



2026 Asian Rowing Indoor Championships
Ninh Binh, Vietnam
28th – 30th May 2026
Bulletin 1



Asian Rowing Federation (ARF)

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Organizing Committee

Chairman: Mr. Nguyen Hai Duong

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International Technical Officials

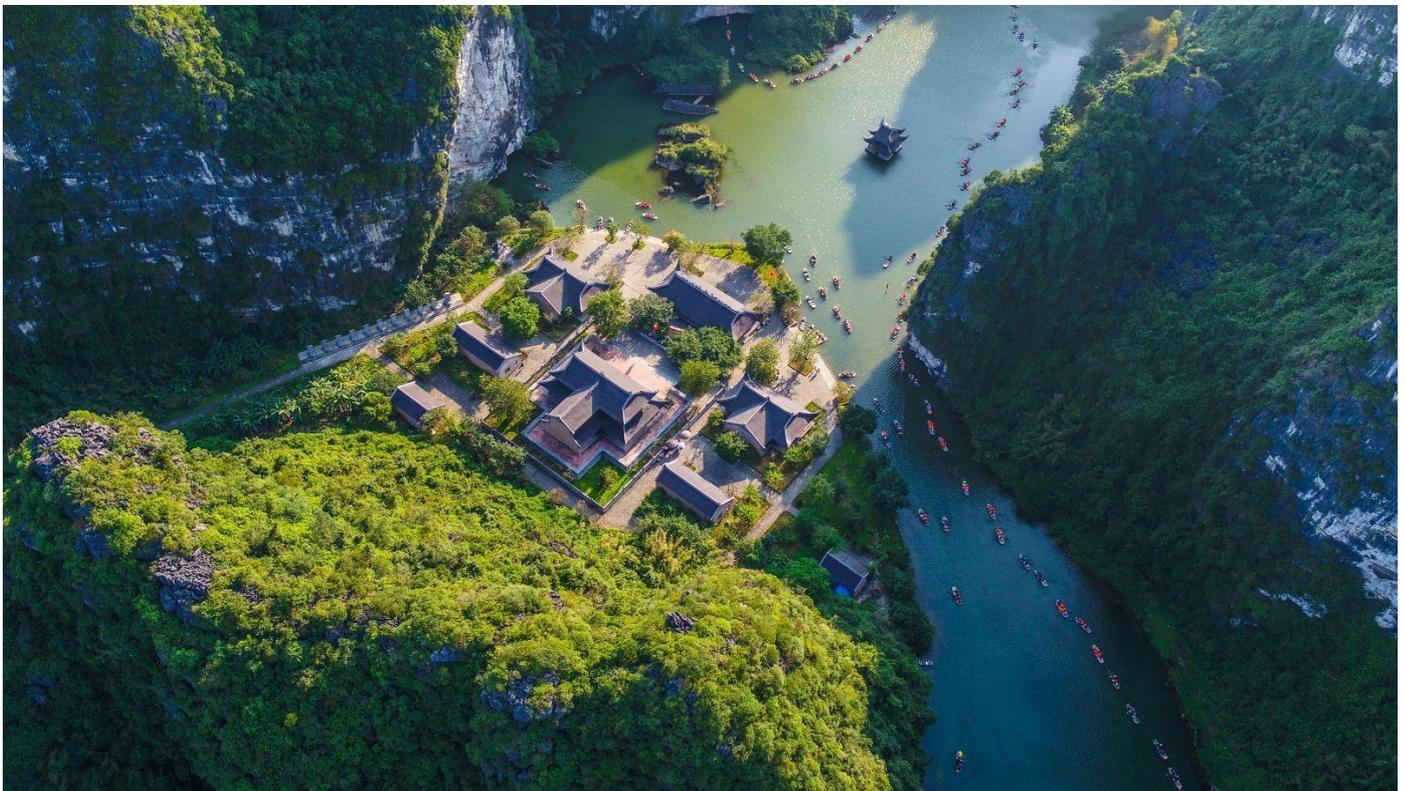
The International Technical Officials (ITOs) will be appointed by the Asian Rowing Federation.

1. General information of the Ninh Binh province

Ninh Binh holds an important strategic position as the southern gateway to the capital city of Hanoi, with favorable conditions to form a new growth pole for the Red River Delta region and the entire country.

The province covers an area of 3,943 km² and has a total population of 4,412,264. Ninh Binh possesses many advantages for developing a modern and well-connected transportation system that integrates multiple modes of transport, including road, rail, inland waterways, sea, and air. This makes the province a vital link for promoting exchange, cooperation, and tourism development.

