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CASCADIA ROWING CANADA AVIRON  
**MASTERS CHAMPIONSHIPS**  
**CHAMPIONNATS DES MAÎTRES**

## **2022 CASCADIA ROWING CANADA AVIRON MASTERS CHAMPIONSHIPS 15-17 July 2022**

Welcome back! It's been a few years and we can't wait to see everyone again. To celebrate, the Cascadia Regatta Association has teamed up with Rowing Canada Aviron to host the return of the Canadian Masters Championships.

### **Venue**

Deas Island Regional Park  
6090 Deas Island Rd, Delta, BC V4K 5A8

[Map](#)

Delta Island Regional Park is home to the Delta Deas Rowing Club. The rowing course is a fully buoyed 6 lane course with stake boats. There is plenty of space in the park to pitch club tents and relax under large shade trees.

### **Registration**

**RegattaCentral**  
[www.regattacentral.com](http://www.regattacentral.com)

Early registration is encouraged as entries may be capped. In the event of oversubscription, 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 organizing committee, no refunds will be offered.

\*Please note, RegattaCentral is no longer refunding merchant processing fees. This includes refunds to entrants for scratches or should the regatta be cancelled.

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## Boat Pool

A boat pool will be available for clubs or individuals who need it. Email [info@cascadiaregatta.ca](mailto:info@cascadiaregatta.ca) for more information.

## Volunteers

Our fantastic events for the masters rowing community are made possible by the amazing talents of our volunteers. We are powered by over 200 volunteers, which calculates to over 750 volunteer hours. When you donate your time, we make a contribution back to your club based on your hours (which can be used to pay for your trailer fees). If you would like to volunteer, please contact Shelley and Veronika at [info@cascadiaregatta.ca](mailto:info@cascadiaregatta.ca).

## Deadlines

Registration opens: Wednesday June 1, 2022

Registration closes: Tuesday July 5, 2022

Late registration and scratch deadline: Monday July 11, 2022

A \$15 per entry late fee will be added to registrations received after July 11, 2022.

Scratch fees after July 11 are equal to the registration fee.

A 'no show' fee equal to the registration fee will be applied. A penalty may be imposed.

## Proof of Age

As this is a National event, proof of age is required at registration. All athletes will be required to check in at the registration tent with their government issued identification prior to racing. You will be required to check in once for the entirety of the regatta.

## Events Offered

1x, 2x, 2-, 4x, 4+, 8+ for Men, Women and Mixed Crews

Weight Restricted 1x, 2x, 4x, 4+ for Men and Women

Para events as subscribed

Novice: 1x, 2x, 4x

Time Trials (M1x, W1x, M2x, W2x, Mixed 2x) - NEW

\*Novice and Para included

Following feedback from experienced and newer rowers at our previous events, this year we are going to test running time trials with seeded finals; the time trial is replacing the



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use of traditional heats/finals. The purpose of this is to give all rowers a fairer and “like-speed” racing experience regardless of age. The time trial will be staged and raced by age category. All age categories will be racing against each other, with an opportunity to medal for your age category and in the final event. We recognize this format does not allow for rowers to enter in multiple age category events, but we hope the intention is favourable overall. A document of instructions for crews will be posted closer to the regatta.

## **Fundraiser Events - NEW**

We will host two fundraiser events, and the proceeds from both will go towards the Delta Deas Rowing Club (DDRC) for the purchase of race course infrastructure. Until 2017, the DDRC used a dual lane swim line. Cascadia worked with DDRC and the late Bob Cummins to install a 6 lane buoyed course donated by Bob for regattas in 2017, 2018 and 2019. We strongly believe this investment is vital to boost and improve the sport of rowing in the Lower Mainland by adding another reliable high quality venue for racing.

### **1. Club Relay Event (Saturday afternoon)**

This is a cash prize event and will be limited to 6 or 12 club entries (first come, first served) and to one entry per club. The club entry will comprise of one crew in each boat category: 1x, 2x, 4x, 8+. The single and double must be a men’s or women’s entry. One of the boats must be a men’s entry and the other must be a women’s entry; clubs cannot have both boats be men’s entries or both boats be women’s entries. The quad and eight boats must be mixed. Fees are \$300 per club entry and the cash prize is \$750 (all in CAD).

