

2019

europaean
rowing

junior
championships



erjch2019.com

Welcome to the
heart of Europe!

18./19. May 2019

BALDENEYSEE

Essen, Germany

TEAM MANAGERS
MANUAL



A warm welcome to the European Rowing Junior Championships

Welcome to one of the great sport events this year in the land of sports - North Rhine-Westphalia! At the European Rowing Junior Championships, the best emerging athletes from around 40 nations compete for the title of the European champion. Athletic excellence and exciting competitions are therefore guaranteed.

Essen is an outstanding place for this. The Baldeneysee provides with its eight-lane-system optimal prerequisites for this international regatta, and the Ruhr-metropolis with its hospitality and its huge enthusiasm for sports will present itself once again as an excellent host.

I am in particular pleased that in such a European championship many young people not only compete in a fair competition and show their athletic abilities, but that they furthermore have the possibility to meet each other and to form friendships. In a year with multiple decisions concerning the future of Europe such a sport event is a beautiful example of the value, the diversity and the strength of the European idea and ideals. The Ruder-Regattaverein e.V. from Essen has shown extraordinary commitment with organizing this European championship. I am sincerely thankful for that. Special Thanks go to the numerous volunteers that make such an event possible in the first place.

I wish everyone exciting competitions and entertainment at the highest stage.

Armin Laschet

prime minister of the state of North Rhine-Westphalia



prime minister of the
state of North Rhine-
Westphalia

Armin Laschet

Welcome to the 2019 European Rowing Junior Championships.

Essen's Lake Baldeney on the western side of Germany is an ideal venue for this year's championship event. The beautiful location is a regular venue for German national racing and the regatta course itself is known for its fairness across all eight lanes.

The venue is also great for spectators with a grandstand near to the finish line and as we expect more than 500 athletes to compete, we know there will be many supporters at the event.

The European Rowing Junior Championships is now a mature event as it moves into it's eleventh year. It is on the calendar when European rowing nations plan their season and regularly over 30 nations attend.

Rowers that compete at these championships invariably go on to represent their country at the World Rowing Junior Championships and this event certainly acts as great experience for these young athletes.

I would like to extend a warm welcome to all of the athletes racing here. I know for some of you it will be your first time racing internationally and I wish you the best of luck in your races. I would also like to say thank you to the organising committee who have made this championship event possible. I know that it can't be done without the huge volunteer support and I thank you for all of the hours that you have put in to get this event happening.

I am looking forward to two days of great racing and I know I will be seeing some of these athletes' names in years to come.

Ryszard Stadniuk

Chair, European Rowing Management Board



Chair, European Rowing
Management Board

Ryszard Stadniuk

**Dear athletes,
Dear friends of the rowing community,
Dear guests,**



**Chairmen of German
Rowing Federation**

Siegfried Kaide

I am very excited for the European Rowing Junior Championships to take place in Essen this year. About 600 athletes from 35 nations have made their way to the Baldeneysee in Essen to compete for championship titles.

Under the motto “Welcome to the heart of Europe” the European Championships are the second international competition for our young athletes after the International Junior Regatta in the beginning of May in Munich. Our athletes are highly motivated to present themselves in front of the home crowd and display their best performances. We have put in a lot of work over the past months to compete at the highest level of European rowing. I hope that plenty of spectators will make their way to the regatta course to support our rising stars.

Considering that the Rhein-Ruhr region has applied to become a future Olympic venue the European Junior Championships are a great way to show how excited and supportive the region is about rowing.

The organizer, the Essener Ruder-Regattaverein (ERRV) is showing once again that they are capable of putting up such a big event in no time due to their organizational excellence. Athletes and coaches are always pleased to come back to the region. Therefore, I would like to thank the entire team for their impeccable preparatory work of the event - as they have done many times in the past.

Unfortunately, I will not be able to attend this year’s event, but I am keeping my fingers crossed. I hope you enjoy your time and wish everyone the best of luck.

Siegfried Kaidel

Chairmen of German Rowing Federation

**Dear rowers,
dear coaches,
dear guests,**

Welcome to the European Rowing Junior Championships 2019 in Essen!

The motto of this event is „Welcome to the heart of Europe“, which is not only about the geographical location of our region in the center of our continent, but should also reflect our hospitality and the love for our sport—rowing.

