



2019 Asian Rowing Indoor Championships

Bangkok, Thailand

30th – 31st March 2019

Bulletin -2

Please refer to Bulletin -1

Asian Rowing Federation

President: Admiral Chainarong Charoenruk
Vice-Presidents: Mr. Nicholas Ee
Mrs. Ho Kim Fai
Mr. Yong Nam Jin
Mr. Vahid Moradi
Mr. Duan Xuan

Secretary General : RAdm. Praparn Pongs Pochanasomburana
Executive Director : Ms. Meng Yaning (Flora)
Committee Chairs:
Competitive Committee : Mr. Chris Perry
Development Committee : Mr. Hassan Ahmad Bilal
Events Committee : Mr. Edy Suyono
Marketing & Promotion Committee : Capt. Jirames Wongsanittadech
Para-Rowing Committee : Mr. Seung Hoon Han
Rowing for all Committee : Mr. Phaddnis Girish Jagadish
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Rowing Canoeing Association of Thailand

President: Adm. Chainarong Charoenruk
Secretary: RAdm. Narupol Kirdnak
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Organizing Committee

Chairman : RAdm. Narupol Kirdnak
Vice Chairman : Capt. Wiwat Kwansungnern,
: Capt. Poollap Tattatongkam
Venue Manager : Capt. Norrapat Ta-In
Competition Manager : Dr. Rangsan Wongsan
Technical affairs : Dr. Tanormsak Sanakham
General affairs : Capt. Nopparote Siripariyapong
Transportation/ Logistic : Capt. Nopporn Theptorane
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International Jury

The International Jury will be appointed by the ARF Umpiring Committee

1. General Introduction of Bangkok, Thailand:



Bangkok is located on the delta of the Chao Phraya River, about 25 miles (40 km) from the Gulf of Thailand. It is also a major tourist destination, noted for bountiful cultural attractions. The name Bangkok, used commonly by foreigners, is, according to one interpretation, derived from a name that dates to the time before the city was built—the village or district (*bang*) of wild plums (*makok*). The Thai call their capital Krung Thep, which is the first part of its mellifluous and lengthy official name meaning “the City of Gods, the Great City, the Residence of the Emerald Buddha, the Impregnable City (of Ayutthaya) of God Indra, the Grand Capital of the World Endowed with Nine Precious Gems, the Happy City Abounding in Enormous Royal Palaces Which Resemble the Heavenly Abode Wherein Dwell the Reincarnated Gods, a City Given by Indra and Built by Vishnukarm.” The abbreviated name Krung Thep is often translated as “City of Angels.”

The climate of Bangkok is hot throughout the year, ranging from 77 °F (25 °C) in the “cold” season in December to 86 °F (30 °C) at the height of the hot season in April. The mean annual rainfall totals 60 inches (1,500 mm), four-fifths of which falls in brief torrential downpours during the late afternoons of the rainy season, which lasts from mid-May through September; the dry season lasts from December to February. Mean monthly relative humidity varies from a low of 60 percent in the cold season to more than 80 percent during the rainy season.



2. Competition Information:

Competition Date: The 2019 Asian Rowing Indoor Championships will be held on 30th – 31st March 2019

Venue: The Championships will be held at vicinity of “Anantara Riverside Bangkok Resort” also the same area of “Elephant boat Race & Rive Festival”



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 15th March 2019.**
- 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

Schedule:27th – 28th March 2019Thursday 28th March 2019Friday 29th March 2019

10:00

11:00

17:00

18:30 – 21:00

Saturday 30th March 2019

13:30 – 17:30

Sunday 31st March 2019

13:30 – 17:30

17:30 – 18:30

Monday 1st April 2019

Arrivals

Teams Training

Opening Ceremony

Venue Officially Opens for visit

Teams Training

Team Manager's Meeting

Reception

Competitions

(Pairs, Fours & Para Ind.)

Competitions

(Para Pairs, Fours & Ind.)

Closing Ceremony

Departure

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

Prizes:

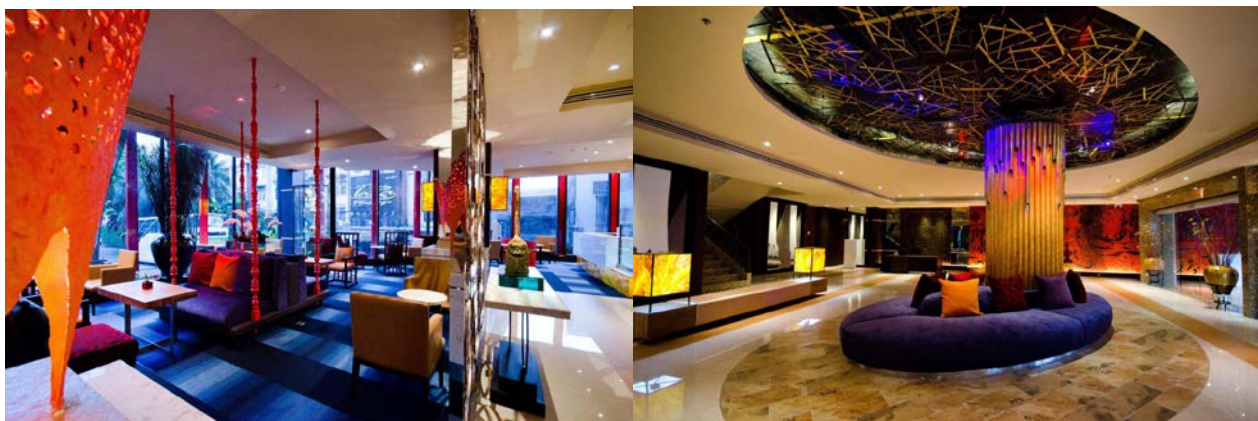
Medals and certificates will be presented to the first, second and third place in each event. Certificates will be presented to all competitors.

3. Transportation:

It's all FREE. Organizing Committee will arrange local transportation and Suvarnabhumi International Airport or Donmeang International Airport just only to the official accommodation at Tongtara Riverview Hotel, Bangkok during the event. Special transportation will be arranged for Para-rowing personnel.

4. Accommodation and Meals:

The Tongtara Riverview Hotel will be the official accommodation for ARIC2019. Final bookings should be made through the Organizing Committee by **15th March 2019**.



Deluxe room

Single Room	USD 99 /person/night including 3 meal& Transportation
Twin-room Sharing	USD 79 /person/night including 3 meal& Transportation



5. Visas:

- Visitors from a number of Asian countries require visa to enter the Thailand
- Such visas must be issued before travel, Please check to Thailand 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. Organizing Committee:

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

Secretary(Contact Person) : Capt. Jirames Wongsanittadech

Deputy Secretary (Contact Person) : Lcdr. Preecha Phuangphairote

E-mail: office@rcat.or.th , oc2rcat@rcat.or.th, phuang_009@hotmail.com , tukky1972@gmail.com

Welcome to Bangkok Thailand for the 2019 Asian Rowing Indoor Championships

Enclosed:	Accreditation Form – Athletes	Deadline: 15 th March 2019
	Accreditation Form – Officials	Deadline: 15 th March 2019
	Hotel Reservation Form	Deadline: 15 th March 2019
	Entry Form (Adaptive Event)	
	Arrival & Departure Form	Deadline: 15 th March 2019
	Final Entry Form by Name	Deadline: 15 th March 2019
	Arrival & Departure Form	Deadline: 15 th March 2019



