

**FCRCC 200m KNOCKOUT!**  
**- RACE PACKAGE -**  
**MAY 11th, 2024**



**FCRCC**

**FALSE CREEK RACING CANOE CLUB**



## 2024 200m KNOCKOUT RACE PACKAGE

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### GENERAL INFO

- Date:** Saturday, May 11th, 2024
- Time:** First Race: 9:00 am
- Location:** Creekside Park, Vancouver (just south of Science World).  
Creekside Paddling Centre, 1 Athletes Way, Vancouver, BC V5Y 0B1
- Directions:** [CLICK HERE](#) for directions to the site.
- Parking:** There is paid parking around the site and underground at the Creekside Community Center.
- Drop-off area:** If your team requires a close drop-off location for tents/equipment, there is a parking lot next to the racers' village [here](#). This is a small paid parking lot, so if you're dropping off equipment, stay a maximum of 10 minutes or less to avoid parking tickets.
- Transit/Bike/Walk:** The Science World Skytrain station is approximately a 5 min walk to the race site. There are also bike racks available at Science World as well as around Creekside Community Center.
- Racer's Village:** Grass park area around Science World and the circular, concrete pad. Teams can set up their own tents, but NO tent spikes. Team tents can be together in groups of 2 10x10 tents, but must be 10 inches apart from another team's tents. Please keep the park clean, there are plenty of garbage cans on site. (See site map for more details)
- Race HQ:** HQ will be set up in front of the Marshaling tents in the corner of the walkway. (See site map for more details)
- First Aid:** Beverley's First Aid will be in attendance during the entire event (8 AM - 5 PM) providing First Aid to anyone needing medical attention. The tent is located on the North side of the False Creek Community Center, just West of the porta potties. (See site map for more details)
- Fundraising:** There are 50/50 Raffle tickets being sold by FCRCC, \$5 each, or 3 for \$10 - please bring cash or e-transfer to [roy@fcrcc.com](mailto:roy@fcrcc.com). Purchase your tickets at Race Headquarters. The draw will take place on May 12th, the winner will be contacted via email provided on the ticket.
- There will also be protein fruit shakes for purchase for \$3 each, or 4 for \$10. All proceeds go towards FCRCC's boat fun repairs. No teams are allowed to sell items or fundraise at the regatta without written permission from the event organizers.
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We are supporting Girl Guides Canada this year, and there will be vanilla and chocolate sandwich cookies between 9:30 AM and 3:00 PM. Cookies are \$6 per box or \$72 for a full case. Cash and card payments are both accepted. Funds raised from these tasty treats ensure girls can benefit from what Girl Guides of Canada has to offer, including girl empowerment, leadership development, and fun experiences!

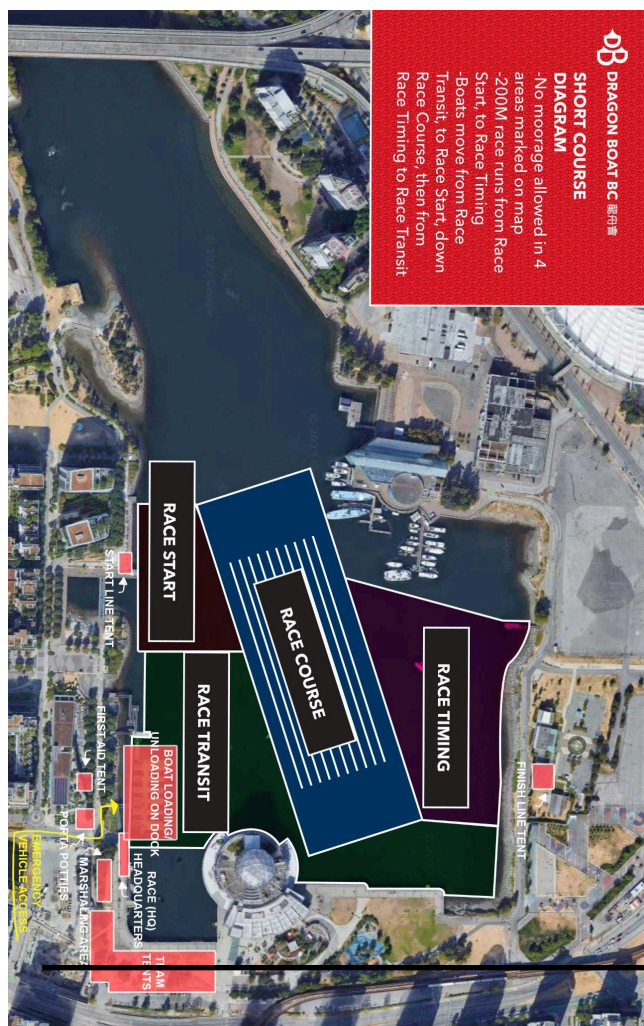
**Contact:**

If you have any questions or concerns, please contact our Race Director (Kat Reid) at [programs@fcrcc.com](mailto:programs@fcrcc.com) or call/text the day of the race at 604.684.7223

**Event hosted by:**

False Creek Racing Canoe Club (FCRCC) with financial support from The City of Vancouver and ViaSport.

### SITE MAP





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### RACE INFORMATION

<b>Race Length:</b>	200m
<b>Boats:</b>	BUK
<b>Teams:</b>	<b>35</b>
<b>Race Format:</b>	Advancement into the semi-final round will be based on the combined time of 2 qualifier heats. Advancement into finals will be based on placement. Top 3 teams in each Knockout Final are awarded medals!
<b>Race Grid:</b>	Draft grid is sent with this package and will also be posted on the FCRCC website <a href="#">here</a> .
<b>Waivers:</b>	All participants <u>must</u> print and sign their waivers prior to the team's first race of the day. Waivers can be handed in at the Race headquarters tent in front of the Marshalling tents. Team Waiver/Roster and Youth Waivers are attached. <b><i>Please add your team's name on the waiver form. Adult teams will hand in 1 piece of paper to Race HQ (Team Roster), anyone 18 and under, must sign a youth waiver, in addition to the team roster.</i></b>
<b>Steering Pool:</b>	If you are an experienced steersperson and want to help other teams during race day, go to Race Headquarters and sign up in our steering Pool. Please provide your/ your team's name and heat number (if known) if you need a steersperson.

