



Hong Kong Rowing Schools Championships 2020

Race Notice

Information

- Date & Time : 6th February 2021 (Sat) 9am-5pm (Heats)
7th February 2021 (Sun) 9am-3pm (Finals)
- Venue : Shing Mun Regatta Course at Sha Tin, New Territories
(Sha Tin Rowing Centre & Jockey Club Shek Mun Rowing Centre)
- Deadline of Entry : **19th January 2021 (Tue)**

1.Objective

- 1.1.To enhance rowing standard among schools by providing opportunities for students to compete with each other and make friends in the Championships.
- 1.2.To promote rowing in school by encouraging schools setting up school rowing team.

2.Events

Group		Event Name	*1X	^1X	2X	4X+	4X
		Racing Distance	1000m	1000m	1000m	1000m	1000m
Boy's/ Girl's	*Primary A Grade - Under 13 (Born after 1 st Jan, 2008)	Primary	✓				
	C Grade - Under 14 (Born after 1 st Jan, 2007)	Secondary		✓	✓	✓	
	B Grade - Under 16 (Born after 1 st Jan, 2005)			✓	✓	✓	
	A Grade - Under 19 (Born after 1 st Jan, 2002)			✓	✓		✓
Open						✓	

*Primary A Grade event will be using Wave Cutter training boat for race

^ For Secondary Schools, each School can enter only one crew in each Single Scull Event.

3.Rules of Racing

- 3.1.“Rules of Racing” of Hong Kong, China Rowing Association (HKCRA) will be used in this Championships, details please visit:
http://www.rowing.org.hk/wp-content/uploads/2020/06/HKCRA_Rules-of-Racing-and-related-By-Laws-Version-2020.pdf.
- 3.2.Open event can consist of crews from different schools, age group (range 14-19) or gender (at least 1 female in each crew), however the results **will not be** counted in the overall points system.

4.Eligibility and Notice to Rowers

- 4.1.Rowers must be under 19 years old. (Valid Student Card should be presented during registration at the venue)
- 4.2.Entries must be endorsed by the respective school and participants must be the students of that school.
- 4.3.Rowers must be the students of the school in the current year 2020-2021.
- 4.4.Rowers must be able to swim at least 50 meters with clothes.
- 4.5.Rowers must have the rowing qualification of Star 3 or above issued by the HKCRA or equivalent rowing qualification.
- 4.6.Each rower can only participate in maximum 2 different events, and cannot participate in more than one age group. Open event is not limited by this rule.
- 4.7.If there is an excessive of entries in any event, participating schools can only enter one crew of that event.
- 4.8.An event will be cancelled if there are less than 3 participating crews and from less than 2 different schools.



5. Age Group

According to the Hong Kong Schools Sports Federation (HKSSF), the students' age grouping of 2020-21 are as follows: -

Secondary School	A Grade	Under 19 - Date of birth after 1 January 2002
	B Grade	Under 16 - Date of birth after 1 January 2005
	C Grade	Under 14 - Date of birth after 1 January 2007
Primary School	A Grade	Under 13 - Date of birth after 1 January 2008

6. Application Procedure

- 6.1. The completed Entry Form (Annex 1), Declaration (Annex 2) and entry fee (paid via cheque or ATM) should return to the HKCRA by post or in person. (Address: Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, NT.) Please mark '2020 HKRSC' on envelope.
- 6.2. Entry Fee: HK\$80 / rower / event
- 6.3. Payment method:
 - By cheque : payable to "Hong Kong, China Rowing Association" with the school name written on the backside. Or;
 - Via ATM : please transfer the entry fee to the HSBC account: 002-6-187443, and write the school name on the bank-in-slip, email to (kelvin.k@rowing.org.hk) or fax to the HKCRA. (Fax no. 2601 4477)
- 6.4. The HKCRA will only process the application with completed entry form and full payment of the entry fee. The applicant should contact the HKCRA to re-confirm if your application is duly received.

7. Points System and Prizes

- 7.1. Trophies for the "Overall Champion, 1st runner-up and 2nd runner-up for Men's Events and Women's Events" will be presented to the Secondary Schools according to the points they gained. Points will be awarded as shown below:

Place	Event	Champion	1 st Runner-up	2 nd Runner-Up	3 rd Runner-Up	4 th Runner-Up	5 th Runner-Up	Have completed the races
Points	1x	10	8	6	4	3	2	1
	2x	20	16	12	8	6	4	2
	4x/4x+	40	32	24	16	12	8	4

- 7.2. Medals will be presented to the Champion, 1st Runner-Up and 2nd Runner-Up.
- 7.3. Trophy will be presented to the Champion rowers or teams.
- 7.4. Certificates will be presented to the competitors who completed the race.

8. School Rowing Team Training Programme

In order to encourage more students participating in this Championships, the HKCRA specially designed the '2020-2021 School Rowing Team Training Programme' to let the students to experience water rowing and to provide a systemic training programme for them before the Championships. Details please refer to **Annex 5**.

9. New Measures for Accessing the Rowing Centres Under COVID-19

For update New Measures, please refer to <http://www.rowing.org.hk/notice>

10. Enquiry and Contact

Contact Person:	Mr. Kwok Kwan Ting, Kelvin (Youth Rowing Development Officer)	Mr. Li Ka Chuen (Assistant Sports Officer)
Email:	kelvin.k@rowing.org.hk	chuen.l@rowing.org.hk
Tel. number:	2696 2337	Fax: 2601 4477
Website:	http://www.rowing.org.hk	Facebook: www.facebook.com/hkrowing
Address:	Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin	

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| Annex: | 1. Entry Form | 4. Race Schedule (Latest version refer to HKCRA website) |
| | 2. Declaration | 5. 2020-2021 School Rowing Team Training Programme & entry form |
| | 3. Notice to Competitors | |