\*There is a minimum entry for this event and there must be at least six club entries to run the event.

See Appendix C for Club Relay Course Map

See Appendix F for Club Relay Race Procedures

### **2. Composite Quad Event (Sunday afternoon)**

This is a mixed composite 4x event, where your 4x must represent at minimum 2 clubs. Fees are \$100 per 4x entry inclusive of seat fees. Registration will stay open until Sunday July 17 at 1:00pm. The event will be capped at 12 entries. The Cascadia Regatta Association will match entry fees to this event!

## **Rates**

	Entry Fee	RCA Seat Fee	Total
Singles	\$ 45.00	\$ 3.65	\$ 48.65
Doubles/Pairs	\$ 85.00	\$ 7.30	\$ 92.30
Straight Fours/Quads	\$130.00	\$14.60	\$144.60
Coxed Fours/Quads	\$130.00	\$18.25	\$148.25

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Eights	\$180.00	\$32.85	\$212.85
Club Relay	\$300.00	\$76.65	\$376.65
Composite Quad	\$ 85.40	\$14.60	\$100.00

## Rowing Canada Aviron Seat Fees

RegattaCentral will be collecting a \$3.65 seat fee at time of registration on behalf of Rowing Canada Aviron. All athletes who are participating in Canadian regattas, including coxswains, will be charged this fee.

These fees cover the development of event infrastructure, including online registration and insurance, and support domestic programs like umpire education and training.

## Competitor Eligibility

The 2022 [Rowing Canada Aviron Rules of Racing](#) will be in effect unless otherwise mentioned in this document.

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

All competitors, regardless of nationality, are eligible for championship medals.

A competitor may compete as a Master in the year in which they attain the age of 21.

Composite crews are welcome provided they are identified as such at the time of regatta registration. Individuals may represent only one club at the regatta.

Members of the same crew shall compete wearing club uniform clothing (tops only). Each member of a composite crew shall wear their own club singlet. Athletes not wearing official club uniforms could receive a yellow card.



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## **Age Categories**

A rower may compete in non-masters events during the same year in which the rower competes as a master, provided all the following requirements are met:

- The rower is not a member of any team representing Canada at an international competition during the previous two years to the date of competition;
- The rower still meets other event requirements of the category in which they are entering, e.g., weight, etc.

A master shall be placed in the age category (shown below) corresponding to the age reached during the current calendar year:

### Age Categories

AA Minimum age: 21 years

A Minimum age: 27 years

B Average age: 36 years or more

C Average age: 43 years or more

D Average age: 50 years or more

E Average age: 55 years or more

F Average age: 60 years or more

G Average age: 65 years or more

H Average age: 70 years or more

I Average age: 75 years or more

J Average age: 80 years or more

K Average age: 83 years or more

L Average age: 86 years or more

The age categories do not apply to coxswains. The age category of a Masters 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.

A Masters crew or sculler may compete in a lower (younger) age category, but not in a higher category. In this case, no age adjusted time will be applied.



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## Meaningful Competition

New this year, Time Trials are being introduced for all Men's 1x, Women's 1x, Men's 2x, Women's 2x, and Mixed 2x events. The time trial is in replacement of traditional heats. The results of the time trials will determine the placement of crews into finals with boats of comparable boat speed, which will increase the level of meaningful competition between crews. The addition of time trials will also allow every crew to row twice in each of these events.

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 where the competitors fought it out 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.

## Club Point Trophies

The following trophies will be awarded to clubs based upon the points earned by that club's crews throughout the event.

1. The Champion Club Trophy is awarded to the club that earns the most points in men's, women's, and mixed events. The total points shall be the sum of points awarded in all events and age categories.
2. The Club Efficiency Trophy is awarded to the club that earns the most aggregate points with the fewest number of registered competitors. The efficiency calculation is made by dividing the total points for each club by the number of registered competitors of the corresponding club.

