

# **RCA National Beach Sprint Selection Trials**

**July 19, 20 and 21, 2024**

**Rissers Beach, Lunenburg County, Nova Scotia**



## **Welcome**

Row Nova Scotia (RNS) is delighted to collaborate with Rowing Canada Aviron (RCA) to host the 2024 RCA National Beach Sprint Selection Trial. In July, athletes from all over Canada will come together at Rissers Beach to compete for a place to represent Canada at the [World Rowing Beach Sprint Championships](#), held September 13-15 in Genoa, Italy. Row Nova Scotia is confident that this event will serve as a showcase for the stunning Nova Scotia beaches and provide athletes with an authentic coastal racing experience.

Row Nova Scotia would like to extend its best wishes to all the athletes and coaches and encourage everyone to explore our wonderful province.

## Events

Open	Men's Coastal Solo	CM1X
	Women's Coastal Solo	CW1X
	Mixed Coastal Double Scull	CMIX 2X
	Inclusion Mixed Coastal Double Scull	CIMIX 2X
Junior	Men's Coastal Solo	CJM1X
	Women's Coastal Solo	CJW1X
	Mixed Coastal Double Scull	CJ Mix 2X

## Preliminary Race schedule

Friday 19th of July	Saturday 20th of July	Sunday, 21st of July
	Coaches Meeting: 6am or 2hr before the first race of the day	Coaches Meeting: 6am or 2hr before the first race of the day
	Morning Sessions of Racing 8am to 11:30am	Morning Sessions of Racing 8am to 11:30am
Training from 1pm to 5:30pm	Afternoon Session of Racing 12:30pm to 5:30pm	Afternoon Session of Racing 12:30pm to 5:30pm
Coaches and Athletes Meeting 6pm - Venue TBD		

## Order of Events

Saturday	Sunday
Open Men's Coastal Solo	Junior Men's Coastal Solo
Open Women's Coastal Solo	Junior Women's Coastal Solo
Junior Mixed double Scull	Open Mixed Coastal Double Scull
	Inclusion Mixed Coastal Double Scull

Order of Event is subject to change based on the number of entries received.

