



RBC RCA National Rowing Championships

Welland International Flatwater Centre – South Course

November 11 – 13, 2011

Bulletin No. 1

VENUE

The Canadian National Rowing Championships are being held at the Welland International Flatwater Centre on the South Course, from Friday November 11th to Sunday November 13th, 2011. The WIFC is an Albano buoyed 2000 m race course with constant 9 meter depth across all lanes, an international standard timing tower with Finish Lynx system including interval timing capability and is well protected from the prevailing winds by the natural berm created from the over dig of the Old Welland Canal.



RACING DISTANCE

The racing distance on the South Course of the Welland International Flatwater Centre is 2000 metres for the able bodied events and 1000 metres for the Adaptive events. The course has six fully buoyed racing lanes.

RIGHT OF ENTRY

The NRC shall be open **only** to entries received from RCA member provincial rowing associations. Athletes training at the national team training centres shall enter the NRC under the colours of their respective provincial rowing association. NTC athletes are required to contact their respective Provincial Rowing Association for that province's entry process.

The provincial rowing associations shall pay the entry fees to the regatta organizing committee for all of the athletes wearing the colours of their provincial association, including the national training centre athletes rowing for their respective province.

Each provincial rowing association will determine the applicable athlete assessment fees to facilitate entry into the National Rowing Championships. The province will supply the provincial uniform to each athlete rowing for it. RCA High Performance shall provide a predetermined stipend for the carded athletes located at the national training centres who compete at the NRC.

Athletes shall row in their provincial colours, including when competing in composite boats.

Composite crews may be made up of any combination of athletes representing any combination of provinces, without restriction. Composite entries of national training centre based athletes for the pairs events shall be made at the discretion of the national training centre coaches.





There shall be no limit on the number of athletes a province enters in the regatta, nor the numbers of entries a province could make in any one event. Competitors however, will be limited to compete in one event per day.

Athletes must meet their province's minimum performance criteria to be entered into the event.

All athletes must be registered members in good standing with their respective Provincial Rowing Association and Rowing Canada Aviron.

ENTRY FEE

For the 2011 NRC, the entry fee will be \$70.00 per competitor. That is to say, \$70.00 for a single entry and \$140.00 for a pair entry. Notwithstanding the foregoing, the entry fees for the Adaptive events shall be at the rate of \$50.00 per competitor. That is to say, \$50.00 for an ASW1x and ASM1x entry, \$100.00 for a TAMix2x entry and \$250.00 for an LTAMix4+ entry.

ENTRY PROCESS and ENTRY DEADLINE

Provincial entries for the 2011 NRC will be collected electronically via Regatta Central. All entries AND entry payments MUST be made through Regatta Central. Entries will be accepted from the Provincial Rowing Associations only. Each PRA is required to designate one representative to submit all entries for the NRC through the online system.

Entries for which payment has not been submitted by the entry deadline WILL NOT BE DRAWN.

Regatta Central online registration will open Monday October 17, 2011.

The deadline for submitting entries and entry fee payments is 11:59pm EDT, Monday October 31, 2011.

Late entries may be accepted only if they do not require the addition of another race. The late entry fee is double the respective entry fee above.

Late entries will only be accepted at the on-site regatta office between 12 noon and 3pm eastern time Thursday, November 10. Late entry fees can be paid by cash, debit, Mastercard or Visa at the time the late entry is accepted by the organizing committee in order to be drawn.

The scratch fee will be \$50.00. The name change fee will be \$5.00.

A provisional draw will be posted by Monday, November 7.

PROGRESSION SYSTEM and SEEDING PANEL

On Friday November 11, there will be heats if the number of entries warrants it. On Saturday, the repêchages and semi-finals will be held. On Sunday, the finals will be held.





To avoid having all the faster boats in an event being drawn into the same heat in the first round, a Seeding Panel, made up of representatives of the National Coaching staff, National Junior Team Leaders and the Inter-provincial Coaches Committee, shall seed the entries in the heats.

