



GHENT



INTERNATIONAL MAY REGATTA

10 & 11 MAY 2025

WATERSPORTBAAN 'GEORGES NACHEZ'



TEAM MANAGERS MANUAL





TEAM MANAGERS MANUAL

45th INTERNATIONAL BELGIAN ROWING CHAMPIONSHIPS FOR SENIORS

TROPHY “ROLAND ROMBAUT”

8th INTERNATIONAL BELGIAN ROWING UNDER 23 CHAMPIONSHIPS

TROPHY “SPORT VLAANDEREN”

20th INTERNATIONAL FLEMISH ROWING UNDER 19 CHAMPIONSHIPS

19th TROPHY “CITY OF GHENT”

104th GHENT INTERNATIONAL MAY REGATTA

15th TROPHY “1883-2008 - 125 YEARS SPORT GENT”

May 10 & 11, 2025

Regatta course “Georges Nachez” - Ghent

Organised by

KONINKLIJKE ROEIVERENIGING SPORT GENT 1883 vzw.

Under protection of the

In collaboration with

Royal Belgian Rowing Federation
Vlaamse Roeiliga
Sport Vlaanderen
City of Ghent



KEY PERSONS ORGANISING COMMITTEE



Regatta President
Patrick Rombaut



Regatta Secretary
Chantal Neirinckx



Technical Delegate
Peter van Belle



Jury President
Gwenda Stevens



Technical Coordinator
Tony Hinderyckx



Finish tower coordinator
Luc De Maré

**ALL PRACTICAL INFORMATION CAN BE COLLECTED AT
THE INFORMATION DESK IN THE CLUBHOUSE OF THE
ORGANISING CLUB “SPORT GENT” OR AT WWW.KRSG.BE**



PRESIDENT OF THE JURY

Gwenda Stevens (BEL)

MEMBERS OF THE JURY

Angela Alonso Fernandez (ESP)
Alper Alpay (TUR)
Cathrine Andersen (DEN)
Per Björnskjöld (SWE)
Mark Blandford-Baker (GBR)
Fabio Bolcic (ITA)
Nuno Botelho (POR)
Paul Daetwyler (SUI)
Yves De Jonge (BEL)
Annemarie De Wispelaere (BEL)
Etem Derman (TUR)
Martine Dimouawa (CMR)

Jerzy Erdman (POL)
Jean-Pierre Follet (BEL)
Kjelle Frans (BEL)
Georg Gruetzner (GER)
Daniel Guttierrez Praena (ESP)
Carmen Hinterding (BEL)
Asuncion Lorient Perez (ESP)
Vida Maliene (LTU)
Lieven Malisse (BEL)
Kirsten Meisner (USA)
Laszlo Meszaros (HUN)
Blaise Neyroud (SUI)

Guillaume Noiset (BEL)
Houcine Ounis (TUN)
Arjon Pals (NED)
Roland Sautois (BEL)
Elena Symons (BEL)
Eli Szabo (ISR)
Maarten Tratsaert (BEL)
Roland Weill (MON)
Anna Widun (POL)
Luca Zacchigna (ITA)

ADMINISTRATIVE SUPPORT OF JURY

Luc De Maré (head) – Rudi Boudry – Anna De Brabandere – Anton Renting (NED)

CONTROL COMMISSION

Ronny Evers – Tony Hinderyckx – Manfred Sellinck – Peter van Belle

MEDICAL & RESCUE SERVICES

dr. Katrien Bonte – dr. Julie Van Houtte – Splash Rescue Team – Het Vlaams Kruis

COPY SERVICE

Firma O.I.&S.

REGATTA INFORMATICS

Info Service Belgium

Jury Meetings

Friday May 9, 2025 19h00 CVO Antonius Triestlaan 10
(map page 7)

Saturday May 10, 2025 06h00 Club house Sport Gent

Sunday May 11, 2025 05h45 Club house Sport Gent

Team managers meeting: see page 7



PRACTICAL INFORMATION

VENUE MAPS & IMPORTANT INSTRUCTIONS FROM THE POLICE AND THE AUTHORITIES

No cars / trailers are allowed on the green!

Only boats on stretchers.

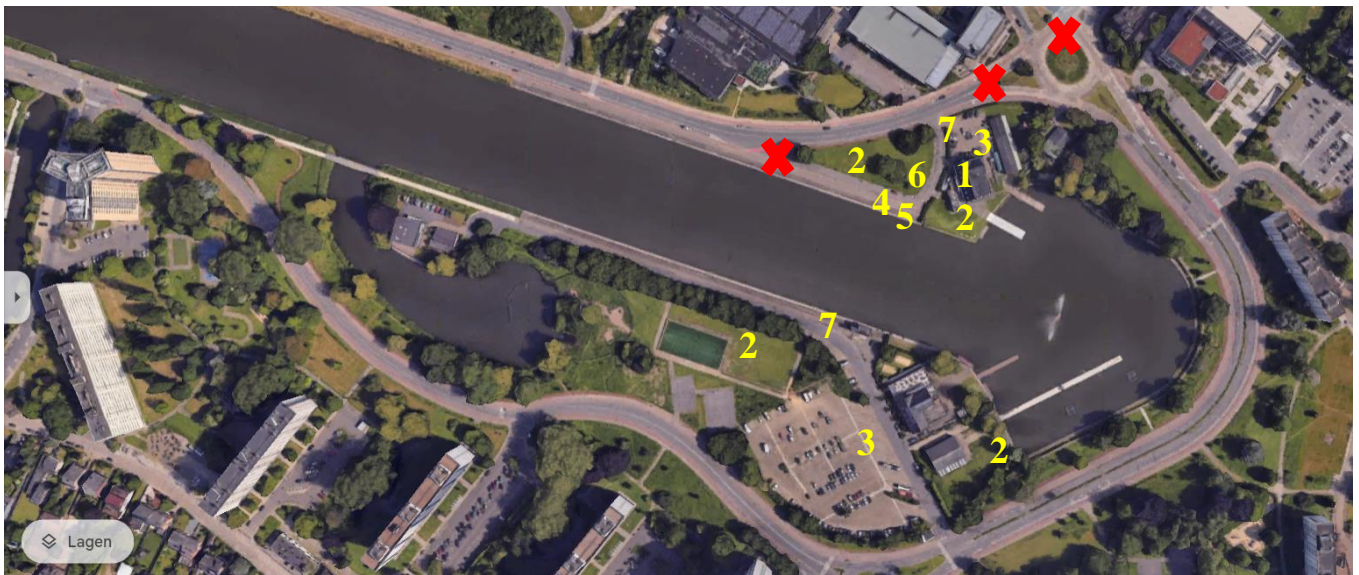
Cars must be parked regular on the parking lanes.

Please note: there is paid parking in some zones.

On Sunday parking is free.

All people must strictly follow the indications given by the staff in charge of the security and/or the traffic police.

The traffic police will penalize everybody who doesn't follow the rules.



