



2021 RCA HIGH PERFORMANCE BEACH SPRINT TRIALS INFORMATION BULLETIN 1

Background

In September and October 2021, World Rowing is conducting the World Rowing Beach Sprint Finals and World Rowing Coastal Championships. This year they will be staged in Oeiras, Portugal. Rowing Canada Aviron (RCA) will be selecting a team to compete in the World Rowing Beach Sprint Finals.

This paper outlines the details of the 'Rowing Canada Aviron Beach Sprint Trials' and describes the trials, athlete eligibility requirements, event categories, progression format, equipment, etc.

RCA Beach Sprints Trials - Objectives

The RCA Beach Sprint Trials are an RCA sanctioned activity, and planned to be staged at three locations across Canada in the summer of 2021. The trials will be staged in a three-way partnership between RCA/AMP Rowing and the Local Organizing Committees in each province.

The 2021 Beach Sprint Trials will have two aims.

- **National Team selection:** The RCA High Performance program will select the RCA national team to attend the 2021 World Rowing Beach Sprint Finals in September in Portugal, and
- **Come Try sessions:** When possible (depending on COVID restrictions), introduce new participants to this exciting discipline of rowing through a 'Come & Try' opportunity at each trial.

RCA National Selection

All requirements for national selection are outlined in the '**RCA 2021 Selection Guidelines – World Rowing Beach Sprint Finals**' document. This is available on the RCA website under "Resources" and can be found [here](#).

All athletes wishing to be considered for national selection must complete all RCA documentation noted in those guidelines.

Note: only the CW1x, CM1x and CMix2x categories will be considered for selection to the Canadian team for the 2021 World Rowing Beach Sprint Finals.

Come Try

Athletes who do *not* wish to be nominated for national selection may wish to participate in a Beach Sprints 'Come Try' opportunity. Informal sessions will be run at each trial. This is open to anyone who is interested to try this exciting discipline of rowing – whether you are an experienced rower, or completely new to the sport. More information about how to participate in the Come Try opportunity will be made available by local organizers.

RCA, AMP Rowing and the LOC

To assist with the implementation and delivery of the internal trials, RCA has formed a partnership with AMP Rowing. AMP Rowing will provide the technical know-how and expertise in the preparation for each round and assist each Local Organizing Committee (LOC).

General Schedule

Athletes will participate in up to two (2) days of racing between Friday and Sunday (depending on the local venue, tides and weather).

A training block will be available to athletes for a minimum of three (3) hours the morning/afternoon before racing, and for at least one (1) hour on the morning of the race, for athletes to familiarize themselves with local conditions and the equipment.

The World Rowing Beach Sprints Regulations shall inform the LOC, and Trials regulations will be distributed in Bulletin 2. Team managers, coaches and LOC members are encouraged to be familiar with the RCA and World Rowing Rules of Racing. Please note that the LOC and organizers reserve the right to change the format to comply with local beach regulations existing at the time of the trial.

Regatta Venues

Date	Location	Details
August 7 th	Lunenburg, Nova Scotia	
August 14 th	Kingston, Ontario	
August 20-22 nd	Cadboro Bay, British Columbia	RCA Selection Trial FINAL

Right of Entry

- Due to COVID-19 restrictions (that differ from province to province), entry in the trials may be restricted to designated or identified athletes within each province or nationally.

- Athletes shall row in their respective club colours, including when trialing in composite boats.
- Entry numbers and details:

Date	Location	Close of Entries	Entry limits		
			CW1x	CM1x	CMix2x
August 7, 2021	Lunenburg, NS	July 28, 2021	12	12	8
August 14, 2021	Kingston, ON	August 4, 2021	12	12	8
August 21-22, 2021	Victoria, BC	August 10, 2021	16	16	12

- Late entries will be accepted after this date for a set fee until 12 noon the Wednesday before the trial only if spots are available up to the entry limits.
- Draw: the draw will be available 48 hours before the first race.

