

2019 HONG KONG ROWING INDOOR CHAMPIONSHIPS CUM CHARITY ROWATHON

RACE BULLETIN (OVERSEAS TEAMS)

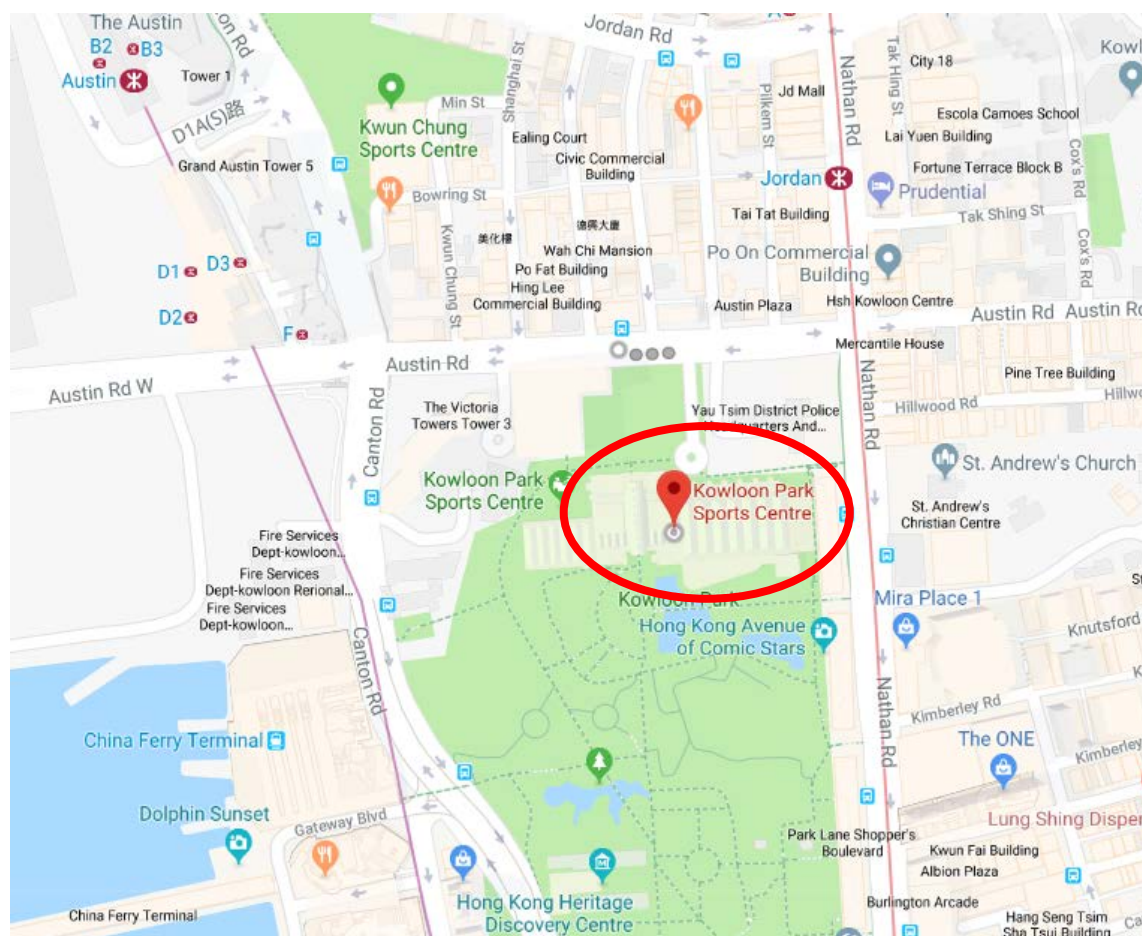
The 20th Hong Kong Rowing Indoor Championships cum Charity Rowathon is an annual spectacular indoor rowing event organized by the Hong Kong, China Rowing Association (HKCRA) and subvented by the Arts and Sport Development Fund of the Home Affairs Bureau. Our wish is to drive public participation and encourage “rowing for life” for everyone. Let’s get “Everybody Rows”! We are pleased to invite overseas teams to participate in this annual spectacular event.

A. Competition Information

Date: 9 – 10 March 2019 (Saturday & Sunday)

Venue: Kowloon Park Sports Centre, No. 22, Austin Road, Tsim Sha Tsui, Kowloon

It is located close to major hotels and the famous shopping area in Tsim Sha Tsui, Kowloon.



