



**ROWING  
CANADA  
AVIRON**



**CITY OF  
Welland**

## **2024 RCA National Rowing Championships Regatta**

Welland Recreational Waterway (South Course), ON

Friday, October 11 to Sunday, October 13

# **Bulletin No. 2**

### **IMPORTANT INFORMATION**

#### **ENTRY DEADLINE**

Entries are now open! The deadline to enter the Regatta is Thursday, September 26 at 23:00 EST. Entries must be made through the *RegattaCentral* event page:

[https://www.RegattaCentral.com/regatta/?job\\_id=9180](https://www.RegattaCentral.com/regatta/?job_id=9180).

#### **HOLIDAY REMINDER**

Monday, October 14 is a public holiday (Thanksgiving Day).

#### **TRAILER PARKING**

Information on trailer parking, including who to contact upon arrival, will be released in Bulletin 3.

#### **COACHES' MEETING**

The Coaches' Meeting has been moved to Thursday, October 10 at 19:00 EST and will take place inside the Welland International Flatwater Centre (16 Townline Tunnel Rd, Welland). Free parking is available onsite.

#### **EXCEPTIONS TO THE RCA RULES OF RACING**

The RCA National Rowing Championships has been sanctioned with the following exceptions to the RCA Rules of Racing:

Rule 2.1 Definition of a competitor. The "right of entry" section as detailed in the Technical Package will apply.

Rule 3.9 Para Rowing Equipment. 7.d.i. Stabilizing pontoons do not need to touch the water.

Rule 10.17.5 - Relegation. In the event of equipment breakage before the start of the race or during racing, preventing the boat from being rowable, the affected crew will be relegated to the last place in the race, whether Time Trial or Sprint Race.

Rule 11.13.8 - Postponement. There shall not be a re-row done because of equipment damage during a race - not even if the damage happens in the start zone (the first 100 m).”

**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**

**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 before arriving at the Regatta.

The form will be linked in Bulletin 3 and available on the RegattaCentral event page.

**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).

		Coaches' Meeting (19:00 EST to 19:30 EST)	
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
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) 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	

## REGATTA INFORMATION

All information will be made available on the *RegattaCentral* event page:  
[https://www.regattacentral.com/regatta/?job\\_id=9180](https://www.regattacentral.com/regatta/?job_id=9180).

## NRC MARKET

A number of local vendors will be on site at the Regatta Course with delicious items available for sale to athletes, coaches, umpires, volunteers, and spectators.

**Purple Perk** – Coffee, drinks, and light snacks (<https://purpleperkcoffee.com>)  
**Lemayzzz Meats** – BBQ items (<https://www.lemayzzzmeats.com>)  
**Beyond Doughnuts** – Nut-free “cloud-like” donuts (<https://www.beyonddonuts.ca>)  
**Fireside Drive** – Pulled pork and other hearty BBQ meals  
(<https://www.instagram.com/firesidedrive>)  
**Popeye’s Supplements Welland** (<https://www.popeyescanada.com/>)  
**Marble Slab Creamery** - Ice cream and mini donuts (<https://www.marbleslab.ca/>)  
**Craig’s Cookies** - Delicious homemade cookies (<https://craigscookies.com/>)

More details will be shared in Bulletin 3.

## **MEDAL CEREMONY**

Medals will be awarded to first, second and third placed athletes and crews in the ‘A’ Final of each event.

All medals will be presented approximately one hour after the completion of all ‘A’ finals, at the Welland International Flatwater Centre (16 Townline Tunnel Road, Welland). Weather permitting, the medals will be handed out on the docks overlooking the canal.

The Medal Ceremony is a non-ticketed event and everyone is encouraged to attend. Free parking is available onsite.

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

Following the Medal Ceremony, you’re invited to come inside the Welland International Flatwater Centre for the RCA Athlete Awards Ceremony & Reception. Light refreshments and non-alcoholic beverages will be served.

*Athletes and Umpires who participated in the NRCs are automatically registered for a ticket.*

Coaches, team personnel, and community members can purchase tickets for \$50 per person at the door. Free parking is available onsite.

No physical tickets will be printed. All attendees will check in at a registration table upon entrance.

Anyone with food allergies or dietary restrictions should email Rachel Wolff ([rwolff@rowingcanada.org](mailto:rwolff@rowingcanada.org)).

## REGATTA SCHEDULE AND TIME TRIAL DRAW

The provisional schedule and start list will be posted in Bulletin 3.

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 at the Regatta Office (South Niagara Rowing Club Portable). Please bookmark the *RegattaCentral* website on your phone.

## ON-WATER SAFETY

The OC has arranged for safety boats to be on water for all training and racing sessions.

Note:

Para athletes may require additional rescue/safety services during training. Para coaches/athletes please contact the OC in the Regatta Office to ensure adequate coverage is arranged.

## TRAFFIC PATTERNS

Updated maps of the traffic patterns for training, Time Trials, and 2000m racing will be loaded on *RegattaCentral* and also displayed at the venue.

- a)** Local crews, please note the changes to regular club rowing traffic patterns. Athletes and coaches should carefully review the maps before arrival.
- b)** Infringements of the traffic pattern(s) may incur an official warning, yellow card, or red card (exclusion from the event).

## CREW DEADLINES/SCRATCH DEADLINES

As per RCA Rule 7.6, crew changes after the close of entries and before the first heat may be made in writing at the Regatta Office up to 3 hours before the first heat of the event (other than medical substitutions). See Rule 7.7 for rules related to changes after the first heat.

A fee of \$50 will be charged for each scratching and 'no show' crew.

\*\*Note: Medical substitutions require a medical certificate to be lodged with the regatta office in order to waive the scratch fee.

International/CAN composite crews: Canadian athletes who wish to be nominated for National selection but are studying in the USA will be allowed to race a pair with an international pair partner (also studying at the same university/club).

Neither member of these composite crews will be eligible for a Canadian National Rowing Championship medal, and the next ranked Canadian crew will be elevated on the final medal table. The international athlete will not be eligible for Canadian National selection.

## 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.).

### 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).

Photos of ID on electronic devices will **not be** accepted; photocopies will only be accepted if they have been approved and signed off by the Chief Umpire, Regatta Chair and/or their designate Likewise, competitors too young to possess government issued photo ID may present two pieces of identification to the Regatta Chair for verification, to meet photo and date of birth requirements, prior to presenting at Control Commission. School photo ID will be acceptable as one piece of ID and (for example) a certificate showing date of birth.

### WEIGH-INS IN WEIGHT RESTRICTED EVENTS

For NRC regatta weight restricted events, no rower may weigh more than 72.5 kgs (men) or 59kg (women). A test scale will be available. Rowers shall be weighed wearing their racing uniform on tested scales *not less than one hour and not more than two hours* before their first race of each weight restricted event in which they are competing, *each day* of the competition.

### SPONSORS

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

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Rankin Construction  
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Hornby Organic  
CAA  
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Mr. Mikes  
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)