



SLOVENIAN ROWING FEDERATION
in collaboration with ROWING CLUB ARGO IZOLA
announces
INTERNATIONAL COASTAL ROWING REGATTA,
within the EU project CROSSING Erasmus+ sport
2023

Saturday, March 23rd, 2024 at 8:00
on main pier, in front of hotel Marina in Izola.

COMPETITION PROGRAM

BOATS for COMPETITION: C1x, C2x, 4Cx+

	Discipline
1.	CJM1x
2.	CJF1x
3.	CM1x
4.	CF1x
5.	CJMix2x
6.	CMIx2x
7.	CJMix4x+
8.	Cmix4x+

*In category CJ (Junior under 19 rowers born in 2008 can compete. The coxswain must be of legal age.
In the C category (open mix, age from 16 to 99), mixed teams are formed based on age and gender. All coxswain must be of legal age.*

COMPETITION SCHEDULE

8:00 – 8:30 registration and check-in of competing teams;
8.30 – 9.00 meeting with team captains and presentation of competition rules;
9:15 start of the competitions



(TT- time trials) Juniors U19-J Eliminations schedule: 2 groups (1. and 2.) 3 crews (2 laps of 1.000m each = total of 2.000m)

	CATEGORY	Time table groups 1 and 2	SCHEDULE
1.	CJF1x	TTJA1	9:15
2.	CJMix2x	TTJB1	9:30
3.	CJMix4x+	TTJC1	9:45
4.	CJF1x	TTJA2	10:00
5.	CJM1x	TTJD1	10:15
6.	CJMix2x	TTJB2	10:30
7.	CJM1x	TTJD2	10:45
8.	CJMix4x+	TTJC2	11:00

The 3 best times among 6 boats of the same category and type advance to the finals.

(TT); TIME TRIALS Open 2 groups (1 and 2) 3 crews (2 laps of 1.000m each = Total of 2.000m)

	CATEGORY	Time table groups 1 and 2	SCHEDULE
1.	CF1x	TTA1	11:15
2.	CMix2x	TTB1	11:30
3.	CMix4x+	TTC1	11:45
4.	CF1x	TTA2	12:00
5.	CM1x	TTD1	12:15
6.	CMix2x	TTB2	12:30
7.	CM1x	TTD2	12:45
8.	CMix4x+	TTC2	13:00

The 3 best times among 6 boats of the same category and type advance to the finals.

LUNCH BREAK from 1. p.m. - 2 p.m.

(FJ) Juniors Finale U-19-J 3 best times (4 laps of 1.000 m each = Total of 4.000m)

	CATEGORY	Time table groups 1 and 2	SCHEDULE	
1.	CJF1x	FJA	14:00	
2.	CJMix2x	FJB	14:25	
3.	CMix4x+	FCJ	14:50	
4.	CJM1x	FJD	15:15	

(F) FINALE open 3 best times (4 laps of 1.000m each = Total of 4.000 m)

	CATEGORY	Time table groups 1 and 2	SCHEDULE
1.	CF1x	FA	15:45
2.	CMix2x	FB	16:10
3.	CMix4x+	FC	16:35
4.	CM1x	FD	17:00



Estimated time of conclusion is at 17:25. The exact competition schedule will be published after the registration deadline.

The medal and award ceremony will take place at the pier at 17:45, followed by a reception at the club.

ENTERIES

to be sent by email:

info@vkargo.si

No later than: March 18th, 2024 at midnight

COMPETITION FORMAT

The competition will take place on a 4,000 meters long course in the endurance discipline, typical for coastal rowing. The course will be 1,000 meters long, marked by 4 buoys, with the start and finish at the same end. Competitors will row around the buoy in the eliminations, 2 laps of 1,000 m, 3 crews at a time, showcasing endurance, skill, navigation, and adaptability to changing conditions. Crews will be in the boats and will start from the starting line, 3 crews of same category at a time. The competition time is approximately 10 minutes per race.

