



## 2024 RCA National BEACH SPRINT Selection Trial REGATTA Technical Guidelines

These Technical Guidelines outline the competitor eligibility requirements, type of events, progression format and infrastructure for an RCA National Beach Sprint Selection Trial Regatta. This document is intended to establish a baseline of hosting expectations for the Local Organizing Committee (LOC) established with RCA through the Hosting and Application Guidelines document to ensure a high-quality participant experience.

The RCA Rules of Racing shall apply for the organization and operation of the RCA National Selection Trial Regatta. Where required, *World Rowing Beach Rowing Sprint Regulations* (see *World Rowing Rule Book Appendix R19 – Beach Sprint Rowing Regulations pg. 337*) shall be used, in which case an exception to the RCA Rules of Racing must be requested during the Sanction Application. All athletes, boat handlers, managers, coaches, and LOC members are to be familiar with the RCA and World Rowing Rules of Racing.

Beach Sprint is a head-to-head elimination style of racing, with a short sprint along the beach, a 250m row, and a 180-degree turn before rowing back to the beach and sprinting to the finish line. Competitions are structured such that athletes who progress further are required to race multiple times within a short time window. This discipline of rowing tests power and strength, as well as coastal navigation skills and performance under fatigue.

Beach Sprint is fast and exciting, which the atmosphere of the event should reflect. Upbeat music played throughout the event keeps athletes energized and entices spectators to join the event. In conjunction with the music, a designated announcer provides play-by-play commentary of the races and provides background information on the discipline and each of the competitors in the head-to-head races.

### 1. RCA National Beach Sprint Selection Trial Regatta Purpose

- 1.1. The RCA National Beach Sprint Selection Trial Regatta Purpose is to select the individuals representing Canada at the 2024 World Rowing Beach Sprint Finals, to be held in Genoa, Italy.

### 2. RCA National Selection Trial Regatta Objectives

- 2.1. The RCA National Beach Sprint Selection Trial Regatta should be run over 2 days with both days set aside for competition.
- 2.2. The Selection Trial must provide a high-performance environment that largely models a World Rowing (WR) competition.

- 2.3. The beach environment, water, and climate must replicate that of the upcoming World Rowing Beach Sprint Championships (or other international events being selected for).
- 2.4. The RCA National Beach Sprint Selection Trial Regatta LOC should have the ability and interest in partnering with RCA and any other technical expertise (e.g. Canadian Sports Institute) to deliver a multi-day camp in advance of the regatta. The goals of this camp should include athlete training, athlete testing and technical development for coaches, athletes, and boat handlers.

### **3. Event Bulletin & Photography**

- 3.1. The LOC shall prepare a Bulletin outlining key details for athletes, coaches, and teams.
- 3.2. The Bulletin should be released at least one month prior to the competition date.
- 3.3. The LOC shall arrange for a photographer to capture the event, unless otherwise specified by RCA.

### **4. Right of Entry**

- 4.1. The RCA National Beach Sprint Selection Trial Regatta shall only be open to entries from RCA Member Clubs (Club).
- 4.2. All Athletes, Boat Handlers 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 RCA National Beach Sprint Selection Trial Regatta.
- 4.3. Composite crews are allowed in the double (2x) events. Each double (2x) may be made up of any combination of athletes representing any Club.
- 4.4. Athletes shall row in their respective Club colours, including when competing in composite boats. The Club will supply athletes with the appropriately coloured uniform for all races and may choose to provide oars.
- 4.5. There shall be no limit on the number of athletes per Club, nor the number of entries a Club can make in any one event.
- 4.6. There shall be no minimum or maximum age to compete.
- 4.7. RCA Member Clubs or the athlete themselves, shall pay their respective entry fees. In the event of composite crews, one Club or individual shall pay the entire entry fee, with the other party responsible for reimbursing their portion of the entry fee to the other party.
- 4.8. Entries shall be made online via RegattaCentral.
- 4.9. Entries from RCA Member Clubs or Individuals shall be open until 10 days before the event. Late entries shall be accepted after this date for a set fee until 12 noon the Wednesday before the event.
- 4.10. The National Selection Trial is an open event, however athletes wishing to be considered for selection should have competed in at least one Local Event in advance of the National Selection Trial. Additional selection related requirements will be outlined in the Beach Sprint Selection Document.

### **5. Boat Handlers**

- 5.1. Each crew is supported by two (2) boat handlers. They are an important part of a team and should be at training sessions and be trained and incorporated to all elements of the competition. Boat handlers are there to support the boat, responsible for checking and preparing the boat after lane selection, ensuring it is in control as the athlete enters and departs, and removing it

from the water immediately. While it is not a World Rowing requirement, boat handlers may also be tasked with steering the crew and guiding the runner at the finish. Boat handlers should be familiar with beach features (like rips, dumping waves, local wildlife and how to call for help), know how to lift the boat safely and have done the swim test, as per their club requirements. If they are not confident swimmers, they should wear a PFD.