X Road blocked for transit traffic

1. Organising Committee HQ - Regatta secretary
2. Boat park (boats only - no trailers - no cars)
3. Trailer parking
4. Finish container
5. Podium
6. Regatta village, merchandising & food
7. Toilets



To reach the parking and boat park areas, you can use the **Noorderlaan** to reach boat park A (OC HQ and Victory Ceremony podium) or the **Zuiderlaan** to reach boat park B.

Pay attention: the **✖** marks an area closed for motorised traffic

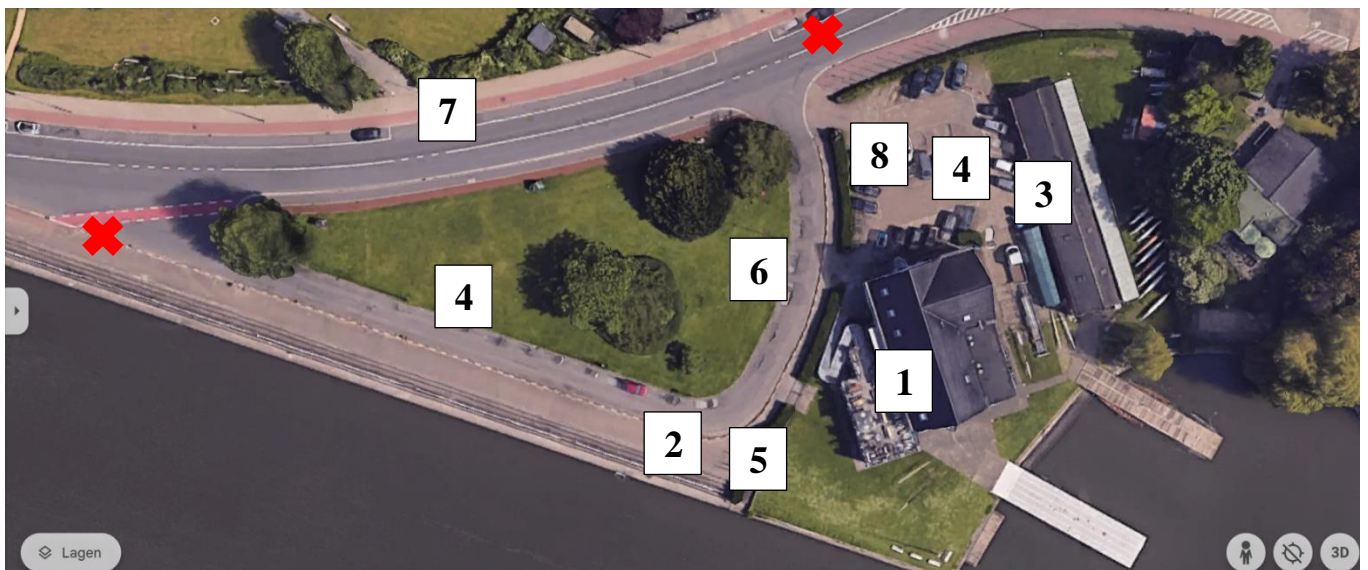


Road closed for motorised traffic - construction works



Deviation to reach OC HQ and boat park A

ORGANISING CLUB (KRSG) - FINISH & BOAT PARK AREA



1. Regatta secretary & Medal Collection (all medalists **EXCEPT** winners)
2. Finish “Tower” & Podium (medal collection **ONLY** winners on both days)
3. Medical services & athlete weighing
4. Boat park (ONLY BOATS - NO CARS or TRAILERS)
5. Regatta village (drinks)
6. Merchandising (food & souvenirs)
7. Paid parking (Sunday free)
8. Toilets

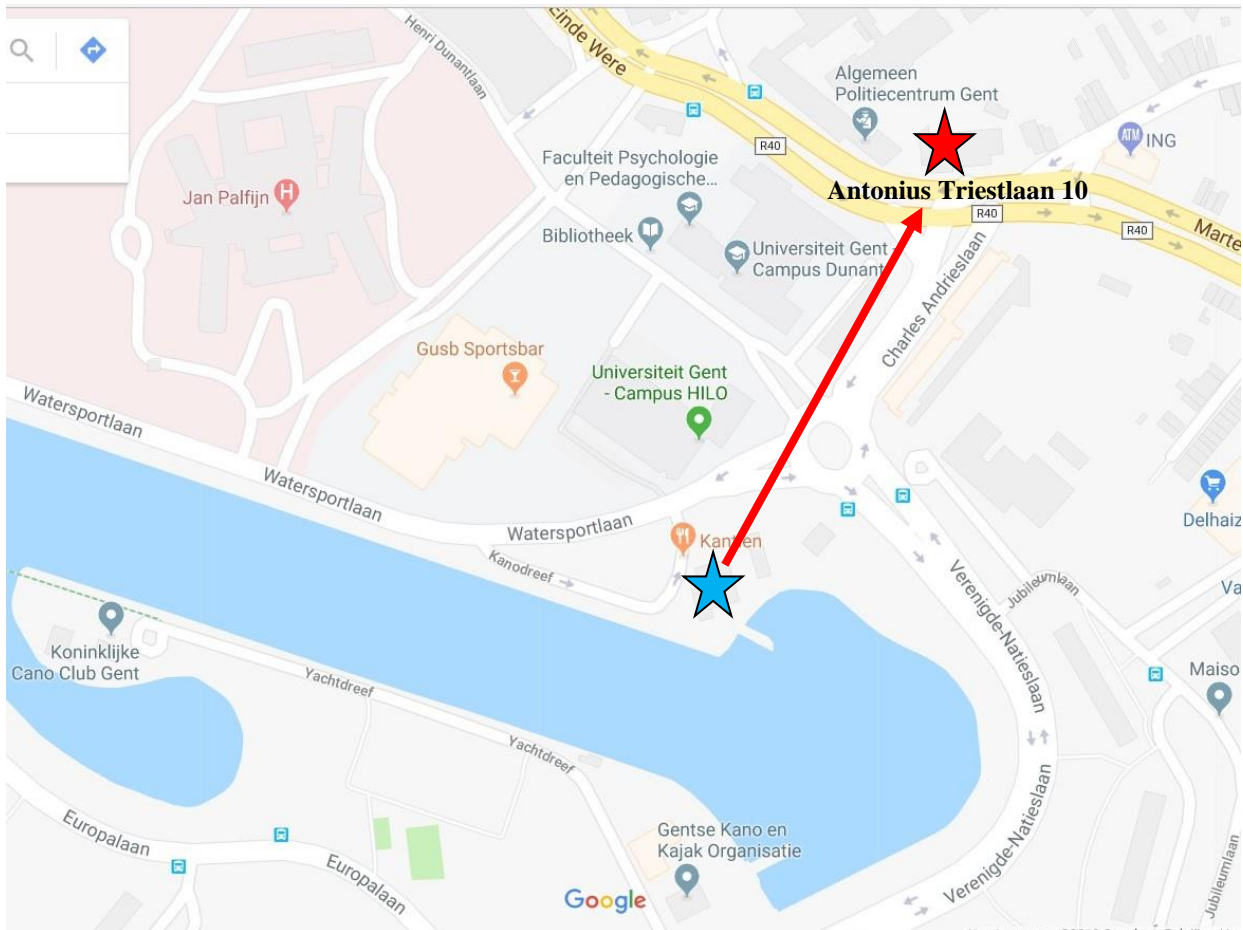
TEAM MANAGERS MEETING

Time and place

Friday May 9, 2025 at 20h00 - CVO Antonius Triestlaan 10 (map below)

