



# 2023 Rowing Canada Aviron National Rowing Championships Regatta Quamichan Lake, British Columbia Thursday, September 28 - Sunday, October 1 **Bulletin No. 2**

**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 AND INFORMATION:**

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](#)

[UCCMS Consent Form - Minor - English](#)

[Consentement Complet CCUMS - Mineur - French](#)

**ID Requirements:** All athletes must have a Government issued ID for weigh-ins and dock access during racing. You may present a photo of your ID, but it must be government issued and clearly shows your picture and date of birth (i.e. passport, driver's license, etc).

You are invited to the **2023 National Rowing Championships Athlete Awards Dinner!** Join us at Shawnigan Lake School on Saturday September 30 at 6:00pm to celebrate our athletes. Athletes entering the NRCs are automatically registered for a ticket. Coaches, team personnel and community members can purchase tickets for \$85 per person or sponsor a half or full table at the banquet. [You can purchase tickets here.](#) **Tickets are on sale until Wednesday at 12:00pm PT.**

**Trailer parking:** Trailer parking has changed from last year. Please call Jon by Tuesday, September 26 with your estimated arrival time and he will provide details on parking your trailer (250-857-6237).

The province of British Columbia recognizes **National Day for Truth and Reconciliation** as a statutory holiday, which means some businesses may be closed on Saturday, September 30, and/or the observed holiday on Monday, October 2.

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](https://www.regattacentral.com/regatta/index.jsp?job_id=8618)

<b>2023 National Rowing Championships Regatta Events</b>	
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-)

## **NATIONAL DAY FOR TRUTH AND RECONCILIATION**

Saturday, September 30 is the **National Day for Truth and Reconciliation**, also known as “Orange Shirt Day”.

In June 2021, the Government of Canada made September 30 a federal statutory holiday, “the day honours the children who never returned home and Survivors of residential schools, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.”

In 2013, the St. Joseph Mission Residential School Commemoration Project and Reunion took place in Williams Lake, BC, which led to the creation of “Orange Shirt Day”. Phyllis Webstad was the spokesperson for the Reunion group and told the story of her first day at residential school, when the orange shirt her grandmother bought for her was taken from upon arrival. We now recognize that many more atrocities took place at residential schools across Canada, with many children never returning home to their families.

“The date was chosen because it is the time of year in which children were taken from their homes to residential schools, and because it is an opportunity to set the stage for anti-racism and anti-bullying policies for the coming school year. It is an opportunity for First Nations, local governments, schools communities to come together in the spirit of reconciliation and hope for generations of children to come.”

We encourage you to learn more about the legacy of residential schools and the treatment of First Nations, Metis, and Inuit peoples in the country known as Canada.

To learn more about Orange Shirt Day, [click here](#).

To learn more about the Truth and Reconciliation Commission of Canada (TRC), the National Centre for Truth and Reconciliation (NCTR), and the 94 Calls to Action, [click here](#).

## GENERAL INFORMATION

<b>2023 National Rowing Championships Regatta General Schedule</b>			
	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	Mandatory Coach Meeting at 10:15am PT  Venue Open for Training (8:15am PT to 10:30am PT)	NRCs Time Trials	Dock Ribbon Cutting Ceremony at 11:00am PT
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 - 18:00pm PT	Athlete Awards Dinner - Shawnigan Lake School
Sunday, October 1	*Spare for inclement weather  Venue Teardown	Venue Teardown	*if needed, racing will end by 11:00am PT

## CHAT GROUP

WhatsApp: As per previous years, the Organizing Committee (OC) will initiate a 'WhatsApp Chat Group' to inform PRAs, club managers, coaches and staff of important information during the event.

To register in this group, go to this link: [WhatsApp link](#)

WhatsApp is free to download at: <https://www.whatsapp.com/download/>

## FAIRNESS COMMITTEE

The Fairness Committee will consist off:

- NRCs Regatta Chair – **Susan Macdonald**
- Safety Officer – **Sheree Moffatt**
- Chief Umpire – **Ge-An Rijniersce**
- RCA Technical Representative – **Jon Rose**
- Coach Representative – To be determined

## REGATTA INFORMATION

This bulletin will be the final information bulletin.

