

ACT Rowing Association

2009 Youth Cup Regatta

10th-12th July 2009

Penrith Lakes, NSW

Rowing Australia will be conducting the Youth Cup Regatta in July 2009 with teams from each state and the ACT. New Zealand will also be represented.

Teams will consist of a men's and women's eight plus a reserve (6 open class and 3 lightweight rowers and a coxswain), from which there will also be athletes competing in single sculls, coxless pairs, coxless fours, coxless quads and lightweight doubles and lightweight singles. The team will also have two coaches, a head coach and manager.

Detailed information is available in the attached 2009 Australian Youth Cup Bulletin 1.

Squad/Crew Selection:

The selection of the squads will be done from the results of a 4200m time trial (in pairs OR single scull), as well as 6000m and 2000m ergometer tests, and any other relevant information that is available to the ACTRA Selectors. The key selection events and dates are:

Pair/Single Scull Time Trial

ACTRA Winter Time Trial (4200m)

Saturday 23 May 2009

6000m Ergometer Test

Tuesday 26 May 2009

ACTAS Boatshed

2000m Ergometer Test

Thursday 28 May 2009

ACTAS Boatshed

Nomination forms are to be submitted by 5.00pm, Friday 15 May 2009.

Rowers who are unable to complete any of the selection events must provide details to the ACTRA Selectors with their nomination. The ACTRA Selectors will consider any request for exemptions in due course and advise accordingly.

Coach Selection:

The coaches will be selected as soon as possible after the close of nominations.

The ACTRA Selectors will be guided by:

- Qualifications and experience.
- The performance of athletes coached by the nominee.

- 2
- 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 under the age of 21 as at the 31st of December 2009. This means that they must be born in 1989 or later. Proof of age may be required.

Coxswain Selection:

Selection of coxswains will be made by the ACTRA Selectors considering the recommendation of the selected squad coach, past and present performance in training and competition, weight and steering ability.

Lightweights:

The maximum race weights for the lightweights competing at the Youth Cup are:

Men: 74.2kg

Women: 60.4kg

Athletes nominating for lightweight will need to be able to meet this weight requirement at the regatta.

Costs:

There will be some costs associated with the regatta and these will be advised by ACTRA once the final arrangements for the regatta have been confirmed.

Policies and Rules

All nominees and team members agree to abide by all ACTRA policies and bylaws as posted on the ACTRA website at www.rowingact.org.au and all Rowing Australia policies and rules as posted on www.rowingaustralia.com.au

Appeals:

In the advent of a selection dispute, an individual may request the ACTRA Executive to review the selection. This is to be done in writing to the ACTRA Chairman, not more than 48 hours after receiving official notification of a decision from the Head Coach or Selectors. The appeal is to be lodged with the Chairman of the ACT Rowing Association, with a copy being forwarded to the ACT Head Coach.

The ACTRA Executive shall act as arbiter in any disputes or protests relating to the Inter-State Regatta Team selection process.

The decision of the ACTRA Executive in any disputes or protests submitted to it shall be accepted as final and binding by all concerned, and recognising the need to minimise disruption to the selected squads, the ACTRA Executive will endeavour to have any disputes resolved as soon as possible.

ACT Rowing Association

2009 Youth Regatta

10th-12th July 2009

Nomination Form

Name: _____

Rowing Club: _____

Coach: _____

Address: _____

Tel: _____ email: _____

Date of Birth: _____ Weight: _____

CIRCLE: Coach Coxswain Lightweight

 Bowside Strokeside Scull

Signed: _____ (Parent or Guardian if under 18)

Print Name: _____

This form is to be forwarded by **5.00pm, Friday 15 May 2009**
to:

ACTRA

Email: actra@rowingact.org.au

2009 Australian Youth Cup

Bulletin 1

Rowing Australia has commissioned NSWRA to host the 2009 Australian Youth Cup will be conducted in Sydney from 10th to 12th July 2009 at the Sydney International Regatta Centre (SIRC) in Penrith, NSW. Invitations are extended to all State Rowing Associations and Rowing New Zealand.

GOVERNANCE

The 2009 Australian Youth Cup will be conducted in accordance with the rules of Rowing Australia, published in February 2006 and amended in September 2007. These rules can be viewed on the Rowing Australia website (www.rowingaustralia.com.au) under the "Rules" section.

QUALIFICATION

The 2009 Australian Youth Cup is open to rowers and coxswains under the age of 21 years as at 31 December 2009. All competitors will be required to provide proof of age at regatta control before racing (passport, driver's license or birth certificate).

