



ORC Junior Programs 2026 Outline

This document contains specific information about our programs, including program structure, selection criteria, regatta schedule, etc. If you are looking for general information about rowing (i.e. what to bring to practice, rowing terms, racing information, etc.). Please see the [Junior Rowing Handbook](#) and the [Juniors youtube channel](#) for more help (ex. How to read the training plan, how to read regatta websites, etc.). Significant changes from the 2025 version of the season outline are **highlighted in green**.

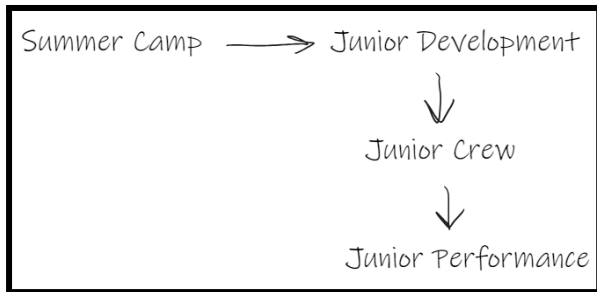
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PROGRAMS OVERVIEW

Support Structure: The ORC Junior programs are led by the Lead Junior Coach and volunteer assistant coaches, overseen by the ORC Head Coach, and supported by team captains and an Athlete Representative.

Pathways: Your rowing journey starts via Summer Camp in July and August or directly into Junior Development in early May, mid-June or late-August. Successful progression is determined by tryouts and other criteria as outlined further into this document.



Program Comparison:

		Development	Crew	Performance
Overview	Experience	No, or little	1+ season in Development and must tryout	1+ season in Crew and must tryout
	Focus	Basic competency, fun, mid-sized boats	Skill development, intro to competition, big boats	High performance, competition, preparation for post-secondary teams, all boat sizes
	Goals	knowledge of safety equipment, basic terminology, equipment handling (land and water), manoeuvrability, grip, stroke sequence, rhythm (controlled recovery)	basic equipment maintenance, rigging essentials, competent manoeuvrability, emphasis on balance, emphasis on ratio, basic rules of racing	manage weather conditions, adjust technique to boat class, advanced communication and race planning, understanding pacing, developed understanding and execution of warm and cool down, leadership development
	Long-term athlete development stage	Learn to Train	Train to Train, Learn to Compete	Learn to Compete, Train to Compete
	Ages	12-18 (born 2014 or earlier)	14-18 (born 2012 or earlier)	14-18 (born 2012 or earlier)
	Gender and age separation	No	Generally yes, but likely be some mixing	Yes

Spots available		~20	~50	~20
On-water practices in season		3/week (optional but suggested)	4/week (expected)	5/week (mandatory)
Secondary workouts		Optional, suggest 1/week	Expected, 1-2/week	Mandatory, as prescribed in training plan
Events	Spring	Internal events like skills competitions	n/a	n/a
	Summer		Eastern Rowing Association Regatta, Row Ontario Championships	Same as Crew + Canadian Henley
	Fall		Head of the Rideau, Head of the Trent, Dawson Invite	Same as Crew + Head of the Charles
	Winter	Indoor rowing races and training camps		
Tryout dates	Spring	n/a	May 4 (make up date May 5-9 after practice)	
	Summer		June 8 (make up date June 9-13 after practice)	
	Fall		August 24 (make up date August 25-29 after practice)	
Costs (estimated, plus tax) ORC offers financial assistance through the Athlete Fund for those in need		Regatta/Racing Kit: n/a	Regatta/Racing Kit: \$200*	Regatta/Racing Kit: \$200*
		Regatta Fees: n/a	Regatta Fees**: \$435	Regatta Fees**: \$935
		Full Season Membership***: \$1474	Full Season Membership: \$1719	Full Season Membership: \$2088
		RCA&RO Insurance Fees: \$76	RCA&RO Insurance Fees: \$76	RCA&RO Insurance Fees: \$76
		Total: \$1550	Total: \$2430	Total: \$3299

*only needs to be purchased once or twice during the athlete's entire Junior rowing career, depending on how much they grow.

**This number varies greatly depending on the events each athlete is registered in (# and size of boat). [Please review the Regatta Fee Information and Rules](#). Travel and accommodation are to be organized on your own, so they are not included in the fees. We make every effort to reduce fees where possible.

