

# 2005 Australian Youth Olympic Festival

19-22 January, 2005

Sydney International Regatta Centre

The ACT Rowing Association will be selecting a team to compete at the 2005 Youth Olympics.

This selection criteria and nomination should be read in conjunction with information bulletin 1 (and any subsequent bulletins).

## **Crew Selection:**

*Where required*, the selection of the team will be done from a 1500m time trial in single sculls and a 2000m ergometer test. A ranking will be prepared by adding the time trial time and ergometer 2000m time together.

The seating of small boats (singles etc.) will be done after the selection of the team has been completed.

The men's and women's teams shall comprise of 6 open class athletes, 2 lightweights and 1 coxswain.

### **1500m Single Scull Time Trial**

#### **Women (details to be confirmed):**

Monday 22<sup>nd</sup> November

First boat at 7.00am

#### **Men (details to be confirmed):**

Date: Saturday 27<sup>th</sup> November

First boat at 7.00am

### **2000m Ergometer Test**

Date: During the period of Monday 15<sup>th</sup> – Friday 26<sup>th</sup> November.

Supervised by school/club head coach and one other coach where possible.

Scores submitted by School/Club Head Coach

**Coach Selection:**

The coaches will be selected after the nominations have been received and have been completed.

The Selectors will be guided by:

- Qualifications and experience.
- The performance of athletes coached by the nominee.
- Past record as a coach, including performance of crews coached in the past, management of those crews, and a proven capacity to relate appropriately with athletes, coaches, officials and selectors.

**Age:**

Rowers and coxswains are required to be 19 years of age or younger as at 19 January 2005. Proof of age will be required at the time of registration.

**Coxswain Selection:**

Selection of coxswains will take into account the:

- recommendation of the selected squad coach;
- past and present performance in training and competition;
- weight;
- steering ability;

**Costs:**

A standard entry fee of \$120 per athlete will be charged by the organising committee. This will include transport, accommodation and meals.

ACTRA may require additional payment for uniforms.

Final cost will be advised as soon as possible.

Full payment will be required at the time of selection.

**Training:**

The timing of the regatta will require that athletes and coaches are generally available to train in Canberra over December and the beginning of January. Training programs are to be confirmed.

**More Information:**

Gordon Marcks

ACTAS/ACTRA Head Coach

[Gordon.Marcks@act.gov.au](mailto:Gordon.Marcks@act.gov.au)

Tel: 6207 4393 (BH)

Mob: 0407 787470

# ACT Rowing Association

2005 Youth Olympics  
19-22<sup>nd</sup> January, 2005.

## Nomination Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Tel: \_\_\_\_\_ email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Weight: \_\_\_\_\_

CIRCLE:    Coach        Coxswain    Lightweight  
              Bowside      Strokeside    Scull

I have read the information regarding the regatta that has been circulated with this form.

Signed: \_\_\_\_\_ (Parent or Guardian if under 18)

Print Name: \_\_\_\_\_

This form is to be forwarded by  
**5.00pm Wednesday 17<sup>th</sup> November, 2004** to:

**Gordon Marcks**  
**ACT State Team Head Coach**  
**Fax: 6207 4042**  
**Gordon.Marcks@act.gov.au**

**AOC  
Logo**

**2005 Australian Youth Olympic Festival**  
 19 to 22 January 2005  
 Sydney International Regatta Centre

**RA  
Logo**

The Australian Olympic Committee in conjunction with Rowing Australia will conduct the 2005 Australian Youth Olympic Festival to be contested at the Sydney International Regatta Centre, Penrith, NSW on the 19-23 of January 2005. Invitations are extended to all the Australian State / Territory Rowing Associations and the New Zealand Rowing Association.

**GOVERNANCE**

The regatta will be conducted under Rowing Australia Rules.

**TEAMS**

Each Australian state/territory and New Zealand will enter teams, each with 9 men and 9 women. Each gender consists of 6 open class athletes plus a coxswain and 2 lightweight athletes.

**AGE QUALIFICATION**

The 2004 Youth Cup Rowing Regatta is open to rowers and coxswains 19 years of age or younger as at 19 January 2005. All competitors will be required to provide proof of age at regatta registration (passport, drivers licence or birth certificate).

**EVENT PROGRAM SUMMARY**

	<b>Men</b>	<b>Women</b>
<b>Day 1 - Wednesday Jan 19</b>	Training	Training
<b>Day 2 – Thursday Jan 20</b>  1x 2- L2x	<b><i>Small Boat Heats (AM) and Finals (PM)</i></b> 1 1 1 (straight final)	<b><i>Small Boat Heats (AM) and Finals (PM)</i></b> 1 1 1 (straight final)
<b>Day 3 – Friday Jan 21</b>	Rest Day	Rest Day
<b>Day 4 – Saturday Jan 22</b>  4x 4- 8+	<b><i>Big Boat Finals</i></b> 1 1 1	<b><i>Big Boat Finals</i></b> 1 1 1

**LIGHTWEIGHTS**

Lightweights will be permitted to compete at +6% of the Rowing Australia stipulated average weight in its Rules for lightweights.

