



**Championnats Maîtres Canadiens**  
**Canadian Masters Championship**

July 19 & 20, 2014 | Burnaby Lake, BC

## A Rowing Canada Aviron Sanctioned Event

**Venue:** Burnaby Lake is a dredged lake offering consistent depth, natural wake control and little or no current. The course is fully buoyed with stake boats in place.

**Directions:** 6871 Roberts Street, Burnaby, BC  
[From Vancouver Airport](#)  
[From the U.S. weekdays in rush hour 3:00 - 7:00 pm](#)  
[From the U.S. - not during rush hour](#)  
[From Tsawwassen Ferry Terminal](#)

**Race Type:** 1000m sprints

### Registration:

Registration is through [Regatta Central](#)

Early registration is encouraged as entries to this regatta may be capped. In the event of over-subscription, those entries which do not require extra races will be favoured.

If cancellation of the regatta is unavoidable due to inclement weather or for any reason beyond the control of the organization committee, no refunds will be offered.

### Events Offered:

1x, 2x, 2-, 4x, 4+, 8+ for men, women and mixed crews

LW 1x, 2x, 4x, 4+ for men and women

Adaptive events as subscribed

Novice: 1x, 2x

A full list of events can be found at [www.regattacentral.com](http://www.regattacentral.com) and [www.rcamasters.ca](http://www.rcamasters.ca)

### Entry fees:

- 1x = \$35
- 2x, 2- = \$70
- 4x, 4+ = \$120
- 8+ = \$160



## Deadlines:

- Entry and payment deadline is July 4, 2014
- Late entries accepted until July 7 - a surcharge of \$10 per seat will be added to the standard entry fee.
- Scratches will be accepted through Regatta Central with no penalty until 11:59 pm PDT July 7. The scratch fee made after the July 7 deadline is equal to the entry fee. Please email the regatta organizers at [info@2014cmc.ca](mailto:info@2014cmc.ca) as soon as possible of any scratches or changes to entries.

## Competitor eligibility:

- All participants must be registered members of a rowing club in good standing with their national governing organization, i.e., Rowing Canada Aviron or USRowing.
- All competitors, regardless of nationality are eligible for championship medals.
- A competitor may compete as a Master in the year in which he or she attains the age of 21.
- *Novice Rowers* are new to rowing as of January 2013.
- Composite crews are welcome provided they are identified at the time of regatta registration. Individuals may represent only one club at the regatta.
- Members of the same crew shall compete wearing uniform clothing. Each member of a composite crew shall wear his/her own club singlet.

## Age categories:

AA	age 21 - 26
A	age 27 - 35
B	age 36 - 42
C	age 43 - 49
D	age 50 - 54
E	age 55 - 59
F	age 60 - 64
G	age 65 - 69
H	age 70 - 74
I	age 75 - 79
J	age 80 and over

The age categories do not apply to coxswains. The average age category of a Masters crew shall be determined by the average age of the rowers rounded down to the nearest whole number.

A Masters crew or sculler may compete in a lower (younger) age category but not in a higher one.



## Meaningful competition:

Burnaby Lake Rowing Club and Cascadia Organizing Committee seek to create a rewarding and high-level competitive experience at the 2014 Canadian Masters Championships. It is expected by all rowers that a National Championship will have a higher standard of competition.

Under Meaningful Competition, in order to win a gold, silver or bronze medal, there must be at least four competitors in the race. This ensures that each medal represents a well-earned result where the competitors fought it out for the top three positions.

If there are not four entries in a race, the organizing committee, where logical, will combine age groups in an attempt to reach four or more competitors. Handicaps will be assigned as necessary and one gold, silver and bronze medal will be awarded for that combined race using the handicap to determine the winners.

Where at all possible the span of age categories will not be more than three.

## Handicapping:

If insufficient entries are received for any one event the Organizing Committee may combine age categories and apply a handicapping system to the actual finish times of the older sculler or crews using the grid below.

The handicap will be applied to a single sculler or to the average age of a crew boat.

Seconds / year

<b>MEN</b>	<b>1x, 2-</b>	<b>2x, 4+</b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.168	0.152	0.144	0.136
handicap 50 - 64	1.365	1.235	1.170	1.105
handicap 65+	2.940	2.660	2.520	2,380

<b>WOMEN</b>	<b>1x, 2-</b>	<b>2x, 4+</b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.282	0.264	0.252	0.234
handicap 50 - 64	2.256	2.112	2.016	1.872
handicap 65+	2.256	2.112	2.016	1.872

<b>Mixed</b>	<b>1x, 2-</b>	<b>2x, 4+</b>	<b>4-</b>	<b>4x, 8+</b>
handicap 27 - 49	0.225	0.205	0.195	0.185
handicap 50 - 64	1.800	1.640	1.560	1.480
handicap 65+	2.700	2.460	2.340	2.220

The expanded handicapping tables can be found at page 144 [Rowing Canada Rules of Racing](#).



