



**2024 RCA National Rowing Championships Regatta**  
Welland Recreational Waterway (South Course), ON  
Friday, October 11 to Sunday, October 13

## **Bulletin No. 3**

### **NEW INFORMATION**

With safety as the first consideration, every effort will be made for crews to finish their race, even if they receive assistance after capsizing.

For time trial and sprint racing, if there is an equipment failure such that a crew cannot finish their race, they will be relegated as per the exception granted through the Sanction process (see Bulletin 2).

### **REGATTA INFORMATION**

This will be the final Bulletin; additional information will be shared through WhatsApp (see: [RCA 2024 NRC Chat](#)) and published to the RegattaCentral event page: [https://www.regattacentral.com/regatta/?job\\_id=9180](https://www.regattacentral.com/regatta/?job_id=9180).

[Bulletin 1](#)

[Bulletin 2](#)

### **SAFE SPORT REQUIREMENTS**

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 *by Tuesday October, 8<sup>th</sup>, 2024*.

Anyone under the age of 19 requires a parent/guardian to sign on their behalf. The parent/guardian similarly must be 19 or over.

Participants including coaches, athletes, umpires who signed the new [Abuse Free Sport Consent Form](#) distributed by RCA in May 2024, do not need to sign again.

The platform can be accessed here: <https://sportconsent.ca/login>

There is a module that you must complete before you can sign. The consent form is contained within the module. The modules contain some helpful explanations for some of the legalese that is included in the consent form.

It may take you between 15-30 minutes to complete this depending on how often you pause or choose to do the additional reading/listening that is available in the module.

If you have any questions, please reach out to Abuse-Free Sport. They have provided the following contact information for questions you may have:

- For any question regarding the content of the consent form, please reach out to: [info@osic-bcis.ca](mailto:info@osic-bcis.ca)
- For any technical difficulty with the Platform, please reach out to: [support.respectgroupinc.com](mailto:support.respectgroupinc.com)

## TRAILER PARKING

Please contact Claire Crawford at [claire.crawford@welland.ca](mailto:claire.crawford@welland.ca) with your estimated arrival date and time by Tuesday, October 8 at 16:00 EST.

All drivers are asked to check the Trailer Parking Site Map posted to RegattaCentral.

## 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). Additional details on Acceptable ID may be found in Bulletin 2.

Photos of ID on electronic devices will *not be* accepted.

## BOAT DRIVERS DURING TRAINING PERIODS

Practice times will be subject to availability of coaches to drive safety boats. Safety boat drivers must be provided by the club and have a valid Pleasure Craft Operators License, as shown at the time of signing up. Safety boat drivers and crews must sign in at the Regatta Office before launching for practice.

Any athletes or crews practicing without a designated safety boat will be issued a yellow card when they check into Control Commission for their first event.

The course will only be open for practice if weather and water conditions permit, at the discretion of the Regatta Chair and Chief Umpire.

## RCA ATHLETE AWARDS CEREMONY & RECEPTION

Reminder: Anyone with food allergies or dietary restrictions should email Rachel Wolff ([rwolff@rowingcanada.org](mailto:rwolff@rowingcanada.org)) by Thursday, October 10 at 23:00 EST.

All RCA Athlete Awards Ceremony & Reception information is included in Bulletin 2.

## 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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## GENERAL INFORMATION

### 2024 GENERAL SCHEDULE

	Morning (AM)	Afternoon (PM)	Other Notes
Wednesday, October 9, 2024	Trailers permitted to arrive	Trailers permitted to arrive	Contact Claire Crawford with arrival details
Thursday, October 10, 2024		Venue Open for Training (12:00 EST to 16:00 EST)  Coaches' Meeting (19:00 EST to 19:30 EST) at the Welland International Flatwater Centre	a) Coaches must sign out safety boats from training  b) 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)	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  c) Racing will be livestreamed

Sunday, October 13, 2024	Venue Open for Training (7:15 EST-8:15 EST)  NRC Finals	NRC Finals  Venue Teardown  RCA Medal Ceremony (approximately 1 hour after the final race)  Awards Ceremony & Reception (following Medal Ceremony)	a) Racing hours to be advised  b) Racing will be livestreamed  c) RCA Medal Ceremony and Awards Ceremony & Reception at the Welland International Flatwater Centre (North Course & Building)
Monday, October 14, 2024	Trailers must depart by 11:00EST  Venue Teardown	Venue Teardown	