After the eliminations, the top 3 crews from each category will compete on the same course in the endurance discipline, rowing 4 laps (1,000 m), totaling 4,000 m.

1. ADVANCEMENT SYSTEM

Elimination trails are timed. The top three crews with the best times in two groups in the elimination trails advance to the finals. Crews that do not advance to the finals will be ranked based on their time.

2. RULES AND TIME PENALTIES

VIOLATIONS	TIME PENALTY
Crossing the start line	2 minute penalty
Turning the wrong way around the buoy or failure to execute the turn	1 minute penalty
Collisions with opponents during the competition	Red flag, disqualification
Competing without registration (water enter & exit)	Red flag, disqualification
Endangering general safety and damaging equipment.	Red flag, disqualification
Obstruction of opponents, with a stop or change of way	10 second penalty



3. COMPETITION RULES

- The competition will be conducted in accordance with the competition regulations of the International Rowing Federation – FISA.
- Umpiring is provided by the Slovenian Rowing Umpires Association.
- Medical service is organized by VK Argo Izola.

45 minutes before the start of the first race, there will be a meeting of team captains and the regatta committee at Hotel Marina, where the rules and hazards for competitors will be presented once again. **ATTENDANCE IS MANDATORY.**

Any changes will be accepted no later than **Sunday, March 18th 2024, by 8 p.m.**, by email. No new registrations will be accepted on the day of the race. Changes on the day of the regatta must be submitted to the control committee on the attached form by 8:00.

Crew captains must sign the Control Commission's attendance sheet certifying the crew's entrance and exit to the water. Unregistered competitors are automatically disqualified from the competition.

Access to the water and warm-up will be possible in the designated area in front of the starting line before the start of the competition.

Crews may wear their own uniforms but must be equipped with racing numbers, which will be assigned at the start line.

4. AWARDS

Medals are awarded for 1st, 2nd, and 3rd place at the international regatta. The winners will be announced and medals will be awarded after the conclusion of the competition program at the venue – customs pier.

The announcement, registration status, starting list, and results will be published on Regate.veslanje.si and <https://project-crossing-eu.weebly.com>

5. THE ORGANIZER RESERVES THE RIGHT TO CERTAIN PROVISIONS REGARDING THE SPECIFIC CONDITIONS OF THE COMPETITION

Clubs confirm with their registration that their competitors have undergone medical examinations and know how to swim.

Registration of all competitors must include the year of birth and T-shirt size (S, M, L, XL).



All competitors must sign a statement upon registration agreeing to be filmed, photographed, and interviewed for the purposes of the CROssING project.

6. LIMITATIONS OF PARTICIPATION

All participants can compete only once (semifinal and final).

7. ENTRY FEE AND BOAT RENTAL

Registration for the competition is FREE for all competitors and coxswains. Boats, life jackets, and necessary equipment for endurance will be provided free of charge by the organizer.

Given the weather conditions and water temperature (10 - 15°C), weather appropriate clothing is recommended.

8. TRAINING

There is no scheduled training before the competition. A warm-up area will be available in front of the starting line on the left side of the customs pier.

CONTACT PERSONS FOR INFORMATION

- **Marko Markuža**, President of VK ARGO IZOLA tel.: (+386) 41 785 521
- **Giovanni Cozzarini**, President of the Regatta Committee of VK ARGO IZOLA tel.: (+39) 340 640 4147
- **Sebastjan Markežič**, Head Coach of Coastal Rowing at VK ARGO IZOLA tel.:(+386) 40 450 540.

All participants in the competition do so at their own risk. The organizer accepts no responsibility for any loss, damage, accident, or injury.

The competition will take place regardless of weather conditions, adapted to weather changes.

Welcome to Izola!

Izola, February 19, 2024

President VK ARGO IZOLA
Marko Markuža



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FORM FOR CREW CHANGES ON RACE SITE: CREW CHANGES

Race no.:

Name of the crew:

Instead of:

New name:

- 1.
- 2.
- 3.
- 4.

