

**11TH TUNIS LAKE INTERNATIONAL REGATTA, TUNIS 18 OCTOBER 2017**  
**12TH AFRICAN ROWING CHAMPIONSHIPS, TUNIS, 20 TO 22 OCTOBER 2017**  
**12TH ARAB ROWING CHAMPIONSHIPS, TUNIS, 26 TO 28 OCTOBER 2017**

## BULLETIN

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### Organising Committee:

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The Tunisian Rowing Federation (TRF). Address: BP 284, El Menzah, 1004, Tunisia.  
[www.trf.org.tn](http://www.trf.org.tn)      [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)      Tel +216 71 755 696      Fax +216 71 750 866

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### Contact:

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### Venue:

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Regattas and training are held at the Tunis Lake International Development Rowing Center.  
 The Regatta venue will open officially from the 12<sup>th</sup> October with this schedule of the training on the water: from 07:30 to 11:30 and from 14:30 to 17:00.

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### Boat Classes:

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JW1X	Women's junior single sculls
JW2X	Women's junior double sculls
JM1X	Men's junior single sculls
JM2X	Men's junior double sculls

BLW1X	Lightweight Women's Under 23 single sculls
BLW2X	Lightweight Women's Under 23 double sculls
BLM1X	Lightweight Men's Under 23 single sculls
BLM2X	Lightweight Men's Under 23 double sculls

LW1X	Lightweight Women's single sculls
LW2X	Lightweight Women's double sculls
LM1X	Lightweight Men's single sculls
LM2X	Lightweight Men's double sculls

BW1X	Women's Under 23 single sculls
BW2X	Women's Under 23 double sculls
BM1X	Men's Under 23 single sculls
BM2X	Men's Under 23 double sculls

W1X	Women's single sculls
W2X	Women's double sculls
M1X	Men's single sculls
M2X	Men's double sculls

**The organizing committee will agree to add other events such as 2-, 4- and 4X, if the applicant federation to this addition must obligatorily bring the necessary boats and provide it free of charge to all participants.**