Points will be awarded to crews in the finals as follows:

BOAT	1st	2nd	3rd
1X	11	8	5
2X, 2-	13	10	7
4X+, 4X, 4X+, 4-	16	12	8
8+	20	16	12

Points will not be awarded for the following:

- Composite crews;
- Exhibition crews;
- Invitation clubs of other nations.

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## **Garrett Masters Age Adjusted Time System**

RCA Masters Age Adjusted Times 2021

John Garrett

Victoria City Rowing Club

These age adjusted times are based on the best 15% of 1000m finish times in finals at US National Masters Championships and World Rowing Masters Championships. They represent the performance of rowers who choose to race as Masters. Elite rowers in the AA, A, and B age groups may be faster.

The time allowances are designed to give an older boat an equal chance of winning when racing in the next youngest World Rowing age category. They were created by minimizing the correlation between age and finish order. They will not make up for differences in training, skill or attitude.

## **Novice**

Novice rowers are those new to rowing as of January 2020.

## **Weight Restricted Events**

Men - 72.5 KG/160 lbs. maximum individual weight

Women - 61.5 KG/135.5 lbs. maximum individual weight - NEW

All weight restricted rowers racing in weight restricted events may weigh in Friday between 10:00 am - 12:00 am, and 5:30am and 7:30am on Saturday and Sunday mornings. Athletes need to weigh in only once, prior to their first weight restricted event and that will suffice for all other weight restricted events for the entire weekend.

Weight restricted 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.

ID is required at the weigh in station. This will be strictly enforced.

## **Coxswains**

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





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The minimum weight of a coxswain wearing a racing uniform shall be 55 kilograms. If under the minimum weight, a coxswain shall carry deadweight (upto 15kg) to make up the difference between the weight of the coxswain and the minimum required weight.

## **Para Competitors**

A Para rower is a rower who, in principle, would meet the criteria set out in the World Rowing Para Rowing Classification Regulations.

There are three Para categories:

PR1 (arms and shoulders)

PR2 (trunk and arms)

PR3 (leg, trunk, and arms)

Para rowers competing at National regattas should be classified by two RCA appointed classifiers (medical and technical), and shall be classified in accordance with the World Rowing Para Rowing Classification Regulations. Unclassified Para rowers will be accepted.

All Para rowers (classified or not) are eligible to row in Para or non-Para rowing events at the same regatta that provide a suitable competitive opportunity.



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## Classes of Boats

OPEN	PARA BOATS
Single Scull (1x)	Single Scull (PR1 1x, PR2 1x)*
Double Sculls (2x)	Double Sculls (PR2 2x, PR3 2x)*
Pair (2-)	Pair (PR3 2-)*
Quadruple Sculls (4x)	
Four (4-)	
Coxed Quad (4x+)	
Coxed Four (4+)	Coxed Four (PR3 4+)*
Eight (8+)	

\* as defined in World Rowing Para Rowing Competition Regulations.

## Time Trials

The Men's 1x, Women's 1x, Men's 2x, Women's 2x, and Mixed 2x events will be available in each age category as well as weight restricted categories. Crews in each event will participate in a Time Trial and all crews will progress into different finals based on race time. Weight Restricted crews may enter in the Weight Restricted category, the non-weight restricted event, or both, by participating in the one Time Trial.

Awards for each of the Time Trial events will be two-fold:

1. Awards for 1st, 2nd, and 3rd place crews of each distinct age category where a minimum number of 4 crews within that age category has been met.  
If fewer than 4 crews within an age category, the following procedure will apply:
  - a. If only 1 crew within an age category - no medal
  - b. If only 2 crews within an age category - 1st place only
  - c. If only 3 crews within an age category - 1st and 2nd only
2. Additional award for 1st place of each final race.
3. Awards for the weight restricted version for each of these above events will depend on subscription.

See Appendix B for Time Trial Map

See Appendix E for Time Trial Race Procedures

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## Progressions

### Time Trial Events

All crews will progress into seeded finals with the top 6 crews advancing to the A final, the next fastest 6 crews to the B final, and so on.