All future communications will be made available on the **RegattaCentral** and the **Rowing Canada Aviron** websites, through the WhatsApp chat and at the venue.

## NRC MARKET

A number of local vendors will be on site at the Duncan Community Lodge on Friday, September 29 and Saturday, September 30 with delicious items and souvenirs available for sale to athletes, coaches, officials, volunteers, and spectators.

**Hank's Cowichan (Friday only)** - Muffins, scones, granola bars, power cookies, power bars and traditional bars (Nanaimo), sticky buns, Quiche/Salad, Sandwich Buns, Grain Salad, Peaks Coffee/Tea.

**Treat Yourself Treats** - All Vegan and gluten free Peanut butter crunch bars, keto cacao bars, stuffed cookies, granola bars, "snickers" bars, caramel crunchers, cheesecakes.

**Rowing Canada Aviron** - 2023 NRC Poster\*, RCA Standard Identity T-Shirt, RCA Pride T-Shirt, Port and Starboard Athletic and Dress Socks

**NRC Concessions** - Electrolyte drinks, snacks, fruit

**Aloha Bowls** - Fresh poke bowls, choose from Ahi tuna, Steelhead Salmon, Combo, or Plant-based bowls. Available through pre-order only, choose from three delivery timeslots and select "Deliver to Rowing Canada Aviron"

**Gibby's Cafe** - This local cafe will be offering breakfast, sandwiches, salads, wraps, soups, the grill and more during the NRCs. Available through pre-order only, choose from three delivery timeslots and select "Deliver to Rowing Canada Aviron"

**Gondola Gelato** - Artisanal gelato

## 2023 NRC Poster

We have commissioned a local Coast Salish artist to design a special NRC poster for this year's event, which [can be seen here](#). The poster will only be for sale on site on Friday, September 29 and Saturday, September 30 at the NRC Market and will not be made available for purchase online.

## About the Artist

**Raven Wolden** is an artist, graphic designer and an Indigenous entrepreneur from Sts'alles First Nation. Raven creates and designs First Nation artwork and sells both locally and globally while located in S'ólh Téméxw, the Stó:l Traditional Territory in BC. Her designs are [available for purchase here](#).

## AWARDS DINNER

You are invited to the **2023 National Rowing Championships Athlete Awards Dinner!**

Join us at Shawnigan Lake School on Saturday September 30 at 6:00pm to celebrate our athletes.

Athletes entering the NRCs are automatically registered for a ticket. Coaches, team personnel and community members can purchase tickets for \$85 per person or sponsor a half or full table at the banquet. [You can purchase tickets here.](#)

No physical tickets will be printed. Upon arrival at the Athlete Awards Dinner, all attendees will check in at a registration table to confirm seating.

Anyone with food allergies should email Rachel Wolff ([rwolff@rowingcanada.org](mailto:rwolff@rowingcanada.org)).

## REGATTA SCHEDULE AND TIME TRIAL DRAW

The provisional schedule will be available on RegattaCentral in the evening on Monday, September 25. The start list for the Time Trials will be available in the afternoon of Wednesday, September 27.

The OC is aiming to minimize waste and protect the environment, and so where possible, will operate in a 'paperless' environment. Limited hard copies of schedules and results will be posted on the results and notice board. Please bookmark the [RegattaCentral website](#) on your phone.

## ON-WATER SAFETY

The OC has arranged for safety boats to be on water for all training and racing sessions.

Notes:

- a. PARA ATHLETES:** Para athletes may require additional rescue/safety services during training. Para coaches/athletes please contact the OC in the Regatta Office to ensure adequate coverage is arranged.
- b. PRE-TRAINING:** Training is possible on Quamichan if you arrive early - under strict conditions. All visitors must sign out a coach boat and provide a coach to go out on the water with your crews.

**Note: Safety is your own responsibility during this period. The OC will not be monitoring the water until Wednesday, September 27 at 12:00PM PT.  
Email Jon Rose ([jrose@rowingcanada.org](mailto:jrose@rowingcanada.org)) to arrange a boat.**

## **TRAFFIC PATTERNS**

Updated maps of the traffic patterns for training, Time Trials, and 2000m racing will be loaded on RegattaCentral and also displayed at the venue.