The Weight Specifications are :- (there will be no crew average)

Men: Max Weight 74.2kg      Women: Max Weight 60.4kg

**EQUIPMENT**

It is expected that all Australian States will provide their own boats, however any state with boat difficulties should contact Rowing Australia immediately. Boats will be provided for the New Zealand team.

## ENTRY FEES

A standard seat fee of \$120.00AUD per Australian athlete will be charged. This will cover the cost of all flights, accommodation, meals and an Australian team t-shirt for all competitors, coaches and managers to the number specified by the AOC. This number is 18 athletes (male and female) and 5 team officials (coaches and managers) per team.

In the event of a crew failing to make the start or the regatta being abandoned due to inclement weather or causes beyond the control of the organisers, entry fees will not be refunded.

## DRUG TESTING

Competitors and coaches should be aware that under Federal & State law athletes may be selected to undertake testing to detect the presence of banned substances at any time.

## CLIMATE

The following figures apply to the month of January :-

Average maximum temperature 32.8c (highest recorded 41.1c)

Average minimum temperature 18.8c (lowest recorded 13.8c)

Average wind 8 km/hr (9am) and 18 km/hr (3pm)

Average rainfall 22.4 mm with 10 days of rain.

## VENUE ENTRY FEE

There is no venue entry fee and car parking is available in car parks on the north bank and on the island. Please note that parking on the island may be restricted for use by teams and regatta officials.

**COACHING BOATS WILL NOT BE PERMITTED ON THE COURSE OR THE WARM UP LAKE AT ANY TIME.** Coaches please bring your bicycle for training but please note that coaches cannot follow races on bicycles for safety reasons.

## ACCOMMODATION

The AOC will provide accommodation for the approved number of athletes and officials per team. Accommodation will be at a designated AYOF Village at the University of Western Sydney in Richmond from 18-22 January 2005 (5 nights).

Where an athlete or official requires accommodation additional to that provided by the AOC, this will be at the cost of the individual(s) concerned. The AOC may, in its discretion, assist in sourcing additional accommodation as required.

## TRANSPORT

The AOC will provide and/or liaise with the relevant bodies for the provision of transport for up to the approved number of athletes and officials as follows:

- return economy airfare from capital city airports, within Australia, for athletes and officials not resident in New South Wales and the Australian Capital Territory (NB: no subsidy is provided for transport to the capital city airport from place of residence);
- return economy rail transport for athletes and officials resident in New South Wales and the Australian Capital Territory;

The AOC will provide and/or liaise with the relevant bodies for the provision of transport for up to the approved number of athletes and officials (both Australian & International) as follows:

- Kingsford Smith Airport / Central Station transfers to and from the AYOF Village;
- daily transport vehicle requirements as scheduled by the NF and the AOC for transport to and from training and competition venues; and
- transport to and from the Opening Ceremony of the AYOF.

#### **MEALS**

The AOC will provide meals (breakfast, lunch and dinner) for the approved number of athletes and officials in the sport of Rowing in respect of their participation in the AYOF. Meals will be supplied from dinner on 18 January through to lunch on 23 January 2005

#### **CLOSE OF ENTRIES**

A shadow team list consisting of all athletes who have nominated for team selection must be submitted to Rowing Australia by 5:00pm AEST on Friday November 19 2004. A final entry list must be submitted to Rowing Australia by 5:00pm AEST on Friday 18 December 2005.

#### **ENQUIRIES**

For further enquires please contact Adam Horner, National Development Officer, Rowing Australia on (02) 6256 5905, 0408 585 771 or [ahorner@rowingaustralia.com.au](mailto:ahorner@rowingaustralia.com.au).

# ENTRY FORM

STATE .....

Please print clearly and neatly.      Full names & D.O.B. of all competitors required.

EVENT # ..... EVENT CODE.....CREW #  
.....

	First Name	Last Name	Date of
Birth			
Bow	.....	.....	...../...../19.....
Str/2	.....	.....	...../...../19.....
3	.....	.....	...../...../19.....
Str/4	.....	.....	...../...../19.....
5	.....	.....	...../...../19.....
6	.....	.....	...../...../19.....
7	.....	.....	...../...../19.....
Stroke	.....	.....	...../...../19.....
Cox	.....	.....	...../...../19.....

Coach/es

.....  
I declare that to the best of my knowledge all the competitors named are eligible to compete in the event entered in accordance with the age definition stated in this bulletin.

Name .....  
Tel:.....

Position .....  
Signature.....

**ENTRIES CLOSE FRIDAY 18<sup>th</sup> DECEMBER 2004 AT 5pm AEST.**