### Progressions for non-Time Trial Events

Progressions for events that are not linked to time trials will depend on the number of crews participating in the events.

Events with 3-6 entries will be direct to finals.

Events with 7-12 entries will be Top 2 and Next Fastest to finals.

Events with 13-18 entries will be Top 1 and Next Fastest to finals.

## Regatta Timeline

Day	Training	Athlete/Coxie Meeting	Racing
Friday, July 15	9:00 am – 10:30 am	11:00 am	1:30 pm – 7:00 pm
Saturday, July 16			7:00 am – 6:00 pm
Sunday, July 17			7:00 am – 2:30 pm

Note: These times are approximations only. Please check the heat/draw sheets for more accurate times. Should entry numbers dictate, training time on Friday July 15 may be reduced.

## Athlete/Coxswain Meeting

A compulsory pre-regatta meeting for all athletes and coxswains will be held on Friday July 15 at 11:00am. This meeting will not be repeated. There must be representation for each club and roll call will be taken. If at least one member from a specific club does not attend, that club could receive a yellow card for all club entries.



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## Safety and Fitness

In all boats, the foot stretchers, shoes, or other devices holding the feet of the rowers must be a type which allows the rowers to get clear of the boat with no delay in an emergency.

1. Where shoes or other devices holding the feet are fixed and will remain in the boat, each shoe must be independently restrained to limit heel lift to a maximum of 7 cm (2.8 Inches). In addition, where Velcro or similar materials must be unfastened before the rower can remove their feet from the shoes, all fastenings must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap (**laced shoes are no longer allowed in Canada**).
2. Where shoes will not remain in the boat, each shoe or device must be able to be released by the rower without using their hands, or with a single quick hand action of pulling on one easily accessible strap or release device (**C2 Flex Feet are not allowed in Canada and 'BAT Logic' type systems do not qualify as allowing quick release in an emergency**).

All boats must have a securely fastened bow ball

Each competitor shall be responsible for their own health and fitness.

Each rower or coxswain participating in the regatta is responsible to ensure that their equipment is in a safe condition to race.

Space at Control is very limited and does not allow for crews to make boat adjustments. Please check your own bow balls, heel ties, rigger bolts, seat slides, etc. **before leaving your trailer**.

## Safe Sport

Rowing Canada Aviron 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 – collectively referred to as maltreatment.

More information: <https://rowingcanada.org/safe-sport/>



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# EVERYONE IN ROWING HAS THE RIGHT TO ENJOY OUR SPORT AT ALL LEVELS OF PARTICIPATION

Individuals who are experiencing or are aware of any forms of maltreatment should connect with the support services below.

## The Canadian Sport Helpline

Funded by the Government of Canada, the Canadian Sport Helpline is a listening and referral service monitored by live operators from 8am to 8pm Eastern time, 7 days a week. Users can communicate via toll-free phone line, email, text or live chat.



**1-888-83-SPORT**



**www.abuse-free-sport.ca**

## Independent Third Party for Rowing in Canada

RCA has enlisted the services of an Independent Third Party, Lise MacLean. Lise is a highly skilled professional equipped to deal with Safe Sport issues, and is able to review, advise and refer issues for further investigation independently of RCA.



**1-613-404-2000**



**lise@wiserworkplaces.ca**

If you require assistance or would like to talk to a trained professional about a suspected incident of child abuse, contact your local child welfare agency.  
**If you suspect a child is in immediate danger, call 9-1-1 or your local police.**

**rowingcanada.org/safe-sport/**



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## **Trailer Parking**

Please advise the organizing committee of your trailer size (overall length) and approximate time of arrival at the regatta site by emailing [info@cascadiaregatta.ca](mailto:info@cascadiaregatta.ca).

Trailers are to be parked in the gravel lot to the east of the boathouse. Attendants will be on site to guide you to your appropriate parking stall. Trailer parking opens at 12 noon on Thursday July 14, 2022.

Overnight security will be provided on Thursday, Friday and Saturday nights.

## **Boat Storage**

Athletes and teams will be required to store their boats on their own trailer or boat trestles.

