



TEAM MANAGERS MANUAL

41th INTERNATIONAL BELGIAN ROWING CHAMPIONSHIPS FOR SENIORS
TROPHY “ROLAND ROMBAUT”

4th INTERNATIONAL BELGIAN ROWING UNDER 23 CHAMPIONSHIPS
TROPHY “SPORT VLAANDEREN”

16th INTERNATIONAL FLEMISH ROWING CHAMPIONSHIPS FOR JUNIORS
TROPHY “CITY OF GHENT”

100st GHENT INTERNATIONAL MAY REGATTA
TROPHY “1883-2008 - 125 YEARS SPORT GENT”

May 11 & 12, 2019
Regatta course “Georges Nachez” - Ghent

Organised by
KONINKLIJKE ROEIVERENIGING SPORT GENT 1883 vzw.

Under protection of the

Royal Belgian Rowing Federation

Vlaamse Roeiliga

In collaboration with

Sport Vlaanderen

City of Ghent



KEY PERSONS ORGANISING COMMITTEE



Regatta President
Patrick Rombaut



Regatta Secretary
Chantal Neirinckx



Technical Delegate
Peter van Belle



Jury President
Jean-Pierre Follet



Medical Officer (Sat)
Dr. Ruben De Gendt



Medical officer (Sun)
Dr. Charles Van De Velde



Technical Co-ordinator
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”**

JURY

President	Follet Jean-Pierre	BEL
Secretary	Renting Anton	BEL
	Deweert Daniël	BEL
Members	Aguilera Angel	ESP
	Belleval Jean	FRA
	Blanquaert Jean-Pierre	BEL
	Bolcic Fabio	ITA
	Botelho Nuno	POR
	Christoffersen Lars	DEN
	Daetwyler Paul	SUI
	De Jonge Yves	BEL
	De Wispelaere Annemarie	BEL
	Dimouawa Martine	CMR
	Doutre Michel	FRA
	Forshaw Eleonor	FRA
	Frans Kjelle	BEL
	Guitérrez Daniel	ESP
	Haagensen Kasper	DEN
	Hedger John	GBR
	Hingstman Hubertine	NED
	Hingstman Peter	NED
	Hinterding Carmen	BEL
	Joly Régis	SUI
	Kaeswurm Ulrich	GER
	Kostic Mladen	CRO
	Levy Martin	GBR
	Lindeboom Els	NED
	Loriente Asuncion	ESP
	Malisse Lieven	BEL
	Mc Evoy Terence	IRL
	Meszaros Judit	HUN
	Packer Judith	GBR
	Packer Richard	GBR
	Painter Gary	GBR
	Parquic Nicolas	FRA
	Phillips Maggie	GBR
	Pottoms Bart	BEL
	Reznickova Emilie	CZE
	Sautois Roland	BEL
	Sautois Tim	BEL
	Stokke Grete	NOR
	Szabo Eli	ISR
	Vali Robert	EST
	Wittrant Catherine	FRA
	Wouters Paul	BEL
	Wylder Lyn	USA

Jury Meetings	Friday	May 10, 2019	19h00	GUSB, 2 nd floor Watersportlaan 3
	Saturday	May 11, 2019	07h00	Club house Sport Gent
	Sunday	May 12, 2019	06h30	Club house Sport Gent

Team managers are not allowed to attend the jury meetings.

