



2020 Asian Rowing Indoor Championships

Manama, Bahrain

18th– 20th March 2020

Asian Rowing Federation

President: Admiral ChainarongCharoenruk
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Mrs.Ho Kim Fai
Mr. Yong Nam Jin
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Committee Chairs:

Competitive Committee :Mr.Chris Perry
Development Committee :Mr. Abdul Malik Bin Abdul Ghanil
Events Committee :Mr.Edy Suyono
Marketing & Promotion Committee :Capt.Jirames Wongsanittadech
Para-Rowing Committee :Mr.Seung Hoon Han
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Organizing Committee

Chairman :Mr . Isa Alghawi

Transportation/ Logistic : Mr. KHALED MARHOON

E-mail : Gccsailing@gmail.com essa14141@hotmail.com

International Jury

The International Jury will be appointed by the ARF Umpiring Committee

1. General Introduction of Manama , Bahrain :



Manama Bahrani pronunciation is the capital and largest city of Bahrain, with an approximate population of 157,000 people. Long an important trading center in the Arab Gulf, Manama is home to a very diverse population.

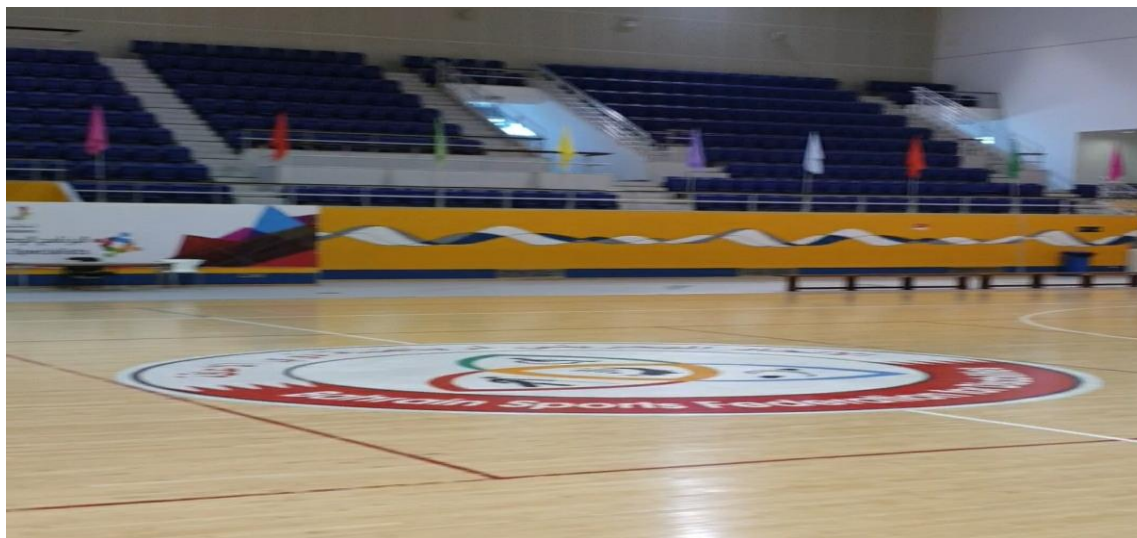
Although the current twin cities of Manama and Muharraq appear to have been founded simultaneously in the 1800s . Muharraq took prominence due to its defensive location and was thus the capital of Bahrain until 1921. Manama became the mercantile capital and was the gateway to the main Bahrain Island. In the 20th century, Bahrain's oil wealth helped spur fast growth and in the 1990s a concerted diversification effort led to expansion in other industries and helped transform Manama into an important financial hub in the Middle East. Manama was designated as the 2012 capital of Arab culture by the Arab League, and a beta global city by the Globalization and World Cities Research Network in 2018. Manama has an arid climate. In common with the rest of Bahrain, Manama experiences extreme climatic conditions, with summer temperatures up to 45 °C (113 °F), and winter as low as 7 °C (45 °F) with even hail at rare occasions. Average temperatures of the summer and winter seasons are generally from about 17 °C (63 °F) to about 34 °C (93 °F). The most pleasant time in Bahrain is autumn when sunshine is comparatively low, coupled with warm temperatures tempered by soft breezes.



2. Competition Information:

Competition Date: The 2020 Asian Rowing Indoor Championships will be held on 18th– 20th March 2020

Venue: The Championships will be held at vicinity of “Bahrain sports federation disabilities.”