## **Vehicle Parking**

Vehicle parking in the park is severely limited. Please carpool wherever possible.

## **Washrooms**

Portable toilets will be available in the trailer parking area. The park facilities are off limits as the septic system cannot handle the volume.

## **Emergency Facilities**

First Aid is provided onsite on the east side of the boathouse.

## **Tent/Shelter Area**

Clubs will be able to set their club tents on the north side of the boathouse in the designated area. See a Cascadia member for more information prior to putting your tent stakes in the ground, as there are water lines near the surface and we need to ensure that they do not get damaged.



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## **Concession**

Onsite concession services will be available for purchase. We will also have a food truck onsite in the evening providing for purchase options for dinner meals.

## **Beer Garden**

We will have a beer garden which will be located on the east side of the boathouse.

## **Social**

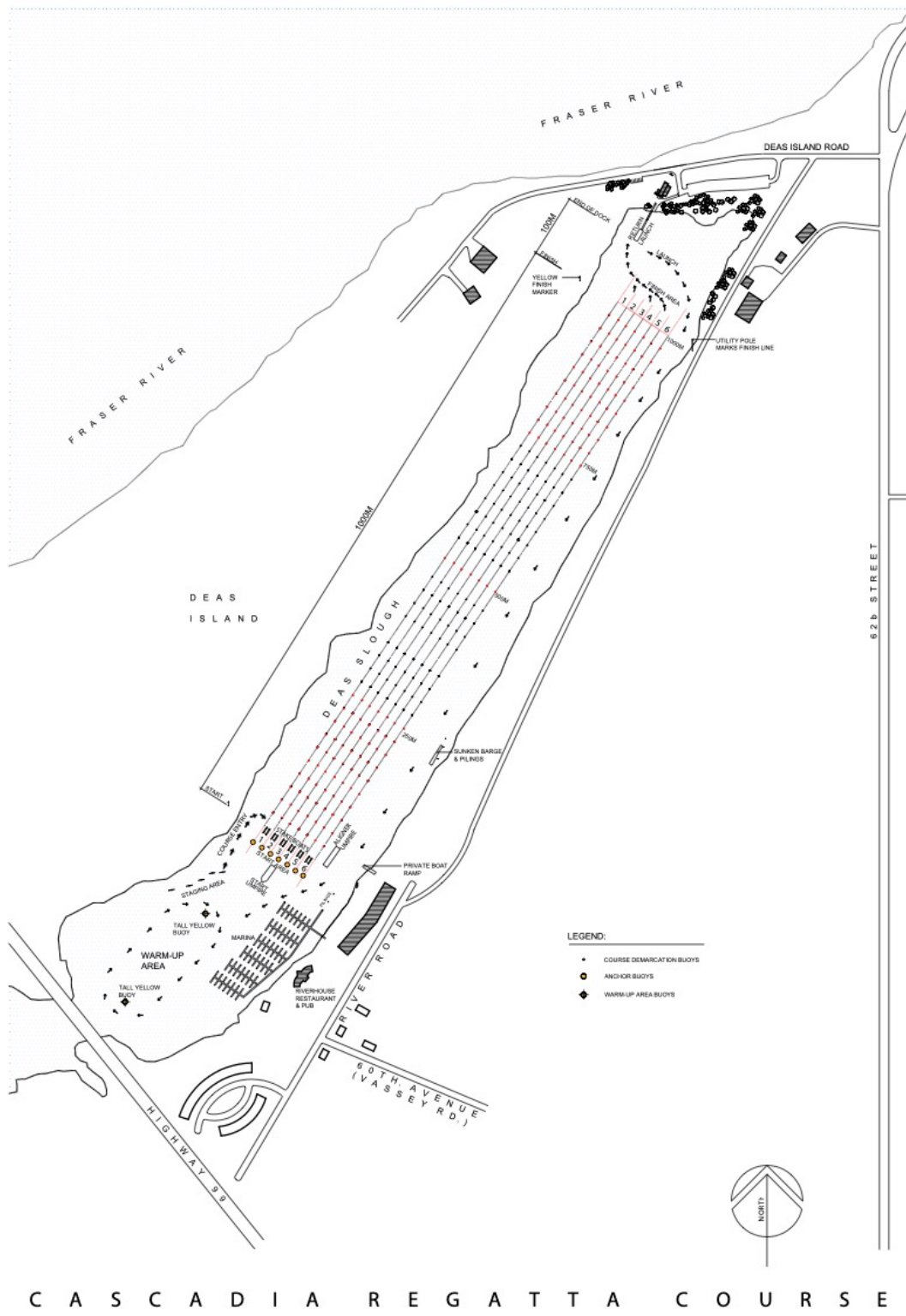
We invite all crews to join us on Friday and Saturday evening after racing to grab some dinner from the food truck and a pint in the beer garden.



