support developing athletes with the potential to meet SR and SR1/SR2 criteria. It is Sport Canada's policy that once athletes have progressed to the Senior card level, they normally cannot go back to a D Card. Athletes may revert to D cards if they are in the U23 program. Special circumstances may be considered by RCA, at the discretion of the High Performance Director, to allow post U23 athletes to return to a D Card.

An athlete must obtain Senior carding status within **four years of first being carded as a D Card**. An athlete who has not achieved a Senior card by the end of the four years shall no longer be eligible for Development Carding. The only exception is if two of the years the athlete was competing at the Under 23 program level. In this case, the High Performance Director may, at their discretion, allow for a fifth year on a D Card.

4. AAP ADMINISTRATIVE PROCESS:

In November of each year, a relative ranking of athletes will be developed after the National Rowing Championships (or its equivalent) and consideration of all AAP criteria. Athletes may be nominated by RCA for AAP support based upon the published criteria for SR1/SR2, SR, C1 and D Cards and a completed letter of intent indicating commitment for the upcoming racing season. RCA National Team Coaches, in conjunction with RCA national office staff, will develop the final AAP nomination ranking. This ranking will be presented to, and reviewed by the High Performance Director.

The relative ranking of athletes will include consideration and assessment of each athlete based on the following:

1. On water performance at Speed Orders National Selection Regatta and the National Rowing Championships;
2. Ergometer performance in the 2km and/or 6km test;
3. Ongoing technique and coachability;
4. Ongoing compatibility with other athletes and coaches;
5. Commitment to the program;
6. Assessment of competitive readiness; and
7. The athlete's experience and his or her potential to make future Olympic Teams.

Nominations for AAP support in the coming year are restricted to the total funding of SR level cards assigned to RCA from Sport Canada (1 SR card = \$21,180). A portion of the total funding may be transferred into Development Cards (1 D card = \$12,720) if RCA's total AAP funding allocation exceeds the number of athletes that have met SR standards. As a result, Development Card funding fluctuates annually and it is possible that RCA may not be able to nominate all athletes identified through the Eligibility Criteria and Relative Ranking process.

If there is AAP funding left unused after the November relative ranking process, a second intake of AAP athletes may take place in June for a July 1st start date. Cards will be 6 months in length, July 1st to December 31st, subject to training location requirements being met. Athletes will be identified based on a relative ranking of the following factors:

1. On water performance at Speed Orders National Selection Regatta and the National Rowing Championships;
2. Ergometer performance in the 2km and/or 6km test;
3. Ongoing technique and coachability;
4. Ongoing compatibility with other athletes and coaches;
5. Commitment to the program;
6. Assessment of competitive readiness; and
7. The athlete's experience and his or her potential to make future Olympic Teams.

5. CRITERIA FOR ALL AAP APPLICANTS

The decision to nominate an athlete or coxswain to Sport Canada for AAP consideration shall be made by the National Team Program Coaches in conjunction with the High Performance Director, and shall be based on the following criteria:

- RCA requires that athletes in the AAP shall be registered with the association during the application period and throughout the period of carding support.
- Athletes who are carded within the current year shall have commenced full training by the posted opening date of the RCA Training Centre post World Championships as identified by the High Performance Director and the respective National Team Program Coach to maintain carding support for the remainder of the cycle.
- Athletes who are nominated for AAP support beginning January 1st, shall have commenced full training by the identified opening date of RCA's National Training Centre (Victoria, BC) or assigned location as determined by the High Performance Director (in consultation with RCA's Head Coaches) and identified within an approved RCA Individual Athlete Performance Plan.
- AAP support for all athletes will be on hold pending arrival in their designated training location. Athletes shall have competed in the most recent **National Championships** (or its designated equivalent) unless an exemption is approved by the RCA High Performance Director.
- A minimum of 2k or 6k ergometer must be submitted within the designated period, in order to be eligible for AAP relative ranking for potential nomination to Sport Canada.
- If a second (July) intake of cards is available, performances outlined in **Section 3 – Categories of Cards**. Final nominations will be submitted based on the relative ranking process outlined in **Section 4 – AAP Administrative Process**.
- Athletes must provide a signed Athlete Agreement and a written declaration of intent to compete for a position on the Canadian National Rowing Team to the RCA High Performance Manager. **Please see Section 15 – Important Dates.**
- Athletes training *outside* Canada:
 - Athletes will not normally be eligible for carding support during the period they are outside the country, at an NCAA school, or receiving an athletic scholarship of any kind.
 - Funding will be accessible upon return to the RCA High Performance program at the RCA Training Centre as assigned by the High Performance Director.