Local crews, please note the changes to regular club rowing traffic patterns. Athletes and coaches should carefully review the maps before arrival.

Infringements of the traffic pattern(s) may incur an official warning, yellow card, or red card (exclusion from the event).

## **CREW DEADLINES / SCRATCH DEADLINES**

As per RCA Rule 7.6, crew changes after the close of entries and before the first heat may be made in writing at the Regatta Office (in Duncan Lodge located upstairs), up to 1 hour before the first heat of the event (other than medical substitutions). See Rule 7.7 for rules related to changes after the first heat. A fee of \$50 will be charged for each scratching and 'no show' crews.

**Note:** Medical substitutions require a medical certificate to be lodged with the regatta office in order to waive the scratching fee.

### **International / Canadian composite crews:**

Several Canadian athletes nominating for National selection but studying in the USA have been allowed to race a pair with an international pair partner (also studying at the same university/club). These composite crews will not be eligible for a Canadian National Rowing Championship medal, and the next ranked Canadian crew will be elevated on the final medal table. The international athlete will not be eligible for Canadian National selection.

## **ATHLETE INFORMATION**

### **CONTROL COMMISSION**

The Control Commission will be open during racing hours only. All boats must access the launch pontoon and water via the Control Commission checkpoint, where officials will check various safety requirements (including legal bow balls, quick release footstretchers, heel ties, athletes ID, etc.).

### **ID REQUIREMENTS**

Please note that photo ID is mandatory for athlete weigh-ins and dock access during racing. Acceptable ID will be any government issued document with a photo and date of birth - This can be a passport, driver's licence, provincial ID card, or provincial health card (provided it has a picture). If an athlete does not have any of these, the Chief Umpire has confirmed the use of a high school ID with picture in combination with a birth certificate will be accepted.

Photos of ID on electronic devices or a clear photocopy of a passport will be acceptable.

## LIGHTWEIGHT WEIGH-IN

For NRC regatta lightweight events, no lightweight rower may weigh more than 72.5kgs (men) or 59kg (women). A test scale will be available in the weigh-in tent starting at 12:00pm on Wednesday, September 27, 2022. 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, each day of the competition. Weigh-ins will take place in a designated area, the covered structure adjacent to the Lodge building (see site map for details).

## MEDALS

Medals will be awarded to first, second and third placed athletes and crews in the 'A' Final of each event. All awards will be presented after the completion of all 'A' finals, on land near the boating area.

All Gold medallists will also receive a pair of Oakley sunglasses.

## PROVINCIAL POINTS SYSTEM (NRCs)

Points Distribution for events with more than 10 entries:

Points will be awarded to the top 10 placing crews on a sliding scale. Points will only be awarded to athletes representing their provincial team.

<b>Single</b>	<b>Pair</b>
1st Place - 10 points	1st Place - 20 points
2nd place - 9 points	2nd place - 18 points
3rd place - 8 points	3rd place - 16 points
4th place - 7 points	4th place - 14 points
5th place - 6 points	5th place - 12 points
6th place - 5 points	6th place - 10 points
7th place - 4 points	7th place - 8 points
8th place - 3 points	8th place - 6 points
9th place - 2 points	9th place - 4 points
10th place - 1 point	10th place - 2 points

Points for composite pairs to be split equally to the provinces making the entry.

### **Points Distribution for events with less than 10 entries:**

In events with less than 10 competitors, the points will be awarded from the “bottom up” vs the “top down”. Points are awarded based on an athlete’s placing and distributed relative to the overall depth of an event. For example, if there were 8 competitors, the winning boat would earn 7 points for their province, second place 6 points, third place 5 points, and so forth.

### **Case of Athlete Winning Their Own Restricted Event and Open Category Event:**

An athlete can earn points only in the event in which they are entered. For example, if entered the BW1x and win the W1x, then points are awarded only for the BW1x event.

If an athlete/crew wins an event above their entered category, then the second place finisher in the event earns 9 points and the third place finisher earns 8 points and so on down.

### **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.

### **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](mailto: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](mailto:rwolff@rowingcanada.org)

2023 NRCs High Performance related - **Adam Parfitt:** [aparfitt@rowingcanada.org](mailto:aparfitt@rowingcanada.org)