The 18 able-bodied events will be grouped as follows and they will be raced in heats, repêchages, semi-finals and finals within the groups as shown here:

Group 1	JW1x, BW1x, W1x	Group 5	JM2-, BM2-, M2-
Group 2	JW2-, BW2-, W2-	Group 6	BLM1x, LM1x
Group 3	BLW1x, LW1x	Group 7	BLM2-, LM2-
Group 4	JM1x, BM1x, M1x		

Entries within a group will be seeded (as above) for the heats and remain in the group throughout the heats, repêchages, semi-finals and finals and will be awarded medals based on the performance within the event and group. For example, if in Final A of Group 1 the 1st and 2nd place boats were W1x entries and the third place boat was a JW1x entry, that athlete in the third place boat would be declared the bronze medallist of the W1x and the gold medallist in the JW1x.

EVENTS

Races shall be held for the following able bodied boat classes: single sculls (1x), pair (2-). For Adaptive competition, the Leg, Trunk and Arms Mixed Cox Four (LTAMix4+) Trunk and Arms Mixed Double (TAMix2x) and the Arms and Shoulders only single sculls for men and women (ASM1x), (ASW1x) will be the types of events for the 2011 NRC. The RCA age categories of Senior, Under 23, and Junior will be utilized in the able bodied boat classes.

The 22 events at the National Rowing Championships will be:

Women Single Sculls	W1x	Men Single Sculls	M1x
Lightweight Women Single Sculls	LW1x	Lightweight Men Single Sculls	LM1x
Under 23 Women Single Sculls	BW1x	Under 23 Men Single Sculls	BM1x
Under 23 Lightweight Women Single Sculls	BLW1x	Under 23 Lightweight Men Single Sculls	BLM1x
Junior Women Single Sculls	JW1x	Junior Men Single Sculls	JM1x
Women Pair	W2-	Men Pair	M2-
Under 23 Women Pair	BW2-	Lightweight Men Pair	LM2-
Junior Women Pair	JW2-	Under 23 Men Pair	BM2-
		Under 23 Lightweight Men Pair	BLM2-
		Junior Men Pair	JM2-
Arms/Shoulders only Women Single Sculls	ASW1x	Trunk and Arms Mixed Double	TAMix2
Arms/Shoulders only Men Single Sculls	ASM1x	Leg, Trunk and Arms Mixed Coxed Four	LTAMix4+

As outlined above, there will be 22 categories of racing, including the four Adaptive events, and the non-Adaptive events will be raced as groups. The first, second and third place finishers in each category (within the group) will be eligible for gold, silver and bronze medals respectively.





The provisional order of events for the finals, on Sunday, November 13, 2011 is as follows:

Event Number	Time	Event / Groups
1	8:00 a.m.	ASW1x
2	8:10 a.m.	ASM1x
3	8:20 a.m.	TAMix2x
4	8:30 a.m.	LTAMix4+
		Grouped Events
Group 1, Final B	8:40 a.m.	JW1x, BW1x, W1x
Group 1, Final A	8:50 a.m.	JW1x, BW1x, W1x
Group 2, Final B	9:00 a.m.	JW2-, BW2-, W2-
Group 2, Final A	9:10 a.m.	JW2-, BW2-, W2-
Group 3, Final B	9:20 a.m.	JM1x, BM1x, M1x
Group 3, Final A	9:30 a.m.	JM1x, BM1x, M1x
Group 4, Final B	9:40 a.m.	JM2-, BM2-, M2-
Group 4, Final A	9:50 a.m.	JM2-, BM2-, M2-
Group 5, Final B	10:00 a.m.	BLW1x, LW1x
Group 5, Final A	10:10 a.m.	BLW1x, LW1x
Group 6, Final B	10:20 a.m.	BLM1x, LM1x
Group 6, Final A	10:30 a.m.	BLM1x, LM1x
Group 7, Final B	10:40 a.m.	BLM2-, LM2-
Group 7, Final A	10:50 a.m.	BLM2-, LM2-

Depending on the number of entries, quarter-finals, semi-finals and possibly some C, D, E, F, and G finals would be held on Saturday, November 12th, and heats and repêchages would be held on Friday, November 11th, in the same order as above.