B. List of Events

Individual Events

| Code 編碼 | Event 項目 | Code 編碼 | Event 項目 |
|-----------------------------------|--------------------------------|---------|----------------------------------|
| Junior 青少年組 (1000m 米) | | | |
| E01 | Boy's Aged 12 or Under 12 歲或以下 | E03 | Girl's Age 12 or Under 12 歲或以下 |
| E02 | Boy's Aged 14 or Under 14 歲或以下 | E04 | Girl's Aged 14 or Under 14 歲或以下 |
| Junior 青少年組 (2000m 米) | | | |
| E05 | Boy's Aged 16 or Under 16 歲或以下 | E07 | Girl's Aged 16 or Under 16 歲或以下 |
| E06 | Boy's Aged 18 or Under 18 歲或以下 | E08 | Girl's Aged 18 or Under 18 歲或以下 |
| Lightweight 輕量級組 (2000m 米) | | | |
| E09 | Men's Aged 19 - 29 19 至 29 歲 | E12 | Women's Aged 19 - 29 19 至 29 歲 |
| E10 | Men's Aged 30 - 39 30 至 39 歲 | E13 | Women's Aged 30 - 39 30 至 39 歲 |
| E11 | Men's Aged 40 or above 40 歲或以上 | E14 | Women's Aged 40 or above 40 歲或以上 |
| Open 公開組 (500m 米) | | | |
| E15 | Men's Open 500m 男子公開組 500 米 | E16 | Women's Open 500m 女子公開組 500 米 |
| Open 公開組 (2000m 米) | | | |
| E17 | Men's Open 2000m 男子公開組 2000 米 | E18 | Women's Open 2000m 女子公開組 2000 米 |
| Masters 大師組 (2000m 米) | | | |
| E19 | Men's Aged 30 - 39 30 至 39 歲 | E24 | Women's Aged 30 - 39 30 至 39 歲 |
| E20 | Men's Aged 40 - 49 40 至 49 歲 | E25 | Women's Aged 40 - 49 40 至 49 歲 |
| E21 | Men's Aged 50 - 59 50 至 59 歲 | E26 | Women's Aged 50 - 59 50 至 59 歲 |
| E22 | Men's Aged 60 - 69 60 至 69 歲 | E27 | Women's Aged 60 - 69 60 至 69 歲 |
| E23 | Men's Aged 70 or above 70 歲或以上 | E28 | Women's Aged 70 or above 70 歲或以上 |
| Masters 大師組 (500m 米) | | | |
| E29 | Men's Aged 30 - 39 30 至 39 歲 | E34 | Women's Aged 30 - 39 30 至 39 歲 |
| E30 | Men's Aged 40 - 49 40 至 49 歲 | E35 | Women's Aged 40 - 49 40 至 49 歲 |
| E31 | Men's Aged 50 - 59 50 至 59 歲 | E36 | Women's Aged 50 - 59 50 至 59 歲 |
| E32 | Men's Aged 60 - 69 60 至 69 歲 | E37 | Women's Aged 60 - 69 60 至 69 歲 |
| E33 | Men's Aged 70 or above 70 歲或以上 | E38 | Women's Aged 70 or above 70 歲或以上 |
| Para-Rowing 展能組 (1000m 米) | | | |
| E39 | Men's LTA (PR3) 男子 LTA (PR3) 級 | E43 | Women's LTA (PR3) 女子 LTA (PR3) 級 |
| E40 | Men's ID 男子智障級 | E44 | Women's ID 女子智障級 |
| E41 | Men's TA (PR2) 男子 TA (PR2) 級 | E45 | Women's TA (PR2) 女子 TA (PR2) 級 |
| E42 | Men's AS (PR1) 男子 AS (PR1) 級 | E46 | Women's AS (PR1) 女子 AS (PR1) 級 |

Charity Events

| | | | |
|---|---|-----|--------------------|
| Charity Rowathon 慈善長途接力 | | | |
| E47 | Open 公開組 (30 Minutes 分鐘) | | |
| E48 | Government Departments, Professional Bodies & Corporations 政府部門、專業團體及工商機構 (30 Minutes 分鐘) | | |
| E49 | Secondary Schools 中學組 (15 Minutes 分鐘) | | |
| Integrated Charity Challenge (Pair 1000m) 融合慈善挑戰賽 (雙人賽 1000 米) | | | |
| E50 | Men's Pair 男子組** | E51 | Women's Pair 女子組** |
| SAHK Cup (Pair 1000m) - by invitation 耀能盃 (雙人賽 1000 米) - 邀請賽 | | | |
| E52 | Mixed Pair 混合組** | | |