** Any exemptions from or exceptions to these criteria shall be at the discretion of the RCA High Performance Director.

6. SPECIAL CIRCUMSTANCES

The RCA National Team Program Coaches and RCA High Performance Director, may review any special cases related to injury, illness, prohibitive causes or extenuating circumstances that restrict an athlete's involvement in any of the Training Camps. Full details of the special situation must be provided in writing (Doctor's note required if applicable). **To be eligible for carding as a special case, an athlete must have been carded in the previous year's carding cycle.** An athlete wishing to be considered under the Special Considerations criteria should contact the RCA High Performance Manager in the first instance.

7. COXSWAINS

Coxswains are eligible to be nominated for an SR1/SR2, SR or C1 card if they coxed at the most recent World Rowing Senior Championships or Olympic Games and have submitted a written declaration of intent to compete for a position on the upcoming World Rowing Senior Championship or Olympic team. In this situation, a coxswain may be nominated for an SR1, SR2, SR, or C1 card depending on the finish of his or her crew at the World Rowing Senior Championships or Olympic Games (see Senior Card Criteria). Coxswains may be nominated for a Senior National or Development card if the coxswain ranks appropriately in the National Team Program Coaches relative ranking and is recommended by the National Team Program Coach.

8. SPECIAL REINSTATEMENT

Following the year of an Olympic Games, an athlete who has competed in those Games may wish to follow a year of maintenance training, foregoing full participation on the Senior Team for one competitive season, and then rejoin the national program for the second season after the Olympics with the intention of competing in the subsequent Olympics. In order for carding to resume (following the year of maintenance training) the respective athlete is required to submit and achieve the SR National level ergometer standard to be eligible for ranking and nomination for a Senior card. See 'relative ranking' above in Section 4 - AAP Administrative Process. **This opportunity for Special Reinstatement shall only be available to athletes who competed on the preceding Olympic team.**

9. APPEAL PROCEDURE

Athletes who are not nominated for carding, who have achieved the minimum eligibility criteria, and who have submitted a complete AAP Application before the deadline, may submit an appeal as outlined in section 21 and 22 of the [RCA Appeal Policy](#).

Appeals of Sport Canada AAP decisions (approval or not of RCA nominations, and acceptance of recommendations to withdraw carding) can be made to Sport Canada directly for AAP support consideration. The regulations for this process are outlined in section 13 of the [AAP Policies and Procedures](#).

10. CARDING APPLICATION PROCEDURE

- a) The National Team Program Coaches submit to the High Performance Manager a long list of athletes meeting the AAP nomination eligibility requirements.
- b) Sport Canada confirms with RCA the number of AAP cards available for the year in question.
- c) The High Performance Manager prepares the AAP nomination long list and works with the High Performance Director, and the National Team Program Coaches to produce a final AAP nomination list that reflects the number of cards RCA will receive from Sport Canada for the year in question.
- d) The High Performance Manager prepares a detailed report on each athlete's performances throughout the season (including their intent to commit to the national team program for the upcoming year) and submits this information along with RCA's nominations for AAP support to Sport Canada for review.

- e) The High Performance Manager sends out AAP application forms and the RCA Athlete Agreement to athletes that who have been nominated by RCA to Sport Canada.
- f) Representatives of Sport Canada and RCA meet to review the submission and determine final AAP support for athletes nominated.
- g) The High Performance Manager sends out a confirmation letter to athletes that have been approved for AAP support and confirms their carding level.
- h) Athletes complete their annual Sport Canada AAP application forms, sign the RCA Athlete Agreement and return them to RCA.
- i) Following the return of all documents as noted above, Sport Canada issues carding payments to the athletes. Athletes normally receive carding payments every two months in advance for support over a two-month period.