Provisional Programme D. 01 as of 18 May 2017																								
11th TLIR*			12th African Rowing Championships					12th Arab Rowing Championships																
Fri 12-oct	Tue 17/oct	Wed 18/oct	Thu 19/oct	Fri 20/oct	Sat 21/oct	Sun 22/oct	Mon 23/oct	Tue 24/oct	Wed 25/oct	Thu 26/oct	Fri 27/oct	Sat 28/oct												
8:00 Start of OS/FISA Camp For African NFs	10:00 Team managers' Meeting	8:20 JM2X 8:40 JW1X 9:00 M2X 9:20 LM1X 9:40 W2X 10:00 LW1X 10:20 JM1X 10:40 JW2X 11:00 M1X 11:20 LM2X 11:40 W1X 12:00 LW2X	9:00 Team managers' Meeting & DRAW Af.R.Chp at the Venue	8:00 JM2X 8:10 JM2X 8:20 JW1X 8:40 M2X 8:50 M2X 9:00 LM1X 9:10 LM1X 9:20 LM1X 9:30 BM1X 9:40 BM1X 9:50 JM1X 10:00 JM1X 10:10 M1X 10:20 M1X 10:30 M1X 10:40 LM2X 10:50 LM2X 11:00 W1X 11:10 W1X 11:20 W1X 11:30 BLM1X 11:40 BLM1X	8:30 JM2X 8:40 M2X 8:50 LM2X 9:00 BM1X 9:10 BLM2X	9:30 JM2X 9:40 M2X 9:50 LM2X 10:00 M2X 10:15 LM2X 10:30 W2X 10:45 LW1X 11:00 M1X 11:15 BLM2X 11:30 BW1X 11:45 BLW2X	Final A 9:30 JM2X 9:45 JW1X 10:00 M2X 10:15 LM2X 10:30 W2X 10:45 LW1X 11:00 M1X 11:15 BLM2X 11:30 BW1X 11:45 BLW2X	8:00 Start of OS/FISA Camp For Arab Asian NFs	9:00 Team managers' Meeting & DRAW Af.R.Chp at the Venue	8:00 JM2X 8:10 JM2X 8:20 JW1X 8:30 JW1X 8:40 M2X 8:50 M2X 9:00 LM1X 9:10 LM1X 9:20 LM1X 9:30 BM1X 9:40 BLM2X 9:50 JM1X 10:00 JM1X 10:10 M1X 10:20 M1X 10:30 LM2X 10:40 LM2X 10:50 W1X 11:00 W1X 11:10 W1X 11:20 BM2X 11:30 BM2X 11:40 BLM1X 11:50 BLM1X	Heat 8:00 JM2X 8:10 JM2X 8:20 JW1X 8:30 JW1X 8:40 M2X 8:50 M2X 9:00 LM1X 9:10 LM1X 9:20 LM1X 9:30 BM1X 9:40 BLM2X 9:50 JM1X 10:00 JM1X 10:10 M1X 10:20 M1X 10:30 LM2X 10:40 LM2X 10:50 W1X 11:00 W1X 11:10 W1X 11:20 BM2X 11:30 BM2X 11:40 BLM1X 11:50 BLM1X	Final B 8:30 JM2X 8:40 JW1X 8:50 M2X 9:00 LM1X 9:10 LM1X 9:20 LM1X 9:30 BM1X 9:45 JW1X 10:00 M2X 10:15 LM1X 10:30 W2X 10:45 LW1X 11:00 M1X 11:15 BLM2X 11:30 BW1X 11:45 BLW2X	Final A 9:30 JM2X 9:45 JW1X 10:00 M2X 10:15 LM1X 10:30 W2X 10:45 LW1X 11:00 M1X 11:15 BLM2X 11:30 BW1X 11:45 BLW2X	Final B 8:30 JM1X 8:40 JW2X 8:50 M1X 9:00 LM2X 9:10 LM2X 9:20 W1X 9:30 W1X 9:45 BLM2X 9:50 BLM1X 10:00 BLM1X 10:15 BW2X 10:30 BLW1X	Final A 9:30 JM1X 9:45 JW2X 10:00 M1X 10:15 LM1X 10:30 W1X 10:45 LW2X 11:00 BM2X 11:15 BLM1X 11:30 BW2X 11:45 BLW1X	Final B 8:30 JM1X 8:40 JW2X 8:50 M1X 9:00 LM2X 9:10 LM2X 9:20 W1X 9:30 W1X 9:45 BLM2X 9:50 BLM1X 10:00 BLM1X 10:15 BW2X 10:30 BLW1X	Final A 9:30 JM1X 9:45 JW2X 10:00 M1X 10:15 LM1X 10:30 W1X 10:45 LW2X 11:00 BM2X 11:15 BLM1X 11:30 BW2X 11:45 BLW1X	15:00 Coaches Meeting	15:00 Team Doctors & Physioth. Meeting	14:00 JM2X 14:10 JW1X 14:20 M2X 14:30 M2X 14:40 LM1X 14:50 LM1X 15:00 BM1X 15:10 BM1X 15:20 JM1X 15:30 JM1X 15:40 M1X 15:50 M1X 16:00 LM2X 16:10 LM2X 16:20 W1X 16:30 W1X 16:40 BLM1X 16:50 BLM1X	SF A/B 15:00 LM1X 15:10 LM1X 15:20 W1X 15:30 W1X 15:40 M1X	15:00 Coaches Meeting	14:00 JM2X 14:10 JW1X 14:20 JW1X 14:30 M2X 14:40 LM1X 14:50 LM1X 15:00 BM1X 15:10 BM1X 15:20 BLM2X 15:30 JM1X 15:40 JM1X 15:50 M1X 16:00 M1X 16:10 LM2X 16:20 W1X 16:30 W1X 16:40 BM2X 16:50 BLM1X 17:00 BLM1X	15:00 Coaches Meeting
Estimate African NF's Participant	18:00 IOC OVEP for African NFs at Hotel ElMouradi Gammarth		19:00 FASA Congress at Hotel ElMouradi Gammarth		18:00 IOC OVEP for Arab NFs at Hotel ElMouradi Gammarth		19:00 FAA Congress at Hotel ElMouradi Gammarth		Estimate Arab NF's Participant															
JW1X 10 JW2X 6 JM1X 12 JM2X 8 W1X 18 W2X 6 LW1X 6 LW2X 6 M1X 18 M2X 12 LM1X 18 LM2X 12 BW1X 6 BW2X 6 BLW1X 6 BLW2X 6 BM1X 12 BM2X 6 BLM1X 12 BLM2X 6									6 JW1X 6 JW2X 12 JM1X 8 JM2X 12 W1X 6 W2X 6 LW1X 6 LW2X 12 M1X 8 M2X 12 LM1X 8 LM2X 6 BW1X 6 BW2X 6 BLW1X 6 BLW2X 12 BM1X 8 BM2X 12 BLM1X 8 BLM2X															