***many athletes progress to the competitive programs after 1-2 seasons

REGATTAS AND EVENTS

Season	Event	Location	2026 Date	Attendance*		
				Development	Crew	Performance
Winter	Mini-Camp	Montreal, QC	January 31	Suggested	Suggested	Suggested
	Nancy Storrs Ontario Indoor Rowing Championships	St. Catharines, ON	February 28	As interested	As interested	As interested
	Quebec Indoor Rowing Championships	Waterloo, QC	March 15	As interested	As interested	As interested
	National Prospects Camp	Campbell River, BC	March 15-25	No	No	Select
Spring	Spring Try-Outs	ORC	May 4	No	Mandatory	Mandatory
	Spring Try Rowing Day - Assist**	ORC	tbd	No	Suggested	Expected
	RCA LTR Coach Workshop	ORC	tbd	No	No	Expected
	Lachine Canal Challenge	Lachine, QC	May 31	No	(tbc) As interested	(tbc) As interested
Summer	Summer Try-Outs	ORC	June 8	No	Mandatory	Mandatory
	Summer Try Rowing Day - Assist**	ORC	tbd	No	Suggested	Expected
	RCA JNT Selection Trials	Quamichan Lake, BC	June 20-21	No	No	Select
	Row Ontario Championships	tbd	July 18-19	No	Expected	Mandatory
	ERAs	Montreal, QC	July 25-26	No	Expected	Mandatory
	Canadian Henley	St. Catharines, ON	August 4-9	No	No	Mandatory
	Altered Henley week schedule	ORC	August 3-8	As usual	Mon/Tue/Wed/Thu 8:30am-10:30am	At Henley
	best time to schedule summer vacation	Anywhere but ORC :)	August 10-16	OFF	OFF	OFF
Fall	Fall Try-Outs	ORC	August 24	No	Mandatory	Mandatory

	Fall Try Rowing Day - Assist**	ORC	tbd	No	Suggested	Expected
	Head of the Rideau	Ottawa, ON	(tbc) September 27	No	Expected	Mandatory
	Head of the Trent	Peterborough, ON	October 4	No	Expected	Mandatory
	Head of the Charles	Boston, MA	October 17-18	No	No	Select
	Dawson Invite	Montreal, QC	tbd	No	Expected	Mandatory

*Expected vs mandatory: Mandatory means that an athlete must attend these events, otherwise they will not be permitted to participate in that program. Expected means an athlete should be attending and not attending could impact their ability to progress to another program and/or be selected to racing crews. By registering for Crew or Performance, it is assumed that the athlete will participate in all expected/mandatory regattas. Should an athlete be unable to attend a regatta, they must notify the Lead Junior Coach, in writing, within 14 days of the start of each season.

**Community Involvement Program and high school volunteer hours will be given for assistance with these events

Membership Fee Breakdown:

	Rowing Canada Aviron and Row Ontario Annual Fee	Full Season (May 1 - November 15)	Spring (May 1 - June 6)	Summer (June 7 - August 23)	Fall (August 24 - November 15)		Winter '26/27
Junior Development	\$76.48	\$1474	\$319	\$710	\$609		TBD - likely around \$360 total for 6 months
Junior Crew		\$1719	\$372	\$828	\$708		
Junior Performance		\$2088	\$438	\$974	\$837		
Coxswain		\$0	\$0	\$0	\$0		n/a

*ORC offers financial assistance through the [Athlete Fund](#) for those in need

What is included in the membership fees:

- Management, administration and coaching by Lead Junior Coach
- 3 in person sessions/week for Development, 4-5/week for Crew, 5-6/week for Performance
- Access to boats and oars
- Access to rowing machines and gym space during open hours
- Access to a training plan that includes secondary workouts

- Access to coaching (i.e. coach boat gas and maintenance)
- Access to second rows when available
- Weekly workshops (nutrition, culture, leadership, video analysis, etc.)
- Rowing Canada Aviron and Row Ontario annual fees
- For Performance athletes, RCA Learn to Row Coach workshop

What is not included in the membership fees:

- **Regatta fees** (trailing, snack table, 3% athlete fund, etc)
- Racing/regatta kit fees
- Travel arrangements and accomodations

TRAINING

Please subscribe to the **Junior Programs and Regatta schedules on our website** for the most up to date information. Athletes must complete the following to be allowed on water: ORC registration (seasonally), RCA affiliation (annually), safety training (annually), erg testing and other tryout requirements (seasonally).