Attendance

The attendance of all team managers is highly recommended



PROTEST

Procedure

cf. World Rowing Rule Book SECTION 11 - Rules 76 to 79 (see WR Rule Book at www.worldrowing.com)

Confirmation

All protests have to be lodged in writing with a deposit of € 100 and confirmed at the finish container (OC club side) to the regatta secretary Mr. Luc De Maré, who will immediately inform the President of the Jury.



CONTROL COMMISSION

In general

All crews and coaches have to follow strictly all indications and instructions given by the members of the jury and the control commission.

Identity Control

During the weighing and the embarkation, a random identity control of crew members will be executed. Please have an official proof of identity with photograph available.

Stretchers

All boats must be equipped with stretchers. Strict control will be done by the members of the jury.

COMPOSITION OF THE HEATS FOR “UNDER 19” & “UNDER17” ON SUNDAY

The draw for the Under 19 and 17 races on Sunday will be based upon the results of the U19 races on Saturday.

Crews who only enter for the Sunday races or crews with a different composition compared to Saturday will be placed at the end of the draw.

TIME TABLES

Training sessions

The course will be open for training on:

Thursday May 08, 2025	from 08h00 till 21h00
Friday May 9, 2025	from 08h00 till 21h30
Saturday May 10, 2025	from 05h45 till 07h00
	and from 18h45 till 21h00
Sunday May 11, 2025	from 05h30 till 06h45

NO TRAINING IS ALLOWED DURING THE COMPETITION SESSIONS

Competition sessions

Saturday May 10, 2025	from 07h15 till 18h30
Sunday May 11, 2025	from 07h00 till 18h00



FINAL COMPETITION TIME TABLE

TIME TABLE HEATS

Saturday May 10

Sunday May 11

By time

Heats		
112	BW2X	7:15
117	BM2-	7:24
114	W2X	7:30
119	M2-	7:39
120	BM2X	7:45
122	M2X	7:57
124	W4-	8:03
121	M4+	8:16
130	W4X	8:23
131	BM4-	8:30
136	M1X	8:39
132	W2-	8:48
134	BM1X	8:57
133	M4-	9:13
137	BLM1X	9:22
142	M4X	9:30
140	LM1X	9:36
141	BW1X	9:45
143	W1X	9:54
144	BLW1X	10:04
146	LW1X	10:10
145	W8+	11:48
152	M8+	11:55

Heats		
213	W2X	7:00
220	W2-	7:09
216	BW2X	7:18
223	BM2X	7:27
225	M2X	7:33
233	BM2-	7:39
240	BW1X	7:48
236	M2-	7:58
221	M4+	8:04
219	LW1X	8:10
241	W4-	8:17
228	BLM1X	8:26
242	W1X	8:32
230	LM1X	8:44
243	BM1X	8:53
247	BLM2X	9:08
245	M1X	9:14
253	W4X	9:24
252	M4-	9:34
256	BM4X	9:43
260	M4X	9:49
231	W8+	11:10
261	M8+	11:17

By race n°

Heats		
112	BW2X	7:15
114	W2X	7:30
117	BM2-	7:24
119	M2-	7:39
120	BM2X	7:45
121	M4+	8:16
122	M2X	7:57
124	W4-	8:03
130	W4X	8:23
131	BM4-	8:30
132	W2-	8:48
133	M4-	9:13
134	BM1X	8:57
136	M1X	8:39
137	BLM1X	9:22
140	LM1X	9:36
141	BW1X	9:45
142	M4X	9:30
143	W1X	9:54
144	BLW1X	10:04
145	W8+	11:48
146	LW1X	10:10
152	M8+	11:55

Heats		
213	W2X	7:00
216	BW2X	7:18
219	LW1X	8:10
220	W2-	7:09
221	M4+	8:04
223	BM2X	7:27
225	M2X	7:33
228	BLM1X	8:26
230	LM1X	8:44
231	W8+	11:10
233	BM2-	7:39
236	M2-	7:58
240	BW1X	7:48
241	W4-	8:17
242	W1X	8:32
243	BM1X	8:53
245	M1X	9:14
247	BLM2X	9:08
252	M4-	9:34
253	W4X	9:24
256	BM4X	9:43
260	M4X	9:49
261	M8+	11:17

FINAL TIME TABLE FINALS

Saturday May 10

Sunday May 11

Final

101	MU13 1Xpol	10:27
102	WU13 2X	10:35
103	MU15 1Xpol	10:43
104	WU15 2X	11:18
105	Wbeg 1X	11:31
106	Mbeg 2X	11:37
107	MU19 4X	12:08
108	WU19 4-	12:31
109	LM 4X	cf.113
110	WU19 1X	12:41
111	MU19 4-	13:13
112	BW 2X	13:20 (FB) - 13:23 (FA)
113	LW 4X	13:27
114	W 2X	13:31 (FB) - 13:34 (FA)
115	MU19 1X	13:38
116	BLW 2X	14:16
117	BM 2-	14:20
119	M 2-	14:24
120	BM 2X	14:27 (FB) - 14:30 (FA)
121	M 4+	14:34
122	M 2X	14:38
123	BLM 2X	14:42
124	W 4-	14:46 (FB) - 14:49 (FA)
125	LM 2X	14:54
126	WU19 8+	14:58
128	WU19 2X	15:03
129	MU19 8+	15:26
130	W 4X	15:33
131	BM 4-	15:37 (FB) - 15:40 (FA)
132	W 2-	15:43 (FB) - 15:46 (FA)
133	M 4-	15:51 (FB) - 15:54 (FA)
134	BM 1X	15:58 (FB) - 16:01 (FA)
135	LM 2-	16:05
136	M 1X	16:09 (FB) - 16:12 (FA)
137	BLM 1X	16:16
138	MU19 2X	16:21
139	BM 4X	16:56
140	LM 1X	17:00 (FB) - 17:03 (FA)
141	BW 1X	17:06 (FB) - 17:09 (FA)
142	M 4X	17:14
143	W 1X	17:18 (FB) - 17:21 (FA)
144	BLW 1X	17:25
145	W 8+	17:30
146	LW 1X	17:34
147	WU19 2-	17:39
148	WU19 4X	17:45
149	MU19 2-	18:00
150	BM 8+	cf.152
151	MU19 4+	18:10
152	M 8+	18:14
153	WU15 4X	18:23