Events: Open, Lightweight & Junior:

OPEN EVENTS		LIGHTWEIGHT EVENTS	
MEN	WOMEN	MEN	WOMEN
Individual 2000m	Individual 2000m	Individual 2000m	Individual 2000m
Pairs 2000m	Pairs 2000m	Pairs 2000m	Pairs 2000m
Mixed Fours Sprint 500m (Mixed Team of 2 men + 2 women)		Mixed Fours Sprint 500m (Mixed Team of 2 men + 2 women)	
JUNIOR EVENTS			
MEN	WOMEN		
Individual 2000m	Individual 2000m		
Pairs 2000m	Pairs 2000m		
Mixed Fours Sprint 500m (Mixed Team of 2 men + 2 women)			

Para-rowing:

PARA-ROWING EVENTS	
MEN	WOMEN
Individual – 1,000m Classes: PR1, PR2, PR3&ID	Individual – 1,000m Classes: PR1, PR2, PR3&ID
MIXED PAIRS – 1000m (Each Team 1 man + 1 woman, of the same Class) Classes: PR1, PR2, PR3&ID	

ARF President's Friendship Challenge:

The Championships will be closed with the friendship event, the ARF President's Friendship Challenge, open to participation of Open and Lightweight category rowers of all Federations. All rowers wishing to enter in this event will be mixed together and drawn randomly to be put into teams to compete in a 4 x 500m relay race. Entries for this event will be collected during the Championships and do not need to be made in advance. The winning team will be awarded souvenirs.

Entries:

- Entry is open to National Federations/Associations affiliated to the Asian Rowing Federation (ARF).
 - Each National Federation may enter a maximum of two (2) entries in each event.
 - Entries must be made by the National Federations.
 - No Entry Fee
 - Final Entry **deadline is 5th March 2020.**
- Duly filed-in Entry Forms (Preliminary & Final) attached to this Bulletin should be forwarded by email or fax to both the Asian Rowing Federation and the organization committee.

Rules and Regulations:

- Concept2 Model-D rowing ergometers with PM5 monitors will be used.
- Lightweight women must be 61.5kg or under.
- Lightweight men must be 75kg or under.
- For the individual and team events, all individual lightweight competitors must meet the weight limits.
- The format of the Pairs event is 2 rowers rowing 2,000m at the same time on individual machines with the result assessed as the cumulative score of the two rowers.
- The format of the Mixed Fours event is 4 rowers (2 men and 2 women) per team, rowing 500m at the same time on individual machines with the result assessed as the cumulative score of all 4 rowers.
- For Para-rowing events, the sport class of "PR1", "PR2", "PR3", and "ID" is based on the related rules and regulations of FISA.
- The format of the Para-rowing Mixed Pairs event is 2 rowers of the same sport class, rowing 1,000m at the same time on individual machines, with the result assessed as the cumulative score of the two rowers.
- Competitors must wear official National Team uniform as registered with them.

Schedule:

17 th March 2020	Arrivals
18 th March 2020	
0800 - 10:00	Teams Training
11:00	Team Manager's Meeting
17:00	Opening Ceremony
19:30 – 21:00	Reception
19 th March 2020	
13:30 – 17:30	Competitions (Pairs, Fours & Para Ind.)
20 th March 2020	
13:30 – 17:30	Competitions (Para Pairs, Fours & Ind.)
17:30 – 18:30	Closing Ceremony
21 st March 2020	Departure

Note: This schedule is preliminary and some items may be subject to change. Changes will be notified to all Federations.

Prizes:

Medals and certificates will be presented to the first, second and third place in each event. Certificates will be presented to all competitors.

3. Transportation:

It's all FREE. Organizing Committee will arrange local transportation From Bahrain International Airport To Hotels,. Special transportation will be arranged for Para-rowing personnel.

4. Accommodation and Meals:

The Elite gronde Hotel seef Area will be the official accommodation for ARIC2020. Final bookings should be made through the Organizing Committee by **5th March 2020**.

Single Room	USD 100 /person/night including 3 meal& Transportation
Twin-room Sharing	USD 85 /person/night including 3 meal& Transportation

The Nordic palace & spa hotel

Single Room	USD 90/person/night including 3 meal& Transportation
Twin-room Sharing	USD 75/person/night including 3 meal& Transportation

5. Visas:

- Visitors from a number of Asian countries require visa to enter the Bahrain
- Such visas must be issued before travel, Please check to Bahrain embassy for requirement visa in embassy.
- If you need Visa Invitation, Please send copy of passport (Clear and colour) and photograph by email as soon as possible.

6. Accreditation:

All Individuals (Jury, Team Officials & Participants) are requested to email a passport size photograph with Final Entry Forms.

7. Requirements:

- All countries should provide **two national flag**.
- All countries should provide **soft copies of its national anthem**.

8. Organizing Committee:

For all enquiries, submission of entries and other information, please contact the Organizing Committee at the following address:

Contact Person) : Mr. ISA ALGHAWI (0097333441114)
Deputy (Contact Person) : Mr KHALED MARHOON (0097333779799)
E-mail: Gccsailing@gmail.com essa14141@hotmail.com

Welcome to Manama =Bahrain for the 2020 Asian Rowing Indoor Championships

<i>Enclosed:</i>	Accreditation Form – Athletes	Deadline: 5 th March 2020
	Accreditation Form – Officials	Deadline: 5 th March 2020
	Hotel Reservation Form	Deadline: 5 th March 2020
	Entry Form (Adaptive Event)	
	Arrival & Departure Form	Deadline: 5 th March 2020
	Final Entry Form by Name	Deadline: 5 th March 2020
	Arrival & Departure Form	Deadline: 5 th March 2020



