



National Rowing Championships Regatta Technical Package

This Technical Package outlines the competitor eligibility requirements, type of events, progression format and infrastructure for the **Rowing Canada Aviron (RCA) National Rowing Championships (NRC) Regatta**. This document is intended to establish a baseline of hosting expectations for the Local Organizing Committee (LOC) 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, coaches are encouraged to be familiar with those Rules.

Training:

The venue should be open for official training and operational from 12pm the day before the first competition day.

Training hours:

The LOC and RCA shall set appropriate and safe training hours and announce these in Bulletin 2 prior to the event. Note: these times may vary due to weather or other safety requirements as determined by the Chief Umpire appointed to the event, and the LOC.

1. National Rowing Championships 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. National Rowing Championships 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.

2.4 - The NRC Regatta must provide an opportunity for developing athletes to compete and be ranked 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 RCA approved budget parameters.

3. Bulletin 1

3.1 - The Organizing Committee should prepare Bulletin 1 outlining key details for athletes, coaches and teams. The subjects in the Bulletin will be defined by RCA in more detail at a later date. The target distribution date is 6 months prior to the event.

4. National Rowing Championships Right of Entry

4.1 - The NRC Regatta shall only be open to entries from PRAs or RCA Member Clubs (Club). A single sculler should have a valid Canadian passport and 50% of a pair (2-) should have a valid Canadian passport.

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 NRC Regatta.

4.3 - Athletes must represent their PRA if they (1) receive Sport Canada AAP support; (2) receive Provincial funding of any kind, either direct or indirect; or (3) qualify through any published selection criteria defined by the athlete's respective PRA. Any other entry may be entered by a Club. The RCA High Performance Director will provide a roster of AAP athletes to affiliated PRAs a week prior to the NRC Regatta entry deadline.

4.4 - 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.

4.5 - 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. Exceptions for individuals registered with a US Rowing organization may be considered to make up 50% of a pair (2-) entry and must be approved by the RCA High Performance Director prior to entering an event. 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.

4.6 - 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.

4.7 - 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.

4.8 - 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.

4.9 - 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.

4.10 - There shall be no minimum or maximum age to compete in the NRC Regatta.

4.11 - Para Rowing (PR) athletes must have current classification documentation or be classified at the NRC Regatta prior to racing.

4.12 - PR3 athletes will race in the appropriate able-bodied events and subsequent progression at the NRC Regatta. Any variations to crew composition outside of the defined Para categories are at the discretion of the RCA High Performance Director and subject to approval by the Chief Umpire in consultation with the LOC.

4.13 - Racing shells used at the NRC Regatta in the PR1 and PR2 events must comply with the World Rowing Rules of Racing and applicable Para Rowing Competition Regulations.

5. National Rowing Championships Regatta Events

5.1 - The RCA age categories of Senior, Under-23, and Junior shall be utilized in the able-bodied boat classes at the NRC Regatta.

5.2 - 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
Under 19 Women's Single Sculls	JW1x
PR3 Women's Single Sculls	PR3W1x
PR2 Women's Single Sculls	PR2W1x
PR1 Women's Single Sculls	PR1W1x
Women's Pair	W2-
Under 23 Women's Pair	BW2-
Under 19 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
Under 19 Men's Single Sculls	JM1x
PR3 Men's Single Sculls	PR3M1x
PR2 Men's Single Sculls	PR2M1x
PR1 Men's Single Sculls	PR1M1x
Men's Pair	M2-
Under 23 Men's Pair	BM2-
Under 19 Men's Pair	JM2-
PR3 Men's Pair	PR3M2-

6. Weight Restricted events

6.1 - For NRC Regatta Weight restricted events, no lightweight rower may weigh more than 72.5kg (men), or 59kg (women). A test scale will be available from 12 noon, the day the venue opens for official training. Lightweight rowers shall be weighed wearing 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, on each day of the competition.