\* TLIR : Tunis Lake International Regatta Distance: 1000m. Progression system: Heats and only A final without repechage.

## ACCOMMODATION

The Organising Committee has appointed the official Hotel El Mouradi Gammarth (5 stars)  
<http://www.elmouradi.com>

Price of accommodation and meals (breakfast, lunch and dinner) including daily transport between hotel and venue and transfer from the Tunis Carthage international airport:

- Triple room: 65,00 Euro per person per night.
- Double room: 70,00 Euro per person per night.
- Single room: 90,00 Euro per person per night.
- Superior Single room: Euro 110,00 per person per night.

For hotel booking please download the (Form H) from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

## LOCAL TRANSPORT

Transport between the Tunis Carthage International Airport and El Mouradi Gammarth hotel will be provided by the Organising Committee from 12<sup>th</sup> until 29<sup>th</sup> October 2017.

A shuttle bus service will be provided between hotel El Mouradi Gammarth and the rowing venue according to a schedule, from 13<sup>th</sup> until 28<sup>th</sup> October 2017.

For transport reservation please download the (Form T) from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

## BOATS AND EQUIPMENT

Rowing boats and Oars for RENTAL are available from the Organising Committee:

- Swift racing boats or Wintech racing boats.

01 Single scull (1x) – 30,00 Euro per day.

01 Double Sculls (2x) –50,00 Euro per day.

- Filippi racing boats will be brought from Italy.

01 Single scull (1x) – 100,00 Euro per day.

01 Double Sculls (2x) –150,00 Euro per day.

01 Set of Sculls – 10 Euros per day.

For leasing boats and oars please download the (Form B) from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

## VISA INFORMATION

If you require a VISA to enter Tunisia, please send a request for an “Invitation” letter to the Tunisian Rowing Federation ([admi@trf.org.tn](mailto:admi@trf.org.tn)).