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## APPENDIX A – Sprint Race Course Map



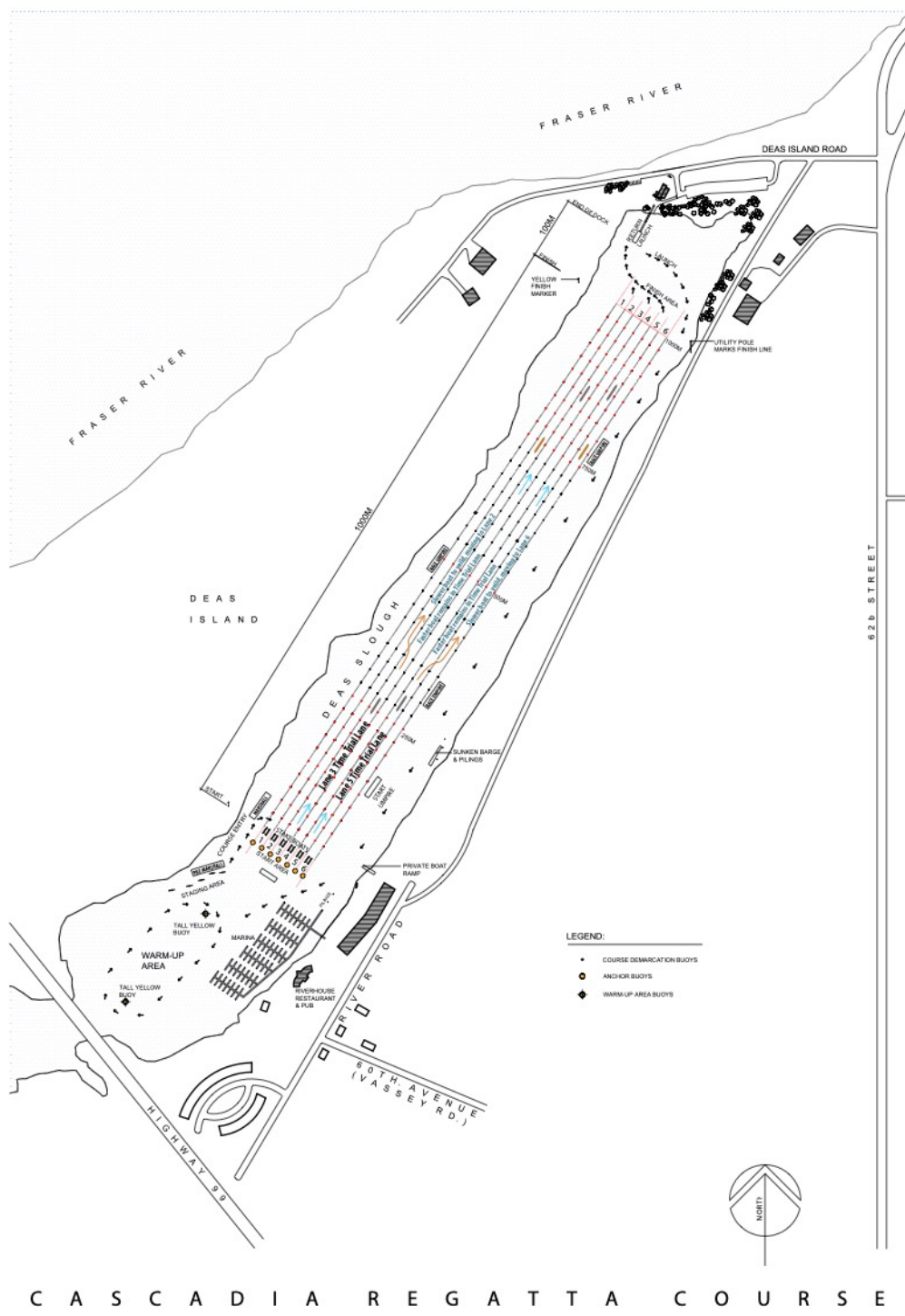




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## APPENDIX B – Time Trial Course Map





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## APPENDIX C – Club Relay Course Map

