

City University of Hong Kong Sports Rowing Invitation Competition 2023
Competition Details

1. Event

Code	Event (Men's categories)	Code	Event (Women's categories)
C01	Men's Individual 500m	C02	Women's Individual 500m
C03	Men's individual 1000m	C04	Women's Individual 1000m
C05	Men's pair (Pair 1000m)	C06	Women's Pair (Pair 1000)
C07	Men's Team Relay 4*500m	C08	Women's Team Relay 4*500m

- Estimate time per event: 9-10 min and straight final

2. Event day schedule: 14 April 2023(Thursday)

Time	Task
0900-1100	Physical set up
1100-1130	Arrival of Competitors
1130-1200	Team manager's meeting
1200-1330	Event C01-C04
1330-1345	Break
1345-1500	Event C05-C08
1500-1530	Prize Presentation and Photo taking

3. Rules and Regulations

3.1 In addition to the race in particular stated, all other rules adopt the Hong Kong, China Rowing Association, Rules of Racing and related By-Law 2020 edition (English Version) except any other rules as specified in on the "Notice for Competitors" of the event.

3.2 All events are straight finals. Official positions will be judged by time of each event competed.

3.3 Only registered competitors and event officials are allowed to enter competition venue.

3.4 Due to the tight competition schedule, the Organizer reserves the right to stop the race.

3.5 Concept 2 (Model D) Rowing Machines will be used for the events. Competitors may set the resistance setting of their choice only before the start of the race, but no adjustment is permitted during race, In the case of a relay event, such adjustments may be made at the same time as the crew change but not at any time during a Race.

3.6 The following rules apply to Team Relay Race:

3.6.1 Each team will be assigned one machine in the relay race.

3.6.2 Each crew of a team shall row a distance, 2000m. When it has reached the specific point of crew change (1500m, 1000m, 500m), the changeover of the crew must take place in 2 strokes.

3.6.3 The result of each team will be determined by the time taken to complete a distance, 2000m, including the changeover between the crew. The fastest team is the winner.

3.7 Prize: Medals will be presented to the best three competitors/teams in individual events/relays respectively.

3.8 The organizing Committee (OC) reserves the right to verify the identification document and exclude from an Event any competitor who submits false or invalid information.

3.9 CityU SFA Rowing Club Committee has the right to film video or take photographs for promotion and other purposes. Copyright owns by **CityU SFA Rowing Club Committee**.

3.10 Competitors take part in the Competition at their own risk, CityU, PE Section and SFA Rowing Club will bear no responsibilities or liabilities whatsoever for any accidents.