RIGHT TO PARTICIPATE

Athletes have the right to participate for the team in which they are a current member of that State Association. A current member is defined as an athlete who has a competitive membership with a club within the State and is recognised by the State Association as an affiliated member. Where an athlete has competed for a different State in the past, the previous state must be notified of the change of state and must not have an objection on the grounds of outstanding fees or disciplinary action. Rowing Australia will only become involved in the determination of an athlete's right to participate for a given state if an objection to that athlete's selection is lodged by another State Association with Rowing Australia.

CLOSE OF ENTRIES

Final entries, including crew seating will close at 5:00pm AEST on Friday, 12 June 2009.

TEAMS

This event is run as a team's event, each state / territory and New Zealand are required to enter a team consisting of the following athletes:

Male

- 6 open class athletes
- 3 lightweight athletes (1 reserve)
- 1 coxswain

Female

- 6 open class athletes
- 3 lightweight athletes (1 reserve)
- 1 coxswain

The following are the events that will be contested at the 2009 Australian Youth Cup, each athlete, with the exception of the coxswain, must compete in 1 event from each of the groups.

Group 1

Men's Single Scull
Women's Single Scull
Men's Coxless Pair
Women's Coxless Pair
Lightweight Men's Double Scull
Lightweight Women's Double Scull
Lightweight Men's Single Scull (reserve)
Lightweight Women's Single Scull (reserve)

Group 2

Men's Coxless Quad Scull
Women's Coxless Quad Scull
Men's Coxless Four
Women's Coxless Four
Mixed Double Scull (reserves)

Group 3

Men's Coxed Eight
Women's Coxed Eight
Mixed Coxless Quad Scull (reserves)

Each team is to enter two crews in the men's and women's single scull and coxless pair; these events will be contested in two separate divisions. The reserve for each team will be the men's and women's lightweight single sculler. Reserve races will be conducted however they will not contribute to the overall point score for the Rusty Robertson Youth Cup. Due to the nature of this regatta, any substitution made must meet the requirements of *Rowing Australian Rule 51.1 – Changes After The First Heat* regardless of whether the reserve will be rowing in an event where the first heat as not already been conducted.

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

POINTS

All teams will compete for The Rusty Robertson Youth Cup. Points will be awarded as follows for each event with the exception of the reserves race which do not contribute to the overall point score.

- 1st place = 8 points
- 2nd place = 7 points
- 3rd place = 6 points
- 4th place = 5 points
- 5th place = 4 points
- 6th place = 3 points
- 7th place = 2 points
- 8th place = 1 point

Gold, Silver and Bronze medals will be awarded in each event including spares. All presentations for the regatta will be conducted at the conclusion of the regatta on Sunday, 12 July 2009.

INDICATIVE RACE SCHEDULE

Appendix 1 provides an indicative program for the 2009 Australian Youth Cup. Where possible it is endeavored to allow a double up in the use of boats.

DRUG TESTING

The Australian Sports Anti Doping Agency (ASADA) may conduct drug testing at the 2009 Australian Youth Cup. Competitors and coaches are urged to take note of the following requirements in respect of Banned Substances for Therapeutic Use and act accordingly in achieving exemptions for appropriate athletes.

If an athlete suffers a medical condition that a doctor can only treat with a therapeutic substance, he or she must check whether the legitimate therapeutic use of the prohibited substance is permitted under the Rowing Australia Anti-Doping Policy and with ASADA. Legitimate use of a prohibited substance may be granted what is known as a Therapeutic Use Exemption (TUE).

Athletes, coaches and parents should ensure that they are familiar with the Rowing Australia Anti Doping Policy, which can be found on the Rowing Australia Website. Article 9 of the Policy refers to 'Therapeutic use'. The ASADA Hotline 1800 020 506 or ASADA Website (www.asada.gov.au) will outline whether the medication is prohibited and whether a TUE is required. It is important that athletes also remember to check medications each year. The World Anti Doping Agency's (WADA) Prohibited List changes on the 1st of January each year, so a medication that was permitted last year, may not be next year. Visit www.rowingaustralia.com.au/hp_antidoping_wada.shtml for full details of the World Anti-Doping Code 2009 Prohibited List.

NOTE: Any athlete may be drug tested, whether on the FISA's or ASADA's Registered Testing Pool, Domestic Testing Pool, or not on any list. If an athlete needs to use a prohibited substance or a prohibited method for a medical purpose, to avoid an Anti Doping Rule Violation, the athlete needs to obtain a Therapeutic Use Exemption (TUE). These TUE forms are required to compete at events of significance within Australia such as State Championships, National Championships, Selection regattas/trials, Youth Olympics and Youth Cups.