Seasons: Note - practice times change mid-season from afternoons to mornings or vice versa, following the school schedule. See chart below.

Spring - May 4th to June 6th, 2026 (5 weeks)

Summer - June 7th to August 23rd, 2026 (11 weeks)

Fall - August 24th to October 31st (10 weeks)

Practice Times: (Dev = Development, Perf = Performance)

During School Schedule (May 4th to June 27th, and September 6th to October 31st):

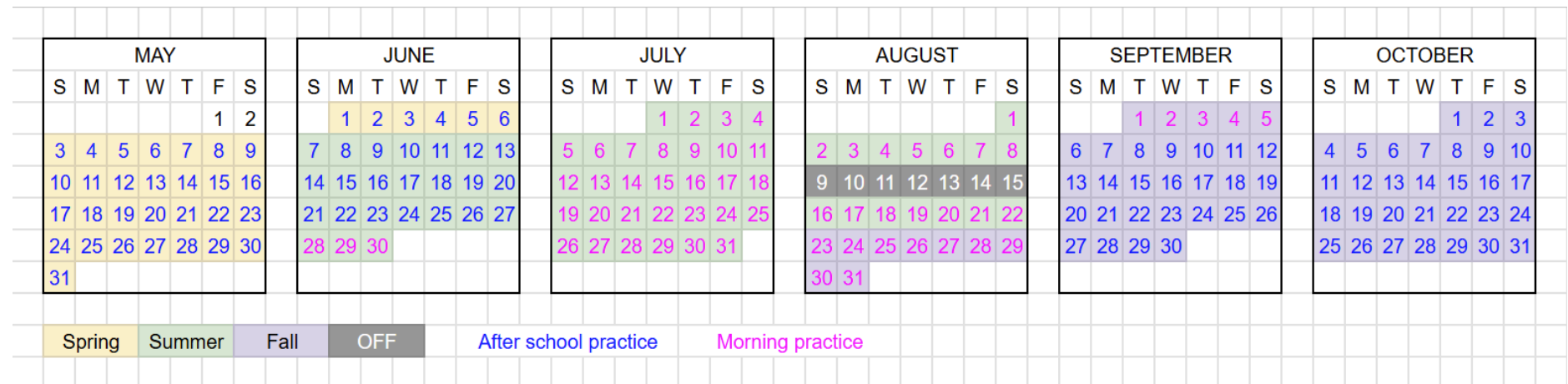
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Perf, Crew 4:15PM to 6:30PM	Perf, Crew 4:15PM to 6:30PM	Perf 4:15PM to 6:30PM	Crew 4:15PM to 6:30PM	Perf 4:15PM to 6:30PM	Perf, Crew 6:30AM to 10:30AM Summit Saturday (Row + meeting + erg)
	Dev 4:30PM to 6:30PM		Dev 4:30PM to 6:30PM	Dev 4:30PM to 6:30PM		

Off School Schedule (June 28th to September 5th):

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OFF	Perf, Crew 5:45AM to 7:45AM	Perf, Crew 5:45AM to 7:45AM	Perf 5:45AM to 7:45AM	Crew 5:45AM to 7:45AM	Perf 5:45AM to 7:45AM	Perf, Crew 6:30AM to 10:30AM Summit Saturday (Row + meeting + erg)
	Dev 8:30AM to 10:30AM		Dev 8:30AM to 10:30AM	Dev 8:30AM to 10:30AM		

*Performance group will also be given second workouts to be completed on their own time

A visual representation of these changes is provided below.



SELECTION

Selection refers to Team selection (i.e. Crew/Performance each season) and/or boat selection (i.e. who races in which boat and in which seat). The goal of selection is to ultimately create the fastest possible teams/boats and prioritizes success at key regattas including Row Ontario Championships, Royal Canadian Henley and Head of the Charles. Selection for boat combinations at all other regattas are at the discretion of the coaches and may be used as practice for key events or to test different crews or combinations. Crews that have been selected for priority regattas may be given priority entries for the other regattas.

