

RACE INFORMATION

DATE: 18th and 19th March, 2022

VENUE: Rio Lima, Viana do Castelo, Portugal - GPS Coordinates: 41°41'48.9"N8°48'39.6"W

ORGANIZATION: VIANA REMADORES DO LIMA



1. RACE/COURSE TYPE:

- Saturday, 18th March - 400m Sprint Race

Note: The timings will determine the starting order of the Sunday's race.

- Sunday, 19th March - 5km Head Race (Circuit with 1 turn around)

2. SCHEDULE:

Saturday (18 th March):	Sunday (19 th March):
9:30am: Delegates Meeting (Sailing Center)	9:30am: Delegates Meeting (Rowing Center)
11:00am: Sprint Race: <i>Gil Eannes</i> Dock	11:00am: Head Race between bridges
1:30pm: Awards	12:00pm: Awards and Closing Ceremony

3. REGATTA RULES

- The race will follow the Portuguese Rowing Federation Racing Rules (RNR);

4 - REGISTRATION:

- Via email: vianaremadoredolima@gmail.com;
- Entries deadline closes on **March 3rd 2023**;
- Draw, draft programme and notice: **March 9th, 2023**;
- All athletes must be registered in their National Rowing Federation for the present season and have a valid sport insurance;
- The registration fee is 25€/athlete. All members of your first boats in each category (A crews) are exempt of the registration fee. The payment is by bank transfer: IBAN - PT50 0045 1436 4025 3142 6123 0.

BOAT CATEGORIES:

- ✓ Open M8+ (Junior / Senior / Master) (*born before 2007*)
- ✓ U18 M8+ Junior (*born after 2004*)
- ✓ Open W4x Open (Junior / Senior / Master) (*born before 2007*)
- ✓ U18 W4x Junior (*born after 2004*)

ADDITIONAL CATEGORIES (Saturday Sprint Race): ParaRowing M/F – 1x (PR1; PR2; PR3; PR3 I)

5. AWARDS:

- *Prize-Money* to the first 3 crews in the Open category:
 - **8+ ABSM: 1st - 750€; 2nd - 350€; 3rd - 250€**
 - **4x ABSF: 1st - 350€; 2nd - 250€; 3rd - 150€**
- Medals will be awarded to the first three finishers of each category.
- Collective trophies -*Trophies awarded by the sum of points from the 4 races: Open M8+, Open W4x, U18 M8+ and U18 W4x; only the points from the first finisher of each club will be considered for the totals.*

6. DELEGATES MEETINGS:

- 18th March, 9:30am - At the Sailing Center, for Delegates, 8+ Coxes, 4x Captains and Jury.
- 19th March, 9:00am - At the Rowing Center, for Delegates, 8+ Coxes, 4x Captains and Jury.
- **Coxwains Weighin** is going to be checked right after the delegates meeting (only on Saturday).

7. JURY and REFEREE:

Portuguese Rowing Federation

8. SAFETY on LAND and RIVER:

- Medical service, rescue and surveillance available during all races.
- Means of surveillance on the river: Maritime Police
- Means of Emergency: Ambulance and rescue boat
- Emergency medical services: Viana do Castelo Hospital

9. TRAVELLING:

We'll have a transfer service from and to the Oporto airport on Friday and Sunday, if requested.

10. MEALS:

Meals will be provided free of charge from Friday's dinner to Sunday's lunch, if requested.

11. ACCOMMODATION:

Accommodation will be provided free of charge to all members of your first boat (A crew) in each category and to 1 staff member per crew. Please send us your accommodation needs until the 26th of February.

12. GENERAL NOTES:

- We have some boats available for foreign teams, free of charge. The number of boats is limited, so please make your request before the 18th of February.
- All athletes must be ID holders;
- Acts of omission will be resolved by the organization taking into account the FISA regulations.

CONTACTS:

Institutional: José Esteves (+351) 964 301 838; josepesteves@sapo.pt;

Head Coach: Rui Alves (+351) 965 305 505; vianaremadoredolima@gmail.com;

Accommodation and Meals: Isabel Mendes (+351) 969 277 161; vianaremadoredolima@gmail.com.