



2023 Rowing Canada Aviron National Rowing Championships Regatta

Quamichan Lake, British Columbia
Thursday, September 28 - Sunday, October 1

Bulletin No. 1

Rowing Canada Aviron (RCA) and **Maple Bay Rowing Club** are looking forward to welcoming athletes, coaches, umpires and supporters to Quamichan Lake in the Cowichan Valley – the traditional ancestral territories of Coast Salish First Nations and the home of the National Training Centre (NTC) and site of the 2023 RCA National Rowing Championships.

This year's RCA National Rowing Championships (NRCs) event will be held from Thursday, September 28 through to Sunday, October 1, 2023. This includes an Athlete Awards Dinner on Saturday evening and an additional day scheduled for inclement weather.

IMPORTANT DEADLINES

RCA group rates at local accommodations options are available until mid-August:

- **The Best Western Cowichan Valley Inn** group rates are available until Wednesday, August 16
- **The Oceanfront Suites at Cowichan Bay** group rates are available until Tuesday, August 15.

NRCs RegattaCentral page: https://www.regattacentral.com/regatta/index.jsp?job_id=8618

- **NRCs entries open: Before Friday, September 1**
- **NRCs entries close: Monday, September 18 (9:00am PT)**

RIGHT OF ENTRY

An athlete entering the NRCs is required to be registered with RCA through an RCA Club prior to an entry being made for the athlete. Exceptions for individuals registered with a USRowing 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.

If the RCA Club listed during the entry process does not correspond with the RCA database at the time entries are verified, the RCA Club and Provincial Rowing Associations (PRA) in the database will be used to create the regatta draw and any subsequent race progressions or results.

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 Athlete Assistance Program (AAP) athletes to affiliated PRAs a week prior to the NRCs entry deadline.

Athletes, Coaches, and Umpires attending the NRCs are required to complete a consent form with the Office of the Sport Integrity Commissioner of Abuse Free Sport. The form is available here:

[UCCMS Consent Form - English](#)

[Consentement Complet CCUMS - French](#)

2023 National Rowing Championships Regatta Events	
Women's Single Sculls (W1x)	Men's Single Sculls (M1x)
Lightweight Women's Single Sculls (LW1x)	Lightweight Men's Single Sculls (LM1x)
Under 23 Women's Single Sculls (BW1x)	Under 23 Men's Single Sculls (BM1x)
Under 23 Lightweight Women's Single Sculls (BLW1x)	Under 23 Lightweight Men's Single Sculls (BLM1x)
Junior Women's Single Sculls (JW1x)	Junior Men's Single Sculls (JM1x)
PR1 Women's Single Sculls (PR1W1x)	PR1 Men's Single Sculls (PR1M1x)
PR2 Women's Single Sculls (PR2W1x)	PR2 Men's Single Sculls (PR2M1x)
PR3 Women's Single Sculls (PR3W1x)	PR3 Men's Single Sculls (PR3M1x)
Women's Pair (W2-)	Men's Pair (M2-)
Under 23 Women's Pair (BW2-)	Under 23 Men's Pair (BM2-)
Junior Women's Pair (JW2-)	Junior Men's Pair (JM2-)
PR3 Women's Pair (PR3W2-)	PR3 Men's Pair (PR3M2-)

2023 National Rowing Championships Regatta General Schedule			
	Morning (AM)	Afternoon (PM)	Other Notes
Wednesday, September 27		Venue Open for Training (12:00pm PT to 16:00pm PT)	a) Water closes for training at 16:30pm PT (all boats off the water).
Thursday, September 28	Venue Open for Training (8:15am PT to 10:30am PT)	NRCs Time Trials	a) Water closes for training at 16:30pm PT (all boats off the water).
Friday, September 29	Venue Open for Training (7:15am PT to 8:15am PT) NRCs Quarter Finals	NRCs Semi Finals	a) Racing hours to be advised b) Other meetings to be advised
Saturday, September 30	Venue Open for Training (7:15am PT to 8:15am PT) NRCs Finals	NRCs Finals RCA Athlete Awards Dinner	Awards Dinner venue and time TBD
Sunday, October 1	<i>Spare for inclement weather</i> Venue Teardown	Venue Teardown	

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

ENTRY FEES

The entry fee for all competitors at the NRCs is \$165 per person, per event, plus applicable taxes. This includes entry fee and a ticket to the RCA Athlete Awards Dinner to be held Saturday, September 30.

The RCA and Rowing BC seat fees will apply to each entry.