Please refer to Appendix A for additional information regarding selection.

HOTEL INFORMATION

These are the hotels we have a block of rooms for. Please email Meg for the codes at least 2 work days prior to the “book by” dates to ensure you receive a response in time. First come, first served.

Event	Location	Regatta Date	Cost/nt +tax (double room)	Accommodation Name	Booking Dates	Book By
Row Ontario Championships	tbd	July 18-19		tbd	July 17-19	
ERAs	Montreal, QC	July 25-26	\$189	Holiday Inn Montréal-Longueuil	July 24-26	
Canadian Henley	St. Catharines, ON	August 4-9	tbc *4 rooms, 5 people	(tbc) Village Residence Townhouse Units - Brock University	August 3-9	
Head of the Rideau	Ottawa, ON	September 28	n/a	n/a	n/a	n/a
Head of the Trent	Peterborough, ON	October 4	n/a	n/a	n/a	n/a
Head of the Charles	Boston, MA	October 17-18	n/a	n/a	October 16-18	n/a
Dawson Invite	Montreal, QC	tbd	n/a	n/a	n/a	n/a

REGATTA/EVENT TRAVEL

ORC does not organize any travel and accommodation for athletes. All regatta and external event travel is to be organized by parents for their own children. We will do our best to reserve a block of rooms for you to book on your own, on a first come, first served basis. There is a table at the end of this document that outlines the information needed for booking at away regattas.

Be advised of RCA's Safe Sport Policy relevant to travel:

Travel

7. Any travel involving Persons in Authority and Athletes shall respect the following:

[...]

d) No Person in Authority may drive a vehicle with an Athlete alone unless the Person in Authority is the Athlete's parent or guardian

e) A Person in Authority may not share a room or be alone in a hotel room with an Athlete unless the Person in Authority is the Athlete's parent or guardian

[...]

This information is current as of January 2025. Please refer to Rowing Canada's Safe Sport Policy Manual for the most up to date information.

After consultation with RCA in February 2025, RCA has directed parents to review the following information:

[Rule of Two](#)

[Open and Observable Environments](#)

Understand the full [Athlete Protection Policy](#) in the Manual on our Safe Sport page

Free [Safe Sport training module](#) through The Locker.

APPENDIX A: ADDITIONAL SELECTION INFORMATION

Roles

1. Lead Junior Coach
 - Ensure selection information is communicated 2 weeks prior to a selection event, except in extenuating circumstances
 - Decide which regattas require selection
 - Decides on the most appropriate format based on the available information
 - Makes the final selection decision for teams and boats
 - Ensure timely communication of the selection processes to coaches, athletes and parents
 - Follow the selection procedure as outlined
 - Outline and distribute the appeal process for each selection event to each coach and athlete

2. Assistant Junior Coaches
 - Collaborate with the Lead Junior Coach during selection event and provide feedback to the Lead
 - Follow the procedure outlines for each event
 - Assist in running selection events in a fair manner
 - Report any potential unfairness to the Lead Junior Coach immediately after discovery

3. Athletes
 - Participate in selection events to the best of their ability (active participation at each practice and skills session, communicating injury or illness, staying informed - read emails!, honour the selection results, avoid behaviour and activities that do not contribute to a high-performance rowing environment)
 - Understand that missed training sessions and regattas (illness, injury, vacation, etc) may impact the athletes selection into teams and/or boats
 - Injury and illness may require a doctor's note before returning to training
 - Follow the training plan given by the Lead Junior Coach
 - When selected to a team, athletes/families are expected to make arrangements so they are available for the entirety of all mandatory practices and regattas, while acknowledging that making themselves available does not guarantee assignment to a boat to race at that regatta