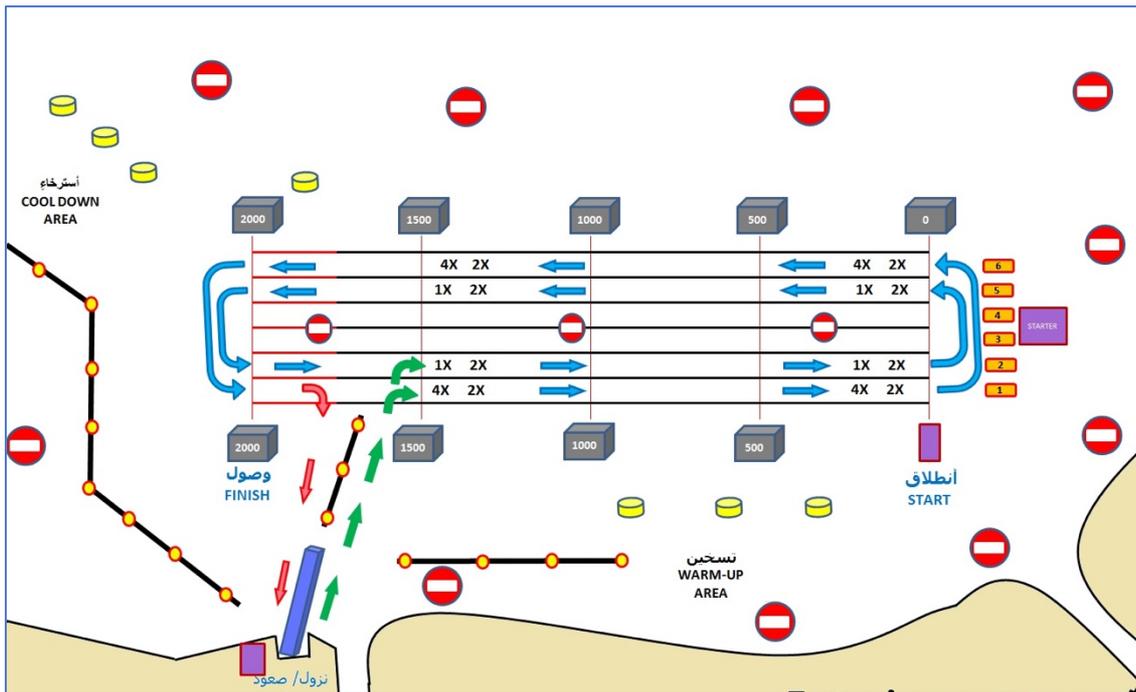
For visa letter please download the (Form V) from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

## WEATHER

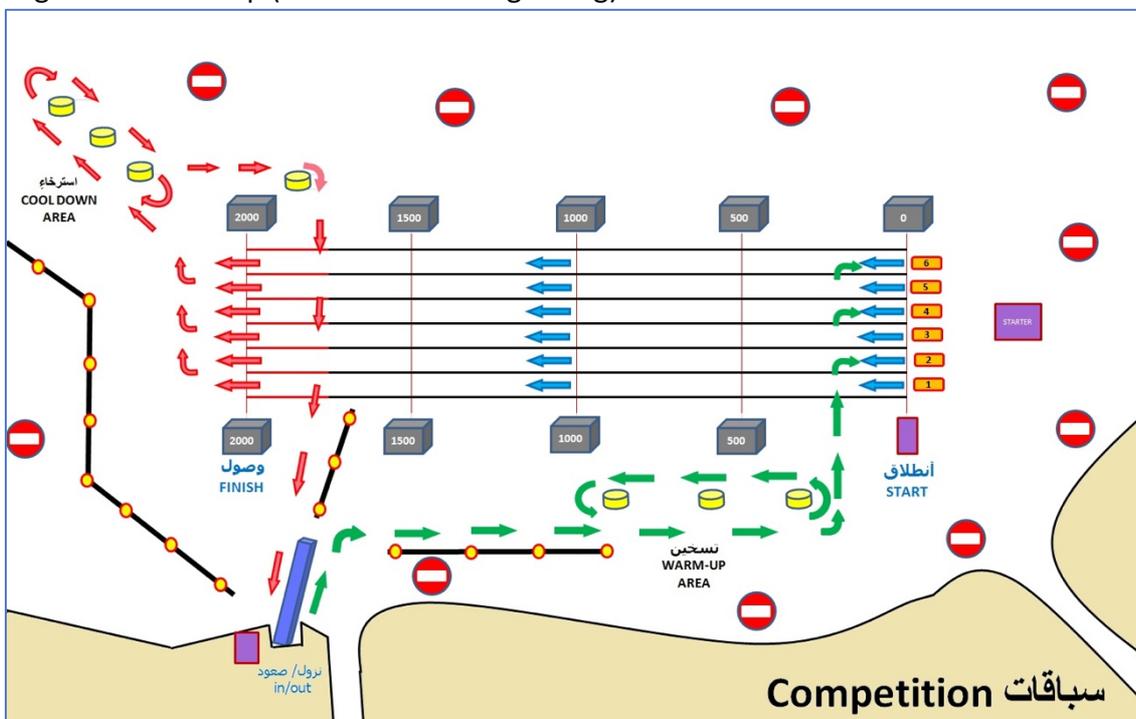
The past average weather conditions in Tunis in October are as follows:

Average daily maximum air temperature (°C)	27°C	Predominant wind direction	ESE
Average daily minimum air temperature (°C)	18°C	Average wind speed	05 m/s
Average relative humidity (%)	72%	Maximum wind speed	10 m/s
Average monthly rainfall (mm)	66 mm		

Regatta course Map (traffic rules during training)



Regatta course Map (traffic rules during racing)



**Fixed start**, on 06 lanes. All races of the 12<sup>th</sup> African Championships and 12<sup>th</sup> Arab Championships will be over **2000 m**. Races every 10 min for Heats, Reps and Semi-finales.  
All races of the 11<sup>th</sup> Tunis Lake International regatta will be over **1000m**. Races every 10 min.

Tunis Lake International Rowing Centre:



FISA Rules of Racing: <http://www.worldrowing.com/fisa/resources/rule-books>





Form T

## Airport Transportation Form

National Federation : \_\_\_\_\_

Arrival Airport: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ Arrival time: / \_\_\_\_\_

Airline : \_\_\_\_\_ Flight n°: \_\_\_\_\_

Number of Persons: \_\_\_\_\_ Indicate the number of Oars you transport: \_\_\_\_\_

Departure Airport: \_\_\_\_\_

Departure Date: \_\_\_\_\_ Departure time: \_\_\_\_\_

Airline: \_\_\_\_\_ Flight n°: \_\_\_\_\_

Number of Persons: \_\_\_\_\_ Indicate the number of Oars you transport: \_\_\_\_\_

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

Team Manager's name: \_\_\_\_\_

Team Manager's email address: \_\_\_\_\_

Team Manager's Phone number: \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

Please submit this form by October 9<sup>th</sup>, 2017 to [admi@trf.org.tn](mailto:admi@trf.org.tn)

Form E1

## Entry Form by Event to the 11<sup>th</sup> International Tunis Lake Regatta

National Federation : \_\_\_\_\_

Code	Event	Please Put (Yes) to your entry event
JW1X	Women's junior single sculls	
JW2X	Women's junior double sculls	
JM1X	Men's junior single sculls	
JM2X	Men's junior double sculls	

BLW1X	Lightweight Women's Under 23 single sculls	
BLW2X	Lightweight Women's Under 23 double sculls	
BLM1X	Lightweight Men's Under 23 single sculls	
BLM2X	Lightweight Men's Under 23 double sculls	

BW1X	Women's Under 23 single sculls	
BW2X	Women's Under 23 double sculls	
BM1X	Men's Under 23 single sculls	
BM2X	Men's Under 23 double sculls	

LW1X	Lightweight Women's single sculls	
LW2X	Lightweight Women's double sculls	
LM1X	Lightweight Men's single sculls	
LM2X	Lightweight Men's double sculls	

W1X	Women's single sculls	
W2X	Women's double sculls	
M1X	Men's single sculls	
M2X	Men's double sculls	

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

Please submit this form by October 9<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)

Form E2

## Entry Form By Event to the 12<sup>th</sup> African Rowing Championships

National Federation : \_\_\_\_\_

Code	Event	Please Put (Yes) to your entry event
JW1X	Women's junior single sculls	
JW2X	Women's junior double sculls	
JM1X	Men's junior single sculls	
JM2X	Men's junior double sculls	

BLW1X	Lightweight Women's Under 23 single sculls	
BLW2X	Lightweight Women's Under 23 double sculls	
BLM1X	Lightweight Men's Under 23 single sculls	
BLM2X	Lightweight Men's Under 23 double sculls	

BW1X	Women's Under 23 single sculls	
BW2X	Women's Under 23 double sculls	
BM1X	Men's Under 23 single sculls	
BM2X	Men's Under 23 double sculls	

LW1X	Lightweight Women's single sculls	
LW2X	Lightweight Women's double sculls	
LM1X	Lightweight Men's single sculls	
LM2X	Lightweight Men's double sculls	

