



Row Nova Scotia Provincial Team

2019 National Rowing Championships and Canada Cup

Selection Document

The 2019 National Rowing Championships (NRC's) will be held in Burnaby, British Columbia from September 26-28, 2019. The NRC's are Canada's National Small Boat Championships, where Canada's best rowers compete to be named National Champions, and to be identified for future National Teams as well as nominations to Sport Canada's Athlete Assistance Program (Carding). Selection to represent Nova Scotia at the NRC's will be highly competitive and highly selective.

The 2019 NRC's have returned to the fourth week of September. As a result the timing of the 2019 NRC last chance selection event has changed. Selection will take place on Lake Banook on September 7, 2019. Athletes are encouraged to meet the pre-selection criteria in order to minimize the expense of last minute flight booking.

This year the NRC's will be combined with the Canada Cup held on Sunday September 29. The Canada Cup will be a crew boat event (4x's and 8+'s), which will allow athletes from Atlantic Canada as a regional team. Team Atlantic crews will be able to combine forces to challenge crews from across Canada; to be eligible for Canada Cup events athletes must be selected to represent Nova Scotia at the NRC's.



Events:

The events offered at the 2018 NRC's are limited to singles (1x) and pairs (2-). The categories include:

MEN

Junior 1x

Junior 2-

U23 1x

U23 Lwt 1x

U23 2-

Sr A 1x

Sr A Lwt 1x

Sr A 2-

WOMEN

Junior 1x

Junior 2-

U23 1x

U23 Lwt 1x

U23 2-

Sr A 1x

Sr A Lwt 1x

Sr A 2-

Para Events Include:

MEN

PR1 1x

PR2 1x

PR3 1x

PR3 2-

WOMEN

PR1 1x

PR2 1x

PR3 1x

PR3 2-



Selection and Prerequisites:

To be eligible to trial for Team Nova Scotia at the 2019 NRC's an athlete must meet the following criteria:

1. Registered with Rowing Canada Aviron as a member of a Nova Scotia rowing club.
2. Have submitted a completed Application Form to the Provincial Team Coach, no later than 5:00PM (Atlantic) on Tuesday September 3. Applications may be sent to coach@rowns.ca.
3. Athletes must have completed a Fall 2019 2000m Ergometer Test and submit their results to the Provincial Team coach coach@rowns.ca prior to the application deadline.
 - a. To be eligible to trial athletes must achieve the RowNS Training Group 2K standard by the September 5 deadline (forwarded to coach@rowns.ca); athletes trying out for Lightweight positions must weigh in at FISA max+2% (73.95Kg (male) 60.18Kg (female)), or less for testing.

	Hwt Men	Lwt Men	Hwt Women	Lwt Women
Jr	6:45	7:13	7:51	8:14
U-23	6:23	6:51	7:28	7:49
Sr. A	6:15	6:42	7:17	7:38

- b. Selected athletes will be expected to attend pre NRC training camps and training sessions unless excused for medical or out of province training events, or approved (by the Provincial Coach) reasons. Lightweights must show progressive evidence that they be able to make NRC weight classes (72.5Kg and 59Kg) for September 25-28, if trying out for a lightweight event.
4. Pre-selection: Athletes may be preselected to the Row NS NRC Team if they meet the following criteria:
 - a. Athletes who have competed for Canada during the 2019 year at a:
 - i. World Championships (Junior, U23, Senior)
 - ii. Development regatta (Henley Royal Regatta, Holland Beker)
 - iii. World Cup
 - iv. Athletes who are receiving Sport Canada Athlete & RCA Athlete Assistance Program funding (carding)



- b. Athletes who have competed for Canada on a national development team during the 2019 year at:
 - i. CanAmMex Regatta
 - ii. U-21 Trans-Tasman Regatta
 - iii. Commonwealth Rowing Championships
 - iv. FISU/World University Rowing Championships
 - v. US Rowing National Championships
 - c. Athletes who proceeded to a 2000m A final at the 2019 Royal Canadian Henley Regatta in the NRC event they have applied for.
 - d. Athletes identified and supported via a National Talent Identification Program (RBC Training Ground, or RCA Hub Program).
 - e. Athletes who achieve >93% GMS (2008 edition) for the event they are applying for at the 2019 Nova Scotia Sprints Regatta in either their heat or final.
5. Last Chance Selection Trial: time trial performance at the Row NS NRC Selection Trials which will take place in Dartmouth, N.S. on the morning of September 7, 2019. Athletes will time trial in a 2x1K format in the NRC event they wish to be considered for.
- a. Cumulative on water GMS percentages greater than 90% at the Row NS NRC time trials will be granted automatic selection to the team. The selection committee may consider athletes who achieve performances lower than 90%. Athletes performing below 90% will not be guaranteed selection; the committee will review the on water racing conditions and relative proximity to the top performers within the trials group.
 - b. Lightweight athletes will be weighed in 2-1 hours prior to the first flight of racing and must be at NRC weight +1.5% (males 73.59Kg, females 59.89Kg) for these trials
6. Out of Province Athletes: Athletes who are training at an *out of province university, club or National Training Center* and cannot attend the Team NS Selection Trials must meet the pre-selection standards listed above or meet the **Performance Group** 2K erg Standard, and be actively training with their University's Frosh, Junior Varsity or Varsity, or High Performance club program; lightweight athletes must have accurate and verifiable evidence of being at race weight (72.5 (male) or 59Kg (female)) by September 18, 2019.
7. Lightweights - lightweight athletes must have accurate and verifiable evidence of being at race weight +1% (73.2 (male) or 59.59Kg (female)) by September 18, 2019.



8. Exemptions: Exemptions will be considered, if an athlete has a valid medical condition which is supported by a Medical Doctor's Note, provided the athlete will be ready compete at the NRC's and has a strong history of performance in past RADAR testing and 2000m racing at the National or International Level.

Selection Committee:

The Provincial Selection Committee will review athlete performances. The selection committee will be composed of the Provincial Team Coach and two competitive coaches appointed by the Row NS High Performance Committee. The coaches will be from different clubs in NS. These coaches will review the results and make their recommendations for team composition to the Row NS High Performance Committee for approval.

Appeals:

An appeal must be submitted in writing to the President of Row NS within 48 hours after the official team selection has taken place or within 48 hours after any disciplinary action has been levied. Row NS contact information is provided in this document. An appeal must be answered within 5 business days after it has been received.

The President of Row NS will appoint the Appeals Committee and the committee will decide if they will act as a panel of review of the decision of the Provincial Team Selection Committee or if they will deal with this appeal on the basis of a hearing de novo.

An appeal may only be considered if there are sufficient grounds for the appeal. Sufficient grounds include:

- Making a decision for which the 'respondent' did not have authority or jurisdiction as set out by the governing documents
- Failure to follow procedures as laid out in the Selection Criteria
- Failure to consider relevant information (or account for irrelevant information) in making a selection decision

The Appeals Committee's decision will be final and binding.