201	MU13 2X	10:00
202	WU13 1Xpol	10:05
203	MU15 2X	10:15
204	WU15 1Xpol	10:32
205	Mbeg 1X	11:00
206	Wbeg 2X	11:04
207	MU19 4X	11:30
208	WU19 4-	11:45
209	WU17 1X	11:53
210	MU17 4X	12:18
211	MU19 2-	12:35
212	WU19 1X	12:42
213	W 2X	13:02
214	LM 4X	cf.260
215	MU17 2-	cf.211
216	BW 2X	13:06
217	MU19 4+	13:09
218	BLW 1X	13:12
219	LW 1X	13:15
220	W 2-	13:20
221	M 4+	13:23
222	MU19 1X	13:27
223	BM 2X	13:51
224	WU19 2-	13:55
225	M 2X	14:00
226	MU17 1X	14:04
227	WU17 2X	14:34
228	BLM 1X	14:50
229	WU19 4X	14:54
230	LM 1X	15:01
231	W 8+	15:05
232	BLW 2X	15:08
233	BM 2-	15:12
236	M 2-	15:15
237	MU19 8+	15:19
238	MU17 4-	15:23
239	MU19 2X	15:27
240	BW 1X	15:45
241	W 4-	15:49
242	W 1X	15:53
243	BM 1X	15:57
244	WU19 8+	16:01
245	M 1X	16:05
246	BM 8+	cf.261
247	BLM 2X	16:09
248	WU17 4X	16:13
249	LM 2X	16:21
250	BM 4-	16:25
251	MU17 2X	16:30
252	M 4-	16:53
253	W 4X	16:57
254	LM 2-	17:00
256	BM 4X	17:04
257	MU17 8+	17:08
258	WU19 2X	17:12
259	MU19 4-	17:30
260	M 4X	17:34
261	M 8+	17:38
262	MU15 4X	17:45

IMPORTANT REMARK

- On Saturday Finals B (rank 6 to 10) will also be organized for Senior and U23 events with more than 10 entries.
- On Sunday no Finals B.

“GHENT” PROGRESSION & HEATS SYSTEM

It is imperative that all participants of the race are in the start (waiting) area at least 5 minutes **before the indicated start time of the first heat.**

Senior and Under 23 events:

If more than 5 crews have been entered, heats will be competed to select the 5 finalists. Once the starter knows the exact number of starting crews, he will announce the composition of the heats and the type of progression system.

Below you'll find the different systems, depending on the number of STARTING crews.

GHENT INTERNATIONAL MAY REGATTA PROGRESSION SYSTEM (SENIORS & UNDER 23) Hoe bereikt men de finale? - Comment accéder à la finale? - How to reach the final?												
# Startende ploegen # Équipes au départ # Starting crews	# Reeksen # de Séries # of Heats	Naar En To	H 1	H 2	H 3	H 4	H 5	H 6	H 7	H 8	H 9	H 10
<5	0	F (direct)	-	-	-	-	-	-	-	-	-	-
6 - 10	2	F	1 st & 2 nd and fastest 3 rd	1 st & 2 nd	-	-	-	-	-	-	-	-
11-15	3	F	1 st and 2 fastest losers	1 st	1 st	-	-	-	-	-	-	-
16-20	4	F	1 st and fastest 2 nd	1 st	1 st	1 st	1 st	-	-	-	-	-
21-25	5	F	1 st	1 st	1 st	1 st	1 st	-	-	-	-	-
26-30	6	S	1 st and 4 fastest losers	1 st	1 st	1 st	1 st	1 st	1 st	-	-	-
31-35	7	S	1 st and 3 fastest losers	1 st	1 st	1 st	1 st	1 st	1 st	1 st	-	-
36-40	8	S	1 st and 2 fastest losers	1 st	1 st	1 st	1 st	1 st	1 st	1 st	1 st	-
41-45	9	S	1 st and fastest loser	1 st	1 st	1 st	1 st	1 st	1 st	1 st	1 st	-
46-50	10	S	1 st	1 st	1 st	1 st	1 st	1 st	1 st	1 st	1 st	1 st
Semi finals (if more than 26)	2	F	1 st & 2 nd and fastest 3 rd	1 st & 2 nd								

All other events:

All competitors will row heats ‘on time’.

Once the starter knows the exact number of starting crews, he will announce the composition of the heats and the type of progression system.

In those events the overall ranking is made up based on the realized time of each crew.

Remarks:

- * Only A-finals are rowed (except events as marked in time table on page 9)
- * If for any reason, a qualified crew withdraws for the final, the organizing committee will contact the “lucky loser” and offer him the vacant place.

TRAFFIC RULES

In general

The regatta organizers as well as the jury do ask you to adhere strictly to the traffic rules described below!! More than 1500 crews, representing well over 3600 rowing seats have entered for this international rowing event.

Taking into account the narrow width of the regatta course and the fact there is only 1 lane to the start, in combination with the quick succession of starts we ask you to follow these rules strictly.

Training sessions

Towards the start:

Use **ONLY** the lanes **0** (bank Sport Gent), and **1**.

Do **NEVER** return along the way but continue to the start (0 meter) before returning to the finish.

Please turn behind the start pontoons and avoid disturbing the crews having test starts in the lanes **3**, **4** and **5**!

Towards the finish:

Use **ONLY** the lanes **3**, **4** and **5** (bank finish tower).

Neutral lane:

Lane 2 is the neutral lane! NEVER use lane 2.

Remark

When entering the regatta course, the crews using the boat area of the Gentse R.S. (1500m) need to come to the finish first using lanes **3**, **4** and **5**. Then follow the circuit as described above; **do NEVER cross the course at the 1500m mark (two small bridges).**

Racing sessions

Towards the start:

Crews may leave the pontoons maximum 35 minutes before their race.

Only use lane **0** (bank Sport Gent) and pay attention when you cross the finish, while races arrive. All crews have to enter the **0** lane between the big yellow/red buoys and the bank at the opposite side of the finish tower.

When races are passing, you must stop your boat. It is a proof of sportsmanship and respect for your colleagues racing.



Remark

When entering the regatta course, the crews using the boat area of the Gentse R.S. (1500m) need to come to the finish first using lanes 3, 4 and 5. Then follow the circuit as described above; **do NEVER cross the course at the 1500m mark (two small bridges).**

Warming up:

Until the 250 meter mark, all crews have to follow lane 0.

Warming up is only between the 250 meter to the 750 meter mark.

Do NOT use lane 1 when rowing in the direction of the finish!

At the 750 meter mark turn again direction start by ONLY using lane 0 towards the start!

Once you have passed the 250 meter you cannot return and must continue to the 100 meter, where you have to wait for instructions from the jury member at the 100 meter.

From that moment on, you are under the orders of the starter!

