



中國香港賽艇協會

HONG KONG, CHINA ROWING ASSOCIATION

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Elizabeth Alice Emma WRAY

秘書
羅傑志先生, GBS, QC, JP

1 September 2017

Dear all affiliated Clubs and Centre Users of HKCRA,

2017 Asian Rowing Indoor Championships Johor Bahru, Malaysia 16 – 20 November, 2017

The Asian Indoor Rowing Championships is scheduled to be held in Malaysia from 16 (arrival day) – 20 (departure day) November 2017. This event is not covered by our high-performance funding ambit but, in order to support the event, the HKCRA is willing to consider sending rowers who would like to take part at their own expense and who are capable of achieving a competitive level of performance. **The event is only open to official teams from National Rowing Federations, and is not open to clubs or private individuals.** All entries and communications with the Organizing Committee must be submitted via the HKCRA.

To be considered for this event, rowers should meet the following requirements:-

- i) Currently resident in Hong Kong and holding a valid HK Identity Card, and
- ii) A paid-up member of the HKCRA, and
- iii) Physically fit and in good health, and
- iv) Willing to comply with team management, anti-doping and all event rules and requirements, and
- v) Willing to cover own expenses - travel, meals, insurance and accommodation.

The Organizing Committee will provide free transportation between Senai International Airport and the Official Hotel. Alternatively transport can be provided from Changi International Airport in Malaysia at a cost of US\$50/person/round-trip.

Accommodation and meals are provided at the Official Hotel at a cost of US\$75/person/per night for a twin-share room, or US\$100/person/night in a single room.

Interested rowers must record a verified 2000m time of 90% World Record (or faster) **on or before 16 September 2017.** The test should be performed on a standard C2 rower (fixed, not dynamic or with sliders) under the supervision of a qualified coach. A screen shot of the result, including a Concept 2 verification code, should be submitted to the HKCRA by the coach via e-mail to hkcra@rowing.org.hk. The coach should also confirm that any lightweight competitors performed the trial at or below the required body weight (71.0kg Men and 61.5kg Women).

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Details of how to generate a verification code can be found at <http://www.concept2.com/service/monitors/pm4/how-to-use/viewing-verification-code>

90% Time Requirement:-

Open Men:	6:13.3	(previous Asian medalists ~6:05 – 6:14)
Open Women:	7:05.3	(previous Asian medalists ~6:50 – 7:09)
Lightweight Men	6:35.7	(previous Asian medalists ~6:18 – 6:24)
Lightweight Women	7:40.8	(previous Asian medalists ~7:16 – 7:25)

If more than one person meets the above criteria, the athletes with the fastest verified times will be selected with a maximum of two competitors in each of the above categories.

Should you have any enquiries, please feel free to contact our Executive Director, Ms Annie Lam, or Mr Chris Perry, our Technical Director.

Thank you for your kind attention.

Hong Kong, China Rowing Association