



CANADIAN
**INDOOR
ROWING**
CHALLENGE

**NOVEMBER
7 & 8, 2020**

**COMPETITOR
HANDBOOK**



WELCOME

Welcome to the Rowing Canada Aviron Canadian Indoor Rowing Challenge.

DATE: November 7-8, 2020

The event is open to rowers, fitness enthusiasts, CrossFit and gym members and non-Canadian residents. Individuals are not required to have an RCA membership to make an individual entry. A full range of 500m, 1,000m and 2,000m events for Senior, Junior, Para and Masters categories, and introductory Challenge events for those new to indoor rowing will be offered - as well as an exciting Team-4 race!

We are offering two race options:

1. Submit your entry and result at any time within the 48-hour event window.
2. HomeRace Challenge option: Race in a real-time virtual race against National and NextGen athletes using exciting new 'HomeRace' technology developed by Time-Team Regatta Systems. These races will be streamed live on the RCA YouTube page. Note: If you choose to enter in a HomeRace Challenge event, you will be contacted by RCA and provided with more details on technical requirements and hook up/log-in procedures. To be seeded in the appropriate race, you will need to provide your most recent 2,000m score.

Please read through this Competitor Handbook so you know how the event will run. Support will be available leading up to and throughout the weekend should you need assistance.

We look forward to seeing you online!

Have fun and great racing!

- RCA Events Team -



COMPETITOR INFORMATION

EVENT DATES

The Canadian Indoor Rowing Challenge will run from Saturday November 7 at 09:00 (PDT) through to Sunday November 8 at 23:59 (PDT). Participants must race and submit their race result within this period.

ENTRY PROCESS AND DEADLINES

All entries and payments will be made online through RegattaCentral. **CLICK HERE** for information on how to create an account and register through RegattaCentral.

Note: If you choose to enter in a HomeRace Challenge event, you will be contacted by RCA and Time-Team and provided with more details on technical requirements and hook up/log-in procedures. *To be seeded in the appropriate race, you will need to provide your most recent 2,000m score.* **CLICK HERE** for more information.

REGISTRATION OPENS: Wednesday September 30 at 14:00 (PDT)

REGISTRATION CLOSES: Saturday October 31 at 23:59 (PDT)

RESULTS SUBMISSION OPENS: Saturday November 7 at 09:00 (PDT)

RESULTS SUBMISSION CLOSES: Sunday November 8 at 23:59 (PDT)

LATE ENTRIES

Late entries will be accepted unless you are taking part in the HomeRace Challenge option. Athletes can enter after October 31 up until 5 minutes before submitting their result for the late entry fee of \$20.00 CAD. Note that the system will not let you enter a time unless you have completed all entry requirements.

ENTRY FEES

Individual entries are \$15.00 CAD each, and Team entries are \$40.00 CAD per Team. Late entries are \$20.00 CAD each.

ELIGIBILITY

Any registered RCA or non-RCA registered indoor rowing enthusiasts. Entries are also welcomed from non-Canadian residents.



COMPETITOR INFORMATION

WAIVER

All participants will be required to complete an **Assumption of Risk and Waiver of Claims and Liability Agreement** prior to submitting their result.

ERGOMETER

All participants must record their race time on a Concept2 ergometer machine.

RESULTS

Participants must submit their results via the portal on RegattaCentral any time between Saturday November 7 at 09:00 (PDT) and Sunday November 8 at 23:59 (PDT). **CLICK HERE** for information on how to submit results through RegattaCentral.

Note: Results from the HomeRace events will be integrated following the completion of those events. Winners and rankings are determined by the fastest to slowest times in each category.

PROOF OF RESULT

All athletes should retain a photo of their distance, time, and 500m split average if verification is required. NOTE: The ergometer must be fully stopped before starting your race to ensure an accurate time.

SUPPORT

General event inquiries: Matt Draper, mdraper@rowingcanada.org
RegattaCentral help desk: support@regattacentral.com

MEDIA

For any media inquiries regarding the Canadian Indoor Rowing Challenge, please contact our communications team: coderre@rowingcanada.org or lmontroy@rowingcanada.org.



COMPETITOR INFORMATION

MERCHANDISE

Official event shirts can be purchased from RegattaSport. Shirts must be ordered by August 28, 2020 for timely delivery.

LIABILITY

Participation in the event is entirely at your own risk. All individuals will be required to sign an **Assumption of Risk and Waiver of Claims and Liability Agreement** prior to participating in the event.