Cooling down

After the race, cooling down is allowed in the 0 lane (opposite side of the finish tower), in the direction of the start and until the 1500m mark (2 small bridges). If a race comes through, STOP your boat and wait for instructions from the marshal at the 1500m.

Rowing back to the finish area is allowed in lanes 2, 3, 4 and 5.

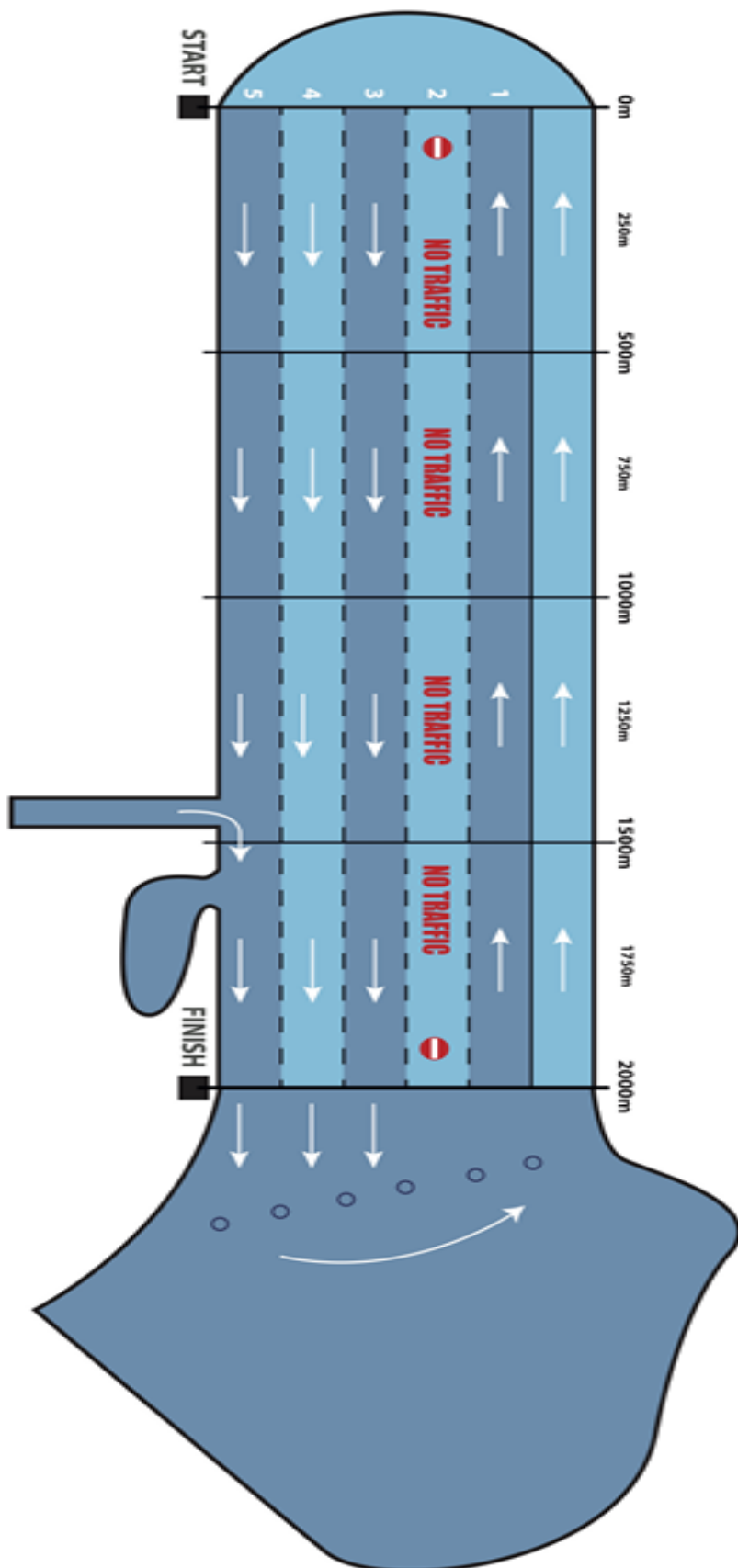
Do NOT use lane 1 when returning to the finish!

Map

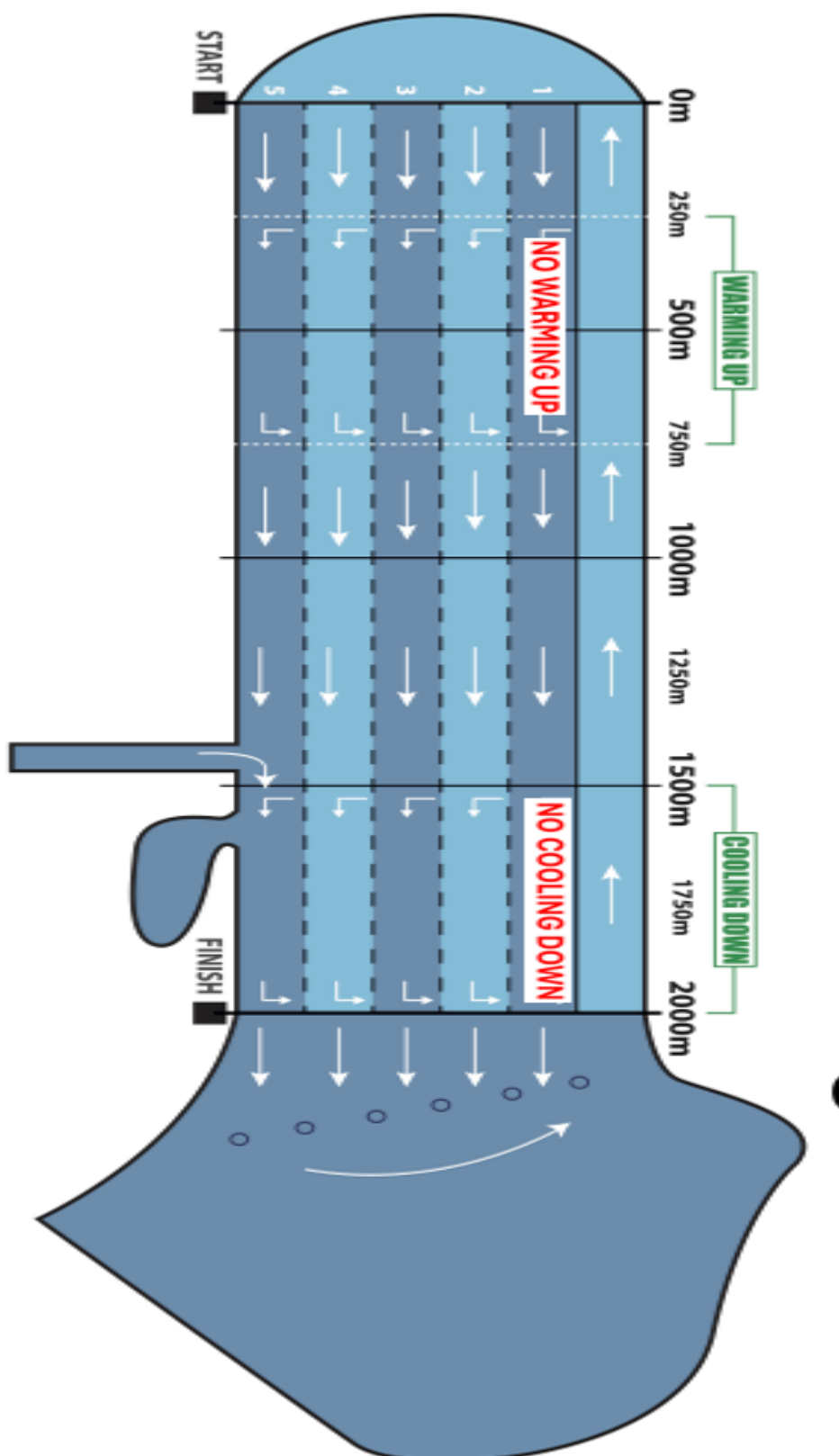
You will find the map of the traffic rules on pages 13 & 14, and on the displays at the embarkment pontoons.



