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CASCADIA ROWING CANADA AVIRON
MASTERS CHAMPIONSHIPS
CHAMPIONNATS DES MAÎTRES

2020 CASCADIA ROWING CANADA AVIRON MASTERS CHAMPIONSHIPS 17-19 July 2020

EVENT INFORMATION

The event will take place from Friday 17th – Sunday 19th July, 2020. The exact race times and schedule will be notified following the close of entries.

Venue

Burnaby Lake, Burnaby, BC ([6871 Roberts St, Burnaby, BC](#))

Burnaby Lake is the home of Burnaby Lake Rowing Club. The rowing course is fully buoyed with stake boats and traffic lights installed. It is a dredged lake with active weed control, consistent depth, natural wake control and little or no current.

** Event traffic rules and various maps are available at the end of this document.

Registration

RegattaCentral
www.regattacentral.com

All entries must be made through RegattaCentral. Early registration is encouraged as entry numbers to this regatta may be capped. In the event of over-subscription, those entries which do not require extra races will be favoured.

If cancellation of the regatta is unavoidable due to inclement weather or for any reason beyond the control of the Organising Committee (OC), no refunds will be offered.

Deadlines

Registration opens: @12:00 am, Saturday, June 6, 2020

Registration closes: @ 11:59 pm, Sunday, July 5, 2020

Late registration and scratch deadline: @ 11:59 pm, Saturday, July 11, 2020

A \$15 per entry late fee will be added to registrations received after July 11, 2020. Scratch fees after 11 July 2020 are equal to the registration fee.

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Note: Crews who fail to show to their 'final', will have taken a spot from other crews who would have otherwise qualified. In fairness, the organising committee reserves the right to impose a penalty of \$40 per entry on those crews who do not show without a valid reason. Medal distributions may be suspended for the affiliated club until the penalty has been paid.

Events Offered

1x, 2x, 2+, 2-, 4x, 4+, 8+ (Men, Women and Mixed Crews).
LW 1x, 2x, 4x, 4+ (Men and Women)
Para events as Subscribed (Men and Women)
Novice: 1x, 2x 4x (Men and Women)

Note: New and innovative events are planned for the 2020 regatta. Further details will be announced in Bulletin 2.

Seat Fees

Regatta Central will be collecting seat fees at time of registration on behalf of Rowing Canada Aviron and Rowing BC. These fees help support the development of event infrastructure including online registration and insurance and support domestic programs like umpire education and training, and attendance of experts delivering 'value-add' events through the Masters regatta.

Entry Fees

	Entry Fee	RCA Fee	RBC Fee	Total
Singles	\$40.00	\$3.50	\$3.50	\$47.00
Doubles/Pairs	\$80.00	\$7.00	\$7.00	\$94.00
Straight Fours/Quads	\$125.00	\$14.00	\$14.00	\$153.00
Coxed Fours/Quads	\$125.00	\$17.50	\$17.50	\$160.00
Eights	\$170.00	\$31.50	\$31.50	\$233.00

Competitor Eligibility

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise noted in official event information.

- All participants must be registered members in good standing with their national governing organization, i.e. Rowing Canada Aviron or US Rowing.



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- All competitors must register with the regatta registrar producing a government issued document as proof of age and identity prior to racing. Note: as per RCA Rules of Racing, proof of identity and age may be checked randomly by Umpires at any time throughout the regatta.
- All competitors, regardless of nationality are eligible for championship medals.
- A competitor may compete as a Master in the year in which he or she attains the age of 21.
- Composite crews are welcome provided they are identified at the time of regatta registration. Individuals may represent only one club at the regatta.
- Members of the same crew shall compete wearing uniform clothing (tops only). Each member of a composite crew shall wear his/her own club singlet.
- The blade of all club oars and sculls need not be painted in club colours.

Age Categories

AA age: 21 - 26 years age:

A age 27 - 35 years

B age: 36 - 42 years

C age: 43 - 49 years

D age: 50 - 54

E age: 55 - 59

F age: 60 - 64

G age: 65 - 69

H age: 70 - 74

I age: 75 - 79

J age: 80 - 84

K age: 85 - 89

L age: 90 and over

The age categories do not apply to coxswains. The age category of a Master's crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers in a crew boat need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category.

Garrett Masters' Age Adjusted Time System

These age adjusted times are based on the best 15% of 1000m finish times in finals at US National Masters' Championships and FISA World Masters' Championships. They represent the performance of rowers who choose to race as Masters.



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The time allowances are designed to give an older boat an equal chance of winning when racing in the next younger FISA age category.

Note: the age adjusted time for Category AA competitors will be equal to Category A competitors.

Meaningful Competition

The Cascadia /RCA Organizing Committee seeks to create a rewarding and high-level competitive experience. In order to be awarded first, second or third, there must be at least four competitors in the race. This ensures that each award represents a well-earned result for the top three positions.

If there are not four entries in a race, where logical, the organizing committee will combine age groups in an attempt to reach four or more competitors. Age adjusted times will be assigned as necessary and one first, second and third prize will be awarded for that combined race using the handicap to determine the winners. Where at all possible the span of age categories will not be more than three.

Novice

Novice Rowers are new to rowing as of January 2019.

Lightweight Events

- Men - 72.5 KG/160 lbs. maximum individual weight
- Women - 59 KG/130 lbs. maximum individual weight

A weigh in time will be determined by the OC where all Lightweight rowers racing in Lightweight events on the day's program, shall weigh in. As per RCA Rules of Rowing, the designated time will be not less than one hour and not more than two and a half hours before the time of the first scheduled male or female Lightweight event.