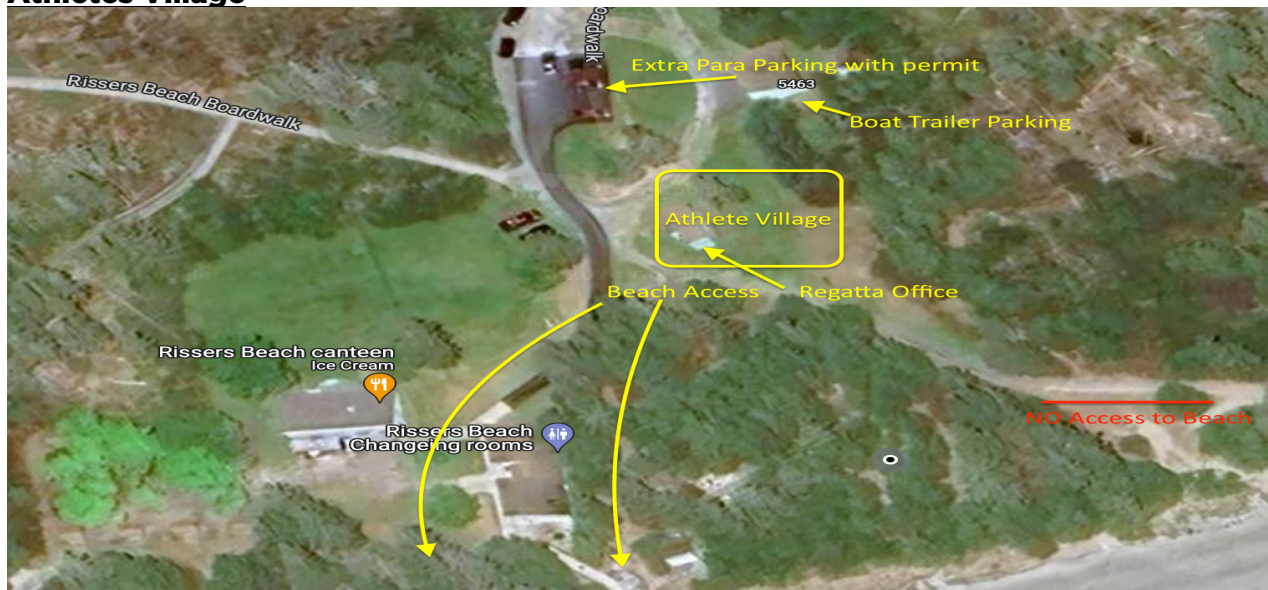
## Venue

Rissers Beach , Nova Scotia  
5366 Hwy 331, Lunenburg County, NS B4V 6P2

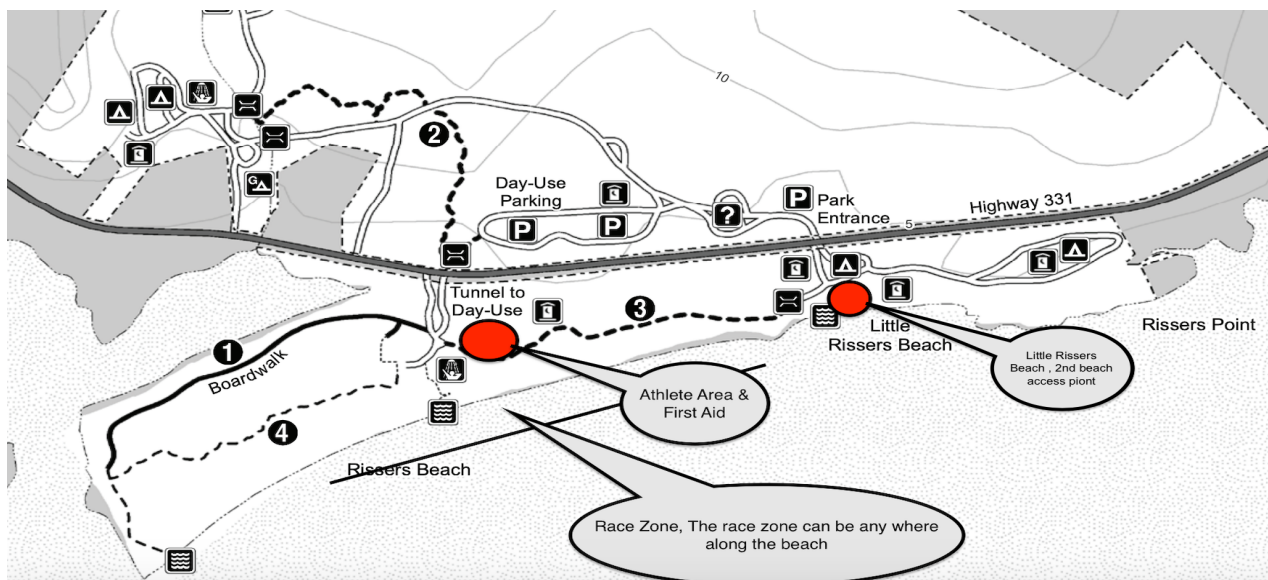
Rissers Beach is situated just 1 hour and 30 minutes south of Halifax on the stunning south shore. The venue provides complimentary parking, an on-site canteen, and washrooms with showers. Additionally, within the park there are numerous camping options available.

The event will feature an athlete's village where you will discover the warm-up and cool-down area and the athletes' chill zone. The village is just a short walk to the race zone, parking, and canteen. Family and friends are encouraged to set up for the day anywhere within the park area.

## Athletes Village



## Venue overview



## Rules of Racing

The 2024 RCA National Beach Sprint Selection Trial will be conducted under the RCA Rules of Racing.

The following exemptions are in place to accommodate the 2024 World Rowing Rules of Racing By-Law changes:

1. Boat handlers: once the runner has exited the water, boat handlers shall not guide or run with the crew member to the finish line.
2. Runners: For 2x events, excluding para events, the runners at the start and the finish must be two different runners.

## Right of Entry

The Right of Entry outlines an athlete's requirements in order to compete in the trials.

- All athletes, coaches and support staff are to be in good standing with their PRA's and with RCA prior to the close of entries. Any athletes, coach or support staff not in good standing can be removed from the event.
- The RCA National Selection Trial shall be open to entries from PRAs and or RCA Member Clubs (Club). Competitors should have a valid Canadian passport, or a Canadian birth certificate, or hold permanent residents status.
- 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. [UCCMS Consent Form - English](#)
- [Consentement Complet CCUMS - French](#)
- Composite crews are allowed in the doubles (2x) events. Each double (2x) may be made up of any combination of athletes representing any combination of PRA or Club.
- PRAs and Clubs shall pay their respective entry fees. In the event of composite entries in the doubles (2X) events, fees are payable at the time of entry.
- 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 for all races.
- 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.
- Any athlete that identifies as meeting the Para Rowing (PR) classification is allowed to submit an entry in the inclusion Mix Double.
- PR3 athletes will race in the appropriate able-bodied events and subsequent progression at the Trials. 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.

