

Hong Kong Rowing Beach Sprint Championships 2024

14th – 15th December, 2024

The 2024 Hong Kong Rowing Beach Sprint Championships will take place from 14th to 15th December 2024 at Silvermine Bay Beach, Lantau, Hong Kong. The Championships will be held following the World Rowing “Beach Sprint” format, using a shared pool of coastal solo (C1x) boats.

Beach Sprints

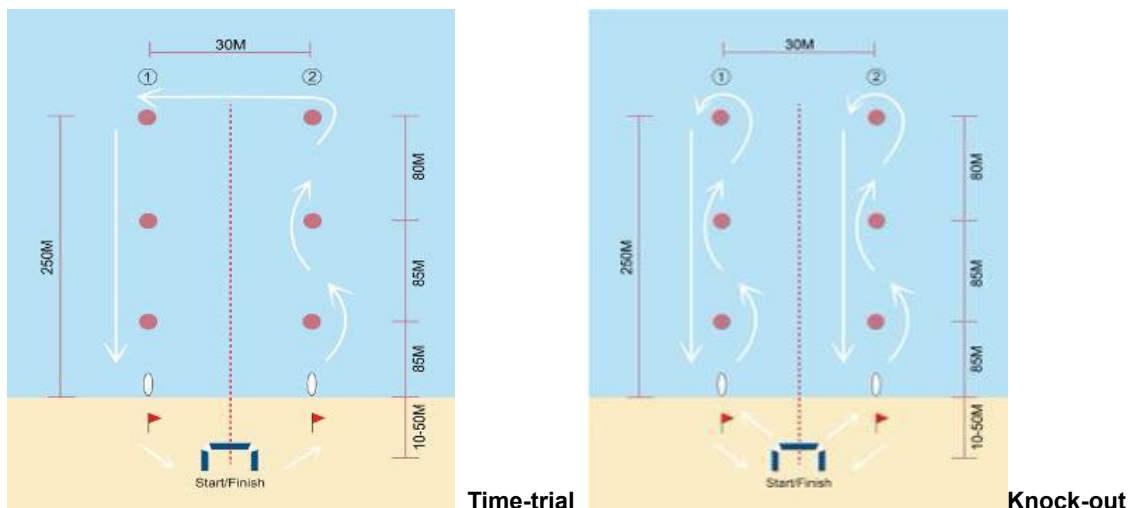
Beach Sprints are an exciting and emerging discipline of rowing, which will be included for the first time in the Los Angeles 2028 Olympic programme. The inaugural World Rowing Beach Sprint Finals were held in Shenzhen, China in 2019. The 2024 World Rowing Beach Sprint Finals were held this year in September in Genoa, Italy. The following video introduces Beach Sprint https://youtu.be/mNurHtr_ihc?si=d9KNN9RmF234CIM4

Hong Kong Beach Sprints

Racing will consist of a 1st round time-trial followed by a side-by-side knockout race format for the top 8 crews in each event. Racing includes a 30 – 50m run on sand from the start/finish line to the boats, a 250m slalom row around buoys placed 80 – 85m apart, a turn around the end buoy, a 250m direct sprint back to the beach, and finally a run back to the start/finish line.

A modified World Rowing progression system will be used depending on the number of entries.

Race Course



The race course will be set in an open-water area on Silvermine Bay Beach. The race pattern is as shown above (Time-trial and Knock-out format).

Events and Prizes Offered

The following 6 major events are offered:-

- Men's Solo (CM1x): Open U.19 University
- Women's Solo (CW1x): Open U.19 University

In addition, prizes will also be awarded to the first three ranked crews (by time) in the following sub-categories:-

- Open Sub-Categories:-
 - Corporate Crews
 - Disciplinary Service Crews
 - Alumni Crews
 - Master D (50 years and above) Crews
- U.19 Sub-Categories:
 - U.16 Crews

No	Major event			
1	Men Solo (CM1x)			
1.1	Open	gold	silver	bronze
1.1.1	Corp	gold	silver	bronze
1.1.2	Discipline	gold	silver	bronze
1.1.3	Alumni	gold	silver	bronze
1.1.4	Master D	gold	silver	bronze
1.2	U19	gold	silver	bronze
1.2.1	U16	gold	silver	bronze
1.3	University	gold	silver	bronze
2	Women's Solo (CW1x)			
2.1	Open	gold	silver	bronze
2.1.1	Corp	gold	silver	bronze
2.1.2	Discipline	gold	silver	bronze
2.1.3	Alumni	gold	silver	bronze
2.1.4	Master D	gold	silver	bronze
2.2	U19	gold	silver	bronze
2.2.1	U16	gold	silver	bronze
2.3	University	gold	silver	bronze

Entries and Fees

Competitors may enter only ONE major event and, if eligible, one sub-category. Doubling-up is NOT permitted. There will be a fee of HK\$260 per entry, including use of the boats. No additional fees will be charged for named boat handlers who are not racing.

