



Youth Rowing Age Group Time Trials 2023

Eligibility

1. Rower aged 18 or under
2. For water rowing, rowers must have the HKCRA membership and rowing qualification of Star 4,5 sculling cert. or above issued by the HKCRA or equivalent rowing qualification.
3. Hong Kong, China Rowing Association reserve the right of final decision.

Date of Time Trial and Deadline for Entry

A total of 6 stages of time trial will be held throughout the year. Among the 6 stages of the time trials, 3 are run on indoor rowing while the others are run on the water.

Time Trial	Preliminary Date	Enrollment Deadline	Format
1	08/04/2023 (Sat)	27/03/2023 (Mon)	500m Single Sculls
2	27/05/2023 (Sat)	22/05/2023 (Mon)	500m Indoor Rowing
3	15/07/2023 (Sat)	03/07/2023 (Mon)	1000m Single Sculls
4	29/07/2023 (Sat)	17/07/2023 (Mon)	1000m Indoor Rowing
5	12/08/2023 (Sat)	31/07/2023 (Mon)	2000m Single Sculls
6	09/09/2023 (Sat)	28/08/2023 (Mon)	2000m Indoor Rowing
Time: 8AM – 1PM		Venue: Jockey Club Sha Tin Rowing Centre or Jockey Club Shek Mun Rowing Centre / Shing Mun River	

Grouping

All participants will be classified into each age group according to the year of birth as below:

Age \ Gender	12 yrs old	13 yrs old	14 yrs old	15 yrs old	16 yrs old	17 yrs old	18 yrs old
	or below (born in 2011 or after)	(born in 2010)	(born in 2009)	(born in 2008)	(born in 2007)	(born in 2006)	(born in 2005)
Male	✓	✓	✓	✓	✓	✓	✓
Female	✓	✓	✓	✓	✓	✓	✓

Entry Fee:

1. HK\$10/Trial (entry fee will not be refunded once application is submitted)
2. Entry Form must be submitted together with the entry fee. In form of Cash or Cheque. For Cheque, it should be made payable to “Hong Kong, China Rowing Association”.
3. Bank Transfer: Bank Name: HSBC Account Name: Hong Kong, China Rowing Association Account No. 002-6-187443. Please send the transfer record to kelvin.k@rowing.org.hk



4. Entry Fees must be paid on or before the Entry Deadline. HK\$20/Trial for any late entry.

Format

1. 2000m/1000m/500m Indoor Rowing
 - I. Competitors must use the (Concept2) rowing machine to time the time required to complete the 2000m/1000m/500m.
 - II. The competitor who finishes the fastest is the first place; the second fastest finisher is the second place, and so on.
 - III. All competitors need to be seated on the rowing machine 5 minutes before the group time according to the race schedule.

2. 2000m/1000m/500m Single Sculls Time Trials
 - I. Each participant will row on single sculls for 2000m/1000m/500m.
 - II. All participants will be ranked in their respective age-group according to their own time recorded.
 - III. Time trials will be conducted on normal 2000m/1000m/500m race course. "Running Start" will be adopted and each crew will start at 20-second intervals.

Point System

Participant scores 1 point for competing in each stage of time trial. Details of the Point System are as follows:

Rank	Point
1 st	5
2 nd	3
3 rd	2
4 th and after	1

Points gained at each time trial will be accumulated. The accumulated points of participants will determine the overall champion of each age-group after completed the whole year event.

Prize

- 1 Prize of each stage of Time Trial
 - I. The 1st ranked rower in each age-group of each stage will be presented a Youth Champion T-shirt.
 - II. The 1st -3rd ranked rowers in each age-group of each stage will be presented a Medal.
 - III. All participating rowers in each age-group of each stage will be presented a certificate.

- 2 Overall Annual Prize

Rowers with their highest accumulated points in each age-group will be the Overall Annual Winner of his /her respective age-group and will be awarded a medal and free HKCRA



membership for a year.

Application Method

1. Entries should be submitted separately for each stage of time trial.
2. Please send the completed entry form to Mr. Kelvin Kwok by email at kelvin.k@rowing.org.hk or in person to Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. before the deadline of each stage of time trial.
3. Google Form: <https://forms.gle/DZsKfZg2ykd4tgZp7>

Enquiry and Contact

Contact Person: Mr. Kelvin Kwok (Development Manager)

Tel. : 2696 2337 Fax : 2601 4477

Address: Hong Kong, China Rowing Association

Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. / Jockey Club Shek

Mun Rowing Centre, No. 27 On King Street, Sha Tin. N.T

Email: kelvin.k@rowing.org.hk Web Site: www.rowing.org.hk

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