### RACE DAY

<b>7:15 am - 7:45 am</b>	Team Manager Check-In & Waiver Drop off. Each Team Manager will need to submit a signed waiver form (this also serves as the team roster) – signed by all participants
<b>7:45 am - 8:15 am</b>	Manager's Meeting - Please meet in front of the Race Headquarters Tent
<b>8:30 am</b>	Pre-Marshalling Teams
<b>9:00 am - 5:00 pm (Appx)</b>	200m Races and Knockout Rounds

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## Health Safety Protocols

We are privileged to have access to Dragon Zone Paddling Club's equipment and facilities to host the Knockout Regatta. All racers and attendees are expected to respect and comply with [Dragon Zone's protocols](#) during their time at the Regatta.

### FCRCC Knockout Regatta Safety Protocols:

An addendum for any special events will be created and posted during the event. **Safety protocols for the event will be adjusted from time to time in response to active Provincial Health Orders, and visitors and participants should expect that measures may change with little or no notice.**

- Hand sanitizer and masks can be available at Race Headquarters for anyone that requires some.





## **RACE RULES AND REGULATIONS**

### **Team Composition/Roster (Standard boat - 20 person crew)**

- ❖ A paddler may only paddle on one (1) women's team and one (1) Mixed team, but not two (2) of the same. Teams may use an experienced steersperson and/or Drummer from another team. Teams with paddlers not on their roster as of their first race may be disqualified at the discretion of Race Officials
- ❖ Minimum of ten (10) females per mixed crew. Maximum of ten (10) males per mixed crew.
- ❖ Steersperson and drummer can be either gender on a Crew
- ❖ The Team Manager of an adult team cannot be part of the racing crew and must be on shore

See Dragon Boat Canada's [Rules of Racing](#) for specifics, it is the team's responsibility to ensure compliance. Crew composition details are on pages 10 & 11.

## **EQUIPMENT**

- ❖ Only dragon boat paddles not exceeding the IDBF PS202a specifications may be used (carbon fiber paddles will be allowed). The Grey Owl dragon boat paddle meets the IDBF PS202a size specification
- ❖ Friction tape and wax may be used on ***your own personal paddles only***.
- ❖ Any "Department of Transport/Canadian Coast Guard" approved PFD will be allowed (except "self-inflating jackets") – they will be inspected by dock personnel before each race, It is up to the discretion of the dock manager if the personal Flotation Device will be allowed

## **RACE COURSE**

- ❖ All races to be approximately 200 meters distance
- ❖ There will be 6 lanes
- ❖ **There will be lane markers, for race starts and finishes see Course Map**

## **THE START**

- ❖ Race Referee will have the boats line up in their proper lanes 2 boat lengths back of the Start Line
- ❖ Race Referee will hand the race over to the Starter

**In the event of windy conditions** - 'Running Starts' will be used

- ❖ Race Referee will have the boats line up 3 boat lengths behind the Start Line
- ❖ Race Referee will hand the race over to the Starter

**The start commands will be:**

1. "WE HAVE ALIGNMENT – ARE YOU READY"
  2. "ATTENTION"
  3. An air horn blast or similar signal (1-5 seconds after "ATTENTION")
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## **KNOCKOUT ROUNDS**

In the Knockout Challenge, the last one (1) or two (2) place finishing teams are eliminated in each of the first 2 rounds. All remaining teams then have a maximum of 5 minutes to return to the start line for the beginning of the next round. The cycle continues until the third and final round where there are 4 final teams.

## **RE-RACE RULES**

At the official's discretion, a re-race may be ordered when:

- ❖ There is a false start called by the Starter, or
- ❖ There is clearly a collision within the first 50M of the race, or
- ❖ There is an equipment breakage, other than paddle, within the first 50M of the race

*There will absolutely be no grounds for re-races once all boats have passed the 50M mark, except one that is initiated by Officials under extraordinary circumstances.*

## **PROTESTS**

Protests require a \$50 fee and must be in written form. The fee will be refunded if the protest is successful.

### **A team may protest:**

- ❖ Illegal paddle/PFD used by another team
- ❖ A crew not complying with the roster rule
- ❖ Collision initiated by another team during the race

A protest must be brought up prior to your team leaving the dock area. This protest will be discussed amongst the race committee to make a final decision ASAP. Otherwise, if teams leave the dock, the offense cannot be verified.

### **A team may not protest:**

- ❖ Boat/lane assignment
- ❖ Interference from another boat that did not result in a collision

## **PENALTIES**

At the Official's discretion, a **varying-second penalty or team disqualification** may be imposed for the following infractions:

- ❖ Verbal/physical abuse to any Official/Volunteer
  - ❖ Crew does not comply with the Official Team Roster
  - ❖ False starting
  - ❖ Crew does not follow Official's instructions to change course, resulting in impeding another crew or resulting in a collision with another crew
  - ❖ The use of unofficial paddle/PFD
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***FCRCC wishes to thank all Event Staff and Volunteers for their hard work at the FCRCC Knockout Regatta making this year's event a success!***

***A special thank you also, to The City of Vancouver and ViaSport for helping financially to support our event this year!***

***THANK YOU!!***

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