11. ATHLETE RESPONSIBILITIES

Maintenance of AAP support requires athletes to commit to the responsibilities listed below:

- a) Adhere to the competitive and training programs and administrative requirements specified by RCA throughout the carding cycle. This includes points outlined in the RCA Athlete agreement.
- b) Athletes are expected to train at the designated training centre or location determined by the High Performance Director and the respective National Team Program Coaches. Athletes currently assigned to a national training centre are expected to be in their designated centre by the published centre opening date (see Section 15 – Important Dates). Athletes newly carded through the November relative ranking process are to be in their designated training centre or training location by the published centre opening date (see Section 5 - Criteria for all AAP Applicants).
- c) Refund any assistance provided if the individual’s eligibility status changes or carding status is withdrawn.
- d) Abide by and comply with the Canadian Doping Control Policy and Program and the current IOC-COC, Sport Canada and World Anti-Doping Agency (‘WADA’), Canadian Center for Ethics in Sport and FISA anti-doping policies, as they may be amended from time to time.
- e) Participate in sport-related, non-commercial, promotional activities on behalf of the Government of Canada. Sport Canada usually makes the request for participation, and RCA generally makes the detailed arrangements. Such promotional activities do not normally involve more than two working days per athlete per year.
- f) Immediately advise the RCA National Office of any change in contact information.
- g) Initiate any AAP-related nomination appeals directly to RCA. An athlete may refer the RCA decision to the Sport Dispute Resolution Centre of Canada after an appeal to RCA has been completed.
- h) Comply with AAP policies and procedures, including those dealing with AAP-related disputes with Sport Canada.
- i) Actively participate in all program evaluation activities. Athletes will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.
- j) Provide true statements in their application and supporting documentation and to verify these statements if requested by Sport Canada.
- k) Indicate if they are current or former federal government employees, and if so, confirm that they are in compliance with the Values and Ethics Code for the Public Service or the Conflict of Interest and Post-employment Code for Public Office Holders.

12. RCA’S RESPONSIBILITIES

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Produce and provide a copy of the AAP guidelines (in the form of an athlete handbook), carding criteria for the following season, a selection document for the upcoming competitive season, and discipline and appeal procedures in the official language of the athlete’s choice.
- c) Submit all nominations for carding in December preceding the commencement of RCA’s carding cycle on January 1st of the following year.

- d) Provide athletes with forms required for the AAP, including tuition vouchers and application forms.
- e) Review and recommend requests for **Supplementary Assistance** and deferred tuition.
- f) Ensure that each athlete adheres to RCA's approved training/competition plan throughout the carding cycle.
- g) Advise Sport Canada immediately if a carded athlete fails to honour his/her AAP commitments.
- h) Inform Sport Canada in a timely manner of an athlete's retirement and all anti-doping rule violations resulting from international testing. If RCA fails in this regard and the athlete subsequently receives excess AAP benefits, it is the responsibility of RCA to facilitate return of that overpayment to Sport Canada. RCA is also responsible for facilitating the return of any funding provided to an athlete that is the result of a false application or fraudulent misrepresentation on the part of the athlete or RCA.
- i) Develop discipline and appeal procedures based on due process that include access to independent arbitration through the Sport Dispute Resolution Center of Canada (SDRCC).
- j) Provide Sport Canada with written confirmation that all carded athletes have signed their Athlete/NSO Agreement. This must occur within two (2) months of the start of RCA's carding cycle. The Agreement is not considered signed if any sections have been deleted or altered in any way. Athletes for whom Sport Canada has not received signed confirmation from RCA may have their AAP payments suspended until RCA confirms in writing that the Agreement is signed. The decision to suspend AAP payments of athletes who have not signed their Agreement will be made in consultation with RCA, and RCA will advise Sport Canada why the Agreement has not been signed.
- k) Actively participate in all AAP program evaluation activities. RCA will co-operate fully in any evaluation that may be conducted by the Minister or anyone authorized to act on the Minister's behalf and provide such data as the person conducting the evaluation considers necessary for the proper conduct of the evaluation.