Lightweight rowers shall weigh in wearing a minimum of their racing uniform.

All crew members, including coxswains, need to be present at weigh in.

A test scale will be available during the hours the course is open for training and racing but closed during official weigh-in designated time.

Government issued photo ID will be required at the weigh-in station.



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Coxswains

Coxswains may be of either gender. Age classification for coxswains will not apply at this regatta.

The minimum weight of a coxswain wearing a racing uniform, shall be 55 kilograms. If under the minimum weight, a coxswain shall carry deadweight to make up the difference between the weight of the coxswain and the minimum required weight and may be checked randomly by Umpires

Para-events

The use of FISA Standard Adaptive boats is mandatory for all adaptive PR1-1x and PR2-2x events.

Regatta Timeline

Approximate time the race course will be open:

	Training	Athlete/Coxswains Meetings	Racing
Friday, July 17	9:00 AM – 10:30 AM	11:00 AM	12:00 PM – 6:00 PM (est)
Saturday, July 18			7:30 AM – 6:00 PM
Sunday, July 19			7:00 AM – 4:00 PM (est)

Note: should entry numbers dictate, training time Friday 17 July, may be reduced.

Athletes/Coxswains Meeting

A compulsory pre-regatta meeting for all athletes/coxswains will be held at the boathouse one hour prior to the start of the first race on Friday at 11:00 AM. This meeting will not be repeated on the Saturday or Sunday.

Safety and Fitness

Rowing Canada Aviron Rules of Racing will be in effect unless otherwise noted in official event information.

Please Note: As of January 1st, 2019, RCA has implemented the enforcement of changes made to Rule 3.5 in the RCA Rules of Racing. The rule relates to the implementation of a single-handed release strap for foot-stretchers. Information on this rule can be found [here](#). Also:



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- C2 Flex Feet are banned by Rowing Canada
- All laces, Velcro or similar material used for foot release, must be able to be released by one single and easily accessible strap.
- Heel ties must be limited to 7 cm or 2.8 inches.
- All boats must have a securely fastened bow ball.

Each rower or coxswain participating in the regatta is responsible to ensure that the crew and boat are in fit condition to race.

Emergency Facilities

First Aid will be provided by Canruss Medical Services.

GENERAL INFORMATION

Value-add & Education Events

Throughout the event, RCA will be staging a series of informative and fun events open to all competitors for your interest, staged throughout the racing program. Already we have planning done for a 'Nutrition and Wellness' briefing and with 'Rigging & Training'. More exciting information will follow.

Accommodation & Tourism

Sport Burnaby has secured preferred rates at local hotels. Early booking is advised as the number of rooms and book by dates may be effect. Be sure to mention 'Masters Championships' when booking.

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20****CASCADIA ROWING CANADA AVIRON
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Proposed Hotel	Room Rate*	Rating	Proximity to Burnaby Lake	Proximity to SkyTrain Station	Additional Information
<u>Accent Inns Burnaby</u>	\$189	3-star	6.4km	700m	- Complimentary shuttle within Burnaby area - Complimentary wifi and parking To book: Contact Donna Price at dprice@accentinns.com / 604.231.3203
<u>Delta Hotels Burnaby Conference Centre</u>	\$249	4-star	4.8km	1.8km	- Complimentary parking, wifi - 10 F&B outlets onsite To book: Contact Jane Agustin-Drazic at jane.agustin-drazic@marriott.com / 604.453.0756
<u>Element Vancouver Metrotown</u>	\$289-349	4-star	6.3km	700m	- Breakfast included in rate - Eligible for Marriott Rewards - Saline pool and complimentary bike lending program To book: Contact Chalsie Donnery at cdonnery@elementmetrotown.com / 604.558.5523
<u>Fortius Sport & Health</u>	\$138	3-star	1.4km	1.2km	- Walking distance to venue - Complimentary wifi and parking - Onsite Bistro and catering available To book: Contact Jehan Jiwa at jehan.jiwa@fortiussport.com / 604.292.2530
<u>Hilton Vancouver Metrotown</u>	\$229	4-star	5.9km	400m	To book: Contact Jordan Houston at jordan.houston@hilton.com / 604.456.6830

*Prices are before all applicable taxes

2020 National Masters Rowing Championships

Please visit the **Tourism Burnaby** website for a full range of exciting things to do in Burnaby, with links for hundreds of restaurants and much much more.

Tourism Burnaby website: <https://tourismburnaby.com>

Food & Restaurants: <https://tourismburnaby.com/explore/eat/explore-local-restaurants/>

Whats on at night: <https://tourismburnaby.com/explore/whats-on/>

Trailer Parking

Due to limited trailer parking space, it is imperative that the organizing committee have accurate information. Please contact the organising committee:

info@cascadiaregatta.ca with the size of your trailer, expected ETA and driver contact information.



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Vehicle Parking

All vehicles should be parked in the lower over-flow parking lot. The walk to the Pavilion from this parking area is a 10 minutes. Drop-off is available at the entrance to the trailer parking area but vehicles must not be left unattended.

Washrooms

Indoor flushing toilets are available in the pavilion. Portable toilets will be stationed in the trailer parking area.

Medals and Trophies

1st, 2nd, and 3rd place medals will be awarded in each event. See the note above in 'meaningful competition.'

In 2020, RCA will also commission several new perpetual Masters Trophies to be awarded each year!! More exciting information will be outlined in Bulletin 2.

Beer Garden / Dinner / Social

There will be a beer garden throughout the regatta and a dinner/social is planned for Saturday evening 18th July 2020. It will be a great chance to rekindle friendships and old rivalries, and a perfect opportunity to expand those winning margins of yester-year! More exciting information to follow.