## 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: [2024 RCA National Rowing Championships](#)

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

## FAIRNESS COMMITTEE

The 2024 RCA National Rowing Championship Fairness Committee will consist of:

- Regatta Chair - Judy Sutcliffe
- Safety Officer - Nicole Pilote
- Chief Umpire - Tom Blacquiére
- RCA Technical Representative - Adam Parfitt
- Coach Representative - Dane Lawson

Per the RCA Rules of Racing, "It is the duty of the Fairness Committee to determine if the weather has created, or is about to create, unfair or unrowable conditions."

## **NRC MARKET**

Vendors will be setup in two locations - Boathouse and Finish Tower.

Vendors at the Boathouse:

**Fireside Drive** – Pulled pork and other hearty BBQ meals

(<https://www.instagram.com/firesidedrive>)

**Craig's Cookies** – Delicious homemade cookies (<https://craigscokies.com/>)

**Popeye's Supplements Welland** – (<https://www.popeyescanada.com/>)

Vendors at the Finish Tower:

**Black Sheep Coffee Roasters** – Coffee (<https://blacksheepniagara.com/>)

**Lemayzzz Meats** – BBQ items (<https://www.lemayzzzmeats.com>)

**Beyond Doughnuts** – Nut-free “cloud-like” donuts (<https://www.beyonddonuts.ca>)

**Marble Slab** – Ice Cream and Mini Donuts (<https://www.marbleslab.ca/>)

The Organizing Committee has also arranged for Registered Massage Therapists to be onsite from Friday to Sunday at the Boathouse (exact times will be listed on the *RegattaCentral* page). The massages are provided by therapists from the Canadian Sport Massage Therapists Association.

## **MEDAL CEREMONY**

See Bulletin 2 for information on the Medal Ceremony.

## **RCA ATHLETE AWARDS CEREMONY & RECEPTION**

See Bulletin 2 for information about the RCA Athlete Awards Ceremony & Reception.

## **REGATTA SCHEDULE AND TIME TRIAL DRAW**

The provisional schedule will be available on *RegattaCentral* in the evening on Wednesday, October 2, 2024. The start list for the Time Trials will be available in the afternoon of Thursday, October 3, 2024.

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 South Niagara Rowing Club Portable. Please bookmark the *RegattaCentral* website on your phone.

## **CREW DEADLINES/SCRATCH DEADLINES**

See Bulletin 2 for information on Crew and Scratch Deadlines.

## LIVE STREAM

Niagara College will be providing a livestream of racing on Saturday, October 12 and Sunday, October 13. This includes the NRC Quarter Finals, Semi-Finals, and Finals for every race category. The link will be published on RegattaCentral.

## 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 umpires will check various safety requirements (including bow balls, quick release shoes, heel ties, athletes' ID, etc.).

### WEIGH-INS IN WEIGHT RESTRICTED EVENTS

See Bulletin 2 for Weigh-In information.

### SPONSORS

The Organizing Committee would like to recognize the donors and sponsors of the 2024 RCA National Rowing Championships.

Rowing Canada Aviron	Hornby Organic
City of Welland	Oakley
Province of Ontario	Enterprise
Valbruna ASW	AG Concrete
Rankin Construction	CAA
MT Bellies	Circle P Paving
Best Western Rose City Suites	Mr. Mikes
HOPA Ports (Hamilton Oshawa Port Authority)	D'Angelo Printing

### CONTACT INFORMATION

If you have further questions about the regatta, please contact:  
2024 Event Information, **Erin Carl**: [erin.carl@welland.ca](mailto:erin.carl@welland.ca)  
Rowing Canada Aviron contact, **Rachel Wolff**: [rwolff@rowingcanada.org](mailto:rwolff@rowingcanada.org)  
High Performance related, **Adam Parfitt**: [aparfitt@rowingcanada.org](mailto:aparfitt@rowingcanada.org)