Athletes and their Doctor are now required to complete an ASDMAC form (Australian Sports Drug Medical Advisory Committee). This form can only be approved by ASDMAC. The form, once approved is accepted by ASADA as a valid TUE. The ASDMAC Forms can be found on the RA Website (http://www.rowingaustralia.com.au/docs/asdmac_form_01_stue_0804.pdf) ASDMAC forms need to be returned to:

National Rowing Centre of Excellence, c/o AIS Rowing
Attention: Matt Bialkowski
PO Box 176, Belconnen, ACT 2617
Fax: +61 2 6260 4724
Email: mbialkowski@rowingaustralia.com.au

If you are unsure of any matter related to Anti Doping, please call ASADA or, Matt Bialkowski from the National Rowing Centre of Excellence.

NOTE: Athletes should always carry copies of any documentation (TUE's, or other) to every regatta.

EQUIPMENT

It is expected that all Australian States will provide their own boats, however any state with boat difficulties should contact New South Wales Rowing Association immediately. Boats will be provided for the New Zealand team, if any State Association can assist with sourcing boats for this team, please inform the New South Wales Rowing Association. We will endeavor to provide the international teams with the highest quality boats available however it must be noted that these boats will be sourced from local clubs and schools therefore no guarantees can be made regarding the age or quality of boats supplied

The order of events allows boats to double up i.e. on Friday M2- boat can also be W2- or LM2x; on Saturday M4- can also be M4x. This is however subject to change depending on other situation such as weather etc.

TRANSPORT

All teams will organise their own transport to/from the accommodation and airport/train station.

ACCOMMODATION

New South Wales Rowing Association has coordinated a group booking for accommodation on behalf of all teams. We have endeavored to keep the costs per person per night to the same scale as previous youth cup regattas.

All Team Managers are requested to contact Georgie Lee at New South Wales Rowing Association on 02 8116 9777 or email georgie@rowingnsw.asn.au by COB Monday, 4 May 2009 to confirm your teams requirements. New South Wales Rowing Association will need to be advised how many people you require accommodation for including departure and arrival dates.

MEALS

The following meal arrangements have been made for the duration of the regatta:

- Breakfast: Teams and Athletes make own arrangements
Lunch: For Friday, Saturday and Sunday can be provided at the Regatta Course by pre-ordering (more detail in next Bulletin)
Dinner: Team Dinner on Saturday evening will cost approximately \$30 per head and all team members are expected to attend; other nights make own arrangements

COACHES INSTRUCTIONS

The cycle path at SIRC on the southern side of the course is reserved for coaches following races on bicycles. In the interests of spectator safety no bicycle riding is permitted within 200m from the finish line. Only official vehicles are permitted to drive to the start or use the media roadway. No coaching boats are permitted at SIRC. No coaches or spectators are permitted within the starting / aligning precinct when the 2000m starts are in operation.

CONTACT DETAILS

For any further enquires please feel free to contact the following people:

New South Wales Rowing Association
P.O. Box 722, Glebe NSW 2037
Georgie Lee – 02 8116 9777
Email: georgie@rowingnsw.asn.au
Website: <http://www.rowingnsw.asn.au>

Rowing Australia
PO Box 245, Belconnen ACT 2617
Adam Horner – 02 6256 5999
Email: ahorner@rowingaustralia.com.au
Website: www.rowingaustralia.com.au