Traffic rules: training



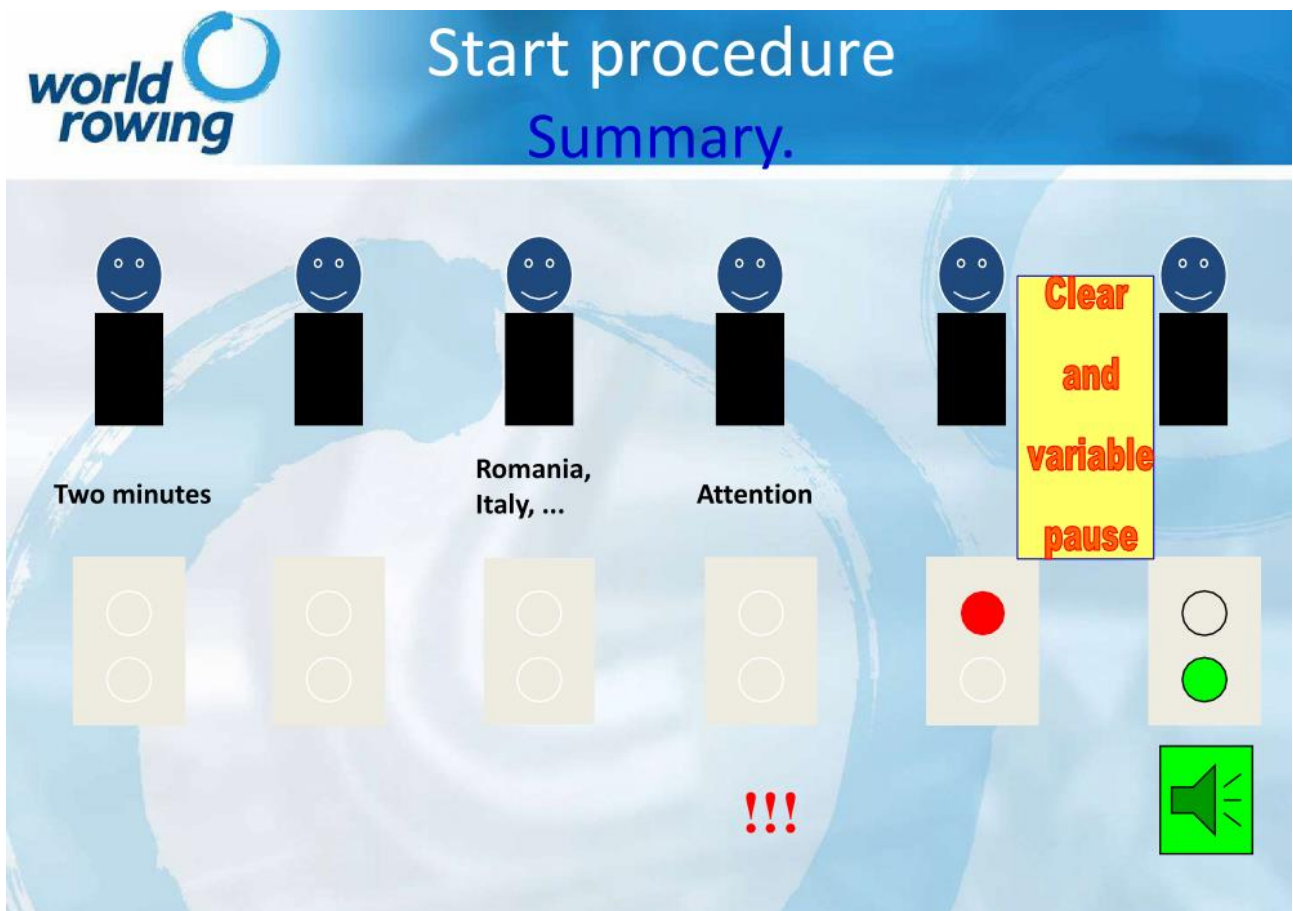
Traffic rules: racing



STARTING SYSTEM

0 METER

The start will be given with traffic lights and an acoustic signal.



1000 METER - MU15, WU15 & Novices

The start at the 1000 meter will be given with flag and voice.

CREWS CONTINUE TO ROW IN THE ZERO LANE TILL THE 500 m MARK.

DO NOT STOP AND IMMEDIATELY TURN THE BOAT OUT OF THE ZERO LANE WITH THE BOW BALL TOWARDS THE FINISH LINE (**EXCEPT M&WU15 4X**)(*).

PRE-STARTER WILL INDICATE HEAT AND LANE NUMBER.

PLACE THE BOAT IN THE INDICATED LANE, STAY IN THE LANE AND KEEP THE SAME LEVEL AS THE CREWS OF YOUR HEAT.

