



ROWING
CANADA
AVIRON



NATIONAL ROWING CHAMPIONSHIPS
and
CANADIAN UNIVERSITY ROWING CHAMPIONSHIPS
Welland, Ontario, November 1-4, 2007

BULLETIN NO. 3 - October 10, 2007

JUNIOR AGE CLARIFICATION

For the Junior events at the regatta, the RCA Rule of Racing 2.3 (2) applies. Athletes who were eligible to compete as a Junior in the summer of 2007 will be eligible to compete as a Junior at the NRC. An age limit lower than defined in 2.3 (2), will not be applied at the November 2007 NRC. Provincial rowing associations have the option of entering their Junior age athletes in the Junior events or the Senior events at the NRC. Athletes who want to be selected to a 2008 Junior National Team are not obligated to compete in the 2007 NRC but are encouraged to do so.

COMPOSITE CREWS CLARIFICATION

At the NRC, a composite entry is an entry in a pair oared event with athletes representing two provinces. In a change from what was written in Bulletin # 1, composite crews will be identified in the programme as such and each athlete may wear the uniform of his/her respective province in a composite crew. Provinces making composite entries must indicate on the one page MSWord entry form (sent with Bulletin # 2) that the entry is a composite crew and note which province each athlete is representing. Provinces partnering with another province for an entry must indicate on an e-mail to the RCA office that they are in agreement with the other partnering province. Payment of the entry fee for a composite crew can be made by one province or both. Either way, payment in full must be received at the RCA office by October 18, 2007.

NCAA ATHLETE ELIGIBILITY CLARIFICATION

Provinces with athletes who attend schools that are members of the NCAA and are in doubt if entering their athlete in the NRC would be contrary to NCAA rules are asked to have their athlete speak with their school's NCAA Compliance Officer for an interpretation of the NCAA rules. RCA regards the NRC as an

event requiring participation for prospective 2008 Olympic team Canadian rowers.

LIGHTWEIGHT CLARIFICATION

Female lightweight athletes and male lightweight athletes participating in either the NRC or CURC events will be permitted to weigh a maximum of 59 kg and 72.5 kg respectively, as per Rules of Racing 2.10. Please see “regatta timetable” below for weigh-in times.

PROGRESSION RULES CLARIFICATION FOR NRC EVENTS

Junior athletes in the NRC events will be regarded as a separate pool of athletes in the time trial and subsequent reps, semis and finals.

The number of reps, semis and finals (D and E) outlined in Bulletin #1 **may** be adjusted depending on the number of entries in the NRC events. Any changes will be noted in Bulletin #4.

CURC athletes wanting to compete in the NRC equivalent event and are eligible to do so are reminded that a CURC “NRC Candidate Form” must be completed and submitted to the CURC registrar by October 15, 2007.

TWO TYPES OF ENTRY FORMS / PAYMENT OF ENTRY FEES

An Excel spreadsheet entry form the NRC has been developed to facilitate the timely production of the regatta draw (enclosed). The spreadsheet is in addition to the MSWord form found with Bulletin # 2. Use of the spreadsheet is preferable. Note, the initial entry deadline of Thursday, October 18th 4:00 P.M. PDT remains regardless of the type of form used. Entry fees can be paid using VISA or Master Card. Please fax (250-361-4211) or telephone (1-877-722-4769 ext. 4) your VISA / MC number, expiry date and amount owing to the attention of RCA National Team Assistant Jarret Poitras, in the RCA Victoria, BC office.

PROVINCIAL SUBSIDY/ TRAILERING BOATS

A one page summary of how the \$30,000 RCA travel subsidy money will be allocated to each province that participates in the 2007 NRC is enclosed, as are the tables showing how the allocation will be calculated by RCA. The maximum team size supported by the subsidy is 16 athletes and one coach.

RCA national training centre boats will be shipped to Welland by a private shipper. Thus, the provinces are encouraged to organize trailer convoys heading from the east and west coasts to transport their boats to Welland.

