

7 March 2019

Lausanne, Switzerland

Dear National Federations,



The International Rowing Federation, FISA, as part of its goals, provides development opportunities on an annual basis to national federations to be able to attend training camps and regattas.

This is possible due to the support of Olympic Solidarity, the IOC Sports Department and the different national federations and organising committees for FISA Events.

With the growth of new areas of the sport, such as Paralympic rowing and Coastal rowing, as well as the addition of new continental events, more nations are being supported by the FISA Development Programme. For 2019 we have revised and reformatted the presentation of the FISA Development Programme Event Bulletin and also included more criteria to help teams best prepare for the 2019 season.

We ask that you read through the entire document and contact the respective persons as listed in the document with any potential questions.

We look forward to working with you in 2019 and thank you for your ongoing collaboration.

Best regards,

A handwritten signature in black ink, appearing to be "S. Desbans", written in a cursive style.

Sheila Stephens Desbans
Development Director

A handwritten signature in blue ink, appearing to be "G. Postiglione", written in a cursive style.

Gianni Postiglione
Coaching Director

Fédération Internationale des Sociétés d'Aviron

World Rowing Federation

2019 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN

FISA Development Programme

2019 Bulletin and Calendar

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2019 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN

PREFACE AND REQUIREMENTS

FISA DEVELOPMENT PROGRAMME

The FISA Development Programme in cooperation with the World Rowing and other organising committees and the FISA Development Partners, are able to provide the following:

- Low Cost Accommodation for World Cup and free accommodation for a limited number of athletes and coaches for the World Championships and some Continental Championships Regattas.
- Limited boats available on request from Filippi, Hudson and Swift. For more than three boats per nations, teams will be asked to make a financial contribution.

Athletes without coaches will be designated a FISA Coach at events.

Teams will be eligible based on the following requirements:

Designated as a nation eligible for development support.

Teams must submit results for the Test Performance Programme as outlined on page 4.

Teams must submit national selection and/or national championships results by no later than March or April. This should determine the team that will be submitted for development support by April or May. Pre-requests will need to be sent by 28 February 2019. Please submit to the FISA Staff and Continental Technical Consultant listed in the below table.

Own budgets for travel, insurance, clothing kit and pocket money or additional team members should be planned out in January and February.

Visa requests that have been submitted 4 to 8 weeks in advance.

Your national federation has no outstanding debts to FISA.

Your team has participated in the past 6-12 months in a national, regional or continental event and can present results. We recommend you submit an overall training plan, competition calendar and budgets for the 2019 season (and beyond). Continental calendars (Annexure I) are provided in this document for reference.

Your team should be training regularly and within the minimum recommended levels for the FISA Training Programme:

http://www.worldrowing.com/mm/Document/General/General/10/89/02/FISA_Club_training_program_English.pdf.

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DEVELOPMENT STAFF AND CONTINENTAL TECHNICAL CONSULTANTS

Please submit the requested information to the Continental Technical Consultant listed below for your regions as well as to FISA staff in charge of the respective continental programme:

FISA Staff:

Africa and America: Daniela Gomes, daniela.gomes@fisa.org

Asia and Oceania: Yihuan Chang, yihuan.chang@fisa.org

Europe: Sheila Stephens, sheila.stephens@fisa.org

Continental Technical Consultants:

Continent	1 st Contact	2 nd Contact	Email address
Africa (North & West)	Faysal Soula	Michel Doutre	faysal.soula@trf.org.tn mdoutrefr@aol.com
Africa (South & East)	Sallie Malt	Daniela Gomes	salliemalt@outlook.com daniela.gomes@fisa.org
Central & South America	Oswaldo Borch	Ruben Scarpati	osvaldoborchi@hotmail.com rubenpioica@yahoo.com.ar
Caribbean	Sallie Malt	John Parker	salliemalt@outlook.com eliterowing@gmail.com
Asia	Yihuan Chang	Chris Perry	yihuan.chang@fisa.org cxjperry@gmail.com
Europe	Giovanni Postiglione		postiglione1gianni@gmail.com
Oceania	Andrew MacKenzie		andrew.mackenzie@anu.edu.au

2019 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN**TEST PERFORMANCE PROGRAMME**

- Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol. Testing results must be submitted in the attached form.
- The teams to be supported/invited through the FISA Development Programme must have submitted results of the Test Performance Programme (page 5) to the FISA Development Department for at least three months for all the athletes applying for Development support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the FISA Development Programmes remain solely at the discretion of the FISA Development team.
- Instructions on drag factor and test preparation are provided in the protocol below.
- The rowers participating at the test programme will be considered as in the following categories:
 - **High performance** rowers with 6 and more years of rowing experience
 - **Intermediate** rowers with 3-6 years of rowing experience
 - **Beginners** rowers with 0-3 years of rowing experience
- Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic SR 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic SR 22

- Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

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Day 1 - Morning

Warm up 30 minutes
1 x 150 meters max
Active recovery 20 minutes
1 x 2000 meters max
Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes
1 x 6000 meters SR 24 or 10Km at SR 20-22
Aerobic regeneration light rowing 40 minutes

Day 2 (only for High Performance rowers) - Morning

Warm up 30 minutes
1x 15Km SR 20-22

* Kindly use the Test Performance excel report template as attached to submit testing results

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2019 WORLD ROWING CUP REGATTAS

Please note that for World Rowing Cup Regattas, only equipment support and low cost accommodation is available. For the World Rowing Championships an offer to eligible teams of free accommodation, meals, transport and equipment is available to specified numbers on a first come, first serve basis.

2019 WORLD ROWING CUP I – Plovdiv, Bulgaria – 10-12 May

World Rowing Cup Events:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4-, 4x, 8+

Lightweight Men (LM): 2x

Lightweight Women (LW): 2x

International Events:

Lightweight Men (LM): 1x, 2-, 4x

Lightweight Women (LW): 1x, 2-, 4x

Dates & Deadlines:

- Equipment will be provided from 8 May as racing starts on the 10 May.
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline is Friday, 26 April, 2019

Information & Contacts, please note for World Cup I, these may change in future:

- For visa invitations and the Organising Committee please contact: info@wrch2018.com
- For accommodation please contact: accommodation@wrch2018.com
- For transportation please contact: transport@wrch2018.com
- More information: <http://www.worldrowing.com/events/2019-world-rowing-cup-i/event-information>

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2019 WORLD ROWING CUP II – Poznan, Poland – 21-23 June

World Rowing Cup Events:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4-, 4x, 8+

Lightweight Men (LM): 2x

Lightweight Women (LW): 2x

International Events:

Lightweight Men (LM): 1x, 2-, 4x

Lightweight Women (LW): 1x, 2-, 4x

Para Rowing Events:

***Please note that classification will be offered in Poznan.**

Men's para rowing single (PR1 M1x, PR2 M1x)

Women's para rowing single (PR1 W1x, PR2 W1x)

Mixed para rowing double sculls (PR2 Mix2x, PR3 Mix2x)

Mixed para rowing four (PR3 Mix4+)

Men's para rowing pair: (PR3 M2-)

Women's para rowing pair: (PR3 W2-)

Dates & Deadlines:

- Equipment will be provided from 19 June as racing starts on 21 June.
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline is **Friday, 7 June, 2019**

Information & Contacts:

- For visa invitations and the Organising Committee please contact: office@rowing.poznan.pl
- For accommodation please contact: office@rowing.poznan.pl
- For transportation please contact: office@rowing.poznan.pl

Classification

- Classification (including VI classification) will be offered at this event.
- Athletes wishing to be classified must submit pre-classification documentation via the World Rowing online portal. Contact databases@fisa.org for login details, a deadline for submission will be provided at a later date.
- FISA has created an online tool to help potential para athletes determine their eligibility for para rowing and to give an indication of what sport class they may be eligible for. The online tool is available here: <http://www.worldrowing.com/para-rowing/>

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2019 WORLD ROWING CUP III – Rotterdam, the Netherlands - 12-14 July

World Rowing Cup Events:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4-, 4x, 8+

Lightweight Men (LM): 2x

Lightweight Women (LW): 2x

International Events:

Lightweight Men (LM): 1x, 2-, 4x

Lightweight Women (LW): 1x, 2-, 4x

Para Rowing Events:

***Please note that classification will not be offered in Rotterdam.**

Men's para rowing single (PR1 M1x, PR2 M1x)

Women's para rowing single (PR1 W1x, PR2 W1x)

Mixed para rowing double sculls (PR2 Mix2x, PR3 Mix2x)

Mixed para rowing four (PR3 Mix4+)

Men's para rowing pair (PR3 M2-)

Women's para rowing pair (PR3 W2-)

Dates & Deadlines:

- Equipment will be provided from the 10 July as racing starts on 12 July.
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline is **Friday, 28 June, 2019.**

Information & Contacts:

- For visa invitations and the Organising Committee please contact: r.denissen@rotterdamregatta.com
- For accommodation please contact: rowing.netherlands@atpi.com
- For transportation please contact: r.denissen@rotterdamregatta.com
- More information:

<http://www.worldrowing.com/events/2019-world-rowing-cup-iii/event-information>

Classification

- Classification will not be offered at this event.