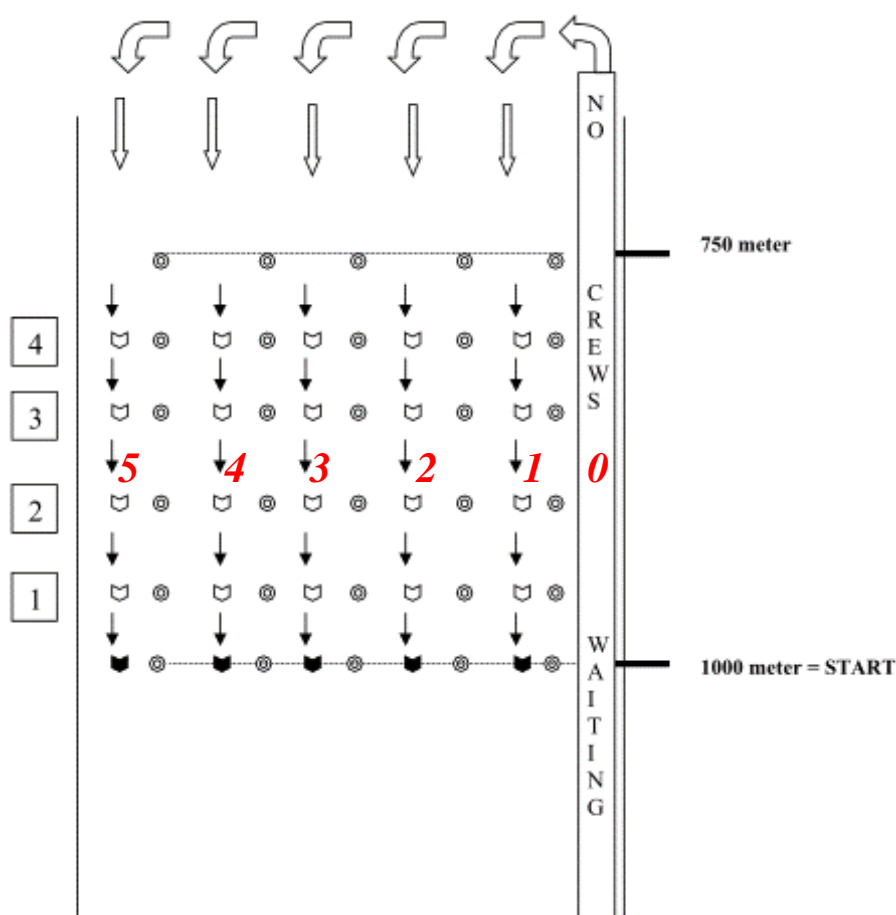
FROM 750 till 1000 m CREWS WILL PROCEED TO START BY BUOY ROW.

AT THE OPPOSITE BANK OF THE ZERO LANE INDICATIONS WILL SHOW 4, 3, 2 and 1, THIS MEANS : 4 =START within 4 HEATS

3 = START within 3 HEATS

2 = START within 2 HEATS

1 = START after HEAT on START CABLE



Events 103 (MU15 1x), 104 (WU15 2x), 105 (DW 1X), 106 (DM 2X), 153 (WU14 4X) (*), 203 (MU15 2X), 204 (WU15 1x), 205 (DM 1X), 206 (DW 2X) and 262 (MU14 4X) (*).

(*)ATTENTION:

ALL CREWS OF EVENT 153 (WU15 4X) and 262 (MU15 4X) MUST STAY IN THE 0 LANE TILL THE FINAL RACE OF THE M 8+ HAS PASSED THE 1000 METER. NO MOVEMENT BEFORE THE INSTRUCTIONS OF THE JURY !

1500 METER - MU13 and WU13

The start at the 1500 meter will be given with flag and voice.

CREWS CONTINUE TO ROW IN THE ZERO LANE TILL THE 1500 m MARK.

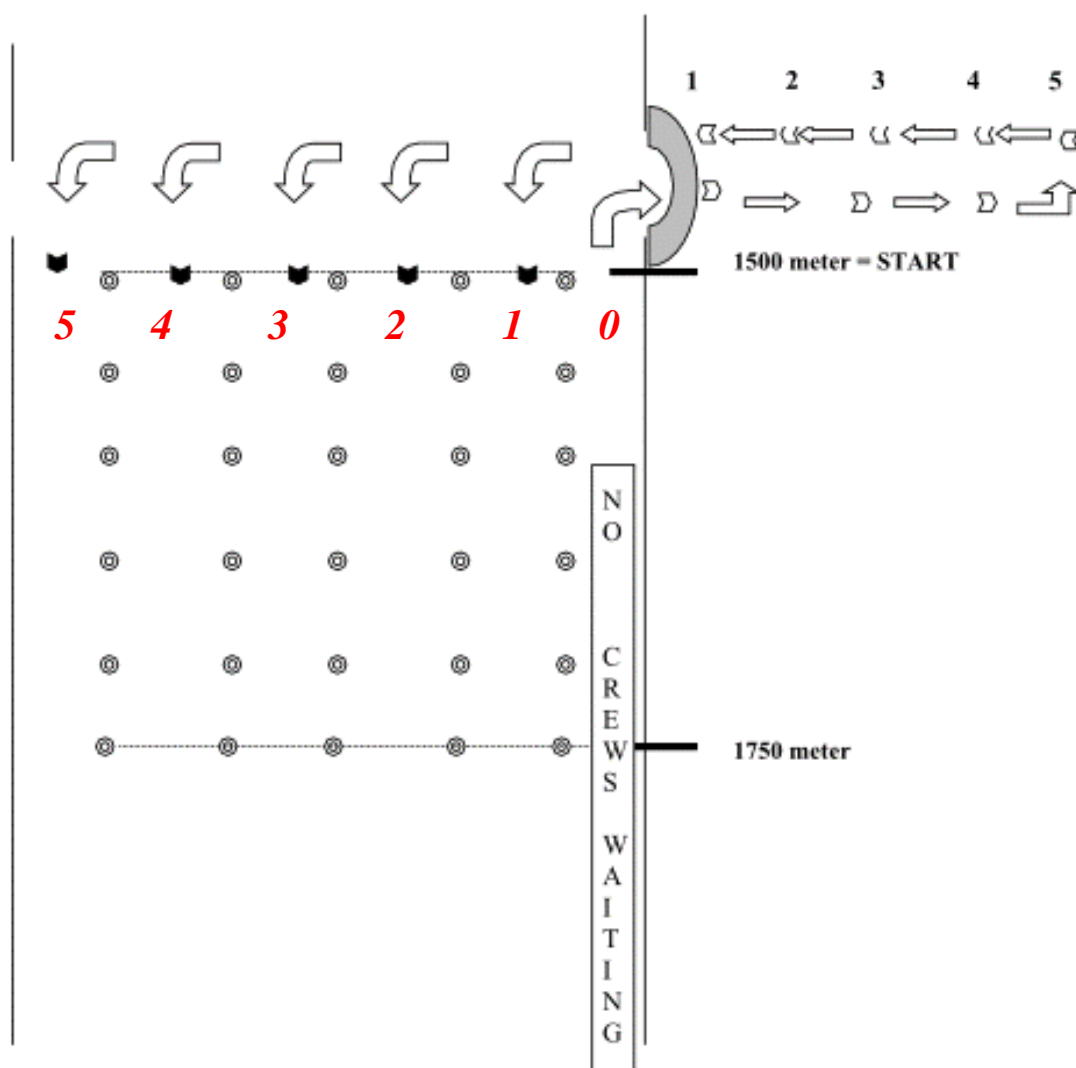
DO NOT STOP AND IMMEDIATELY TURN THE BOAT UNDER THE BRIDGE AT STARBOARD.

ON THE RIVER TURN THE BOAT WITH THE BOW BALL TO THE BRIDGE AND PUT THE BOATS IN BOW NUMBER ORDER.

