



**ROWING  
CANADA  
AVIRON**



2010 National Rowing Championships  
Elk Lake, Victoria, B.C.  
September 24<sup>th</sup> – 26<sup>th</sup>

## **Bulletin No. 1**

May 13, 2010

Rowing Canada Aviron is pleased to announce that the Victoria City Rowing Club (VCRC) will host the fifth annual National Rowing Championships (NRC) on Elk Lake, Victoria, British Columbia, from Friday, September 24<sup>th</sup> to Sunday, September 26<sup>th</sup> 2010. RCA's Vice President, Administration, Brian Lamb, a member of VCRC, will be the Regatta Chair of the volunteer local Organizing Committee and RCA FISA umpire Sandra Kirby of Winnipeg will be the Chief Umpire for the regatta.

Please peruse the following important information about the NRC.

### **RIGHT OF ENTRY**

The NRC shall be open only to entries received from RCA member provincial / territorial rowing associations. Athletes training at the national team training centres shall enter the NRC under the colours of their respective provincial / territorial rowing association.

The provincial or territorial rowing associations shall pay the entry fees for all of the athletes wearing the colours of their provincial or territorial association, including the national training centre athletes rowing for their respective province or territory. The province or territory will supply the provincial or territorial singlet 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 or territorial colours, including when competing in composite boats.

Composite crews may be made up of any combination of athletes representing any combination of provinces / territories, 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 / territory enters in the regatta, nor the number of entries a province or territory could make in any one event. Competitors however, will be limited to compete in one event per day.

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

There shall be no minimum or maximum age to compete in the NRC.

## **ENTRY FEE**

For the 2010 NRC, the entry fee will be \$60.00 per athlete, that is to say, \$60.00 per entry in a single scull event and \$120.00 per entry in a pair oared event or Adaptive double sculls event. However, the entry fee for the Adaptive coxed four event shall be \$180.00.

## **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 next few years of the 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
Lightweight Women Single Sculls	LW1x
Under 23 Women Single Sculls	BW1x
Under 23 Lightweight Women Single Sculls	BLW1x
Junior Women Single Sculls	JW1x
Women Pair	W2-
Under 23 Women Pair	BW2-
Junior Women Pair	JW2-
Men Single Sculls	M1x
Lightweight Men Single Sculls	LM1x
Under 23 Men Single Sculls	BM1x
Under 23 Lightweight Men Single Sculls	BLM1x
Junior Men Single Sculls	JM1x
Men Pair	M2-
Lightweight Men Pair	LM2-
Under 23 Men Pair	BM2-

Under 23 Lightweight Men Pair  
Junior Men Pair

BLM2-  
JM2-

Arms/Shoulders only Women Single Sculls  
Arms/Shoulders only Men Single Sculls  
Trunk and Arms Mixed Double  
Leg, Trunk and Arms Mixed Coxed Four

ASW1x  
ASM1x  
TAMix2x  
LTAMix4+

## **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 [Rule 26] shall be followed at the 2010 NRC. Coxswains for the LTAMix4+ event shall be weighed in under the FISA Regulation Rule 22.

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## **RACING DISTANCE**

The racing distance on Elk Lake will be 1,850 metres for the able bodied events and 1,000 metres for the Adaptive events. The course will have six fully buoyed racing lanes.

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## **PROGRESSION SYSTEM and SEEDING PANEL**

On September 24<sup>th</sup> there will be heats if the number of entries warrant 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 Seeding Panel will publish in Bulletin No. 2, the Executive Committee approved seeding criteria.

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

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 1<sup>st</sup> and 2<sup>nd</sup> 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.

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## **MEDALS**

Medals will 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.

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## **EQUIPMENT**

Each province / territory as well as the national training centres, are responsible for the provision of all boats, oars and sculls as required for each race.

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## **RCA PROVINCIAL PARTICIPATION SUPPORT FUNDING PROGRAMME**

The programme will be in place for the 2010 NRC and will have the same pool of funds as it had in 2009, \$30,000.00. Information on the programme will be forwarded to the provincial rowing association offices before the end of May.

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Information regarding the order of events, entry forms, entry deadline and where to send entries, as well as information on accommodations, will be included in Bulletin No. 2 in June.

Questions on the regatta should be sent to RCA's Domestic Development Officer Dave Derry, at [dderry@rowingcanada.org](mailto:dderry@rowingcanada.org), 905-682-1747 (office).

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