The medal presentation ceremony will be held after the last race on Sunday.



ATHLETE WEIGHT and WEIGH-IN

The FISA maximum weight for a single sculler (male 72.5 kg, female 59 kg) shall be permitted in the lightweight single sculls events as well as in the lightweight pair oared events. The weigh-in protocol for rowers as described in the FISA Rules of Racing.

MEDALS

Medals will be awarded to the first place, second place and third place crews. Following common practice however, a crew must beat another crew to be awarded a medal.

EQUIPMENT

Please contact the following local clubs to inquire about availability and negotiate arrangements for any required equipment:



South Niagara Rowing Club
Mike Ionson
mionson@gmail.com



Notre Dame Rowing Club
Richard Tenden
rtenden@cogeco.ca



Brock University Rowing
Peter Somerwil
psomerwil@brocku.ca

If you are interested in assisting with the rental of equipment for the National Rowing Championships, please contact Erin Terreberry at eterreberry@canalcorp.ca to be in the next bulletin.

RCA PROVINCIAL PARTICIPATION SUPPORT FUNDING PROGRAMME

The programme will be in place for the 2011 NRC and will have the same pool of funds as it had in 2010, \$30,000.00. Information on the programme will be forwarded to the provincial rowing association by November 1, 2011.





ACCOMMODATIONS



Best Western Rose City Suites
300 Prince Charles Drive
Welland, Ontario, L3C 7B3
905-732-0922

OFFICIALS

The Best Western is minutes away from the Welland International Flatwater South Course.

Each Suite is equipped with a kitchenette and pull-out double sofa bed. The Best Western has suites with two double beds, queen bed and king beds suites. The pull-out sofa beds were purchased in 2007 and are in excellent condition as well as located within the separate living area of each Suite.

The total capacity for the Best Western Rose City Suites is 296 people; they do have 4 cots which would bring the total number to 300 people. First come, first serve.

Double Bed Suites \$120 per room, per night plus tax

There are 12 suites with 2 double beds, a double pull out sofa and kitchenette.

Each room holds a maximum of 6 people, a total of 72 people.

Based on full Occupancy; Room rate per person (based on 6 per room): \$20 per night plus tax

Queen Bed Suites \$100 per room, per night plus tax

There are 33 suites with 1 queen bed, a double pull out sofa and kitchenette.

There are 11 suites with 1 queen bed, a double pull out sofa and kitchenette with a full fridge.

Each room holds a maximum of 4 people, a total of 176 people.

Based on full Occupancy; Room rate per person (based on 4 per room): \$25 per night plus tax

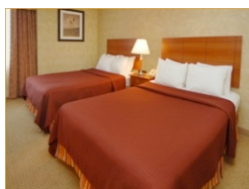
King Bed Suites \$100 per room, per night plus tax

There are 10 suites with 1 king bed, a double pull out sofa and kitchenette.

There are 2 suites with 1 king bed, a double pull out sofa and kitchenette with a full fridge.

Each room holds a maximum of 4 people, a total of 48 people.

Based on full Occupancy; Room rate per person (based on 4 per room): \$25 per night plus tax





RBC Royal Bank®



Comfort Inn Welland
870 Niagara Street
Welland, Ontario, L3C 1M3
905-732-4811

The Comfort Inn is a 10 minute drive from the Welland International Flatwater South Course and is within walking distance to restaurants and the Seaway Mall Shopping Centre.

The Comfort Inn has 51 rooms to accommodate your group and offers a continental breakfast each morning.

The total capacity for the Comfort Inn Welland is 204 people.

Double Bed Rooms

There are 41 rooms with 2 double beds.

Queen Bed Rooms

There are 10 rooms with 1 queen bed and 1 double pull out sofa.



CONTACT INFORMATION

Questions on the regatta should be sent to RCA's Domestic Development Officer Dave Derry, at dderry@rowingcanada.org, 905-682-1747 (office) or ROWONTARIO Executive Director Derek Ventnor, at dir@rowontario.ca, 416-426-7001.



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