- Should an athlete have an extenuating circumstance leading to their inability to participate in a mandatory regatta or event, the Lead Junior Coach must be made known of this via email no later than 3 weeks prior to the regatta, otherwise they will be required to pay the full regatta invoice
4. Parents
- Understand the selection process
 - Support their athlete (Child)
 - Communicate respectfully to the coaches
 - Do not interfere with the selection process
 - Honour the outcome of the selection
 - Parents that are involved in a power-holding position at the club (ex. Junior coach, board member) will not be allowed to be involved in certain aspects of the selection process where their child may be involved. They may, however, be involved in the creation of the selection processes and execution of processes that do not involve their child
 - Should an athlete have an extenuating circumstance leading to their inability to participate in a mandatory regatta or event, the Lead Junior Coach must be made known of this via email no later than 3 weeks prior to the regatta, otherwise they will be required to pay the full regatta invoice
5. ORC Head Coach and VP Competitive
- Approve this document
 - Determine if appeals have merit and contribute to decision making as necessary
 - Assist Lead Junior Coach in decision making as necessary

Eligibility

Athletes wishing to participate in the Development program do not need to go through a selection process. Acceptance into the Development program will be on a first come, first served basis. Athletes wishing to try out for the Crew team must have completed at least one season on the Development team. Athletes wishing to try out for the Performance team must have at least one season on the Crew team. Some exceptions may apply if an athlete shows exceptional ability to participate in the next program level. Boat selection is limited to within each team.

In order to be eligible to race with the Performance team, attendance at **all regattas** is required. If an athlete meets performance targets but cannot attend all regattas, they can still train, but will be placed with the Crew program. The exception that may be considered is for those

competing for the provincial or national team during the same time. This is to ensure we can prioritize racing in the same crews prior to key regattas like Henley.

Each athlete must be in good standing with the ORC, Row Ontario and Rowing Canada Aviron, and be classified as under-19 based on their age in the year they wish to compete. They must also abide by the [ORC Policies and Rules](#) and [ORC Values](#).

Appeals

The possible grounds for appeal are that the individual or group(s) making the decision:

- A. Did not have authority as set out in this Selection Document to make the decision;
- B. Failed to follow procedures as laid out in this Selection Document;
- C. Made a decision which was influenced by bias, (defined as a lack of neutrality) to such an extent that the decision-maker is unable to consider other views;
- D. Made a decision that was grossly unreasonable or unfair.

Appeals must be submitted within 24 hours of the selection event to the ORC Head Coach and the VP Competitive via email, who will decide if the appeal has merit. If no appeals have been made within the allowed time, selection decisions will be finalized. If an appeal has been lodged, the results will be finalized once the appeal process has concluded.

Selection Results

Results must be finalized and shared with athletes within 72 hours of the selection event, unless an appeal is in review. Raw data will be provided whenever possible.

If a selection can not be concluded in the amount of time outlined in the selection event document (ex. In the event of weather delays, repeated ties, inability of athletes to attend practice/selection/regattas, insufficient access to appropriate equipment, etc.), the Lead Junior Coach may select a crew based on the best available information.

Accuracy of Seat Racing and Time Trial Results

By agreeing to take part in a selection process, it is assumed that athletes are agreeing that there is no selection process that can be 100% accurate and replicable. The selection process is created and executed in a way that aims to be as accurate as possible. Timing is done by hand and is generally accurate within 0.5 seconds, so differences between athletes of less than 1.0 seconds is considered a null result. In the event of a tie, any other relevant selection results will be considered as a tie-breaker.

Coxswain Selection

Coxswain selection is subjective. In addition to the selection criteria outlined in this document, ultimately the selected coxswain should be able to make the boat go faster over an extended period leading up to a competition.

When making selection decisions regarding coxswains, coaches will evaluate the following:

- Athlete/coach feedback in oral and/or paper format regarding but not limited to boat feel, ability to execute practice and race plans, ability to make right call in practice/race situation, and steering
- Compatibility with other athletes in selected crew and coaches and their ability to translate coach's vision to boat (i.e. technical calls should reflect the coach's focus)
- Past race experience and results (may include practice races)

Post-Selection

Any athlete that is successful in being selected must maintain good standing to remain eligible. To remain in good standing, athletes must:

- A. Maintain high training standards as outlined above in 'Role of the Athlete',
- B. Meet performance expectations in competition and in practice,
- C. Remain free of significant injury, illness or for other medical issues (defined as any injury, illness, or medical issue that stops an athlete from training or competing for a protracted length of time)
- D. Meet the eligibility and monitoring requirements as set out in this Selection Document
- E. Attend all mandatory regattas

Exceptional Circumstances

If because of injury, illness, or extenuating circumstance an athlete is unable to meet any of the criteria set out in this document, an athlete may still be considered for selection. Athletes must advise the Head Junior Coach in writing of any injury, illness, or personal extenuating circumstance as soon as possible. In the case of illness or injury, a medical certificate signed by the athlete's doctor or nurse practitioner may be requested by the Lead Junior Coach.