List changes only!

Izola, date:

time:

Signature:



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WITHDRAWALS

Race no.:

Name of the crew:

Name/for single sculls only

Izola, date:

time:

Signature:

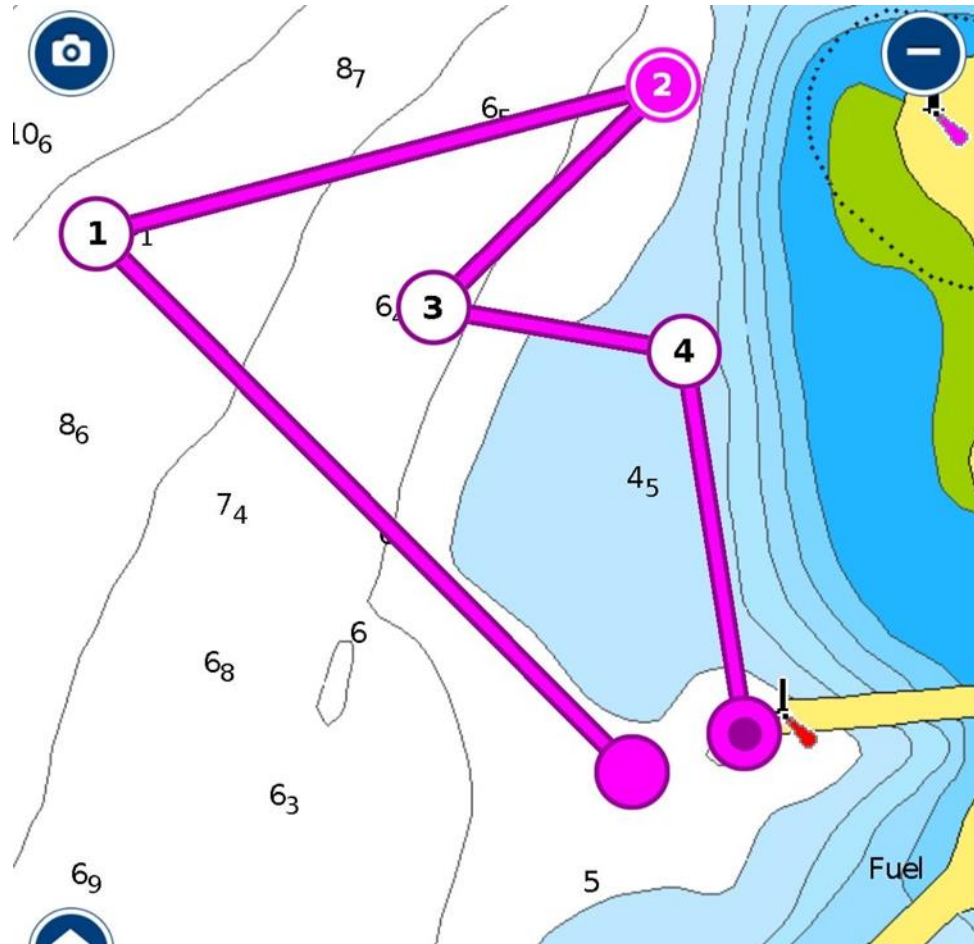


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TRAFFIC RULES

Customs Pier– Izola





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	45°32.343'N • 13°39.262'E Inizio
	Waypoint 1 0.3 km • 315° • 19m 20s
	Waypoint 2 0.2 km • 75° • 14m 55s Dall'inizio 0.6 km • 34m 15s
	Waypoint 3 0.1 km • 225° • 8m 09s Dall'inizio 0.7 km • 42m 24s
	Waypoint 4 0.1 km • 100° • 6m 27s Dall'inizio 0.8 km • 48m 51s
	45°32.352'N • 13°39.299'E 0.2 km • 170° • 9m 52s Dall'inizio 1.0 km • 58m 43s