Team Events

| | | | |
|---|---|-----|---|
| Team Relay (4 x 500m) 隊際 4x500 米接力 | | | |
| E53 | Men's Disciplined Forces 男子紀律部隊 | E62 | Women's Disciplined Forces 女子紀律部隊 |
| E54 | Men's Government Departments 男子政府部門 | E63 | Women's Government Departments 女子政府部門 |
| E55 | Men's Professional Bodies 男子專業團體 | E64 | Women's Professional Bodies 女子專業團體 |
| E56 | Men's Post-secondary Institutions 男子大專組 | E65 | Women's Post-secondary Institutions 女子大專組 |
| E57 | Men's Secondary Schools 男子中學組 | E66 | Women's Secondary Schools 女子中學組 |
| E58 | Men's Youth Organizations 男子青少年團體 | E67 | Women's Youth Organizations 女子青少年團體 |
| E59 | Men's Corporations 男子工商機構 | E68 | Women's Corporations 女子工商機構 |
| E60 | Men's Sports Clubs (Group A) 男子體育會 A 組 | E69 | Women's Sports Clubs (Group A) 女子體育會 A 組 |
| E61 | Men's Sports Clubs (Group B) 男子體育會 B 組 | E70 | Women's Sports Clubs (Group B) 女子體育會 B 組 |
| Mixed Team Event 隊際混合賽 | | | |
| E71 | Universities Mixed Eight 2000m 大學組混合八人賽 2000 米 ** | | |
| E72 | Para-Rowing LTA (PR3) Mixed Four 500m 展能組 LTA (PR3) 級混合四人 500 米** | | |
| E73 | Para-Rowing ID Mixed Team Relay 4x500m 展能組智障級混合 4x500 米接力賽 | | |
| Family Fun Relay 家庭歡樂接力賽 | | | |
| E74 | Family Fun Relay(Group A) 家庭歡樂接力賽 A 組 | | |
| E75 | Family Fun Relay(Group B) 家庭歡樂接力賽 B 組 | | |

**Please refer to Section F of ELIGIBILITY AND REGULATIONS

C. Preliminary Programme Rundown

| 9 March 2019 (Saturday) | 10 March 2019 (Sunday) |
|---|--|
| <p><u>A.M.</u> 1) Individual Events - Junior</p> <p style="text-align: center;">Medal Presentation Ceremony I & Lunch Break</p> <p><u>P.M.</u> 2) Scout Cup (Invitation Event)</p> <p>3) Individual Events - Para-Rowing</p> <p>4) Charity Rowathon - Secondary Schools</p> <p>5) Team Relay Events - Para-Rowing - Secondary Schools - Youth Organizations</p> <p>6) Individual Events - Masters</p> <p style="text-align: center;">Medal Presentation Ceremony II</p> | <p><u>A.M.</u> 1) Individual Events - Open - Masters - Lightweight</p> <p>2) Team Relay Events - Disciplined Forces - Post-secondary Institutes</p> <p style="text-align: center;">Medal Presentation Ceremony III & Lunch Break</p> <p><u>P.M.</u> 3) Individual Events - Masters</p> <p>4) Team Events - Government Departments - Professional Bodies - Universities - Corporates - Sports Clubs and Societies</p> <p>5) Fitness First One-minute Ergo Challenge - Masters - Open</p> <p>6) Family Fun Relay</p> <p>7) Charity Rowathon - Open - Government Departments, Professional Bodies & Corporates</p> <p>8) Integrated Charity Challenge</p> <p>9) SAHK Cup (Invitation Event)</p> <p>10) Top of the Tops President Cup</p> <p style="text-align: center;">Medal Presentation Ceremony IV</p> |