REGATTA TIMETABLE

The following is the **provisional** timetable for the NRC-CURC regatta. The final times and race draw will be published after the October 25th final (late) entry deadline. Note, with the limited daylight hours, on-water training will not be possible some mornings. **Note as well that daylight saving time switches to standard time at 2:00 A.M. Sunday, November 4.**

As outlined in Bulletin # 1, the weigh-in times rules for the CURC and NRC are different. For the time trials, only the CURC rules will apply; on subsequent days the NRC and CURC rules will apply to the NRC and CURC events respectively. The scale opening times, below, are based on the provisional regatta schedule circulated with Bulletin # 1 and are subject to change depending on the number of entries drawn.

Tues. Oct. 30

- Afternoon / evening - boat trailers allowed on-site
- On-water training permitted but only through prior arrangement by team with the South Niagara R.C. and only if team provides its own rescue boat personnel.

Wed. Oct. 31

- 8:00 A.M. to 5:00 P.M. EDT – course open for training
- 5:00 P.M. course closes; **Meeting at course for all participants**
- 7:00 P.M. Regatta Jury meeting

Thurs. Nov. 1

- 7:00 to 8:00 A.M. – course open to training
- 7:50 to 9:00 A.M. – weigh scales open for **men's** NRC and CURC lightweight events
- 8:00 A.M. – course closes
- 8:10 to 9:20 A.M. – weigh scales open for **women's** NRC and CURC lightweight events
- 9:00 A.M. to 3:30 P.M. – time trials for NRC and CURC events
- 4:00 to 6:00 P.M. – course open for training

Fri. Nov. 2

- 7:17 to 8:17 A.M. – weigh scales open for CURC **men's** lightweight events
- 7:38 A.M. – scales open for NRC **LM2- rep # 1**
- 8:00 A.M. to 4:38 P.M. – NRC reps and CURC finals C/B/A
- 8:34 to 9:34 A.M. – scales open for CURC **women's** lightweight events
- 4:50 to 6:00 P.M. – course open for training

Sat. Nov. 3

- 6:56 A.M. – scales open for NRC LM2- semi-final D
- 8:00 A.M. to 4:27 P.M. – NRC semis D, C, B and A; finals D and C
- 4:50 to 6:00 P.M. – course open for training

Sun. Nov. 4

- 6:00 to 8:00 A.M. EST – course open for training
- 8:00 A.M. – course closes
- 8:28 A.M. – scales open for NRC LM2- final B
- 9:00 to 1:02 P.M. – NRC finals

ADAPTIVE EVENTS ADDED TO PROGRAMME

The following adaptive events have been added to the race programme:

EVENT NAME	SHORT FORM	EVENT NO.	RACE TIME Sun. Nov. 4
Arms only Women's Single	AW1x	0	9:40 A.M.
Legs, Trunk, Arms Mixed Coxed Four	LTAMix4+	20A	12:34 P.M.
Trunk, Arms Women's Double	TAW2x	20B	12:41 P.M.
Trunk, Arms Men's Double	TAM2x	20C	12:48 P.M.
Trunk, Arms Mixed Double	TAMix2x	20D	12:55 P.M.
Arms only Men's Single	AM1x	20E	1:02 P.M.

The adaptive races will be finals only. A minimum of two entries per event are required to ensure a race. Events 20B through 20D may be combined into one or two races if only the minimum number of entries are received.

REGATTA ORGANIZATION

RCA Umpires Committee Chair Wes Kuran and Umpires Committee member Wayne van Osterhout have been named as the Chief Umpire and Assistant Chief Umpire, respectively, for the NRC-CURC regatta.

If you have questions on the National Rowing Championships, please contact Bill Donegan at wdonegan@rogers.com or Dave Derry at dderry@rowingcanada.org. 905-682-1747. If you have questions on the Canadian University Rowing Championships, please contact Peter Somerwil at psomerwi@brocku.ca 905-688-5550 X4105.

Bulletin # 4 with information on regatta parking and course traffic maps will be circulated the week of October 21st.