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2019 WORLD ROWING UNDER 23 CHAMPIONSHIPS – Sarasota-Bradenton, United States – 24-28 July

Please note that for the World Rowing Championships an offer to eligible teams of free accommodation, meals, transport and equipment is available to specified numbers on a first come, first serve basis.

A rower may compete in an Under 23 rowing event until 31st of December of the year in which he reaches the age of 22 i.e. he/she must be born in 1997 or later. The Organising Committee has provided 50 places free of charge for development nations.

Events:

Under 23 Men (BM): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Women (BW): 1x, 2x, 2-, 4x, 4-, 4+, 8+

Under 23 Lightweight Men (BLM): 1x, 2x, 2-, 4x

Under 23 Lightweight Women (BLW): 1x, 2x, 2-, 4x

Dates & Deadlines:

- For Accommodation and Equipment from 22-28 July: please contact daniela.gomes@fisa.org (**deadline for applications Friday, 17 May**)
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline is **Friday, 12 July, 2019**

Information & Contacts:

- More information: Sarah@sanca.us

2019 FISA DEVELOPMENT PROGRAMME EVENT BULLETIN

2019 WORLD ROWING JUNIOR CHAMPIONSHIPS – Tokyo, Japan – 7-11 August

A rower may compete in a Junior rowing event until 31st of December of the year in which he reaches the age of 18 i.e. he/she must be born in 2001 or later. The Organising Committee has provided 50 places free of charge for development nations.

Events:

Junior Men (JM): 1x, 2x, 2-, 4-, 4x, 4+, 8+

Junior Women (JW): 1x, 2x, 2-, 4-, 4x, 4+, 8+

Dates & Deadlines:

- For Development accommodation and Equipment from 6-12 August: please contact yihuan.chang@fisa.org
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline is **Friday, 26 July, 2019**

Information & Contacts:

- More information: <https://www.2019wrjch.jp>

Training Camp

More details will be available in the beginning of 2019 but a training camp will be offered to a limited number of teams on a first come, first serve basis based on eligibility. The venue will be in the Chiba Prefecture.

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2019 WORLD ROWING CHAMPIONSHIPS – Linz Ottensheim, Austria – 25 August – 1 September

The Organising Committee has provided 100 places free of charge for development nations. This will be on a first come, first serve basis, based on eligibility. Teams may request a maximum of 4 places for athletes and one place for a coach. An additional place for a female coach will be considered when justified.

Events:

Men (M): 1x, 2x, 2-, 4x, 4-, 8+

Women (W): 1x, 2x, 2-, 4x, 4-, 8+

Lightweight Men (LM): 1x, 2x, 2-, 4x

Lightweight Women (LW): 1x, 2x, 2-, 4x

Para Rowing Events:

Classification is offered at this event.

Men's para rowing single (PR1M1x, PR2 M1x)

Women's para rowing single (PR1 W1x, PR2 W1x)

Mixed para rowing double sculls (PR2 Mix2x, PR3 Mix2x)

Mixed para rowing four (PR3 Mix4+)

Men's para rowing pair: (PR3 M2-)

Women's para rowing pair: (PR3 W2-)

Dates & Deadlines:

- For Accommodation and Equipment from 22 August to 1 September:
contact daniela.gomes@fisa.org (deadline for applications Friday, 31 May)
- For entry registration please contact: daniela.oronova@fisa.org

The entry deadline **Friday, 9 August, 2019**

Classification

- Classification (including VI classification) will be offered at this event.
- Athletes wishing to be classified must submit pre-classification documentation via the World Rowing online portal. Contact databases@fisa.org for login details. A deadline for submission will be provided at a later date.
- FISA has created an online tool to help potential para athletes determine their eligibility for para rowing and to give an indication of what sport class they may be eligible for. The online tool is available here: <http://www.worldrowing.com/para-rowing/>

