



## National Rowing Championships

With a commitment towards producing athletes for Canada's National Rowing Teams the Alberta Rowing Association is committed in sending qualified Alberta athletes to the 2010 National Rowing Championships on September 24, 25 and 26 in Victoria B.C.

The ARA is aware that erg performance is a leading indicator as to an athlete's performance at national events and with limited resources at its disposal will limit funding to those athletes who achieve certain erg standards. Recognizing the above athlete funding for the 2010 National Rowing Championships is broken into three separate categories; Gold, Silver and Bronze.

**Gold** – Gold athletes are those who competed for Canada at the U23 or Senior World Championships in 2008, 2009, 2010 OR the Junior World Championships in 2010. Alternatively, athletes who have met the Gold Erg Standard\*\* (see and achieved a top two finish at the 2010 Royal Canadian Henley Regatta may be considered for Gold Level Funding. Athletes who qualify for Gold funding will have their registration/hotel/uniform/boat transportation and ground transportation paid for by the ARA. In addition the ARA will provide Gold level athletes with a \$400 grant to assist in paying any residual expenses (I.E flight).

**Silver** – Silver athletes are those who have achieved the Silver standard\*\* on the erg for their respective weight/age category. Athletes who qualify for Silver funding will have their registration/hotel/uniform/boat transportation and ground transportation paid for by the ARA. In addition the ARA will provide Silver level athletes with a \$250 grant to assist in paying any residual expenses (I.E flight).

**Bronze** – Bronze athletes are those who are within 6 seconds of the Silver standard on the erg\*\* for their respective weight/age category\*. Athletes who qualify for Bronze funding will have their registration/hotel/uniform/boat transportation and ground transportation paid for by the ARA. In addition the ARA will provide Bronze level athletes with a \$100 grant to assist in paying residual expenses.

**\*\* To be deemed eligible Erg submissions must be from a 2k erg test pulled no earlier than August 15, 2010 and no later than September 7, 2010**

\* Erg standards are those published on the ARA's webpage under the following link. <http://www.albertarowing.ca/documents/2010AlbertaErgStandards.pdf>. It is noted that in the Junior age group there is not a Lightweight Category at the 2010 NRC's. As a result Junior athletes who deem themselves to be lightweight will be required to meet the Junior erg standard and or the U23 Lightweight Erg Standard (s). Erg Tests must be pulled between January 1, 2010 and September 15, 2010.

Athletes must inform the ARA as to their intent to participate at the 2010 NRC event by email to [albertarowing@gmail.com](mailto:albertarowing@gmail.com) no later than September 1, 2010.

Sincerely,

*Michael Simonson*

Michael Simonson  
Provincial Technical Director  
Alberta Rowing Association