In the event an athlete who has been selected becomes injured or ill, and in the opinion of the Lead Junior Coach (with advice of the volunteer coaches and/or medical professionals, where relevant), is not deemed fit to compete, then the athlete may be replaced with another athlete. The choice of replacement athlete is at the sole discretion of the Lead Junior Coach in consultation of the relevant coaches.

In all cases, permission to be exempted from any requirement contained within this document must be obtained in writing from the Lead Junior Coach.

Lead Junior Coach's Discretion in Selecting Crews

At all stages of the selection process, the Lead Junior Coach has discretion to intervene in the process. The decision to intervene will be made only with input from the coaching staff and volunteers. In a time-sensitive situation, that may be limited to exclusively the coaches currently present on site, but otherwise will include all coaches involved with the selection. This will generally be done electronically, either by use of a shared online document or via an online meeting or group chat.

There are a multitude of reasons that the Lead Junior Coach may intervene, including (but not limited to):

- Sudden changes in weather
- Unexpected illness or injury
- Incomplete or erroneous selection data
- The selection process cannot be completed
- Logistical challenges

The Lead Junior Coach will only intervene when it is the only reasonable solution, and they are tasked with doing so in a way that best balances accuracy and fairness. For example, if an athlete is injured and unable to take part, a seat racing matrix could be reorganised rather than cancelled.

Lastly, after the selection events have taken place, the Lead Junior Coach will evaluate the data collected and, with the help of the ORC Head Coach, finalise the crew(s) being selected. In making this decision, the empirical data will be the primary factor considered, but not the only one. The Head Junior Coach will have discretion to consider everything they know about the athlete(s) being selected in making this decision.

Selection Events

There may be multiple opportunities for selection and include the following:

1. Seasonal try-outs
 - a. Spring, Summer and Fall seasons will start with a tryout to select the Crew and Performance teams
2. Regattas
 - a. Regatta results may be used to compare times or placements against other teammates in the same event
 - b. A proven record of regatta success will be included in decision making

3. On-water selection events
 - a. Any time trial or seat racing events
4. Erg testing
 - a. All athletes wishing to participate on the Crew and Performance teams must complete any scheduled erg testing. Anyone unable to attend must let the Lead Junior Coach know, in writing, by one week prior to the testing. The Lead Junior Coach will schedule the individuals testing for another day. All erg testing that does not occur during the scheduled time will need to be supervised by another coach who is approved by the Lead Junior Coach, otherwise the test will not be considered
 - b. Sanctioned indoor rowing events (ex. CIRC), RADAR tests and try-outs may be used in lieu of regular testing at the discretion of the Lead Junior Coach

Erg Testing Rules

1. All athletes but complete the full test without stopping, unless there are extenuating circumstances that stop you from doing so (ex. Sudden injury or throwing up);
2. Screens must not be slammed down and other dramatic shows of negative emotion are not welcome in the erg room;
3. For 2k testing, all athletes must remain on the erg seat until the last person is finished (we start as a crew, we finish as a crew);
4. For 2k testing, no music will be played on the speakers, however athletes can listen to their own music through headphones if they wish;
5. The Lead Junior Coach will not provide individual encouragement, but they may provide encouragement to the group as a whole;
6. Athletes may encourage each other if they have received consent from their teammate

Event Selection Process

1. The Lead Junior Coach determines whether selection is needed for each event. This does not mean that all athletes are guaranteed entry, rather it means that some athletes may not need to undergo selection depending on the specifics of the regatta in question.
2. The Lead Junior Coach determines the focus events for the Performance and Crew teams, when applicable. The decision of focus events is made based on the age, gender, interest, ability, and number of athletes.
3. Depending on the number of athletes versus the number of 'seats' available to race, an appropriate selection process will be created by the coaches. The selection will be scheduled with as much notice as is possible. It is the responsibility of the athlete to ensure they are available for seat racing. Selection events will not be scheduled around an individual's attendance.
4. At the discretion of the coaches, a regatta may be used to make the final determination for selection and entry of athletes into a given regatta.