In recent weeks and months, numerous volunteers have worked hard to offer you a hopefully unforgettable experience. I would like to thank everyone involved for their tireless efforts. Furthermore, I would like to express my deeply felt gratitude towards the City of Essen, the government of our state North Rhine-Westphalia and the many sponsors. Without their help, such an event would simply not be possible. They all deserve my special gratitude!

I would also like to thank FISA and European Rowing for the great honor to let us host such a special event on Lake Baldeney. We are aware that you have high expectations regarding our regatta course and so do we. For all our guests and participants the regatta staff and I will do everything possible to ensure that conditions are ideal.

I wish all participants, coaches, and guests exciting and successful days in Essen.

Welcome to the heart of Europe!

André Ströttchen
President OC
Chairman of the ERRV



**President OC
Chairman of the ERRV**

André Ströttchen

Essener Ruder-Regattaverein e.V.
Postfach 10 11 04
45011 Essen



Chairman: André Ströttchen
Vice Chairman: Tobias Kramm
Vice Chairman: Thorsten Kolb
Vice Chairman Finance: Kathrin Seegers
Assistance: Eva Meißner

Club Members:

Essen-Werdener Ruder-Club von 1896 e.V.
Kettwiger Rudergesellschaft von 1906 e.V.
Ruderklub am Baldeneysee e.V.
Ruderriege ETUF Essen e.V.
Ruderriege TVK Essen e.V.
Steeler Ruderverein e.V.
Ruderriege Mark am
Helmholtzgymsnasium

+49 201 4 35 01 56

Chairman:	André Ströttchen
Finance:	Kathrin Seegers
Venue Logistic:	Thorsten Kolb
Medical Officer:	Christian Jäckel
Marketing/Communication:	Boris Orlowski
OC Office:	Petra Franz
Accreditation:	Sybille Meier
Results/Draws:	Niklas Lohmann
Time Measurement:	Maria Stellberg
Official Ceremonies:	Tobias Kramm
IT:	Uwe Stöbe
Start Pontoon:	Dr. Diethard König
Weighing:	Lotta Buron
Bow Numbers:	Petra Franz
Motor Boats:	Sebastian Ständer
Boat Storage	Eckhard Rabe
Accommodation:	Heike Kolb
Transportation:	Carsten Koschel
Regatta Volunteers:	Christian Söhngen
Catering:	Imhoff Catering
Security:	issa security
Medical Services:	Universitätsmedizin Essen/Johanniter Unfallhilfe/ DLRG
Sports Presentation:	Michael Hein, Sebastian Franke, Paul Castle, Boris Orlowski

The events offered at the 2019 European Rowing Junior Championships are :
Junior Men (JM) : 1x, 2-, 2x, 4-, 4x, 4+, 8+
Junior Women (JW) : 1x, 2-, 2x, 4-, 4x, 4+, 8+

All important information about the event is gathered on the dedicated website
<https://erjch2019.com>

OC Office Open Hours

Wednesday 11.00 am to 6.00 pm

Thursday 9.00 am to 6.00 pm

Friday 8.00 am to 8.00 pm

Saturday 7.00 am to 7.00 pm

Sunday 7.00 am to 4.00 pm

The Team Managers Meeting and Draw will take place in the Meeting Room on the 1st floor of the Administrative Building - Friday 5.00 pm

Results are published on

<https://www.erjch2019.com/en-entries-results>

The races will be broadcast for both days on Worldrowing youtube channel:

<http://www.worldrowing.com/photos-videos/videos/2019-european-junior-championships-day>

Opening Ceremony

Opening Ceremeony will take place on Friday 17 May at 6.00 pm at the Grandstand.

Official opening of the Regatta Venue: Thursday 8.00 am

The course is open for training:

Thursday	2.00 pm - 6.00 pm
Friday	8.00 am - 12.00 am & 2.00 pm - 5.30 pm
Saturday	7.00 am - 9.15 am & 12.40 am - 1.30 pm & 3.55 pm - 7.00 pm
Sunday	7.00 am - 8.30 am

Practice Starts

Practice Starts will take place on Friday, 17 May from 2.00 pm to 3.30 pm.

The Practice starts will be carried out in lanes 1, 2, 3 and 4.

Crews shall follow the indications of the Marshall and the Jury in the start area.

If crews would like to repeat their practice starts, they must turn at the 400 meter mark go into lanes 6 to 8 and row towards the start. Crews wishing to continue their training after the practice starts shall pass the 500 meters mark and follow the usual traffic rules for training.