- Equipment will be supplied by the LOC and be of equal standard and quantity within each race.

## **Equipment**

Row Nova Scotia is pleased to announce its partnership with Hudson Boat Works and Lite Boats to provide boats for this event. Oars will be provided by the Organizing Committee.

## **Boat Handlers**

All clubs and athletes are to arrange their own boat handlers. RNS can assist where possible.

Each boat is required to have two boat handlers per race.

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 into 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. 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.

## **Registration**

Registration will be completed online using Regatta Central. Registration will go live on June 20th, 2024.

- If you are new to Regatta Central you will need to create an account on Regatta Central (<https://www.regattacentral.com/signup>)
- Add your Club Affiliation and then contact support and ask to be an administrator for the club ([support@regattacentral.com](mailto:support@regattacentral.com))
- Add athletes to your club (names, RCA #'s, birthdays).
- Search for the Regatta you wish to enter and add your boats to the races.
- Add your crew lineups to the boats.
- Fees must be paid in advance of the regatta through Regatta Central.

The 2024 fee structure is \$4.00 RCA seat fee and \$1.15 Row NS seat fee per race event. This is being charged in addition to paying the trials registration.

All athletes participating in the trials are required to be registered with RCA and their PRA through an RCA Member Club. RCA membership numbers of all participants are required. Registration will be verified through RCA and participants who are not registered with RCA will not be allowed to participate. USRowing participants must include their registration number on the entry form as well. Any athlete wishing to participate who is not a current RCA Member may contact RowNS to make arrangements to race in the event

There is a registration fee for each event at the trials. Registration includes the use of Liteboat / Hudson coastal rowing shells and oars for racing.

Solo (1X)	\$65.00 + seat fees
Double 2X)	\$130.00 + seat fees

The registration deadline is midnight on Wednesday, July 10th, 2024. Late entries will not be accepted.

The preliminary draw will be released Monday, July 15, 2024, and the final draw will be released Thursday July 18, 2024.

Scratches received after the registration deadline on Wednesday, July 10, 2024 at midnight will forfeit entry fees unless there is a suitable medical excuse.

## Course

- The race course consists of two sections: a land section and a water section.
- The land section is an approximately 10 meters to 50 meters run on the beach to the water's edge from the start and finish line.
- The water section consists of two lanes, each lane being 250 meters long, with three buoys set at approximately 85 meter intervals.
- The race starts on the beach with a 10m to 50m run from the Start line to the boat by a designated runner. Crews will then race around the buoys in the water section and row straight back to the beach. After reaching the beach, a designated runner will run approximately 50m through the Finish line and grab the flag in the sand to complete the race.
- See Appendix 1 for course map.

## Medals

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.

## Penalties

A crew not correctly rounding any buoy on the course May be awarded a time penalty as follows:

1. Not correctly rounding the first or second buoy from the beach – 30 seconds each instance;
2. Not correctly rounding the third buoy from the beach – 60 seconds
3. A runner not passing on the correct side of the flag - 10 seconds.
4. Crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalized by the umpire.
5. Any crew that interferes with another crew receives an Interference Penalty. The Interference Penalty will be at the discretion of the Umpire as per the RCA Rules of Racing.

## **Progression System and Race Format**

The progression will be as listed on page 353 to 364 of the World Rowing Rule Book, See [here](#).

## **Accommodation & Transportation**

Accommodation and Transportation is the responsibility of the athletes and their coaches. Row Nova Scotia may be able to provide assistance where necessary.

Local Accommodations providers:

[Best Western Bridgewater](#)  
[Best Western Liverpool](#)  
[Tuna Blue Inn Hubbards](#)  
[Brigantine Inn & Suites in Lunenburg](#)  
[Kitch'Inn in Mahone Bay](#)  
[Quarterdeck Resort in Summerville Centre](#)  
[White Point Beach Resort](#)  
[Rissers Beach CampGround](#)

Airports:

Halifax, Nova Scotia  
Halifax Stanfield International Airport

For questions relating to registration, please contact Iain Carew at [icarew@sportnovascotia.ca](mailto:icarew@sportnovascotia.ca).

For questions related to event order, progression and entries please contact the Organizing Committee Chair Rob Richards at [technicaldirector@rowns.ca](mailto:technicaldirector@rowns.ca).

# Appendix 1: Course Map



## Annex 1 (Regulation 5) – Option 2