Appendix 1 – Indicative Race Schedule

FRIDAY 10 JULY 2009

Race	Time	Event	Heat	Distance	Progression
1	9:30 AM	Men's Single Scull Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
2	9:36 AM	Men's Single Scull Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
3	9:42 AM	Men's Single Scull Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
4	9:48 AM	Men's Single Scull Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
5	9:54 AM	Women's Coxless Pair Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
6	10:00 AM	Women's Coxless Pair Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
7	10:06 AM	Women's Coxless Pair Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
8	10:12 AM	Women's Coxless Pair Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
9	10:18 AM	Men's Lightweight Double Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
10	10:24 AM	Men's Lightweight Double Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
11	10:30 AM	Men's Lightweight Single Scull (reserve)	Heat 1	2000m	1-3>Final A - Rest to Final B
12	10:36 AM	Men's Lightweight Single Scull (reserve)	Heat 2	2000m	1-3>Final A - Rest to Final B
13	11:30 AM	Women's Single Scull Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
14	11:36 AM	Women's Single Scull Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
15	11:42 AM	Women's Single Scull Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
16	11:48 AM	Women's Single Scull Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
17	11:54 AM	Men's Coxless Pair Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
18	12:00 PM	Men's Coxless Pair Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
19	12:06 PM	Men's Coxless Pair Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
20	12:12 PM	Men's Coxless Pair Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
21	12:18 PM	Women's Lightweight Double Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
22	12:24 PM	Women's Lightweight Double Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
23	12:30 PM	Women's Lightweight Single Scull (reserve)	Heat 1	2000m	1-3>Final A - Rest to Final B
24	12:36 PM	Women's Lightweight Single Scull (reserve)	Heat 2	2000m	1-3>Final A - Rest to Final B
25	2:00 PM	Men's Single Scull Division 1	Final B	2000m	
26	2:06 PM	Men's Single Scull Division 1	Final A	2000m	
27	2:12 PM	Men's Single Scull Division 2	Final B	2000m	
28	2:18 PM	Men's Single Scull Division 2	Final A	2000m	
29	2:24 PM	Women's Coxless Pair Division 1	Final B	2000m	
30	2:30 PM	Women's Coxless Pair Division 1	Final A	2000m	
31	2:36 PM	Women's Coxless Pair Division 2	Final B	2000m	
32	2:42 PM	Women's Coxless Pair Division 2	Final A	2000m	
33	2:48 PM	Men's Lightweight Double Scull	Final B	2000m	
34	2:54 PM	Men's Lightweight Double Scull	Final A	2000m	
35	3:00 PM	Men's Lightweight Single Scull (reserve)	Final B	2000m	
36	3:06 PM	Men's Lightweight Single Scull (reserve)	Final A	2000m	
37	4:00 PM	Women's Single Scull Division 1	Final B	2000m	
38	4:06 PM	Women's Single Scull Division 1	Final A	2000m	
39	4:12 PM	Women's Single Scull Division 2	Final B	2000m	
40	4:18 PM	Women's Single Scull Division 2	Final A	2000m	
41	4:24 PM	Men's Coxless Pair Division 1	Final B	2000m	
42	4:30 PM	Men's Coxless Pair Division 1	Final A	2000m	
43	4:36 PM	Men's Coxless Pair Division 2	Final B	2000m	
44	4:42 PM	Men's Coxless Pair Division 2	Final A	2000m	
45	4:48 PM	Women's Lightweight Double Scull	Final B	2000m	
46	4:54 PM	Women's Lightweight Double Scull	Final A	2000m	
47	5:00 PM	Women's Lightweight Single Scull (reserve)	Final B	2000m	
48	5:06 PM	Women's Lightweight Single Scull (reserve)	Final A	2000m	

SATURDAY 11 JULY 2009

Race	Time	Event		Distance	Progression
49	9:00 AM	Men's Coxless Four	Heat 1	2000m	1-3>Final A - Rest to Final B
50	9:06 AM	Men's Coxless Four	Heat 2	2000m	1-3>Final A - Rest to Final B
51	9:12 AM	Women's Coxless Quad Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
52	9:18 AM	Women's Coxless Quad Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
53	9:24 AM	Mixed Double Scull (reserves)	Heat 1	2000m	1-3>Final A - Rest to Final B
54	9:30 AM	Mixed Double Scull (reserves)	Heat 2	2000m	1-3>Final A - Rest to Final B
55	11:00 AM	Men's Coxless Four	Final B	2000m	
56	11:06 AM	Men's Coxless Four	Final A	2000m	
57	11:12 AM	Women's Coxless Quad Scull	Final B	2000m	
58	11:18 AM	Women's Coxless Quad Scull	Final A	2000m	
59	11:24 AM	Mixed Double Scull (reserves)	Final B	2000m	
60	11:30 AM	Mixed Double Scull (reserves)	Final A	2000m	
61	1:00 PM	Men's Coxless Quad Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
62	1:06 PM	Men's Coxless Quad Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
63	1:12 PM	Women's Coxless Four	Heat 1	2000m	1-3>Final A - Rest to Final B
64	1:18 PM	Women's Coxless Four	Heat 2	2000m	1-3>Final A - Rest to Final B
65	3:00 PM	Men's Coxless Quad Scull	Final B	2000m	
66	3:06 PM	Men's Coxless Quad Scull	Final A	2000m	
67	3:12 PM	Women's Coxless Four	Final B	2000m	
68	3:18 PM	Women's Coxless Four	Final A	2000m	

SUNDAY 12 JULY 2009

Race	Time	Event		Distance	Progression
69	9:00 AM	Men's Coxed Eight	Heat 1	2000m	1-3>Final A - Rest to Final B
70	9:08 AM	Men's Coxed Eight	Heat 2	2000m	1-3>Final A - Rest to Final B
71	9:16 AM	Women's Coxed Eight	Heat 1	2000m	1-3>Final A - Rest to Final B
72	9:24 AM	Women's Coxed Eight	Heat 2	2000m	1-3>Final A - Rest to Final B
73	11:00 AM	Mixed Coxless Quad Scull (reserves)	Final A	2000m	
74	11:08 AM	Men's Coxed Eight	Final B	2000m	
75	11:16 AM	Men's Coxed Eight	Final A	2000m	
76	11:24 AM	Women's Coxed Eight	Final B	2000m	
77	11:32 AM	Women's Coxed Eight	Final A	2000m	