



Manitoba Rowing Association – Selection for 2017 Canada Games

The Canada Games are Canada’s largest multisport event for young athletes. The 2017 Canada Summer Games will be in Winnipeg, with rowing being held in Kenora, Ontario. Young athletes from across Canada in 16 sports will compete for their province at the Games. Rowing will take place from July 30 to August 3, while the Games run from July 28 to August 13. Team Manitoba selection for the 2017 Canada Summer Games will ensure the athletes attending the Games will have a positive experience in both their training and racing.

Eligibility

The technical package for the 2017 Games can be found [here](#). This document outlines the eligibility requirements for athletes at the games. Rowers and coxswains must:

- Be under 21 years of age as of Dec 31, 2017 – born in 1997 or later
- Be a Canadian Citizen or Permanent resident of Canada
- Be a member in good standing with MRA and RCA
- Abide by the rules of the MRA and the Canada Summer Games Code of Conduct
- Be living in Manitoba for 180 days before the Games (see technical package for those away at University)

Teams will be limited to a maximum of 14 men, 14 women, plus 2 coxswains of either sex for a total of 30 athletes.

Any athlete who has held a Senior card (as defined by Sport Canada’s Athlete Assistance Program) prior to May 1, 2017 will not be eligible to compete at the Canada Summer Games.

Events

Men’s Events	Women’s Events
Single Scull (M1x)	Single Scull (W1x)
Double Sculls (M2x)	Double Sculls (W2x)
Pair (M2-)	Pair (W2-)
Four (M4-)	Lightweight Double Sculls (LW2x)
Lightweight Four (LM4-)	Four (W4-)
Quadruple Sculls (M4x)	Quadruple Sculls (W4x)
Eight with coxswain (M8+)	Eight with coxswain (W8+)

Each province will have a maximum of one entry per event. The race distance in Kenora is 2000m.

Weights for the lightweight races are as follows:

- Men: maximum of 72.5 kg for individuals (no crew average weight required)
- Women: maximum 59 kg for individuals (no crew average weight required)

The minimum weight for coxswains is 50 kg for all events.

Selection

Any athletes wanting to be considered for selection to the 2017 Canada Games Rowing Team must:

- Meet the eligibility requirements outlined above
- Submit a letter of intent to the MRA Executive Director by mail or email by May 31, 2017.
- Sign and abide by the MRA Code of Conduct
 - o Parents or guardians of athletes under the age of 18 must also sign Code of Conduct
- Be a member in good standing of their home club, the Manitoba Rowing Association, and Rowing Canada Aviron
- Complete and submit at least one 2000m ergometer test between April 1, 2017 and May 15, 2017, where women must achieve a time of 8:15 or faster, and men must achieve a time of 7:30 or faster.
 - o Note that all 2000m tests submitted for the purposes of CSG selection must be supervised by and submitted by one of the following coaches: Rae Bath, Ed Kornachuk, Janine Stephens, Ashleigh Milani, or Fiona Rettie.
- Once invited, attend all CSG weekend camps.
 - o Weekend 1 of CSG team selection trials: May 26 to 28
 - o Weekend 2 of CSG team selection trials (final selection): June 16 to 18
 - o CSG team training camps (July dates TBA)
- Attend Team Manitoba focus events and regattas which may include the following: Regina Sprints (June 10), Mantario Rowdown (July 5), Tops & Bottoms (July 22), and others.
- Attend Team Manitoba's Drug Education session

Manitoba Rowing will also consider the following when selecting a team and crews for the 2017 Canada Summer Games:

- Commitment to their training program
- Attendance at the above training camps and regattas
- Performance in weekly time trials on water
- Approach training and racing with a positive attitude (which includes communicating respectfully with teammates and coaches)

Athletes may be preselected to the team based on performance at RCA Speed Orders Regatta and selection to RCA U23 National Team.

If you have questions about any of the selection requirements, please contact Janine Stephens, Ashleigh Milani, or Fiona Rettie.

Boat Selection

Crew combinations for the Games will be at the discretion of the Canada Games coaching staff, who will consider the following criteria:

- Performance at May and June weekend selection camps
- Commitment and attitude towards training and racing
- Individual skill
- Crew dynamics
- Adaptability
- Performance in various crew combinations
- 2000m ergometer score and 2017 RADAR submissions

Final team selection will be made after the selection camp in Kenora, June 16 to 18, 2017. Selection of the team members will be decided and published no later than June 21, 2017. Crews will be announced no later than June 25, 2017.

Alternates

The coaching staff may decide to name up to four alternates (two of each sex) to the Canada Games team. These athletes will be named on June 21 along with full Canada Games team members. In the event that a named team member suffers an injury, is dismissed, withdraws from the team, or for any other reason is unable to compete at the Canada Summer Games, **an alternate will fill their spot at practices and at the Canada Games Regatta. the first alternate will be called up to the team. In the event that a second athlete from the named team can not participate in the Games for a similar reason, the second alternate will be called up.** Alternates will be held to the same expectations as full team members (including but not limited to conduct, form submissions, etc.).

Special Circumstances

In the rare case of illness, injury, or other extenuating circumstance where an athlete is unable to meet the requirements of this selection criteria, please advise the MRA Executive Director in writing A.S.A.P. In the case of medical or illness, a medical report from a doctor must be submitted.

Dismissals

Any team member not acting in accordance with the Team Manitoba Code of Conduct will be subject to a disciplinary hearing by the Team Manitoba Coaching Staff and Manitoba Rowing Association Board of Directors. The team member will be subject to disciplinary action based on the severity of the infraction. These disciplinary actions may include (but are not limited to): verbal or written warning, written reprimand, suspension, and/or dismissal from the team.

Appeals

Any athlete wishing to appeal a selection decision must do so in writing within 24 hours of the decision being posted. Appeals can be sent via email to the MRA Executive Director at rowing@sportmanitoba.ca. Appeals will be reviewed by an appeal committee and a decision will be rendered within 72 hours of receiving the appeal. Decisions of the appeal committee shall be final.

The coaching team will be making the final team selection of athletes, boats, and crew assignments. The hope is that athletes have a positive experience both in training and in racing at the 2017 Canada Games.