Entries

Entries and payments for entries can be made through the following portals:

[Nova Scotia](#)

[Ontario](#)

[BC](#)

Safety

- Participant safety is paramount. All participants **MUST** be able to swim - and be aware of the added dangers rowing in ocean and lake environments may present.
- RCA, AMP and each LOC will ensure that adequate safety boats and personnel are on duty.
- COVID-19: National, provincial and local COVID-19 restrictions differ from province to province, and may change rapidly. As such, entry in the trials may be restricted to designated or identified athletes within each province. All attendees are expected to adhere to any relevant COVID-19 restrictions or mitigation strategies imposed by RCA/AMP/LOC.
- All athletes and coaches are required to attend two compulsory pre-trial meetings addressing safety, weather and other issues related to racing. See the 'Meetings' section below.

Events

- The 2021 Beach Sprint Trials events will include:
 - CW1x
 - CM1x
 - CMix2x

- 'Come Try' 1x (*non selection opportunity to experience beach sprint rowing*)

Racing Information – General Outline

The Beach Sprint race course is made up of two sections: a land section and a water section.

- The land section consists of an approximately 50m path on the beach to the waters' edge.
- The water section of the course will be laid out with two lanes, a red lane and a yellow lane. Each lane will be 250 metres long with three buoys (set at approximately 85m + 85m + 80m). Crews will slalom out around the buoys and row straight back to the beach. The designated runner will then jump out of the boat and run up to 50m through the finish line and grab the flag in the sand to complete the race. Note: attached are several examples of a venue layout, course layout and safety contingency protocols.

NOTE: RCA, AMP and each LOC will be guided by each province's health provisions and restrictions regarding COVID-19 and may alter previously published details - at short notice - in order to keep athletes and other participants safe.

Meetings

- A *preliminary* coaches and participants meeting will be held the evening before racing begins.
- A *mandatory* coach/participant meeting will be held 2 hours before the start of the first race. This meeting will outline current weather/tide/wind conditions and race information.

Equipment

AMP Rowing and RCA have arranged with *Liteboat*, *Swift Canada*, and each of the LOCs to provide ALL boats for the entire series of races. Use of this equipment is *obligatory* to ensure fair trialing for the 2021 National Team selection process. Athletes are encouraged to provide their own set of oars.

Equipment will be made available the day prior to the trials for all athletes to practice. Boat riggers will be set to a 'non-changeable' standardized span - that will be notified to athletes at a later date. Oars provided by the LOC may be adjusted each race to suit an athlete's individual requirements. The cost to the use the boats only will be included in the entry fee and will include all boat insurance.

Infrastructure

AMP Rowing, each LOC and RCA will ensure that a national level venue – including fully buoyed course, warm up and cool down areas, land facilities, medical and rescue

personnel, and other infrastructure – is provided to athletes and support personnel. The course will be laid out using World Rowing guidelines.

An *example* of the 2019 venue layout can be found at the end of this document.

Information Bulletins

A second Bulletin (2), shall be distributed the week prior to each trial. The draw and other relevant information will be distributed 48 hours before each trial.