STARTING WITH BOW NUMBER 1 CLOSEST TO THE BRIDGE.

WAIT FOR INSTRUCTIONS OF THE PRE-STARTER FOR HEAT AND LANE NUMBER.

ONCE REQUIRED, ROW YOUR BOAT UNDER THE BRIDGE TO THE REGATTA COURSE AND ENTER YOUR INDICATED LANE.



Events 101 (MU13 1x), 102 (WU13 2x), 201 (MU13 2X) & 202 (WU13 1x).

PROGRAM

In general

A program costs € 5,00 It contains detailed information concerning the regatta.

Sales Points - Merchandising & Catering

They are for sale at the information desk in Sport Gent, the souvenir shop, the Coca Cola Regatta Village and the finish tower.

ACCOMMODATION & FINANCES

Location

All information is available at the info desk in K.R. Sport Gent.

Responsibilities

Every team is responsible for the good behaviour of its members.

DRESSING ROOMS, SHOWERS AND TOILETS.

Location

Facilities are available in the 3 Ghent rowing clubs.

Valuable items

Please do not leave any valuables unattended. The organizing committee is not responsible for any loss or theft.

Toilets (Sport Gent)

A toilet car is located beside the parking area of Sport Gent. May we ask the athletes to use this facility to avoid any “congestion” at the toilet facilities on the upper floor of the Sport Gent clubhouse.

MEDICAL SERVICES

Location

On the spot:

The main medical center “**Het Vlaamse Kruis**” is situated in the fitness room of K.R. Sport Gent, near the athlete’s weighing.

Hospital:

Nearest hospital is AZ “Jan Palfijn” situated at the 1750 m mark, side of Sport Gent.
Telephone: **09/224.71.11**

RESCUE TEAM

The crew of the Splash Rescue Team is on standby.

Emergency telephone numbers (Belgium)

AMBULANCE/ M.I.C.U.	112
POLICE	101
FIRE BRIGADE	112



Anti-Doping control

If World Rowing, the national rowing federation or the local authorities should execute anti-doping control, the concerned crew members will be informed by the control commission.

CREW CHANGES / WITHDRAWALS / SUPPLEMENTARY ENTRIES

Location

All withdrawals and crew changes can only be made using the official forms and only at the information desk in the main room of K.R. Sport Gent.

Forms are available at the information desk

Missing names of crew members

All team managers are kindly requested to check the names, printed in the program. In case of MISSING or UNCORRECT names, please inform the information desk, main room Sport Gent, and let us know the correct composition of your crews, including coxswains, before the beginning of the regatta.

The jury may give a yellow card if not all names are entered in time at the information desk.

STARTING LISTS

The starting lists will be updated on regular basis, following the information forwarded by the team managers to the information desk. The updated lists will be displayed on the different display boards.

INTERNET

Website

All data and live results can be consulted on the web site:

<http://www.krsg.be/may-regatta>

Location

A screen can be consulted near the information desk in K.R. Sport Gent.

BOW NUMBERS

Location

All bow numbers must be collected at the information desk in Sport Gent.

Guarantee

A deposit of € 5 or equivalent will be asked for each bow number.

Remark:

1. Team managers are asked to return Saturdays bow numbers ASAP and collect new bow numbers for the races on Sunday.



2. The draw for the U17 and U19 races on Sunday only takes place after the Saturday races. The bow numbers for these races can only be collected as of Sunday morning.

BOAT PARK & FINISH AREA

Location

Large boating areas are available nearby the three Ghent rowing clubs.

WEIGHING

Location

The scales are located in the fitness room of K.R. Sport Gent

Opening Hours

Friday May 9, 2025	from 17h00 till 21h00 (test weighing, non-official)
Saturday May 10, 2025	from 06h16 till 17h10
Sunday May 11, 2025	from 06h04 till 16h08

World Rowing rules

Athletes

Lightweight	men	individual maximum	72,5 kg
		crew average	70,0 kg
	women	individual maximum	59,0 kg
		crew average	57,0 kg

World Rowing Rule 23 (extract):

Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race of each lightweight event in which they are competing, each day of the competition.

On each occasion of weighing, each crew shall present itself together as a crew at the weighing center and shall be weighed as a crew. The weighing scales should indicate the weight of the rower to 0,1 kg.

The Control Commission shall require presentation of each rower's official identity card with photograph at the time of the first weighing of the rower or subsequently.

Coxswains

World Rowing Rule 22 (extract):

The minimum weight for a coxswain wearing the racing uniform is 55kgs.

To make up this weight, a coxswain may carry a maximum of 15 kgs deadweight which shall be placed in the boat as close as possible to his person. No article of racing equipment shall be considered as part of this deadweight. At any time, before the race or until immediately after disembarkation, the Control Commission may require the weight of the deadweight to be checked.

These provisions shall also apply to coxswains in lightweight races.

World Rowing bye-law to Rule 22:

Coxswains shall be weighed wearing only their racing uniform on tested scales not less than one hour and not more than two hours before their first race in each event in which they are competing on each day of the competition.

The weighing scales shall indicate the weight of the coxswain to 0,1 kgs.

The Control Commission may require on the occasion of the first weighing, or subsequently, the presentation of an official identity card with photograph.

Boats

Random boat weighing may be executed by the control commission.

World Rowing Appendix R3:

1x	14kg	2x	27kg	4x	52kg
2-	27kg	2+	32kg	4-	50kg
4+	51kg	8+	96kg		



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PRICES AND TROPHIES

Each race will be awarded with at least a price for the first and the second.

EXCEPTIONAL SITUATION DUE TO THE NEW FINISH TOWER WORKS...

On Saturday and Sunday a medal ceremony will take place **for (only) the first of all events after each A-final at the victory podium near the finish container** (opposite side of the new finish tower works - side of the Organising Committee club - Kanodreef). **We invite the winners to collect their medals, once they have racked their boats in the boat park.**

All other medal winners (Saturday & Sunday) can collect their medals on Sunday **from 13h00 onwards**, in the clubhouse of the OC: K.R. Sport Gent.



TO FOLLOW THE RACES

In general

As the races are umpired from the road, it is imperative that absolute priority is given to the umpire cars.

Bicycles

All bicycles **must** stay on the cycling path.

Pay attention when crossing the Cycling Express way (using the crossing bridge) at the 1250 mark. THE EXPRESS WAY users have absolute PRIORITY !!!

The traffic police will penalize the cyclists who don't follow the prescribed rule.

NO CYCLISTS ARE ALLOWED BETWEEN THE ROWERS AND THE UMPIRE CAR !!!

Cars

The Umpire cars will have priority when following races !!!

Security

All people must strictly follow the indications given by the staff in charge of the security and/or the traffic police.

The organising committee is not responsible in case of an accident.

REMEMBER THE 2026 REGATTA DATES

May 9 & 10, 2026

Gent Motors



Jeep



Link to the website:

**Consult live all updated draw information
and live results via:**