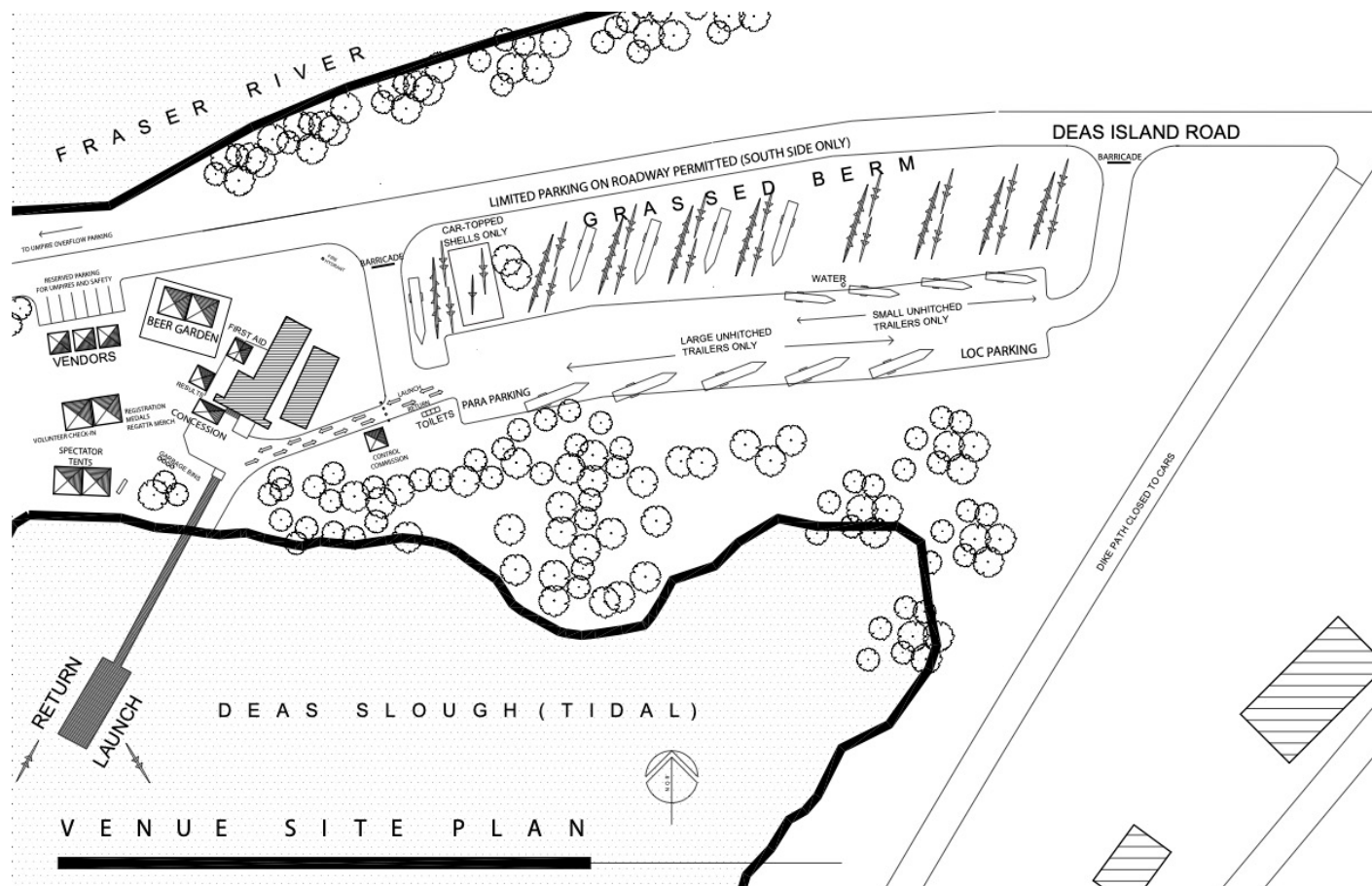




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## APPENDIX D – Delta Venue Map





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## APPENDIX E – Time Trial Race Procedures

- Rowers will be marshaled in the Pre-race Marshalling area marked on the Time Trial Flow Pattern map according to the event and in ascending numerical bow marker order five minutes prior to the scheduled start of each event.
- The Pre-Marshalling umpire will ensure that crews are in numerical order and ready to advance to the race course 2 minutes prior to the scheduled start of each event, and will assist the Marshal directing crews onto the course as they are called by the Marshal.
- The Marshal will direct even numbered crews into Lane 3, and odd numbered crews into Lane 5.
- The Marshal will direct crews to start rowing towards the Start with the command “<Bow #> <Crew Name> On the paddle” in 30 second intervals. Crews will start rowing, building their power and speed to race pace when they cross the Start Line, at approximately the 100m mark. There will be 30 second intervals between boats in alternating lanes / 60 second intervals between boats within each lane.
- As the crews approach the Start Line, the Starter will announce “<Bow #> <Crew Name> approaching the line”. As the crews cross the Start Line, the Starter will say “Go”
- The Starter will be on a platform organized by the LOC that also supports the Timing Team who are responsible for recording the start time for each crew, as well as the starting order of crews.
- Umpires and safety boats will be stationed alternating along the north and south sides of the course at the 250m, 500m, and 750m points to monitor the races. Umpires will record the bow numbers as they row past and watch for failure of any crews being overtaken to give way to the overtaking crew in their own lane.
- **Overtaking:**  