There is a limit of 40 entries for each major event category and entries will be accepted on a first-come-first-served basis. Please make entries and payment via the Google Form at this link. <https://forms.gle/n5NRKq8waTnRzjxA6>

The deadline for entries is at 12:00 noon (Hong Kong time) on Monday 2nd December 2024. Entries **without** payment will not be accepted.

For any questions regarding entries please contact our Events Manager, Ms. Alice LIU (alice.l@rowing.org.hk) at 2699 7271.

Equipment

All racing will be in identical, shared-use, boats provided by the Organising Committee. The boats will be set on a standard rig with 158cm span. No adjustments can be made to the boats except for the foot stretcher position. Athletes may also use their own seat-pads to adjust their sitting height in the boat if they wish.

Athletes may bring their own oars. Otherwise, the Organising Committee will provide shared oars to use with the boats. No adjustment of shared oars can be made.

Boat Handlers

Clubs must provide their own boat handlers during each race in which they take part. Handlers are considered part of the team and will assist the crews launching and landing during racing, moving boats to and from the water, and checking foot stretchers etc. **Each crew must have two (2) boat handlers available for each race.** For clubs with more than one entry in an event, at least four (4) boat handlers should be available. These may be other athletes, club members, club coaches etc. Aside from the athlete and the two boat handlers, no other persons may be in the field-of-play area during racing.

For each entry the names of two (2) boat handlers shall be listed on the entry form. Boat handlers may include athletes racing in other major events. Athletes may not however act as boat handlers for crews in their own major event category. Boat handlers may be changed if needed during the competition but crews who do not have two boat handlers present at the event start time will not be allowed to compete.

Training Package Opportunities

For clubs who have not experienced or practiced Beach Sprints the following training package options are offered:-

Private Training Sessions at Mui Wo: please arrange directly with John Cheung (WhatsApp +852 66865626) through Hong Kong Coastal Rowing & Paddle Sports Society Limited.

Group (4-5 pax) Training Sessions with HKCRA CRM Coach: on first-come-first-served basis. Cost: \$186 per person (Applicable for the time slots listed below; each session lasts 4 hours). Groups must be accompanied by a club coach. For booking please contact Mr. Kelvin Kwok at kelvin.k@rowing.org.hk or on WhatsApp: 9750 2213.

Training Sessions	
Date	Time
30 November 2024	09:00 – 13:00; 14:00 – 18:00
1 December 2024	09:00 – 13:00
7 December 2024	09:00 – 13:00; 14:00 – 18:00
8 December 2024	09:00 – 13:00

An optional Zoom session, led by World Rowing expert Chris Perry, will also be held on 9th December at 19:30 for any athletes and boat handlers with limited Beach Sprint experience. Tips on boat entry, exit, steering and Beach Sprint racing will be provided.

Team Manager's Meeting

The meeting will be held via Zoom at 19:30 on 13th December 2024. Each Club shall assign at least one representative to attend as it will include important information on safety and other racing issues. Clubs not having a representative at the meeting maybe liable to be excluded from racing. Any withdrawal of entries must be confirmed by noon on the day of the meeting. Teams making withdrawals after the deadline may be penalised.

Eligibility

The Hong Kong Rowing Beach Sprint Championships are open to Ordinary Members who compete for their own Clubs or Organizations, or Members serving in the respective Disciplined Service or employed in the corporation for which they are entered.

No rower is allowed to compete for more than one Club at the Championships.

Each rower taking part in the event shall ensure that they have a state of health and fitness which is commensurate with the level of event entered.

Each rower shall have a basic swimming ability, including being able to swim 50m and float, keeping their head above water for at least 3 minutes.

Whilst the Organising Committee shall take all reasonable steps to provide safe rowing conditions, **the ultimate responsibility for competing safely rests with each individual competitor and their teams.**

Age limits and event categories correspond to those in the HKCRA Rules of Racing.

Travel to Silvermine Bay Beach

By land: To get to Mui Wo use MTR to Tung Chung and then catch bus 3M from Tung Chung to Mui Wo.

By Sea: To get to Mui Wo catch the ferry from Central Pier Number 6. The Sun Ferry schedule can be checked online at https://www.sunferry.com.hk/assets/files/T_MW_2023.pdf

Once you arrive at Mui Wo Ferry Pier, turn right past the Mui Wo Cooked Food Market. Silvermine Bay Beach is only 10 minutes walk from there.

Further information will be provided in due course.