Ninh Binh features diverse terrain, including mountains, plains, wetlands, and a 90-km coastline. The province is endowed with rich and unique natural tourism resources such as the Trang An Landscape Complex—recognized as a World Cultural and Natural Heritage site, Tam Coc - Bich Dong, Van Long Wetland Nature Reserve, Van Trinh Cave, Dich Long Cave, Thien Ha Cave...



About the competition venue

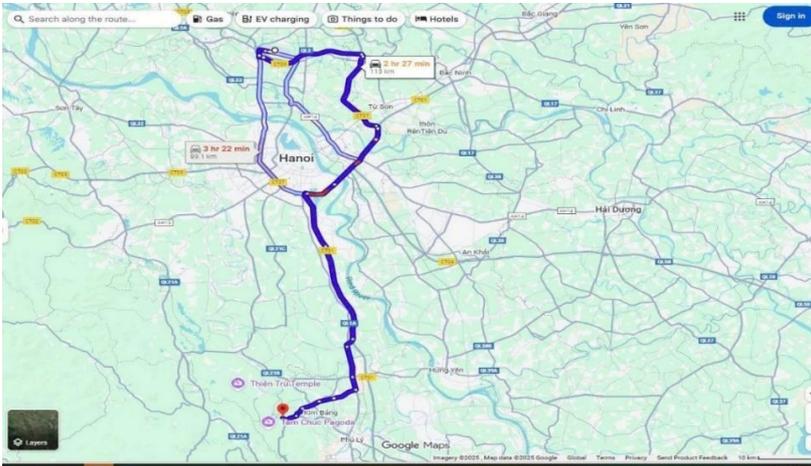
Tam Chuc Tourist Area is located in Kim Bang Ward, Ninh Binh, Viet Nam, which is approximately 60 km south of Hanoi. The area is master-planned over a total area of around 5,000 hectares, featuring a distinctive semi-mountainous landscape composed of limestone mountains, extensive natural lakes, valleys and forested areas. The focal point of the area is the Tam Chuc Pagoda Complex, developed on the site of an ancient pagoda with a history of more than 1,000 years. The complex integrates traditional Buddhist architectural principles with contemporary monumental design, forming one of the largest spiritual architectural complexes in Viet Nam and Southeast Asia.



Constructed primarily from natural stone and wood, the Tam Chuc Pagoda Complex represents a harmonious combination of cultural heritage, architectural excellence and natural environment, and serves as a national key tourism destination linking major cultural and spiritual sites in northern Viet Nam.

Each year, Tam Chuc Tourist Area attracts a large number of domestic and international visitors for sightseeing, pilgrimage and cultural experiences.

Regional map showing main roads and the nearest international airport location



1.2. Weather information

The average weather conditions in Ninh Binh province in May over the past five years are as follows:

Average daily maximum air temperature (°C)	31
Average daily minimum air temperature (°C)	27.4
Average relative humidity (%)	74%
Average monthly rainfall (mm)	120 mm

2. Event Information

2.1. Date: 28th to 30th May, 2026

2.2. Event location: Tam Chuc Complex, Ninh Binh province.

2.3. Competition schedule

Date Time	From 25 - 26 May 2026	27 May 2026	28 May 2026	29 May 2026	30 May 2026	31 May 2026
09:00	Team Arrival (all day)	Team Manager Meeting	Single	Pair	4x500m Team	Team departure
10:00			Open	Open	Open	
11:00			U23	U23	U23	
12:00			U21	U21	U21	
			U19	U19	U19	
			U17	U17	U17	

If teams wish to arrive earlier for training and familiarization with the competition venue, or stay longer after the conclusion of the event, please kindly contact the Organizing Committee (OC) for further information.

2.4. Competition events:

The 2026 Asian Rowing Indoor Championships will consist of 72 competition events for men, women and mixed events, in details:



Event No.	Categories	Single	Pair	Team Relay
		2000 m	2000 m	4x500 m
1	U17 Men	√	√	√
2	U17 Women	√	√	√
3	U17 Mixed	√	√	√
4	U19 Men	√	√	√
5	U19 Women	√	√	√
6	U19 Mixed	√	√	√
7	U21 Men	√	√	√
8	U21 Men Lightweight	√	√	√
9	U21 Women	√	√	√
10	U21 Women Lightweight	√	√	√
11	U21 Mixed	√	√	√
12	U21 Mixed Lightweight	√	√	√
13	U23 Men	√	√	√
14	U23 Men Lightweight	√	√	√
15	U23 Women	√	√	√
16	U23 Women Lightweight	√	√	√
17	U23 Mixed	√	√	√
18	U23 Mixed Lightweight	√	√	√
19	Open Men	√	√	√
20	Open Men Lightweight	√	√	√
21	Open Women	√	√	√
22	Open Women Lightweight	√	√	√
23	Open Mixed	√	√	√
24	Open Mixed Lightweight	√	√	√

Note:

- Lightweight, Pair, Team Lightweight

Lightweight men must be 75.0 kilograms and under.