D. REGULATIONS

General Rules

1. All rules and regulations will follow the Rules of Racing of the Hong Kong, China Rowing Association except any other rules as specified on the "Notice for Competitors" of the event.
2. For the age group events, the age of the participant is taken on the day of racing.
3. Men may not enter a Women's event and vice versa.
4. Mixed event (except Para-rowing) half of the crew shall be women and a half shall be men. Para-rowing mixed team one of the crew shall be a woman.
5. The maximum weight limit for individual lightweight men is 75 kg and for individual lightweight women is 61.5 kg.
6. Lightweight event participants must weigh in not more than 2 hours and not less than 1 hour before the scheduled start time of their event (participants should wear the racing uniform, including shoes, for weigh-in). If the weighting of the lightweight participant is above the limits, this participant is not eligible to compete in that lightweight event.
7. Due to the tight competition schedule, the Organizer reserves the right to stop the race when the 1st, 2nd and 3rd places are determined in individual events AND/OR when the rower cannot finish after 10 minutes of the start time of the race.
8. Events in the Open category will be cancelled if the entry is less than 2 persons. Entry fee will be refunded.
9. Concept 2 (Model D) Rowing Machines will be used for all events. Participants may set the resistance setting of their choice only before the start of the race. But no adjustment is permitted during a Race. In the case of a relay event, such adjustment may be made at the same time as the rowers change but not at any other time during a Race.

E. ELIGIBILITY

i) Invitation Events

Fitness First One-minute Ergo Challenge (Free!)

Perform your one-minute ergo anywhere and anytime. Take a video of the entire process and take a photo of the result (distance) showing on the performance monitor. Upload the video and photos to HKRIC Facebook page before 11:59pm of 24 February 2019 (Hong Kong Time) with the official hashtag.

The top 15 participants completing the longest distance will be invited to the Final race on 10 March 2019. All participants will be awarded a certificate.

Official hashtag: #2019HKRIC #FitnessFirstErgoChallenge

Top of the Tops President Cup (Free!)

The 5 Men's teams and 5 Women's teams with the best time amongst the different events of the 2000m Team Relay will be invited to compete for the "Top of the Tops President Cup". The winning team, both Men's and Women's, will be awarded a trophy and medals. Each members taking part in this event will be awarded an Event T-shirt and a certificate.

ii) Team Relay

1. Each team using one machine in the relay race.
2. Each member in a team shall row a specific distance. When it has reached the specific point, changeover of rowers must take place within 2 strokes.
3. The result of each team will be determined by the time taken by the team to complete a specific distance including the changeover between members. The fastest team being the winner.
4. All members of a team entered in the "Secondary School" event must be the staff and students of the same school.
5. All members of a team entered in the "Post-Secondary Institutes" event must be the staff and students of the same institutes.
6. All members of a team entered in the "Government Departments" event must be employees of that Government Departments. Members of the Disciplined Forces are not eligible to enter the Government Departments events.
7. All members of a team entered in the "Disciplined Forces" event must be the employees of Hong Kong Police Force, the Fire Services Department, the Correctional Services Department, the Immigration Department, the Customs and Excise Department or the Government Flying Service.
8. All members of a team entered in the "Youth Organization" event must be members of that organization.
9. All members of a team entered in the "Professional Bodies" event must be members of that organization which must be registered Professional Organization.
10. All members of a team entered in the "Corporations" event must be employees of that company which itself must be a company registered in Hong Kong.
11. All members of a team entered in the "Sports Clubs and Societies (Group A)" event must be members of that club or society which itself must be an official registered sports club or society of Rowing, Canoeing and Paddling. Other Sports Clubs and Societies should enter "Sports Clubs and Societies (Group B)" events.

iii) Team Event

Each team must row a specific distance at the same time on individual machines. The winner of this event will be the fastest team completing the specific distance.

iv) Para Rowing Race

The sport class of LTA (PR3), TA (PR2) and AS (PR1) is based on the related rules and regulations of FISA. Sport class LTA (PR3) members include physically disabled and visually impaired people. In LTA (PR3) Mixed Four event, no more than 2 visually impaired members may be included in a team.

Documentary proof for disability should be provided when submitting an entry.

v) Family Fun Relay

This is a 2x250m relay event. The team members comprise an adult (aged 18 or above) and a kid (Group A: aged 8 to 11; Group B: aged 12-15). The members of this event have no gender restriction. All participating team will be awarded a certificate.

vi) Charity Rowathon (quota for each category is 24 Teams; on a first-come-first-served basis)

Applicable to Open; Government Departments; Professional Bodies & Corporations

- The racing time is 30 minutes. The winner will be the team completing the longest distance.
- Each team must have a minimum of 6 and a maximum of 10 members including at least 2 male and 2 female members.
- Each member must row for at least 3 minutes continuously in each race. A team with less than 10 members should have up to 4 members to row twice (i.e. two 3-minute stages). No member may row more than twice.