MEDICAL

COVID-19: If you have recently tested positive for COVID-19, have had symptoms of COVID-19 but a negative test, or have had suspected COVID-19 without a test, you should not enter or race. If you are using club equipment and facilities, bring your hand sanitizer and any required PPE and be prepared to adhere to club/gym social distancing requirements.

RCA permits the use of ergometers outdoors with appropriate spacing in place (at minimum 2 metres).

RCA permits the use of ergometers indoors for individual use only. **Indoor group erg training is not advised.** All ergometers should be fully sanitized between users and used in a well-ventilated area.

If you will be completing your race at a club or in a gym where other people may be in attendance, please make sure that you adhere to the relevant local/club/gym guidelines regarding social distancing and infection control.

If you experience any unusual pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, STOP rowing and immediately consult a medical expert or if experiencing continuing discomfort, call 911 or your countries' equivalent emergency number.

COMPETITOR INFORMATION

CLEAN SPORT

Rowing Canada Aviron is unequivocally opposed to the practice of doping in sport. It is strictly forbidden under the Canadian Rules of Racing and is an offence under Section 20 of Rowing Canada Aviron's Bylaws. It is an attempt to gain an advantage by cheating and brings dishonour to the individual, to the sport of rowing and to sport in general. Rowing Canada Aviron has adopted the Canadian Anti-Doping Program as administered by the Canadian Centre for Ethics in Sport (CCES). Rowing Canada Aviron respects the designated authority of the CCES on all anti-doping matters. Rowing Canada Aviron is also bound by the rules of the Fédération Internationale des Sociétés d'Aviron (FISA) and those rules may be applicable to some of RCA's members and registered participants.

SAFE SPORT

RCA believes that everyone in rowing has the right to enjoy the sport at all levels of participation. Athletes, coaches, officials, umpires and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

You can find the RCA Safe Sport Policy and other information at:
<https://rowingcanada.org/safe-sport/>

RACE CATEGORIES

SENIOR: An athlete of any age may compete as a Senior.

TEAM 4: Teams may be either all male, all female, or a mix. All members must be from the same organization, no composite entries will be accepted. Organizations may enter multiple teams. Entries and results of the team members must be submitted by one nominated person. The team's time is calculated as the *average of the four times*. In the event of a tie in the Team race, the total time from all 4 athletes will be used to determine the ranking.

UNDER 23: A rower may compete as an Under 23 competitor until the 31st of December of the year in which they reach the age of 22.

UNDER 19: A rower may compete as an Under 19 competitor until the 31st of December of the year in which they reach the age of 18.

UNDER 17: A rower may compete as an Under 17 competitor until the 31st of December of the year in which they reach the age of 16.

UNDER 15: A rower may compete as an Under 15 competitor until the 31st of December of the year in which they reach the age of 14.

MASTERS: RCA Masters age categories shall apply. A Master shall enter in the age category corresponding to the age reached during the current calendar year.

CROSSFIT CHALLENGE: These events are targeted at fitness or gym enthusiasts that have an affiliation with CrossFit.

COXSWAIN CHALLENGE: This 500m event is targeted at coxswains.

PARA ATHLETE CHALLENGE: This 500m event is targeted at Para athletes who are not experienced in rowing or not RCA classified.

RECORDS

The Canadian Indoor Rowing Challenge has been confirmed as a Concept2 sanctioned event, and therefore Concept2 records can be broken by competitors - with the exception of lightweight records due to the inability to verify weigh-in procedures appropriately. See the Concept2 website for more information on how this would normally be verified.

Following the event RCA will contact any competitor who appears to have broken a record during the event to confirm the process of verification but for those who think it is a possibility, please keep the following in mind.

In order to approve a record, Concept2 requires you to submit a video of the row. This video needs to be a single take that includes a close-up of the monitor before the start, a clear view of the athlete and erg throughout the race, and a close-up of the monitor after the finish.

The ErgRace log file will need to be submitted to Concept2 by the race organizer which, in this case, is RCA. Documentation to confirm age is to be made available upon request along with proof of sport class from an international (World Rowing) or a national governing body for Para rowing.