13. SPORT CANADA'S RESPONSIBILITIES

- a) Communicate with athletes both orally and in writing in the official language of their choice (French or English).
- b) Review all nominations for AAP support endorsed by RCA.
- c) Approve nominations in accordance with AAP policies and arrange payments in accordance with AAP policies and procedures.
- d) Advise RCA and athletes regarding the development and approval of carding criteria, athlete agreements, appeals procedures and due process, athlete monitoring and other areas of athlete assistance and related services as requested by RCA, the athletes or both.
- e) Provide RCA with AAP materials (application forms; the booklet *Athlete Assistance Program and Policies*, tuition vouchers; etc.)
- f) Ensure that RCA adheres to carding criteria in the selection of athletes for athlete assistance.
- g) Provide a review procedure to both athletes and RCA on AAP operational decision as per Section 13 of the [AAP Policies and Procedures](#).

14. WITHDRAWAL OF CARDING STATUS

Athletes may withdraw from the AAP by expressing to RCA their wish to do so. This may involve retiring permanently or temporarily foregoing the commitments of carded status. The Athlete shall refund, on a pro-rata basis, any assistance provided to the Athlete should the Athlete's eligibility status change or carded status be withdrawn. RCA has the right to request withdrawal of AAP support. **RCA may recommend the withdrawal of carding status for the following reasons:**

- Non-renewal of carding status
- Failure to meet training or competitive commitments
- Violation of the Athlete Agreement
- An athletes' failure to meet responsibilities outlined in the AAP guidelines
- Gross breach of RCA policies and/or receipt of discipline
- Fraudulent misrepresentation
- Doping violations

15. IMPORTANT DATES

2018

Sept 1 – Nov 30	Ergometer Submission Period #1
October 8 th	National Training Centre opens for Returning Carded athletes
November 1 st	Letter of Intent due
November 8 th -11 th	National Rowing Championships, Burnaby, BC
December TBC	RCA AAP Ranking published
December TBC	AAP review meeting with Sport Canada
December 31 st	Athlete Agreement to RCA National Office

2019

January 1 st	Carding is initiated
January 3 rd	National Training Centre Opens for all carded athletes
March TBC	National Team Selection Trials
April 1 st – June 1 st	Ergometer Submission Period #2
June 14 th -16 th	Speed Orders National Selection Regatta
June 17 th -23 rd	National Selection Camp
July 1 st	Second Carding Intake initiated

For additional information on AAP services and support, please review the AAP documents at [Sport Canada](#).

16. RCA NATIONAL ERGOMETER STANDARDS

2000m				
	OPEN MEN	OPEN WOMEN	LIGHTWEIGHT MEN	LIGHTWEIGHT WOMEN
NextGen U21	06:06.0	06:59.0	06:22.0	07:19.0
NextGen U23	06:01.0	06:54.0	06:17.0	07:14.0
Senior - Development	05:56.0	06:49.0	06:12.0	07:09.0
Senior - National	05:50.0	06:43.0	06:08.0	07:05.0
<i>World Records</i>	<i>05:36.0</i>	<i>06:23.0</i>	<i>05:57.0</i>	<i>06:54.0</i>
6000m				
	OPEN MEN	OPEN WOMEN	LIGHTWEIGHT MEN	LIGHTWEIGHT WOMEN
NextGen U21	19:35.0	22:30.0	20:30.0	23:20.0
NextGen U23	19:20.0	22:15.0	20:15.0	23:05.0
Senior - Development	19:05.0	22:00.0	20:00.0	22:50.0
Senior - National	18:50.0	21:45.0	19:50.0	22:35.0
<i>World Records</i>	<i>18:03.0</i>	<i>20:18.0</i>	<i>19:22.0</i>	<i>21:57.0</i>

Percentage behind winning time calculation for NRC ranking:

$$\left(\frac{\text{Gold Medal Standard}}{\text{Winning time}} \right) \% - \left(\frac{\text{Gold Medal Standard}}{\text{FinishTime}} \right) \% = \text{Percentage behind winning time}$$