**Even numbered** crews racing in Lane 3 shall give way to any crew also racing in Lane 3 that is overtaking them by moving their boat to port into Lane 2.  
**Odd numbered** crews racing in Lane 5 shall give way to any crew also racing in Lane 5 that is overtaking them by moving their boat to starboard into Lane 6.
- The Chief Judge at the Finish will call out the bow number and crew name of each crew as it crosses the Finish Line, and sound the horn to signal to each crew that they have finished their race and can stop rowing.
- Crews must clear the Finish Area as quickly as possible after completion of their race. Crews must return immediately to the dock and disembark as quick as possible, while keeping the finish area clear for athletes still racing. Clubs will need to have equipment runners ready to expedite the exit of the dock.
- Coaches and athletes please consult the ‘Time Trials’ and ‘Racing’ traffic patterns in effect.



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## **APPENDIX F – Club Relay Race Procedures**

- All boats will marshall to the start line, and all boats will marshall into the pre-marshall area behind their designated race lane, starting with the eights locked on the start platforms, with quads split on both side of the course behind the stakeboats ready to move into the course once the eights have started, doubles directly behind the stakeboats, and singles behind of the doubles. Each boat class will move into their race lane and lock onto the stake boats as soon as the previous boat has been started by the starter.
- The quick start procedure will take place only for the eights. The starter will announce “This will be a quick start, All Crews, Attention, (raise the flag), Go!”
- Umpires and safety boats will be stationed at the 250m, 500m, 750m, and 900m.
- The umpire at the 900m will signal to the aligner umpire the bow numbers of the boats as they pass, and the aligner will announce “<lane #>, sit ready.”
- The umpire at the finish will call bow numbers as they cross the finish line, signaling the starter to call the next boat. The starter will call “<lane #>, go!”
- This procedure will repeat until all boats are started.
- The club with the fastest accumulated time will win the cash prize.