PRACTICAL INFORMATION

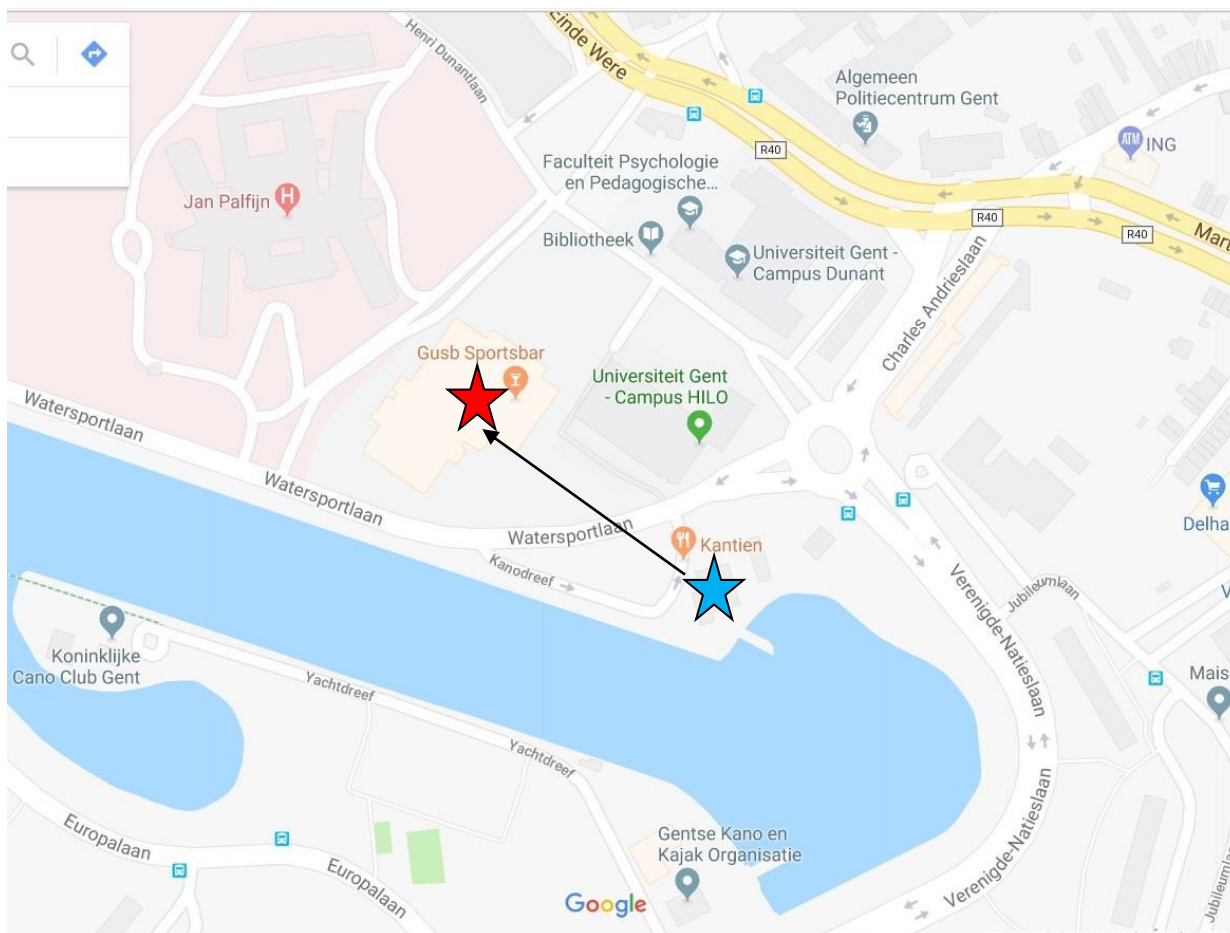
TEAM MANAGERS MEETING

Time and place

Friday May 10, 2019 at 20h00 - **GUSB, 2nd floor Watersportlaan 3**

Attendance

The attendance of all team managers is highly recommended



PROTEST

Procedure

cf. FISA- rules 82 to 87

Confirmation

All protests have to be lodged and confirmed at the finish tower 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 “JUNIORS-18” ON SUNDAY

The draw for the Junior 18 and 16 races on Sunday will be based upon the results of the Open Junior 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 09, 2019	from 08h00 till 21h00
Friday	May 10, 2019	from 08h00 till 21h30
Saturday	May 11, 2019	from 06h00 till 08h00 and from 18h15 till 21h00
Sunday	May 12, 2019	from 06h00 till 07h30