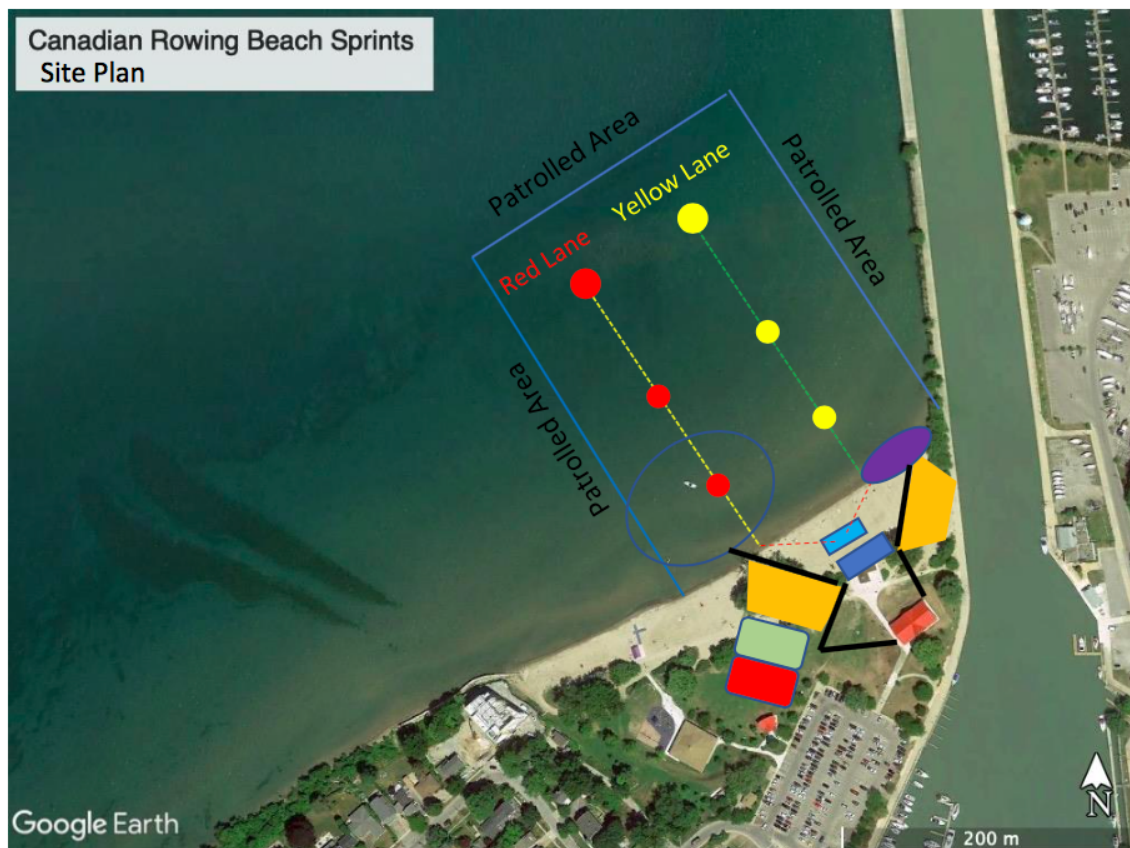
Contacts

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RCA Events: Matt Draper, mdraper@rowingcanada.org


AMP Rowing: Peter Cookson, pcookson@amprowing.com


BEACH SPRINTS - VENUE LAYOUT - *EXAMPLE ONLY*





DRAFT SITE PLAN – 2019 Canadian Beach Rowing Sprints


Umpires and PA Announcer Area: 


Competitors Area: 



Start Area: 


Spectators Area: 

