



2022 RCA National Rowing Championships Regatta

Quamichan Lake, BC

Thursday November 10 – Sunday November 13

Bulletin No. 1

On behalf of Chair Susan Macdonald and the 2022 NRCs Organizing Committee, Rowing Canada Aviron is looking forward to welcoming athletes, coaches, umpires and supporters to British Columbia and Quamichan Lake – the home of the National Training Centre and site of the 2022 National Rowing Championships. This year's NRCs event will be held from Thursday November 10 through to Sunday November 13, including an Athlete Awards Dinner.

RIGHT OF ENTRY

Athlete entries are to be submitted by Provincial Rowing Associations (PRA). Athletes who do not qualify to race for their PRA may register and race the NRC Regatta for their RCA Member Club (Club).

Athletes training at RCA's National Training Centre (NTC) shall compete under the PRA they are affiliated with.

Athletes who receive Sport Canada Athlete Assistance Program (AAP) support, direct or indirect provincial funding, or are on the RCA NextGen Targeted Athlete list, or qualify through any published selection criteria defined with the athlete's respective PRA, must represent their PRA. Entries that do not fit into the categories described above may be made by a Club.

2022 NRC REGATTA EVENTS

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 PR1 Women's Single Sculls PR1W1x PR2 Women's Single Sculls PR2W1x PR3 Women's Single Sculls PR3W1x Women's Pair W2- Under 23 Women's Pair BW2- Junior Women's Pair JW2- PR3 Women's Pair PR3W2-	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 PR1 Men's Single Sculls PR1M1x PR2 Men's Single Sculls PR2M1x PR3 Men's Single Sculls PR3M1x Men's Pair M2- Under 23 Men's Pair BM2- Junior Men's Pair JM2- PR3 Men's Pair PR3M2
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2022 GENERAL SCHEDULE

	Morning (AM)	Afternoon (PM)	Other Notes
Thursday November 10, 2022	<i>No training</i>	Venue open for training from 12:00pm	a) Compulsory coaches meeting at 16:00hrs. b) Water closes for training at 17:00hrs (all boats off the water).
Friday November 11, 2022	NRC Time Trials	NRC Quarter Finals	a) Training and racing hours to be advised b) Other meetings to be advised
Saturday November 12, 2022	NRC Semi Finals	NRC Finals	RCA Athlete Awards Dinner (venue and time to be advised later)
Sunday November 13, 2022	<i>Spare for adverse weather</i>	Return	

*Additional information about the evening events will be released in Bulletin #2.

ENTRY FEES

The entry fee for all competitors at the NRCs is \$150 per person, per event, plus applicable taxes. This includes entry fee and a ticket to the RCA Athlete Awards Dinner to be held Saturday November 12.

The RCA seat fee of \$3.65 will apply to each entry. The Rowing BC seat fee of \$3.50 will apply to each entry.

REGATTA WEBSITE

All regatta and event information will be loaded onto the RegattaCentral website. This can be found at: https://www.regattacentral.com/regatta/?job_id=8018

Updates and news items will be loaded on the 'News' page. Results will be directly loaded on the 'Results' page from RegattaMaster throughout the regatta.

SUBMITTING ENTRIES

All registration will be processed through RegattaCentral. Competitors must be registered with their rowing club, province and RCA through the RCA Web Registration system prior to any entry being made.

Entries open: October 3 (23:59 PDT)

Entries close: November 3 (23:59 PST)

Managers and coaches should contact their PRA for internal selection deadlines. A preliminary draw for the NRC regatta will be posted November 5.

Please note that entries for which payment has not been submitted by the entry deadline will not be drawn and late entries will not be accepted. Withdrawals made less than 24 hours before the race time that alter the race progression will forfeit the entry fee.

PROGRESSION

A modified progression system shall be used at the 2022 NRC regatta. All NRC regatta events will commence with 2000m time trials in their respective groups, regardless of the number of total entries within a group. All finals will take place on Saturday November 12.

SEEDING PANEL

As mandated in the NRC Regatta Technical Package, a Seeding Panel will be struck to seed scullers and crews as best as possible. The panel will use the following criteria to seed the 2022 NRC regatta time trials in order to avoid faster crews overtaking slower crews. Depending on the number of entries in each event, up to 20 entries in each event will be seeded. The criteria for seeding will be:

- NTC athlete ranking;
- Domestic and/or international results; and
- RADAR submissions
- Other factors relevant to seeding crews as accurately as possible

FOOD and ACCOMMODATION and TRANSPORT

Athletes are responsible for their own food, accommodation, and transportation arrangements. Food trucks at the regatta site will serve hot and cold drinks and light snacks available for purchase throughout the regatta.

RCA ATHLETE AWARDS DINNER

RCA will again stage the Athlete Awards dinner. This will be staged in the evening on Saturday November 12. The venue and timings will be announced closer to the event in Bulletin 2.

ENVIRONMENTAL REQUIREMENTS FOR BOATS BEING BROUGHT TO BC

The Ministry of Environment requires that all equipment arriving in BC after having been in Ontario, Quebec or Manitoba go through an inspection to help stop the spread of invasive zebra and quagga mussels. Before being loaded onto your trailer, equipment must be cleaned with soap and fresh water, drained and fully dried. Each trailer driver must arrange for an inspection of all equipment to be completed upon arrival in BC before any boats can be unloaded and used for practice or for racing. To pass the inspection the inside of boats must be fully dry so that there is nowhere for larvae or adult mussels to live or be transferred from. More information can be found at the [link here](#).

VENUE

Various maps and information sheets are now available on the RegattaCentral website.

ATHLETE IDENTIFICATION

Please note that photo ID is mandatory for athlete weigh-ins. Photo ID for dock access will be requested by event Umpires. Acceptable ID includes any government issued document with a photo and date of birth. Copies of ID on cell phones will be acceptable (however, an original document may be requested if there is doubt). A clear photocopy of a passport will be acceptable.

ANTI-DOPING

All competitors are advised that doping control may be in effect, and that all competitors are subject to doping control under the Canadian Anti-Doping Program (CADP). Coaches and other athlete support personnel are also subject to the rules of the CADP. Athletes are strongly encouraged to visit <http://www.cces.ca/athletezone> for helpful information and resources; to know their rights and responsibilities as athletes with regards to anti-doping; to understand the sample collection procedures; to check all medications and products before taking them to ensure they do not contain banned substances; to avoid taking supplements (but if they choose to, learn how to minimize their risk); to verify medical exemption requirements; and contact the CCES directly should they have any questions or would like additional information (call 1-800-672-7775 or email info@cces.ca). Athletes who test positive risk being sanctioned in accordance to the rules of the CADP. Athletes are responsible for reviewing this information prior to competition.

CONTACT INFORMATION

If you have further questions about the regatta, please contact:

2022 Event Information, Matt Draper: mdraper@rowingcanada.org
High Performance related, Adam Parfitt: parfitt@rowingcanada.org