Lightweight women must be 61.5 kilograms and under.

Individuals and team events

Individual lightweight competitors must meet the weight limits above. There is no average allowed like weighing for boat events. There will be designated area for

weighing at the venue.

Pair's events

Pair's events will be 2 rowers each rowing 2,000 meters at the same time on separate machines, with the result assessed as the cumulative average score of the two rowers.

4x500 Team Relay Event (Mixed)

Each team include four athletes (two male and two female athletes). Each athlete will row and switch every 500 meters on a single machine with the result assessed as the total score of the four rowers. Teammates can assist foot straps throughout the entire race; they can assist with handle and seat ONLY during change over.

2.5. Competition Format

About this competition, all events will follow a direct final format.

2.6. Prize

Medals will be presented to the first, second, third place winners in each event. Certificates of participating will be given to all participants.

2.7. Uniform

All team/ athletes must wear the national team uniform during the event.

2.8. Rowing Machine Resistance

All athletes may set any resistance of their choice before the race starts. However, this setting cannot be changed once the race has begun and must remain the same until the end.

In relay races, the resistance can be set before the first rower starts and during each change over it can be set ONLY before the next rower starts rowing.

3. Entries

3.1. Eligibility

The 2026 Asian Rowing Indoor Championships is strictly open to Asian Rowing Federation (ARF) affiliated member federations only.

Each nation is allowed to enter a maximum of two (2) entries per event.

In accordance with the World Rowing and Asian Rowing Federation (ARF) Rules of Racing, all competitors must be citizens of the country or region they represent and must be able to prove this by presenting an official document (passport or Identity Card).

3.2. Deadlines

The preliminary entry deadline is **15th March, 2026**

The final entry documents shall be submitted by **15th April, 2026**

The preliminary entry must include events to be entered, the total number of athletes, official and accompanying person in the team.

The entry documents are kindly required to send to the Organizing committee, and a copy to the ARF office at the email address: office@arfrowing.com

The Vietnam Canoeing, Rowing and Sailing Federation.

Address: No. 36 Tran Phu Street, Ba Dinh Ward, Hanoi, Vietnam.

Tel: (+84)2437475908 Fax: (+84)2437475909

E-mail: 2026airc.vie@gmail.com; vcrsf@vnn.vn

4. Equipment

Concept 2 brand rowing ergometer with standard legs (ErgRow) will be used as the official race machines. Athletes will be allocated randomly to different machines numbering according to the start list. Athletes cannot request a change of machines unless there is a mechanical or electronics failure occurring before the start of the race.

There will be a separate warm-up area with rowing machines available throughout the event.

5. Accommodation and daily transportation

5.1. Hotel

- **The Tam Chuc Complex** will be the official accommodation for the Championships, where is also the venue for competition.





The cost of accommodation package rate will be as follows:

Single room	80 USD/night/person (accommodated for one person/room)
Double room	60 USD/night/person (accommodated for two people/room)



The accommodation package includes 3 meals and the daily electric cart from hotel to competition venue and vice versa.

- Melia Vinpearl Phu Ly hotel (5 stars)

Address: 60 Bien Hoa Street, Phu Ly Ward, Ninh Binh Province, Vietnam.

Distance: 16km

Driving time: 30 minutes





The cost of accommodation package rate will be as follows:

Single room	100 USD/night/person (accommodated for one person/room)
Double room	80 USD/night/person (accommodated for two people/room)

- Muong Thanh Luxury Ha Nam hotel (5 stars)

Address: Phu Ly Ward, Ninh Binh Province, Vietnam.

Distance: 15km

Driving time: 27 minutes



The cost of accommodation package rate will be as follows:

Single room	100 USD/night/person (accommodated for one person/room)
Double room	80 USD/night/person (accommodated for two people/room)

5.2. Check in and check out policy:

- **Official check-in time:** After 2:00 PM
- **Official check-out time:** Before 12:00 PM (noon) on the departure date

Note: Depending on room availability at the hotel at the time, the Organising Committee will make every effort to arrange a limited number of rooms for teams to temporarily rest and store their belongings.

