



Hong Kong, China Rowing Association
Hong Kong Rowing Youth Academy
Youth Rowing Age Group Time Trials 2020

**Eligibility**

- 1.1, Rower aged 18 or under
- 1.2, For water rowing, rowers must have the rowing qualification of Star 3 or above issued by the HKCRA or equivalent rowing qualification.

Date of Time Trial and Deadline for Entry

A total of 6 stages of time trial will be held throughout the year. Among the 6 stages of the time trials, 3 are run on ergos while the others are run on water.

Time Trial	Preliminary Date	Enrollment Deadline	Format
1	17/10/2020 (Sat)	12/10/2020 (Mon)	500m Water Rowing
2	07/11/2020 (Sat)	02/11/2020 (Mon)	500m Indoor Rowing
3	05/12/2020 (Sat)	30/11/2020 (Mon)	1000m Indoor Rowing
4	02/01/2021 (Sat)	28/12/2020 (Mon)	1000m Water Rowing
5	27/02/2021 (Sat)	22/02/2021 (Mon)	2000m Indoor Rowing
6	13/03/2021 (Sat)	08/03/2021 (Mon)	2000m Water Rowing
<u>Time:</u> 8AM – 1PM		<u>Venue:</u> Sha Tin Rowing Centre/ Shing Mun River	

Grouping

All participants will be classified into each age group according to the year of birth as below :

Age Gender	11 yrs old	12 yrs old	13 yrs old	14 yrs old	15 yrs old	16 yrs old	17 yrs old	18 yrs old
	(born in 2009)	(born in 2008)	(born in 2007)	(born in 2006)	(born in 2005)	(born in 2004)	(born in 2003)	(born in 2002)
Male	✓	✓	✓	✓	✓	✓	✓	✓
Female	✓	✓	✓	✓	✓	✓	✓	✓

Entry Fee:

1. HK\$10/Trial (entry fee will not be refunded once application is submitted)
2. Entry Form must be submitted together with the entry fee. In form of Cash or Cheque. For Cheque, it should be made payable to “Hong Kong, China Rowing Association”.
3. Entry Fees must be paid on or before the Entry Deadline. Double entry fee is charged, ie HK\$20/Trial for any late entry.

Format

1. 2000m/1000m/500m Indoor Rowing

All indoor rowing time trials will be run on Concept 2 / Model D rowing machines. Each participant will row for 2000m/1000m/500m. All participants will be ranked in their respective age-group according to their own time recorded.

2. 2000m/1000m/500m Water Rowing

Each participant will row on single sculls for 2000m/1000m/500m. All participants will be ranked in their respective age-group according to their own time recorded. Time trials will be conducted on normal 2000m/1000m/500m race course. "Running Start" will be adopted and each crew will start at 20-second intervals.

Point System

Participant scores 1 point for competing in each stage of time trial. Details of the Point System are as follows:

Rank	Point
1 st	5
2 nd	3
3 rd	2
4 th and after	1

Points gained at each time trial will be accumulated. The accumulated points of participants will determine the overall champion of each age-group after completed the whole year event.

Prize

1 Prize of each stage of Time Trial

The 1st ranked rower in each age-group of each stage will be presented a Youth Time Trial T-shirt.

2 Overall Annual Prize

Rowers with their highest accumulated points in each age-group will be the Overall Annual Winner of his /her respective age-group and will be awarded a medal and free HKCRA membership for a year.

Application Method

Separate entry should be submitted for each stage of time trial. Please send the completed entry form to Shek Leung by email at shek.l@rowing.org.hk or in person to Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin before the deadline of each stage of time trial.

Enquiry and Contact

Contact Person: Shek Leung (Coach -Youth Rowing)

Tel. : 3841 7352 / 2696 2337 Fax : 2601 4477

Address: Hong Kong China Rowing Association, Sha Tin Rowing Centre, 27 Yuen Wo Road, Sha Tin, N.T.

Email: shek.l@rowing.org.hk Web Site: www.rowing.org.hk

Facebook: <https://www.facebook.com/HongKongRowingYouthAcademy>