Applicable to Secondary Schools

- The racing time is 15 minutes. The winner will be the team completing the longest distance.
- Each team must have a minimum of 4 and a maximum of 6 members including at least 2 male and 2 female members.
- Each member must row for at least 2.5 minutes continuously in each race. A team with less than 6 members should have up to 2 members to row twice (i.e. two 2.5-minute stages). No members may row more than twice.

vii) Integrated Charity Challenge

- This is a team race.
- Each team should comprise 1 able-bodied member & 1 member with a disability (physically disabled or visually impaired).
- Each team must row a designated distance at the same time on individual machines.
- The winner will be the fastest team completing the specific distance.

F. Beneficiary of Charity events

We are proud to engage the **“InspiringHK Sports Foundation Limited”** in this year as the beneficiary for the Charity Events.

To encourage donation, the participating team which can generate the highest amount of donation will be awarded: -

A Trophy; and 8 transferable quotas for the HKCRA Galaxy Rowing Course (Star 1 & 2 Sculling)* for FREE amounting HK\$2,200.

** Should any dispute arise, the decision of HKCRA shall be final.*

All of you are welcome to form relay teams and encouraged to seek donors to generate additional donations to **“InspiringHK Sports Foundation Limited”** by filling the “Donation Form” (**Annex 1**).

G. Prizes

Individual Events

1. 1st, 2nd, 3rd Place: Medal and Certificate
2. A commemorative medal: All participants who could finish the Standard Time as specified in Annex 2.
* A commemorative medal can be awarded to participants from junior event who could reach the standard time (80% world record)
3. Cash Award: Any participant in Individual or Lightweight Individual 2000m Categories who breaks the current "Hong Kong Indoor Rowing Record" of his/her participating category will be awarded HK\$1,000 (aged 19 or above categories) or HK\$500 (Aged 13-18 categories). Please refer to the best time of Hong Kong Indoor Rowing Record in each of all eligible categories (**Annex 2**).

Remarks:

- If more than one participant breaks the record in the same category, the cash prize will be awarded only to the participant who holds the newest record.
- A participant may only win the cash prize in the category in which he/she entered.
- No cash prize will be awarded if the participants compete in a category that is no best time in the "Hong Kong Indoor Rowing Record".
- If awardee can't attend the designated prize presentation ceremony, please visit HKCRA office to collect the prize in person after 3 days of the race. Prize will be keeping at maximum 3 months.

Team Events

1st, 2nd, 3rd Place: Trophy and Medal

Integrated Charity Challenge

1st Place: Trophy and Medal

2nd, 3rd Place: Medal

Rowathon Events

1st, 2nd, 3rd Place: Trophy

H. SUPPORTER FOR INDIVIDUAL EVENTS

- Each competitor will be allowed to bring a supporter (eg. coach, parent or friend) and accompany him/her into the race area.
- The supporter should keep quiet before the race, and sit on the seat provided during the whole race. (If the race is Para-Rowing events, the supporter can assist the competitor to prepare the race, e.g. sit on ergo machine, adjust ergo machine and install the seat etc.)
- The supporter can cheer his/her competitor during the race, but cannot touch the competitor, ergo machine and other equipment.
- The supporter cannot interfere with other competitors, ergo machines or other equipment with any form of activities.
- Supports must obey the instructions from umpires and officials.
- To ensure the race can run fairly and smoothly, umpires and officials reserve the rights to request any persons who are not following the rule and instructions to leave the racing area immediately.

I. BRING YOUR OWN BOTTLE

Join HKCRA in protecting our planet – bring your own water bottle to refill. Water stations with dispensers will be provided at the venue.

J. ENTRY FEE AND DONATION

| Entry Fee for Individual Event | |
|--|------------------------|
| Para-Rowing & Junior | : HK\$110/entry/event |
| Others | : HK\$190/entry/event |
| Fitness First One-minute Ergo Challenge (by invitation) | : FREE |
| Entry Fee for Team Relay /Team Race Event | |
| Para-Rowing, Family, Secondary Schools & Youth Organizations | : HK\$270/team/event |
| Others | : HK\$470/team/event |
| Donation for Charity Event | |
| Charity Rowathon Minimum donation | : HK\$2,000/team/event |
| Integrated Charity Challenge Minimum donation | : HK\$200/team/event |

Remarks: 50% of the paid entry fee will be refunded in case the event cancelled under inclement weather or unforeseeable reasons in Hong Kong. Donation will not be refunded.