### **Lightweight:**

- Men: 72.5 KG/160 lbs. maximum individual weight
- Women: 59 KG/130 lbs maximum individual weight
- All lightweight rowers racing in lightweight events on the day's program shall weigh in not less than one hour and not more than two and one half hours before the time of the first scheduled men or women's lightweight event on that date.
- A test scale will be available at the practice session.

### **Coxswains:**

Coxswains may be of either gender. Age classification for coxswains will not apply.

### **Coxswains Weights**

The minimum weight of a coxswain, wearing a racing uniform, shall be fifty kilograms for a women's crew or fifty-five kilograms for a men's crew, for all events that require a coxswain. If underweight, a coxswain shall carry sufficient deadweight to make up the difference between the weight of the coxswain and the minimum required weight.

Coxswains shall be weighed wearing their racing uniform on tested scales not less than one hour and not more than two and a half hours before the first coxed race on each day of the competition. Coxswains need only weigh in once per day.

### **Para-rowers:**

The use of FISA Standard Adaptive boats is mandatory for all adaptive AS1x and TAMix2x events.

### **Timeline:**

- Practice time will be from 2:00 pm - 6:00 pm Friday, July 18
- Races will run from 7:00 am to 7:00pm Saturday, July 19 and from 7:00 am to 5:00 pm Sunday, July 20.

### **Coxswains/bow persons' meeting:**

A compulsory pre regatta meeting for coxswains/bow persons will be held at regatta control commission one hour prior to the start of the first race on Saturday. This meeting will not be repeated on the Sunday.



### **Safety and fitness:**

- All boats equipped with foot stretchers or shoes must allow the rower to get clear of the boat without using hands and with the least possible delay in the event of a capsized.
- C2 Flex Feet are banned by Rowing Canada Aviron
- Heel ties must be limited to 7 cm or 2.8 inches.
- All boats must have a securely fastened bow ball, white in colour.
- Each club participating in the regatta is responsible to ensure that its crew and boat are in fit condition to race.

### **Trailer Parking:**

- Please advise the organizing committee of your trailer size (overall length) and approximate time of arrival at the regatta site. Email [info@2014cmc.ca](mailto:info@2014cmc.ca)

A diagram of trailer parking is attached to this document. Attendants will be on hand to guide you to your appropriate parking stall.

- Overnight security will be provided on Friday and Saturday nights.

### **Car Parking:**

- All cars should be parked in the over-flow parking lot. The walk to the Pavilion from this parking lot is a short 10 minutes. Drop-off is available at the entrance to the trailer parking area but vehicles must not be left unattended.

### **Washrooms:**

- Indoor flushing toilets are available inside the pavilion. Portable toilets are available in the trailer parking area.

### **Emergency Facilities:**

- First Aid is provided by St John Ambulance located at the ramp leading to the Pavilion concourse.

### **Tent/Shelter Area:**

- There is limited space available for 10 x 10 tents along the front of the grandstands next to the water. Please be willing to share.



## Concession and amenities:

Two food vendors are available both Saturday and Sunday

**Yah Foods In the Pavilion** <http://yahfoods.com>

and

**Patisserie Lebeau in the Parking Lot** <http://www.grababetterwaffle.com>

## Saturday Evening Social Event:

Please join us and our hosts at the historic Vancouver Rowing Club for a night of conversation and fun. This is a casual evening of burgers and beer on the deck with the backdrop of the city skyline and mountains. Your ticket buys you your first burger and beer. This is bound to be a fun evening connecting with your new and old rowing buddies. Hope to see you there.

We are limited to 175 tickets. Tickets are available on Regatta Central for just \$8 but will also be available on site at the Regatta for \$10.

Advance tickets are available for pre-order at \$8 through [Registration Form](#). Follow these steps to complete your order.

1. Go to the RCA Canadian Masters Championships [Registration Form](#)
2. Login to your Regatta Central account. Select your Club or Team affiliation from the drop-down menu and verify your contact information
4. Select the number of tickets and press the 'Next' button
5. Go to the "My Invoice: section (located in the menu on the left side of the page) to pay online with a credit card.

## Accommodations:

- **Hilton Vancouver Metrotown**
  - Call 1 604 438 1200 OR 1 888 370 0980
  - Booking Code: Burnaby Lake Rowing Club/Canadian Masters
  - Book by June 18
  - \$139 per room/double occupancy
- **Accent Inns**
  - Call 1 800 663 0298
  - Booking Code: Canadian Masters Group #46931
  - Book by June 18
  - \$99 per room
- **Executive Hotels & Resorts**
  - Call 1 800 590 3932
  - Booking Code Canadian Masters #17871
  - \$105 per room