



2024 RCA National Rowing Championships Regatta

Welland Recreational Waterway (South Course), ON
Friday, October 11 to Sunday, October 13

Bulletin No. 1

The Corporation of the City of Welland is looking forward to welcoming athletes, coaches, umpires and supporters to the Welland Recreational Canal for the 2024 Rowing Canada Aviron National Rowing Championships. This year's NRCs event will be held from Friday, October 11 through to Sunday, October 13. This includes a Medal & Awards Ceremony and Reception on Sunday evening following the conclusion of racing at the Welland International Flatwater Centre.

RIGHT OF ENTRY

An athlete entering the NRC Regatta 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 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 AAP athletes to affiliated PRAs a week prior to the NRC Regatta entry deadline.

Athletes, Coaches, and Umpires attending the NRC Regatta are required to complete a consent form with the Office of the Sport Integrity Commissioner of Abuse Free Sport.

2024 NRC REGATTA EVENTS

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 PR1 Women's Single Sculls PR1W1x PR2 Women's Single Sculls PR2W1x PR3 Women's Single Sculls PR3W1x 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 PR1 Men's Single Sculls PR1M1x PR2 Men's Single Sculls PR2M1x PR3 Men's Single Sculls PR3M1x Men's Pair M2- Under 23 Men's Pair BM2- Under 19 Men's Pair JM2- PR3 Men's Pair PR3M2-
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2024 GENERAL SCHEDULE

	Morning (AM)	Afternoon (PM)	Other Notes
Wednesday, October 9, 2024	Trailers permitted to arrive	Trailers permitted to arrive	
Thursday, October 10, 2024		Venue Open for Training (12:00 EST to 16:00 EST)	a) Water closes for training at 16:30 EST (all boats off the water).
Friday, October 11, 2024	Venue Open for Training (8:15 EST to 10:30 EST) Coaches' Meeting (11:00 EST to 11:30 EST)	NRC Time Trials	a) Racing hours to be advised b) Other meetings to be advised
Saturday, October 12, 2024	Venue Open for Training (7:15 EST to 8:15 EST) NRC Quarter Finals	NRC Semi Finals	a) Racing hours to be advised b) Other meetings to be advised
Sunday, October 13, 2024	Venue Open for Training (7:15 EST-8:15 EST) NRC Finals	NRC Finals Venue Teardown RCA Medal Ceremony and Awards Ceremony & Reception	a) Racing hours to be advised b) RCA Medal Ceremony and Awards Ceremony & Reception timing and venue to be advised
Monday, October 14, 2024	Trailers must depart by 11:00EST 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 \$180 per person, per event, plus applicable taxes. This includes entry fee and a ticket to the RCA Awards Ceremony & Reception to be held once racing concludes on Sunday, October 13. The RCA and Row Ontario 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/?job_id=9180

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: By August 30, 2024
Entries close: September 26, 2024 (23:00 EST)

Managers and coaches should contact their PRA for internal selection deadlines. A preliminary draw for the NRC regatta will be posted October 4.

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 2024 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 Sunday, October 13.

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 2024 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:

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

FOOD and ACCOMMODATION and TRANSPORT

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

The regatta will feature food vendors and apparel vendors, more details will be included in Bulletin 2 and will be featured on the *RegattaCentral* page. Preferred rates have been secured at two local hotels:

The Best Western Rose City Suites
300 Prince Charles Drive South, Welland, Ontario, L3C 7B3
1-800-387-8186

Available rooms include:

- 1 King bed and sofa bed with kitchenette
 - Wednesday and Thursday \$199 per night
 - Friday and Saturday \$229 per night
- 1 Queen and kitchen
 - Wednesday and Thursday \$199 per night
 - Friday and Saturday \$229 per night
- 1 Queen bed and sofa bed with kitchenette
 - Wednesday and Thursday \$189 per night
 - Friday and Saturday \$219 per night

Amenities Included:

- Free WiFi
- Complimentary Hot Buffet Breakfast
 - Weekdays 6 am to 9:30 am
 - Weekends 6:30 am to 10 am
- Complimentary use of fitness centre

Rates available until September 25, 2024

Holiday Inn Express and Suites
224 Power Drive, Welland, Ontario, L3B 5N4
905-735-9999

[Online Reservations](#)

Available Room:

- 2 Queen Standard
 - Wednesday night \$160
 - Thursday night \$170
 - Friday night \$200
 - Saturday night \$210

Amenities Included:

- Complimentary Breakfast
 - Weekdays 6 am to 9:30 am
 - Weekends 7 am to 10 am

Rates available until September 8, 2024

RCA MEDAL CEREMONY AND AWARDS CEREMONY & RECEPTION

RCA will host the Medal Ceremony and Awards Ceremony & Reception once racing commences on Sunday, October 13. The Medal Ceremony is open to all coaches, athletes, umpires, and supporters, and will be followed by a ticketed Awards Ceremony & Reception that includes light refreshments and drinks. All umpires and registered athletes will receive a complimentary ticket to the Awards Ceremony & Reception, tickets for all other attendees are \$50 at the door. The venue and timings will be announced closer to the event in Bulletin 2.

NRC MERCHANDISE

RCA will have a pre-order available for signature Rowing Canada Aviron merchandise, which will be available for pick-up on site at the regatta in addition to being available for purchase on site. Pre-ordering is encouraged to ensure you get the exact item and sizing you want.

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 Canadian 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:

2024 Event Information, Erin Carl: erin.carl@welland.ca

Rowing Canada Aviron contact, Rachel Wolff: rwolff@rowingcanada.org

High Performance related, Adam Parfitt: aparfitt@rowingcanada.org