EVENTS

500m

Event #		Event #	MASTERS WOMEN	Event #	MASTERS MEN	Event #	
1	Senior Women	17	Masters AA (21-26yrs)	30	Masters AA (21-26yrs)	43	CrossFit Challenge - Women
2	Senior Men	18	Masters A (27-35yrs)	31	Masters A (27-35yrs)	44	CrossFit Challenge - Men
3	U23 Women	19	Masters B (36-42yrs)	32	Masters B (36-42yrs)	45	Team 4
4	U23 Men	20	Masters C (43-49yrs)	33	Masters C (43-49yrs)	46	Coxswain Challenge
5	U19 Women	21	Masters D (50-54yrs)	34	Masters D (50-54yrs)	47	Para Athlete Challenge
6	U19 Men	22	Masters E (55-59yrs)	35	Masters E (55-59yrs)		
7	U17 Women	23	Masters F (60-64yrs)	36	Masters F (60-64yrs)		
8	U17 Men	24	Masters G (65-69yrs)	37	Masters G (65-69yrs)		
9	U15 Women	25	Masters H (70-74yrs)	38	Masters H (70-74yrs)		
10	U15 Men	26	Masters I (75-79yrs)	39	Masters I (75-79yrs)		
11	PR1 Women	27	Masters J (80-84yrs)	40	Masters J (80-84yrs)		
12	PR2 Women	28	Masters K (85-89yrs)	41	Masters K (85-89yrs)		
13	PR3 Women	29	Masters L (90 & over)	42	Masters L (90 & over)		
14	PR1 Men						
15	PR2 Men						
16	PR3 Men						

1000m

Event #		Event #	MASTERS WOMEN	Event #	MASTERS MEN	Event #	
48	Senior Women	64	Masters AA (21-26yrs)	77	Masters AA (21-26yrs)	90	CrossFit Challenge - Women
49	Senior Men	65	Masters A (27-35yrs)	78	Masters A (27-35yrs)	91	CrossFit Challenge - Men
50	U23 Women	66	Masters B (36-42yrs)	79	Masters B (36-42yrs)	92	Team 4
51	U23 Men	67	Masters C (43-49yrs)	80	Masters C (43-49yrs)		
52	U19 Women	68	Masters D (50-54yrs)	81	Masters D (50-54yrs)		
53	U19 Men	69	Masters E (55-59yrs)	82	Masters E (55-59yrs)		
54	U17 Women	70	Masters F (60-64yrs)	83	Masters F (60-64yrs)		
55	U17 Men	71	Masters G (65-69yrs)	84	Masters G (65-69yrs)		
56	U15 Women	72	Masters H (70-74yrs)	85	Masters H (70-74yrs)		
57	U15 Men	73	Masters I (75-79yrs)	86	Masters I (75-79yrs)		
58	PR1 Women	74	Masters J (80-84yrs)	87	Masters J (80-84yrs)		
59	PR2 Women	75	Masters K (85-89yrs)	88	Masters K (85-89yrs)		
60	PR3 Women	76	Masters L (90 & over)	89	Masters L (90 & over)		
61	PR1 Men						
62	PR2 Men						
63	PR3 Men						

EVENTS

2000m

Event #		Event #	MASTERS WOMEN	Event #	MASTERS MEN	Event #	
93	Senior Women	109	Masters AA (21-26yrs)	122	Masters AA (21-26yrs)	135	CrossFit Challenge - Women
94	Senior Men	110	Masters A (27-35yrs)	123	Masters A (27-35yrs)	136	CrossFit Challenge - Men
95	U23 Women	111	Masters B (36-42yrs)	124	Masters B (36-42yrs)	137	Team 4
96	U23 Men	112	Masters C (43-49yrs)	125	Masters C (43-49yrs)		
97	U19 Women	113	Masters D (50-54yrs)	126	Masters D (50-54yrs)		
98	U19 Men	114	Masters E (55-59yrs)	127	Masters E (55-59yrs)		
99	U17 Women	115	Masters F (60-64yrs)	128	Masters F (60-64yrs)		
100	U17 Men	116	Masters G (65-69yrs)	129	Masters G (65-69yrs)		
101	U15 Women	117	Masters H (70-74yrs)	130	Masters H (70-74yrs)		
102	U15 Men	118	Masters I (75-79yrs)	131	Masters I (75-79yrs)		
103	PR1 Women	119	Masters J (80-84yrs)	132	Masters J (80-84yrs)		
104	PR2 Women	120	Masters K (85-89yrs)	133	Masters K (85-89yrs)		
105	PR3 Women	121	Masters L (90 & over)	134	Masters L (90 & over)		
106	PR1 Men						
107	PR2 Men						
108	PR3 Men						

2000m - HomeRace Challenge

Event #	
138	Senior Women
139	Senior Men
140	U23 Women
141	U23 Men
142	U19 Women
143	U19 Men
144	U17 Women
145	U17 Men
146	PR1 Women
147	PR2 Women
148	PR3 Women
149	PR1 Men
150	PR2 Men
151	PR3 Men