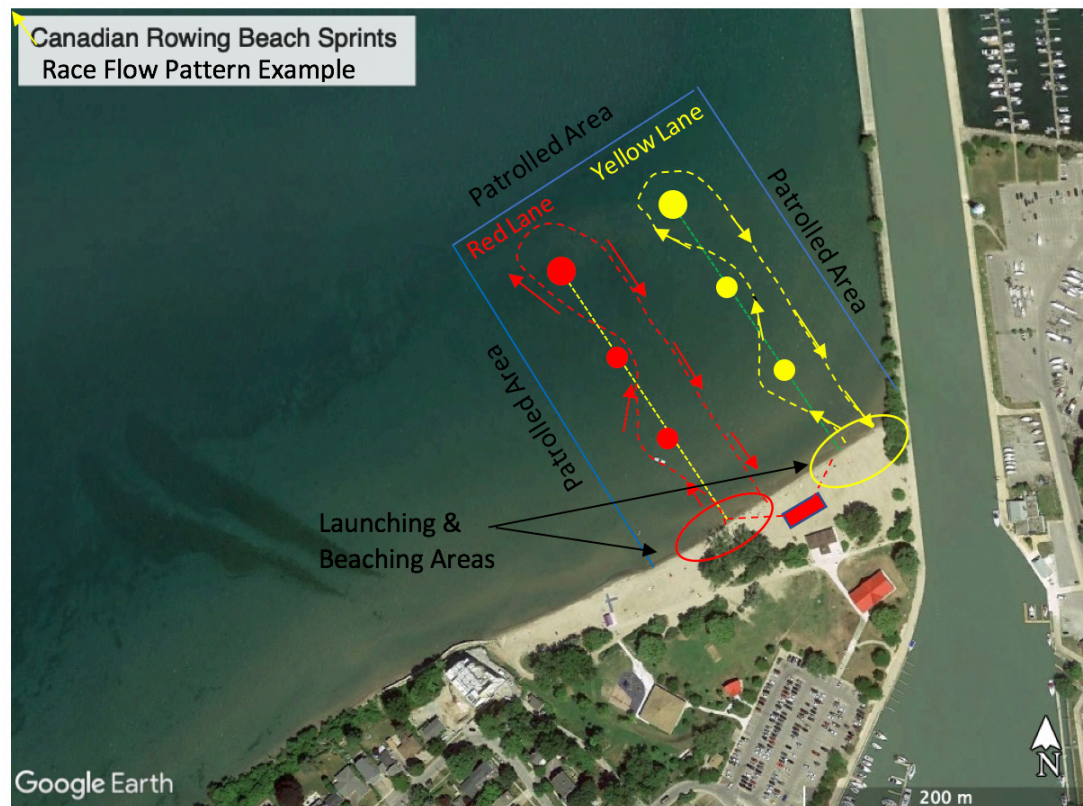
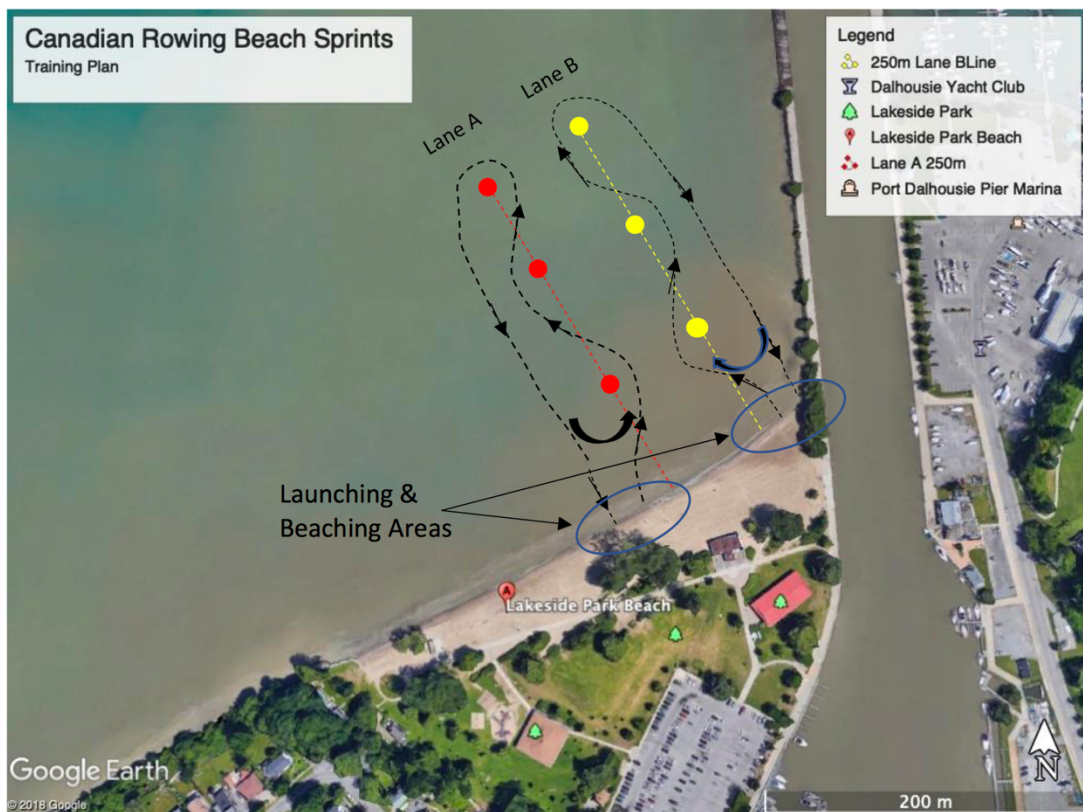
Vendor Area: 

Equipment Area: 

Spectator Barrier: 

In Water Floating Buoys for Lane marking:  

Medical Tent: 



DRAFT Race Flow Pattern PLAN –Beach Rowing Sprints 2021