5. Selection is for the fastest boat. At the discretion of the coaches, athletes may still participate in priority events if they are not selected for the fastest boat. Selection may also include naming of a 'B' boat, depending on the event and number of athletes. If a non-'A' boat is regularly out-performing the 'A' boat, the Lead Junior Coach may decide at any time to change the priority crew for a race.

Selection criteria

Specific selection criteria may vary depending on the selection event. In any case, specific criteria will be outlined in each selection event document when applicable.

Additional selection criteria may include:

- Selection to a national team (ex. CanAmMex, Canada Cup, U19s)
- Past performance in competition and availability for future competitions
- Attitude and behaviour to rowing in general, teammates and coaches
- Athlete's compatibility with the rest of the crew
- Competitive performance during training sessions
- Overall performance in practice, competition, and selection
- Erg testing performance: are you completing your erg tests, or are you stopping part way through? Have you been improving over time?
- Recommendation of the other coaches
- Meeting eligibility requirements for regattas
- Demonstrated commitment to the team and club
- Leadership abilities such as ability to motivate, work with different crews, etc.
- Care for the equipment and facility
- Crew athlete participation in secondary workouts

Questions to ask yourself before tryouts:

- Why do I want to do the next program level? Do my goals align with the goals of the program?
- Am I attending all in person practices in my current program? If no, you must commit to this before committing to more practice time in the next level.
- Am I completing all secondary workouts in my current program? Am I willing to complete some of them on my own? If no, you should commit to this before committing to more training volume in the next level.

- Am I willing and able to spend the amount of time training in the next program level? Including on-water practice, dryland practice, erg and cross training sessions on my own time, strength and conditioning, more regattas, etc. If no, you must commit to this before committing to more training time in the next level.
- Am I willing to commit to all of the extra auxiliary activities that come with the next program level? (ex. More stretching, journaling, goal setting, more focus on proper sleep, nutrition and hydration). If no, then consider what is required of you for the next program more deeply.

Standards

The set of standards have been determined by the ORC Head Coach, VP Competitive and Lead Junior Coach based on their experience and existing data. They are made with the purpose of being as competitive as possible at priority regattas while balancing the program’s current abilities as a whole. All testing must occur during the allotted “Tryout” time and supervised by the Lead Junior Coach unless otherwise specified. **To be included on the Performance team, all athletes must complete the testing at ORC, regardless of affiliation with another club/school. The only exception that may be considered is for those involved with provincial or national team training, which must be granted by both the athlete’s provincial/national team coach (proof required) and the Lead Junior Coach.**

Age category is determined by the age an athlete is turning in any given year. Athletes must still be under the age listed in the category on December 31st of the year of competition. For example, an athlete is U17 if they are turning 16 on or before December 31st of that year. For gender categories, ORC follows [RCA’s trans inclusion policy](#), which indicates that athletes can participate with the gender they identify with.

Performance:

Athletes must have experience in the Crew program or equivalent.

	Spring and Summer 2k	Fall 6k
U17 Men	7:10	23:06
U19 Men	7:00	22:36
U17 Women	8:10	26:06
U19 Women	8:00	25:36

Crew:

The standards are not mandatory but should give athletes an idea of what to aim for. Athletes must have experience in the Development program or equivalent program.

	Spring and Summer 2k	Fall 6k (3k for Dev to Crew*)
Men	7:40	24:36
Women	8:40	27:30

*Athletes moving from Development to Crew will be required to do a 3km test, rather than a 6km test. Suggested times not provided for 3k.

Athletes may occasionally be tested on the full RADAR and movement screenings throughout the year. Please see Rowing Canada’s document explaining [RADAR testing](#) to help understand the 2k, 6k, and peak power tests. For the movement screen, see the [Canadian Sport Institute Pacific’s youtube playlist labelled “Rowing Canada”](#) and look for videos 125 to 134 (not including 133) for examples of the testing. If you score below 100% on any exercise, you can find all of the corrective exercises for each movement test on [CSIP’s youtube playlists](#).

The Lead Junior Coach, ORC Head Coach and VP Competitive reserve the right to make decisions as needed on a case by case basis.