Nations Dinner

Nations Dinner will take place Saturday, 18 May at 7.00 pm on the MS Heisingen with a round trip on the lake Baldeney. The entry to the ship starts at 6.30 pm and the boat will leave at 7.00 pm. Two representatives from each National Federation will be invited. The invitation will be distributed at accreditation.

FISA Event Safeguarding Officer: Eva Szanto

All rowers, entourage, coaches, volunteers and staff have a right to participate and work in a non-violent, safe and respectful environment. Behaviour and actions that constitute harassment and abuse shall not be tolerated. If you have concerns regarding harassment and abuse whilst you are at this World Rowing event, please contact the Event Safeguarding Officer – Eva Szanto – at the event, in the FISA/ERB Office at the Regatta Building, or email safeguarding@fisa.org

ACCREDITATION

All Athletes, Coaches, Team Managers will get an accreditation card to pass the allowed areas.

The accreditation centre is situated in the Administrative building on the first floor. The accreditation centre will be open

Wednesday 11am to 6pm

Thursday 9am to 6pm

Friday 9am to 1pm

Friday afternoon, Saturday & Sunday - OC Office

Passports or national identity cards will be checked in the accreditation centre. Team managers are requested to bring the passports of all the athletes and to sort them by boat in advance.

Team Managers are requested to make the full and final payment for their accommodation before they receive their accreditations.

Athletes who have no photo in the FISA database, we will take the photo in the accreditation centre.

Team managers of Teams of more than 20 people please organize to come in groups by maximum 20 people.

There are only three accreditation zones:

A - Athletes Area

M - Media

S - Staff



contact:
Sybille Meier
+49 172 210 99 70

CATERING

	Thursday	Friday	Saturday	Sunday
Lunch	11.30 am to 2.00 pm		11.00 am to 2.00 pm	
	beef cut into strips in mushroom sauce	Roast pork with shallot sauce	Pork loin strips in cucumber sauce	not fixed yet
	poulard breast with paprika cream sauce	Meatballs of poultry with mushroom sauce	Poulard roast with pepper sauce	
	thick noodles made of potato Fresh vegetables	buttered noodles Fresh vegetables	noodles Fresh vegetables	
	Vegetarian stuffed Peppers with curd with herbs	Vegetarian crepe with Ricotta and spinach	Vegetarian lasagne with tomato-basil sauce	
	<u>On all days:</u> Salad bar with yoghurt and French dressing, baguette			
Dinner	6.00 pm to 8.00 pm	6.00 pm to 8.00 pm	6.00 pm to 8.00 pm	
	"Pizza" with Ham and mushrooms Tomato and mozzarella different vegetables	"Burger" poultry or beef vegetables	"Pasta buffet" different types of noodles with mushroom sauce Vegetarian "arrabiata" meat sauce	
	Vegetable Lasagna	side: Potato wedges, sour cream, tomato ketchup noodles		
	Tuna salad Apple-carrot-salad	Coleslaw Bulgur salad with vegetables	Tomato-cucumber-salad mixed salad	

Bring your bottle for
drinking water!

Tap water at the venue is drinkable.