- Early check-in and late check-out are subject to pay additional charge and will be informed later.
- Booking should be made through the Organizing Committee by 15th April, 2026.

5.3. Payment

The teams are kindly requested to complete their payments in cash only.

The Organizing Committee accepts payment exclusively in United States Dollars (USD), Euros (EUR), and Vietnamese Dong (VND).

6. Transportation

The most popular airport you can easily access to venue is the Noi bai international airport (HAN) which is 100km far away from Ninh Binh city and it normally takes about one hour and a half by bus from the airport to the official hotel.

Local transportation for the participants will be provided by OC, to and from Noi Bai (HAN) international airport to the official hotel. The transportation fee is 50 USD/person round trip.

Detailed information of arrival and departure dates and flight number should be informed in advance to OC, in order for OC to arrange for local transportation and other

necessary preparations. The arrival and departure form should be sent to OC by 30th April, 2026.

7. Visa

The Government of Vietnam grants visa exemptions to citizens of certain countries worldwide. Kindly refer to the provided link to verify whether a visa is required for your entry and its procedure to apply the visa into Vietnam at the follow link:

For NFs who need to apply the visa for visiting in Vietnam, please kindly fill all of crew name in the team with specify the position/role in the team together with your passport photos and send to Vietnam Canoeing, Rowing and Sailing Federation in your ealieast convenience so that we may help to seek for Entry permit form. For some countries, the Entry permit approval takes more than 21 days to apply. Please make sure to contact OC at your soonest time if you need visa to Vietnam.

The Organizing Committee would like to ask for the copy of passport and the photo of you via email: 2026airc.vie@gmail.com; vcrsf@vnn.vn.

8. Accreditation

All individuals (accompanying teams, team officials, and all participants) are required to send their name, age, identification photo and a copy of passport by email to 2026airc.vie@gmail.com; vcrsf@vnn.vn to make their accreditation cards.

9. Doping Control

The Organizing Committee reserves the right to conduct Doping tests at any time.

10. The Event Organizing Committee

For any inquiries and assistance regarding the championships, please contact:

Contact Person: Mrs. Ngoc Linh – Vietnam Canoeing, Rowing and Sailing Federation Office

Phone (whatsapp): +84987373671

Email: 2026airc.vie@gmail.com; vcrsf@vnn.vn

Entry Documents:

Annex 1: Preliminary Entry Form	Deadline: 15th March, 2026
Annex 2: Hotel Reservation Form	Deadline: 15th April, 2026
Annex 4: Final Entry Form	Deadline: 15th April, 2026
Annex 5: Visa Invitation Letter	Deadline: 15th April, 2026
Annex 6: Accreditation Form - Athletes	Deadline: 30th April, 2026
Annex 7: Accreditation Form - Officials	Deadline: 30th April, 2026
Annex 8: Arrival and Departure Form	Deadline: 30th April, 2026

Tourist attractive destinations around venue

1. Tam Coc – Bich Dong

- **Location:** Ninh Binh Province (90km from competition venue)
- **Travelling time by bus:** 1 hour and a half
- **Description:**

Tam Coc features stunning karst formations surrounded by golden rice fields and tranquil waterways. Tourists often take a traditional sampan boat ride along the Ngo Dong River, passing through caves and between towering cliffs. Nearby, the Bich Dong Pagoda, set on a limestone mountain, offers panoramic views and a peaceful spiritual experience.



2. Ha Long Bay

- **Location:** Quang Ninh Province (~170 km from Tam Chuc)
- **Travelling time by bus:** 3 hours and half
- **UNESCO World Heritage Site**

Description:

Ha Long Bay is one of Vietnam's most iconic natural wonders, famous for its emerald waters and thousands of towering limestone islands topped with rainforests. Visitors can enjoy boat cruises, explore hidden caves like Sung Sot (Surprise Cave), kayak through fishing villages, and relax on pristine beaches. Popular islands include Titop Island and Bo Hon Island.



3. Trang An – Ninh Binh

- **Location:** Ninh Binh Province (~120 km from Hai Phong)
- **Title:** A UNESCO World Heritage Site and one of Vietnam's most iconic cultural landscapes

Description:

Trang An Landscape Complex is a stunning natural and cultural heritage site, featuring a majestic network of limestone karst mountains, tranquil rivers, and mysterious caves. Often referred to as the "Ha Long Bay on land," Trang An offers a unique journey through scenic waterways flanked by lush greenery and ancient temples. The area holds great archaeological and spiritual significance, making it a harmonious blend of natural beauty and cultural legacy.



Welcome all countries to come to Vietnam!