NO TRAINING IS ALLOWED DURING THE COMPETITION SESSIONS

Competition sessions

HEATS

Saturday	May 11, 2019	from 08h30
Sunday	May 12, 2019	from 08h00

FINALS

Saturday	May 11, 2019	from 10h30
Sunday	May 12, 2019	from 10h00

FINAL COMPETITION TIME TABLE : see Attachment G



“GHENT” PROGRESSION SYSTEM

In **Attachment F** you’ll find the different systems, depending on the number of **STARTING** crews. Therefore it is imperative that all participants of the race are behind the start at least 5 minutes before the indicated start time of the first heat. Once the starter knows the exact number of starting crews, he will announce the composition of the heats and the type of progression system.

Remarks:

- * Only A-finals are rowed
- * If for a reason, a qualified crew withdraws for the final, the organizing committee will contact the “lucky looser” 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 1100 crews, representing well over 3000 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 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 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 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 30 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 permitted in lanes 2 and 3 and in the direction of the finish, to the 750 meter mark. Afterwards use 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 in **Attachment B**, and on the displays

STARTING SYSTEM

0 METER

The start at the 0 meter (2000m races) will be given with lights. **Attachment C** shows the description of the starting procedure.

1000 METER (JM14 and JW14) - 1000m races

See **Attachment D**

1500 METER (JM12 and JW12). - 500m races

See **Attachment E**

PROGRAM

In general

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

Sales Points

They are for sale at the bar 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 near the finish tower.

A medical team is on stand-by near K.R.Sport Gent.

Hospital:

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

RESCUE TEAM

Rescue team of the Boot Redders Aegir is on standby.

Emergency telephone numbers (Belgium)	
AMBULANCE/ M.I.C.U.	112
POLICE	101
FIRE BRIGADE	112

Anti-Doping control

If FISA, 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

Web site

All data and live results can be consulted on the web site <http://www.krsg.be>

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 Junior 16 and 18 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 (see Attachment A)

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 10, 2019	from 17h00 till 21h00 (test weighing, non-official)
Saturday May 11, 2019	from 06h52 till 16h52
Sunday May 12, 2019	from 06h08 till 15h33

FISA- 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

FISA Rule 31 (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

FISA Rule 27 (extract):

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

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.

FISA Rule 28:

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.

FISA Bye-Laws Rule 41:

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



PRICES AND TROPHIES

In general

Each race will be awarded with at least a price for the first and the second. For the exact number of prices in every race, please consult the official program.

International Belgian and Flemish Championships on Saturday

On Saturday a medal ceremony will take place for the first, second and third of each **International Belgian Championship** (all senior male, female and lightweight events) immediately after each final at the victory pontoon near the finish tower. On Sunday this will be the case for a number of VIP-races.

Below you will find an overview of the races with medal ceremony at the victory pontoon.

Saturday May 11, 2019

111	LW 4X
112	W 2X
117	M 2-
119	M 4+
120	M 2X
122	W 4-
123	LM 2X
125	LM 4-
129	W 4X
131	W 2-
132	M 4-
136	M 1X
140	LM 1X
142	M 4X
143	W 1X
145	W 8+
146	LW 1X
152	M 8+

Sunday May 12, 2019

206	JW 4-
220	M 4+
223	MB 2X
225	M 2X
228	LMB 1X
230	LM 1X
236	M 2-
237	JM18 8+
240	WB 1X
242	W 1X
243	MB 1X
245	M 1X
253	W 4X
257	JM16 8+
261	M 8+

For all other races (Saturday & Sunday) the prices can be collected on **Sunday as of 14h00**, in the K.R. Sport Gent clubhouse.



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 follow the cycling path. **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

Only cars with an **official permission** are allowed to follow the races. Such a written permission is exceptionally provided by the organizing committee. **The traffic police will penalize all cars without official permission.**

Security

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

REMEMBER THE 2020 REGATTA DATES

May 9 & 10, 2020