AREA MAP

Administrative Building



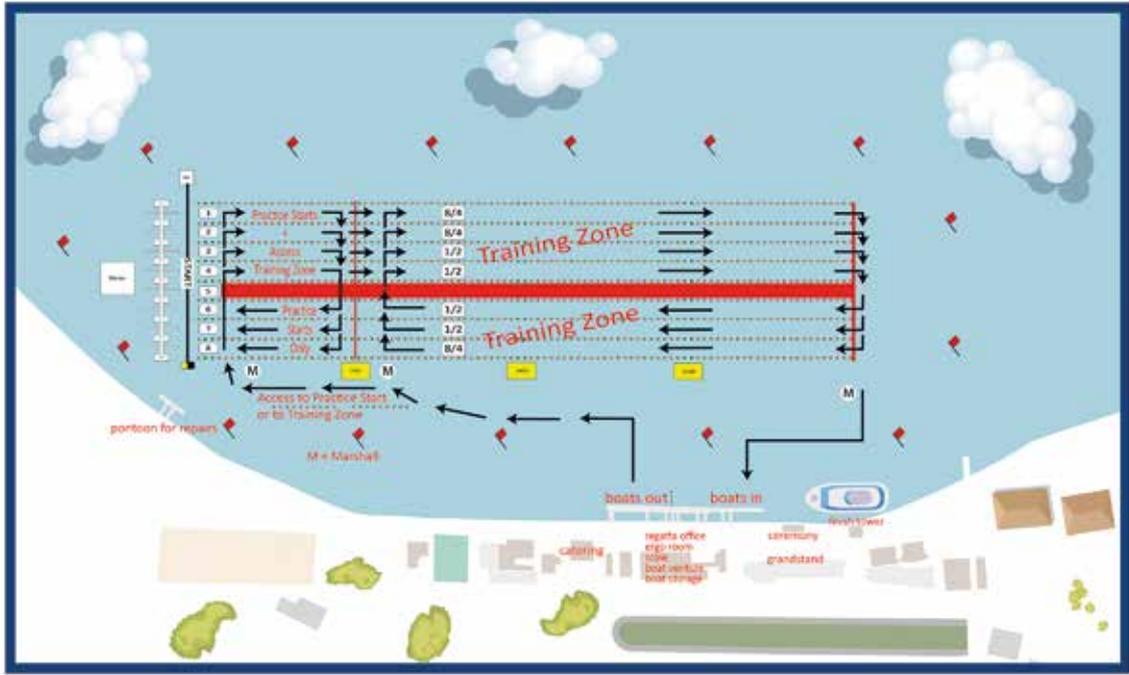
- ① Administrative Building
- ② Catering
- ③ Grandstand
- ④ Finish Tower
- ⑤ Shuttle Bus drop off point
- ⑥ RK am Baldeneysee
- ⑦ Press Centre
- ⑧ Bag Storage
- ⑨ Boat Area

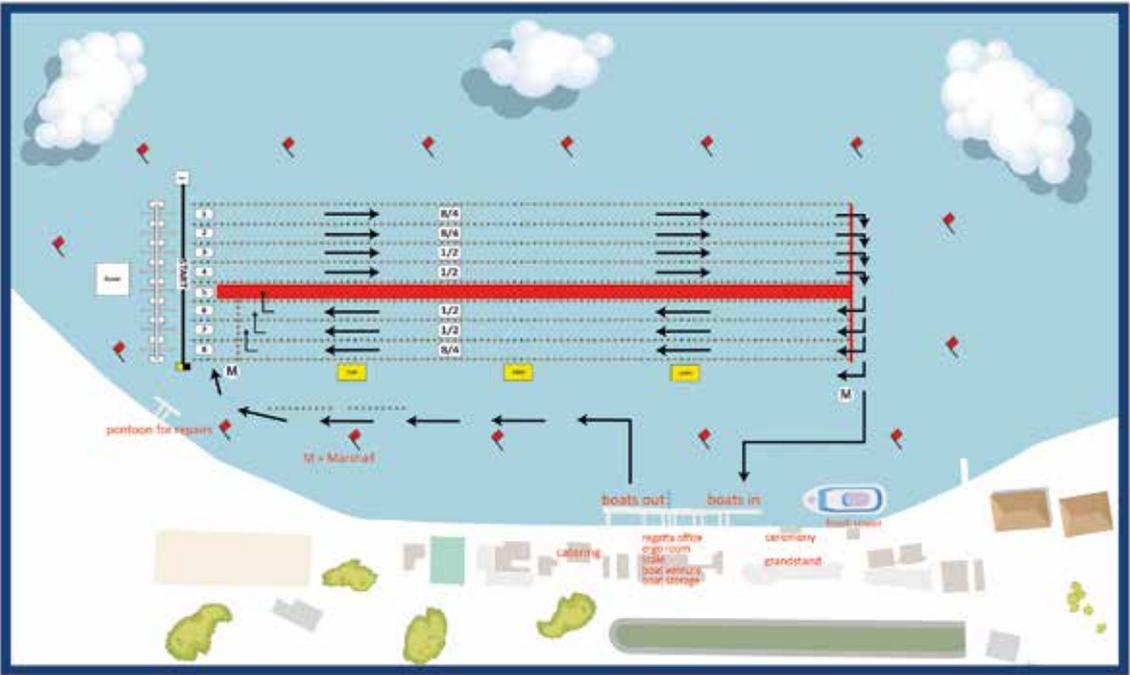


AREA MAP

TRAFFIC RULES

PRACTISE START





TRAFFIC RULES TRAINING

TRAFFIC RULES RACES

