



2021 RCA National Rowing Championships Regatta Elk Lake, BC | Thursday Nov 11th – Saturday Nov 13th

Technical Package

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the 2021 Rowing Canada Aviron (RCA) National Rowing Championships (NRC) regatta. This document is intended to establish a baseline of hosting expectations for the Organizing Committee (OC) established with RCA through the Hosting Guidelines Package to ensure a high-quality participant experience at the regatta.

The current RCA Rules of Racing shall apply for the organization and operation of the NRC regatta and athletes, team managers, and coaches are encouraged to be familiar with those rules.

****2021 NRC Regatta special note**

In light of the COVID-19 pandemic and its effects on sport, rowing and the broader community, RCA will aim to minimize the financial and logistical impact upon all participants and the Organizing Committee (OC) of the 2021 NRC regatta. While RCA will be aiming to deliver a simpler, lower impact, lower footprint event, the OC and RCA are committed to delivering a safe, fair and high-quality experience for athletes and coaches. Social interactions and non-essential or high-risk situations and activities will be minimized (e.g., the NRC athlete awards dinner will not be staged) and the Canada Cup will not be run in 2021 to allow participants to minimize accommodation and transport costs. Full details of any restrictions or changes from a 'standard' NRC regatta will be outlined in Bulletin 1.

As such, the venue will be available for athletes to train from Thursday November 11th (afternoon), and for two racing sessions each day on Friday November 12th and Saturday November 13th.

1. NRC Regatta Purpose

- 1.1 The NRC regatta's purpose is to determine and crown Canadian National Champions in the sport of rowing. The regatta shall also afford the opportunity for athletes to be recognized for their accomplishments and to recognize the accomplishments of their peers. The NRC regatta shall also facilitate National

Team athletes to “re-connect” with their home Provincial Rowing Association (PRA) and RCA Member Club.

2. NRC Regatta Objectives

- 2.1 The NRC regatta must be meaningful for competitors, meeting the needs of athletes. It is vital that the top athletes in Canada are in attendance and that all athletes are provided a competitive environment.
 - 2.2 The NRC regatta must provide a national ranking of athletes and PRAs. This is important to the National Team and PRAs for numerous reasons, including National Training Centre (NTC) invitations, NextGen Athlete rankings and camp invitations, Sport Canada Athlete Assistance Program (AAP) ranking and rankings for provincial funding.
 - 2.3 The NRC regatta must provide a high-performance environment that largely models a World Rowing (WR) competition. Refer to 10.1 of this document for further details.
 - 2.4 The NRC regatta must provide an opportunity for developing athletes to compete against Canada’s top rowers, allowing for the chance to be identified and targeted for further development.
 - 2.5 The NRC regatta must work within the approved budget parameters.
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3. Dates and General Schedule

- 3.1 The NRC regatta shall be scheduled to permit athletes to train safely in their home provinces prior to the event when possible.
- 3.2 The 2021 NRC regatta shall be a three-day event, and shall be held between **November 11th to 13th, 2021.**
- 3.3 The general schedule (subject to change) of the 2021 NRC regatta shall be:

Thursday, November 11	One (1) training session available (PM only)
Friday, November 12	Two (2) racing sessions (AM & PM)
	<i>Note: The 2021 NRC Regatta shall use time trials for all heats, for all events.</i>
Saturday, November 13	Two (2) racing sessions (AM & PM)

Bulletin 1 from the Organizing Committee will outline the details of each racing session in more detail.

4. NRC Regatta Venue

- 4.1 The 2021 NRC regatta shall be held at Elk Lake in Victoria, BC.

5. NRC Regatta Right of Entry

- 5.1 The NRC regatta shall only be open to entries from PRAs or RCA Member Clubs (Club). Athletes training at RCA's NTC shall compete under their affiliated PRA. The RCA High Performance Director will provide a roster of NTC athletes to affiliated PRAs a week prior to the NRC regatta entry deadline.
- 5.2 Athletes must represent their PRA if they (1) receive Sport Canada AAP support; (2) receive provincial funding of any kind, either direct or indirect; (3) are an RCA NextGen Targeted Athlete; or (4) qualify through any published selection criteria defined by the athlete's respective PRA. Any other entry may be entered by a Club.
- 5.3 Athletes must meet their PRA's selection criteria to be entered under the PRA. PRAs have the right to decline an entry from a Club within their province if an athlete fails to demonstrate intent towards qualifying through the PRA criteria.
- 5.4 As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the NRC regatta is required to be registered with RCA through a Club prior to an entry being made for the athlete. The Club listed in an athlete's entry shall be used to determine a PRA affiliation for the purpose of ranking athletes and PRAs (see 2.2 of this document). If the Club listed during the entry process does not correspond with the RCA database at the time entries are verified, the Club and PRA in the database will be used to create the regatta draw and any subsequent race progressions or results. If no Club or PRA is listed in the database, the entry will not be included.
- 5.5 Composite crews are allowed in the pair (2-) events of the NRC regatta. Each pair (2-) may be made up of any combination of athletes representing any combination of PRA or Club.
- 5.6 PRAs and Clubs shall pay their respective entry fees. In the event of composite entries in the pair (2-) events, fees are payable at the time of entry.
- 5.7 Athletes shall row in their respective PRA or Club colours, including when competing in composite boats. The PRA or Club will supply athletes with the appropriately coloured uniform and oars for all races in the NRC Regatta.
- 5.8 There shall be no limit on the number of athletes per PRA or Club, nor the number of entries a PRA or Club can make in any one event in the NRC Regatta.
- 5.9 There shall be no minimum or maximum age to compete in the NRC Regatta.
- 5.10 Para Rowing (PR) athletes must have current classification documentation or be classified at the NRC regatta prior to racing. A Technical and Medical Classifier will be available to PR athletes in Victoria. More details will be available in Bulletin 1.