REGATTA WEBSITE

All regatta and event information will be loaded on the RegattaCentral website.

This can be found at: https://www.regattacentral.com/regatta/index.jsp?job_id=8618

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: Before Friday, September 1

Entries close: Monday, September 18 (9:00am PT)

Managers and coaches should contact their PRA for internal selection deadlines. A preliminary draw for the NRCs will be posted on Friday, September 22.

Please note that entries for which payment has not been submitted by the entry deadline will not be drawn; late entries will be considered, provided there is no impact on the race progression. 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 2023 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, September 30.

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 2023 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:

- National Training Centre athlete ranking;
- Domestic and/or international results; and
- Athlete Monitoring Submissions
- Other factors relevant to seeding crews as accurately as possible.

FOOD, ACCOMMODATION AND TRANSPORT

Athletes are responsible for their own food, accommodation, and transportation arrangements.

Hot and cold drinks (including electrolyte drinks) and light snacks/small meals will be available for purchase at the Duncan Community Lodge (regatta site). Snacks include protein bars, granola bars, trail mix, and fruit (bananas/oranges).

The regatta will also feature a small market with local vendors. Items for sale include, healthy treats, bath and body items, souvenirs and so much more! Bulletin 2 will feature more information about what the vendors have to offer.

Preferred rates have been secured at two local hotels.

The Best Western Cowichan Valley Inn (6457 Norcross Rd) [can be booked online here](#) or by calling the front desk at 1-250-748-2722 and mentioning “**Rowing Canada Aviron**”.

The Group Rates listed below are available until Wednesday, August 16.

Available rooms include:

- Double Queen with bathtub - \$209 nightly
- Single King with bathtub - \$209 nightly
- Single Queen with bathtub or walk-in shower - \$209 nightly
- All rooms include a desk, mini fridge, coffee maker, TV, and WiFi

The Oceanfront Suites at Cowichan Bay (1681 Cowichan Bay Road) [can be booked online here](#) using the Group Code “**Nationals23**” or by calling the front desk at 1-800-663-7898 and mentioning “**Rowing Canada – Attendee**”. The Group Rates listed below are available until Tuesday, August 15.

Available rooms include: (first rate is weekday and second rate is weekend)

- 1 Bedroom Oceanfront Executive Suite with walk-in shower - \$219/\$263 nightly rate
- 1 Bedroom Oceanfront Patio Suite with bathtub - \$246/\$290 nightly rate
- 1 Bedroom Oceanfront Deluxe King Suite with bathtub- \$200/\$244 nightly rate
- 2 Bedroom Oceanfront Deluxe Suite with bathtub - \$263/\$307 nightly rate
- 2 Bedroom Oceanfront Executive Suite with walk-in shower - \$281/\$325 nightly rate
- All rooms include a desk, full kitchen (refrigerator, microwave, coffee maker), TV, and WiFi

If you wish to extend your stay (arriving before September 28 and leaving after October 1) you will need to call the hotel directly to secure the group rate for your additional nights.

Through the BC Ferries Sport Experience Program, BC Ferries and viaSport provide travel support to eligible not-for-profit sport organizations and athletes. Applications can be submitted, individually or for a group, by athletes aged 18 years and younger or someone representing the athlete (parent/guardian, coach), and Provincial Sport Organizations. For more information and the application and be [found here](#).

Ride sharing services, such as Uber, are not available on the Island. A cost-effective alternative to using taxis is Encore Limo Service (<https://encorelimo.ca/index.html>).

RCA ATHLETE AWARDS DINNER

RCA will again stage the Athlete Awards dinner at the NRCs. This dinner will be staged in the evening on Saturday, September 30. The venue and timings will be announced closer to the event in Bulletin 2.

2023 RCA NATIONAL ROWING CHAMPIONSHIPS MERCHANDISE

RCA will have a pre-order available for 2023 NRCs merchandise, which will be available for pick-up on site at the regatta. Small quantities of 2023 NRCs merchandise as well as signature Rowing Canada Aviron merchandise will be available for purchase at the regatta site. Pre-ordering is encouraged to ensure you get the exact item and sizing you want.

ENVIRONMENTAL REQUIREMENTS FOR BOATS TRAVELLING INTO BRITISH COLUMBIA

The Ministry of Environment requires that all equipment arriving in British Columbia (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 here.](#)

VENUE

Various maps and information sheets will be 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 with 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:

2023 NRCs Event Information - **Rachel Wolff:** rwolff@rowingcanada.org

2023 NRCs High Performance related - **Adam Parfitt:** aparfitt@rowingcanada.org