



# Canada Cup Regatta Technical Package

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the **Rowing Canada Aviron (RCA) Canada Cup Regatta**. This document is intended to establish a baseline of hosting expectations for the Organizing Committee (OC) established by RCA through the Hosting Guidelines Package.

The RCA Rules of Racing shall apply for the organization and operation of the Canada Cup Regatta unless stated otherwise. Team managers, coaches and OC members are to be familiar with the RCA Rules of Racing.

## 1. Canada Cup Regatta Aim

1.1 - The Canada Cup Regatta aims to show-case Canadian rowing in a sprint format that creates athlete participation through an exciting race program and athlete interaction and encourages spectator and sponsor engagement. Entries for the Canada Cup Regatta are structured to promote inclusion of athletes from all regions.

## 2. General Schedule

2.1 - Provincial Rowing Association (PRA) teams will compete in the event. The general schedule shall be 2 days of training - followed by 2<sup>1/2</sup> racing days. The Regatta Schedule shall be determined by the Organizing Committee and RCA - and notified to PRA's approximately six months in advance of the event - in Bulletin 1 for the event.

## 3. Regatta Venue & Date

3.1 The Canada Cup Regatta shall be held each year, 1 week after (or before by exception) the Royal Canadian Henley Regatta. The regatta shall be held within approximately six hours drive from St. Catharines, Ontario, to ensure the logistical operations of teams are minimised.

## 4. Right of Entry

4.1 - The Canada Cup Regatta shall be open to athletes who represent a Provincial Rowing Association (PRA).

4.2 - All Athletes and Coaches are subject to the Abuse-Free Sport complaint processes and will be required to complete a consent form prior to arriving onsite at the Canada Cup Regatta.

4.3 - As per the Canadian Amateur Rowing Association's (CARA) Constitution and RCA's Registration Policy, an athlete entering the Canada Cup Regatta is required to be registered with RCA and their PRA through an RCA Member Club prior to an entry being made for the athlete. If the RCA Member Club provided by the athlete does not correspond with the RCA database at the time entries are cross-checked, the athlete's Club and PRA in the database will be used in making the regatta draw and any subsequent race results. If no club or PRA affiliation is found in the database, the entry will not be drawn.

4.4 - PRA's shall pay their respective entry fees.

4.5 - Athletes shall race in their respective PRA colours. Neutral or Club painted oars are acceptable by agreement of the Chief Umpire, however oars must be uniform in colour within a crew.

4.6 - **Close of Entries:** Entries for the Canada Cup will close 10 days before the event. Late entries will be accepted after this date, for a fee and until a date - as determined by the OC and RCA.

4.7 - **Team Size and Age limits:** Each PRA team shall be a maximum of 8 Men and 8 Women, plus 1 coxswain of any gender.

Canada Cup athletes shall be under 21 years. A rower or coxswain may compete as an Under 21 competitor until the 31st of December of the year in which they reach the age of 20.

## 5. Events

5.1 The Canada Cup events shall be:

- Men's Pair and Four: M2-, M4-
- Women's Pair and Four: W2-, W4-
- Men's Single and Double: M1x, M2x
- Women's Single and Double: W1x, W2x
- Mixed Quad Mix: 4x (50% Female - 50% Male)
- Mixed Eight Mix: 8+ (50% Female - 50% Male)

## 6. Racing Information

6.1 The Canada Cup Regatta 2<sup>1/2</sup> day race program will be contested in an 'Omnium' format over varying race distances from 500 to 2000 meters.

Day 1: 1x, 2- (Heats and Finals over 2,000m) - p.m. racing

Day 2: 2x, 4- (Heats and Finals over 1,000m) - a.m. and p.m. racing

Day 3: Mixed 4x and Mixed 8+ (Knock-out series over 500m) - a.m.

**\*\* Organizing Committees - in consultation with RCA, may alter this program for weather, equipment supply, or other considerations.**

## 7. Points

7.1 - Points shall be awarded for each Canada Cup event in each A Final as follows:

**1st place in each event:** 6 points for each rower's Province (excluding coxswains)

**2nd place in each event:** 5 points for each rower's Province (excluding coxswains)

**3rd place in each event:** 4 points for each rower's Province (excluding coxswains)

**4th place in each event:** 3 points for each rower's Province (excluding coxswain)

**5th place in each event:** 2 points for each rower's Province (excluding coxswains)

**6th place in each event:** 1 point for each rower's Province (excluding coxswains)

\*\* Winners of the overall Provincial point-score, will be awarded the 'Canada Cup' trophy.

## 8. Coxswains

8.1 - Coxswain weigh-in for the Canada Cup Regatta shall follow the RCA Rules of Racing, with the exception that all coxswains shall be weighed in from two hours to one hour before the start of their first race. Coxswains may cox crews from other Provinces.

## 9. Equipment

9.1 - Where possible the Organizing Committee shall provide adequate equipment for the staging of the Canada Cup regatta to enable visiting PRAs to minimize boat transport needs. The OC may impose a modest rental fee on each PRA (per athlete) to assist with the cost of rental of each boat.

## 10. Infrastructure Requirements

10.1 - The Canada Cup Regatta will be held over a mix of race distances between 500m - 2,000m.

10.2 - The course shall have six racing lanes (plus adequate warm-up and cool-down areas (as agreed by the Chief Umpire and RCA Event Manager).

10.3 - Each lane shall be of equal width and according to RCA Rules. The minimum allowable lane width distance is 12.5 meters wide (by exemption request)

10.4 - The starter's tower will be located above and behind the start line (in the middle of the course). The Starter must be provided with an audio and flag start system. Where possible, traffic lights will be provided.

10.5 - The 2000m start will be 'held' by Boat holders in each lane. The 500m or 1,000m starts may be held or floating (un-held).

10.6 - The Organizing Committee will commit to providing suitable facilities for all athletes. In particular; athlete rest areas, warm up and/or cool down areas (with a minimum of 5 ergometers, weigh-in facilities, all suitable for the time of year (warm, dry and free of wind), both segregated changing rooms, and washrooms including gender neutral options, suitable anti-doping testing facilities, food concession, announcing/commentator facilities, adequate WiFi/Internet for attendees (that may include online broadcasting), boat racks.