W1X	Women's single sculls	
W2X	Women's double sculls	
M1X	Men's single sculls	
M2X	Men's double sculls	

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

Please submit this form by October 9<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)

Form E3

## Entry Form by Event to the 12<sup>th</sup> Arab Rowing Championships

National Federation : \_\_\_\_\_

Code	Event	Please Put (Yes) to your entry event
JW1X	Women's junior single sculls	
JW2X	Women's junior double sculls	
JM1X	Men's junior single sculls	
JM2X	Men's junior double sculls	

BLW1X	Lightweight Women's Under 23 single sculls	
BLW2X	Lightweight Women's Under 23 double sculls	
BLM1X	Lightweight Men's Under 23 single sculls	
BLM2X	Lightweight Men's Under 23 double sculls	

BW1X	Women's Under 23 single sculls	
BW2X	Women's Under 23 double sculls	
BM1X	Men's Under 23 single sculls	
BM2X	Men's Under 23 double sculls	

LW1X	Lightweight Women's single sculls	
LW2X	Lightweight Women's double sculls	
LM1X	Lightweight Men's single sculls	
LM2X	Lightweight Men's double sculls	

W1X	Women's single sculls	
W2X	Women's double sculls	
M1X	Men's single sculls	
M2X	Men's double sculls	

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

Please submit this form by October 9<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)

Form A1

## Entry Form by Name to the 11<sup>th</sup> International Tunis Lake Regatta

National Federation : \_\_\_\_\_

Event	First Names	Last Name	Date of Birth (dd/mm/YYYY)
JW1X			
JW2X	(b)		
	(s)		
JM1X			
JM2X	(b)		
	(s)		
BLW1X			
BLW2X	(b)		
	(s)		
BLM1X			
BLM2X	(b)		
	(s)		
BW1X			
BW2X	(b)		
	(s)		
BM1X			
BM2X	(b)		
	(s)		
LW1X			
LW2X	(b)		
	(s)		
LM1X			
LM2X	(b)		
	(s)		
W1X			
W2X	(b)		
	(s)		
M1X			
M2X	(b)		
	(s)		
Spare rower			
Spare rower			

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

Please submit this form by October 16<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)

Form A2

## Entry Form by Name to the 12<sup>th</sup> African Rowing Championships

National Federation : \_\_\_\_\_

Event	First Names	Last Name	Date of Birth (dd/mm/YYYY)
JW1X			
JW2X (b)			
(s)			
JM1X			
JM2X (b)			
(s)			
BLW1X			
BLW2X (b)			
(s)			
BLM1X			
BLM2X (b)			
(s)			
BW1X			
BW2X (b)			
(s)			
BM1X			
BM2X (b)			
(s)			
LW1X			
LW2X (b)			
(s)			
LM1X			
LM2X (b)			
(s)			
W1X			
W2X (b)			
(s)			
M1X			
M2X (b)			
(s)			
Spare rower			
Spare rower			

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

**Please submit this form by October 16<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)**

Form A3

## Entry Form by Name to the 12<sup>th</sup> Arab Rowing Championships

National Federation: \_\_\_\_\_

Event	First Names	Last Name	Date of Birth (dd/mm/YYYY)
JW1X			
JW2X (b)			
(s)			
JM1X			
JM2X (b)			
(s)			
BLW1X			
BLW2X (b)			
(s)			
BLM1X			
BLM2X (b)			
(s)			
BW1X			
BW2X (b)			
(s)			
BM1X			
BM2X (b)			
(s)			
LW1X			
LW2X (b)			
(s)			
LM1X			
LM2X (b)			
(s)			
W1X			
W2X (b)			
(s)			
M1X			
M2X (b)			
(s)			
Spare rower			
Spare rower			

Date : \_\_\_\_\_ Signature : \_\_\_\_\_

You can download this Form from [www.tunisrowing.ent.tn](http://www.tunisrowing.ent.tn)

**Please submit this form by October 16<sup>th</sup>, 2017 to [faysal.soula@trf.org.tn](mailto:faysal.soula@trf.org.tn)**