## 6. Events

6.1. At a minimum, the National Beach Sprint Selection Trial Regatta events shall be:

OPEN	UNDER 19	ADAPTIVE/PARA
CW1x	CJW1x	Inclusion Mixed 2x*
CM1x	CJM1x	
CMix2x	CJW2x	
	CJM2x	
	CJMix2x	

\*Local Organizing Committees are encouraged to offer an Inclusion Mixed 2x event. The event will consist of one Adaptive/Para classified rower (not fixed seat, so PR3 or ID) plus one able-body rower. The Adaptive/Para rower could be seated in the boat prior to the start of the race and therefore not need to jump in quickly. The gender of the Adaptive/Para athlete is not prescribed as long as one athlete in the boat is male and the other is female.

6.2. Additional Beach Sprint events at Local Organizing Committee's discretion include:

OPEN	UNDER 19
CW2x	CJW4x+
CM2x	CJM4x+
CW4x+	CJMix4x+
CM4x+	
CMix4x+	

## 7. Racing Information

- 7.1. Following the close of entries, the progression model will be confirmed for each event. In general, the World Rowing model of Beach Sprint Progression will be used for the appropriate number of entries in the respective event.
- 7.2. The draw shall be available on RegattaCentral 48hrs before the first race.
- 7.3. It is expected that an onsite progression board be posted in a central, accessible location at the competition venue, with race results being posted as soon as verified official.

## 8. Meetings

- 8.1. A preliminary coaches and participants meeting will be held the evening before racing begins.
- 8.2. A mandatory coach/participant meeting will be held 2 hours before the start of the first race. This meeting will outline current weather/tide/wind conditions and race information.

## 9. Equipment

- 9.1. The solo racing shells should be from the same manufacturer and be of similar standard and age. The doubles should be from the same manufacturer and be of similar standard and age.
- 9.2. Ideally, a Selection Trial should have 6 Solo boats and 4 Double scull boats, but a minimum of 4 of each is sufficient to run the Selection Trial.
- 9.3. Oars can be provided by the LOC or by the athletes and/or clubs. The span/spread of each boat shall be fixed for the duration of the event and will be specified by the LOC (or by RCA if part of the selection process).

## 10. Medals

- 10.1. 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. The LOC may also provide an item of appreciation to the first through third finishes.

## 11. Venue Infrastructure Requirements – minimum provisions

- 11.1. The Beach Sprint course must be made up of two sections: a land section and a water section with conditions that mimic the upcoming international event(s) athletes are being selected for.
  - 11.1.1 The land section consists of an approximately 50m path on the beach to the waters' edge.
  - 11.1.2 The water section of the course will be laid out with two lanes, a red lane and a yellow lane, 25 meters apart. Each lane will be 250 meters long with three buoys (set at approximately 85m + 85m +80m). Crews will slalom out around the buoys and row straight back to the beach. The designated runner will then jump out of the boat and run up to 50m through the finish line and grab the flag/grab a stick/press a button/run through a ribbon etc. to complete the race. Note: The course will reflect *Option 2*, the "Slalom out / Straight back" model (see *World Rowing Rule Book Appendix R19 – Race Format - Regulation 10.d.i.2 pg. 340* and *Annex B - Option 2 pg. 342*)
- 11.2. A course consisting of three individually dropped buoys per lane, one lane shall be red and the other yellow. For safety and visibility purposes, the buoys used to mark the turning points should be inflatable or other soft-surface type which will not cause damage to boats and equipment and shall each be approximately 150 cm high. The first two buoys from the beach in each lane shall be approximately 30 cm diameter and the farthest turning buoy shall be between 50 cm and 100 cm diameter. The 3 buoys in one lane shall each be the same colour.
- 11.3. A regatta timing system (including staffing with volunteers) that provides elapsed race times, and finish times shall be provided.
- 11.4. **2 safety motor-boat** and drivers to provide a safe 'patrolled area' approximately 350 meters from the shore and 350 meters wide within which the course will be laid out. Generally, one boat is sufficient for low traffic areas. Events in higher traffic areas shall consult the Chief Umpire to determine if additional boats are required.
- 11.5. The number and type of safety boats shall be appropriate for each venue's water/wind/weather conditions.

- 11.6. Appropriate motor-boat (and driver) for **Umpires** to officiate the event. Generally, one boat is sufficient, however the LOC shall consult the Chief Umpire to determine if additional boats are required.
- 11.7. A basic **First Aid service** is on-site throughout the event (and training hours) to render emergency first responder assistance - including liaising with the appropriate local authorities (police/coast guard/hospitals etc.) to ensure they are informed regarding the event and to gather the best local knowledge regarding the event locale.
- 11.8. A mobile **amplification system** is available throughout the event (racing and training) for the playing of music and making announcements. In order to mimic a World Rowing Beach Sprint Championship, music should be played through the entirety of the competition and play by play announcing of the action is encouraged. Ideally two speakers with stands are available.
- 11.9. Up to 10 radios - able to be used on site throughout the event.
- 11.10. The LOC shall provide adequate shelter for athletes and officials. These ideally include tents for athletes, umpires, volunteers, and medical with adequate number of tables/chairs.
- 11.11. A blow-up archway to indicate the start/finish of the race.
- 11.12. Designated space for RCA personnel and RCA merchandise tent.
- 11.13. If the venue is remote from public washrooms, or sporting club facilities and services, a minimum of 3 portable toilets shall be provided.
- 11.14. The course shall have 4-6 ergometers to provide adequate warm-up and cool-down for athletes.