- 5.11 PR3 athletes will race in the appropriate able-bodied events and subsequent progression at the NRC regatta. PR3 athletes wanting to race in a para-specific event are required to make that request to the RCA Para Lead Coach prior to NRC regatta registration.
- 5.12 Racing shells used at the NRC regatta in the PR1 and PR2 events must comply with Part 8 of FISA Appendix 18, Para Rowing Competition Regulations.

6. NRC Regatta Events

- 6.1 The RCA age categories of Senior, Under-23, and Junior shall be utilized in the able-bodied boat classes at the NRC regatta.
- 6.2 The events at the NRC regatta, listed by gender, rowing type (sculling or sweep) and Gold Medal Standard (GMS), shall be:

Women's Single Sculls	W1x
Lightweight Women's Single Sculls	LW1x
Under 23 Women's Single Sculls	BW1x
Under 23 Lightweight Women's Single Sculls	BLW1x
Junior Women's Single Sculls	JW1x
PR3 Women's Single Sculls	PR3 W1x
PR2 Women's Single Sculls	PR2 W1x
PR1 Women's Single Sculls	PR1 W1x
Women's Pair	W2-
Under 23 Women's Pair	BW2-
Junior Women's Pair	JW2-
PR3 Women's Pair	PR3 W2-
Men's Single Sculls	M1x
Lightweight Men's Single Sculls	LM1x
Under 23 Men's Single Sculls	BM1x
Under 23 Lightweight Men's Single Sculls	BLM1x
Junior Men's Single Sculls	JM1x
PR3 Men's Single Sculls	PR3 M1x
PR2 Men's Single Sculls	PR2 M1x
PR1 Men's Single Sculls	PR1 M1x
Men's Pair	M2-
Under 23 Men's Pair	BM2-
Junior Men's Pair	JM2-
PR3 Men's Pair	PR3 M2-

7. NRC Regatta Weight of Athletes

- 7.1 For NRC regatta lightweight events, no lightweight rower may weigh more than 72.5 kgs (men) or 59kg (women). A test scale will be available in the weigh-in tent starting at 12:00pm on Wednesday November 10th, 2021. As per WR By-Law to Rule 22: Lightweight rowers shall be weighed wearing at least their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition.
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8. NRC Regatta Weight of Boats

- 8.1 Boats will not be weighed at the 2021 NRC regatta.
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9. NRC Regatta Racing Distance

- 9.1 The NRC regatta will be held on an 1,800 metre course at Elk Lake.
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10. NRC Regatta Progression System and Seeding Panel

- 10.1 A modified progression system based on the WR Cup Regattas progression shall be used at the NRC regatta. The progression system details will be confirmed in the Event Bulletin.
- 10.2 The NRC regatta shall use time trials for all heats, for all events.
- 10.3 A Seeding Panel made up of representatives of the RCA High Performance Staff and participating coaches shall seed the entries in the time trials. The Seeding Panel shall develop seeding criteria to be published prior to the NRC regatta.
- 10.4 The NRC regatta events will race in time trials, repechages, quarter finals, semi-finals and finals within the following groupings:
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|---------|--------------------------|
| Group 1 | JW1x, BW1x, W1x, PR3 W1x |
| Group 2 | JW2-, BW2-, W2-, PR3 W2- |
| Group 3 | BLW1x, LW1x |
| Group 4 | JM1x, BM1x, M1x, PR3 M1x |
| Group 5 | JM2-, BM2-, M2-, PR3 M2- |
| Group 6 | BLM1x, LM1x |
| Group 7 | PR1 W1x, PR2 W1x |
| Group 8 | PR1 M1x, PR2 M1x |
- 10.5 Athletes will be awarded medals based on their performance within each (1) event and each (2) group (i.e., a JW1x athlete placing third in the Group 1 A-Final will be awarded the W1x bronze medal and the JW1x gold medal).

11. NRC Regatta Medals and Points System

- 11.1 NRC regatta medals will be awarded to the first place, second place and third place finishing athletes of each event. In the case that there are three or fewer crews in an event, medals will be awarded to all finishers.
- 11.2 The NRC regatta will use a points system to determine (1) the overall best PRA and (2) the most efficient PRA. Only athletes representing their PRA will be included in the points calculation and ranking. The points system shall be published in a subsequent bulletin.

12. NRC Regatta Equipment

- 12.1 Participants are responsible for the provision of all boats, oars and sculls as required for each race at the NRC regatta.
- 12.2 Notwithstanding 12.1, the OC shall endeavour to coordinate a pool of equipment for participants not able to do so for themselves at the NRC regatta.

13. NRC Regatta Infrastructure Requirements

- 13.1 The 2021 NRC regatta will be held on an 1,800 metre course.
- 13.2 The NRC regatta course will have dedicated warm-up and cool down areas.
- 13.4 The starter's tower at the NRC regatta shall be located above and behind the start line and will use both a light and audio start system.
- 13.5 Start pontoons at the NRC regatta will adjust to provide 1,800 metre racing for all boat classes.
- 13.6 500 metre split times will **not** be provided at the 2021 regatta.
- 13.7 A limited number of outdoor boat racks will be provided for visiting teams at the NRC regatta. Boat trailers will also be used to store boats.