K. Entry Procedure

| Deadline: 18 February 2019 |
|---|
| <p>Non-Charity Event</p> <p>The application should be made online: https://reg.pikapage.com/hkcra/hkric.html The registration page can also be accessed through the official website of HKCRA (http://www.rowing.org.hk).</p> <p>Payment Method: Online payment only. Other payment methods would not be accepted.</p> |
| <p>Charity Event</p> <p>Please complete and submit the entry form together with the donation in person or by mail to the HKCRA, Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, N.T. (<i>Please state "2019 HKRIC" on the envelope.</i>)</p> <p>Donation Method: By Cheque A crossed cheque made payable to "InspiringHK Sports Foundation Limited".</p> <ul style="list-style-type: none"> - Please write '2019 HKRIC', your team name and full name of the contact person in English on the back of the cheques. - Please photocopy your cheques, Entry Form and Donation Form for a record. DO NOT destroy them until you have received all the official receipts for donation. - Official Receipts will be sent to the Participant or Team Leader specified on the Donation Form or Charity Events' Entry Form. If your mailing address is different from what you have provided during the registration period, please contact us. - <i>Double Entry Fee will be charged after the deadline of the final entry but the Organizing Committee reserves the right of not accepting any late application.</i> - <i>Application will NOT be accepted if information provided is insufficient or payment is not completed.</i> |

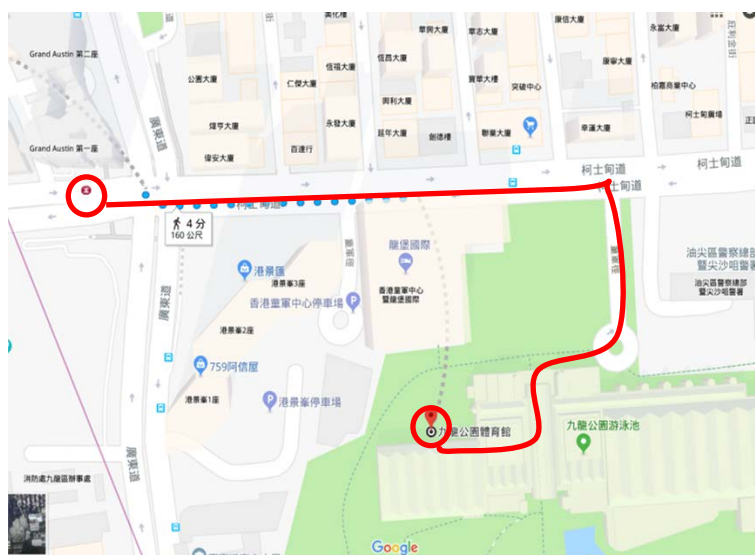
L. TRANSPORTATION

From Airport to Hotels

- By Hong Kong Airport Express (to Hong Kong Station / Kowloon Station / Tsing Yi Station)
- By Shuttle Bus provided by Hotels at Airport (Please consult your hotel during reservation)
- By Taxi directly.

From MTR Stations to Competition Venue –

- From Austin Station (Exit F): approximately 10 minutes walk



- From Jordan MTR Station (Exit C2): approximately 5 minutes walk



M. Organizing Committee

For all enquiries, submission of entries and other information, please contact the Organizing Committee at the following address:

2019 Hong Kong Rowing Indoor Championships Cum Charity Rowathon
c/o Hong Kong, China Rowing Association
Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, Hong Kong

| | | | |
|-----------------------|--|------------------|--|
| Contact Person | : Mr. WONG Hoi Tik (Sports Executive of HKCRA) | Telephone | : (852) 2699-7271 |
| Fax | : (852) 2601-4477 | E-mail | : hkric@rowing.org.hk |
| Web Site | : www.rowing.org.hk | Facebook | : www.facebook.com/hkrowing |

Follow the event on our Facebook page:
www.facebook.com/hkricrowing

Enroll Now

at

<https://reg.pikapage.com/hkcra/hkric.html>

Deadline: 18 February 2019