7. National Rowing Championships Regatta Weight of Boats

7.1 - Boats will not be weighed at the NRC Regatta.

8. National Rowing Championships Regatta Progression System and Seeding Panel

8.1 - The NRC Regatta shall use time trials instead of heats for all events for the first round of racing. Depending on the numbers of entries in each event, repêchages, quarterfinals, semi-finals and finals shall follow.

A Seeding Panel made up of representatives identified by the RCA High Performance Director and participating coaches shall seed the entries in the time trials. Seedings will be developed from available data.

8.2 - The NRC Regatta events will race in time trials, repêchages, quarter finals, semi-finals and finals within the following groupings:

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

8.3 - Athletes will be awarded medals based on their performance within each (1) event and each (2) group (For example; a JW1X athlete placing third in the Group 1 A-Final will be awarded the W1X Bronze Medal plus the JW1X Gold Medal as the highest ranked U19 athlete).

9. National Rowing Championships Regatta Medals and Points System

9.1 - 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.

9.2 - 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.

9.3 - Provincial Awards:

The Grand Champion Award - Shall be deemed the province with the greatest number of points.

The Efficiency Award - Is tabulated by dividing number of points earned by a province by the number of athletes the province registered for the regatta.

10. National Rowing Championships Athlete Equipment

10.1 - Participants are responsible for the provision of all boats, oars and sculls as required for each race at the NRC Regatta.

10.2 - Notwithstanding 10.1, the LOC shall endeavour to coordinate a pool of equipment for visiting athletes.

11. National Rowing Championships Venue Infrastructure Requirements - minimum provisions

11.1 - The NRC Regatta shall be held on a course as per the RCA Rules of Racing. Exceptions to the rules regarding length, marking and number of lanes will be considered on a case-by-case basis.

As far as existing and available technology allows, the start and finish lines must be parallel. A vertical yellow/black 'Sight Board' shall indicate the start and finish lines and shall be in place before the start of racing.

Distance markers shall at a minimum indicate the 500m, 1000m and 1500m points along the course. These may be on land or anchored on water (5m outside the course)

11.2 - The NRC Regatta course shall have dedicated warm-up and cool down areas.

11.3 - The starter's tower at the NRC Regatta shall be located above and behind the start line and will use both an audio and flag start system.

11.4 - Start pontoons (fingers) at the NRC Regatta must be able to adjust - to provide equal racing distance for all boat classes, in all lanes.

11.5 - The Aligner shall be located on the Zero meter (0m) start line on a suitable platform or boat that allows officials to safely and accurately align the bows of all boats on the 0m start line. Note: a 'movable' start line is not acceptable for the NRC's regatta.

11.6 - A regatta timing system (including staffing with volunteers) that provides elapsed race times, intervals between finishing crews/lanes, finish times, and 500meter split times - shall be provided. A 'backup' timing system independent of the primary system shall be provided. A pontoon with safety rails (minimum 4m x 4m) on water with shelter, tables and chairs shall be installed on the 2000m line, approximately 5m outside the course.

11.7 - Outdoor and or indoor boat racks must be provided for visiting teams at the NRC Regatta. Boat trailers will also be used to store boats.

11.8 - Suitable areas (either permanent or temporary) for athlete rest, athlete warm up, LOC operations, umpire & volunteer rest areas, Control Commission tent, athlete weigh-in area - shall be provided by the LOC. Other areas to be provided include: sheltered commentary area(s), suitable participant parking areas (including dedicated Ambulance and Umpire parking locations), suitable catering arrangements for purchase of food and drinks for participants, traffic rules notice boards displayed prominently around the venue and near the Control Commission, etc.

11.9 - On-water safety and Medical services - for the duration of the event - to a level as agreed by RCA and the Chief Umpire.

Note: other services or infrastructure - specific to the proposed NRC's venue - may be required and indicated in the Hosting agreement established between each LOC and RCA.