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Information & Contacts:

- For Visa Invitations and the Organising Committee please contact: office@wrch2019.com
- For Accommodation please contact: office@wrch2019.com
- For transportation please contact: office@wrch2019.com
- More information:

<http://www.worldrowing.com/events/2019-world-rowing-championships/event-information>

<https://www.wrch2019.com>

Training Camp

Training Camps will be organised via the OC and the NF in coordination with FISA, for crews with the potential to be in the B and C Finals. The training camps will be held in Linz and Vienna, from 15 August to 24 August. To request to be considered for inclusion in the training camp, please contact Daniela Gomes, daniela.gomes@fisa.org

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CONTINENTAL EVENTS & TRAINING CAMPS

The following list of events are recommended as potential regattas to take part in during the 2019 season. Some events will have specific development support for nations that have fulfilled the requirements of testing, selection and general FISA Rules other are good opportunities for national federation teams looking to develop their level through regional activities.

Asia-Oceania

- ❖ ARAE-FEARA Regatta, Pune, India, 07 - 12 January
- ❖ 3rd Indoor Arab Championships, 15-16 February, Bahrain
- ❖ FISA/FIC Training Camp 07-11 April and FIC Memorial Paolo D'Aloja Regatta, Piediluco, Italy, 12-14 April
- ❖ Moscow Regatta, Moscow, Russia, 1st week June
- ❖ FISA TC Coastal Rowing 02-05 September & IMGC Mediterranean Beach Games, 06-07 September, Patras, Greece (stil being confirmed)
- ❖ Hong Kong Championships, Hong Kong, 26-27 October
- ❖ South East Asian (SEA) Games, Clark, Phillipines, 29 November – 10 December
- ❖ Asian Rowing Championships, October (dates and location to be defined, it may include para-rowing)
- ❖ Asian Junior Rowing Championships, November (dates and location to be defined)

Africa

- ❖ Indoor Rowing Championships, Tunisia, 6 January
- ❖ 12th Tunis Lake International Sprint Regatta, Tunis, Tunisia, 27 January
- ❖ FISA Africa Training Camp, Agitos Para Rowing Training Camp 3-10 February
- ❖ FISA/FIC Training Camp 07-11 April and FIC Memorial Paolo D'Aloja Regatta, Piediluco, Italy, 12-14 April
- ❖ FISA Training Camp & 12th Arab Rowing Junior/Senior Championships, Tipazza, Algeria, 3rd / 4th Week March or 3rd week of April (TBC)
- ❖ African Beach Games, Sal, Cape Verde, 14-23 June
- ❖ 2019 All African Games, Casablanca, Morocco, (Dates to be defined in August)
- ❖ Tunisia Coastal National Championship, Djerba Island, Tunisia, 16-17 August
- ❖ FISA Coastal Rowing Training Camp 02-05 September & IMGC Mediterranean Beach Games, 06-07 September, Patras, Greece
- ❖ FISA/OS Training Camp 27 September – 02 October & African Continental Olympic/Paralympic Qualification Regatta, Tunis, Tunisia, 03 – 05 October

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- ❖ 13th African Rowing Junior/Senior Championships, Tunis, Tunisia, 08-10 October
- ❖ FISA Training Camp 09-13 November & 13th Arab Rowing Junior/Senior Championships, Tunis, Tunisia, 14-16 November

Americas

- ❖ FISA Training Camp 14-18 January & Puerto Rico International Regatta, Cerrillo, Puerto Rico, 19-20 January
- ❖ FISA Training Camp 23 February-01 March & Copa America, Tigre, Argentina, 02-03 March
- ❖ 2018 FISA Americas Para Rowing Training Camp 01-05 & Regatta – Brazil, 06-07 April (TBC)
- ❖ FISA/FIC Training Camp 07-12 April and FIC Memorial Paolo D'Aloja Regatta, Piediluco, Italy, 13-14 April
- ❖ South American Junior & U23 Championships, São Paulo, Brazil, 26-28 April
- ❖ FISA Training Camp 25-31 May & I Central American and Caribbean Cup, Lake Llopango, El Salvador, 01 - 02 June
- ❖ FISA Pan Am Continental Training Camp 16-25 July & Pan Am Games, Lima, Peru, 26 -31 July
- ❖ FISA Training Camp 05-11 October & II Central American and Caribbean Cup Amatitlan, Guatemala, 12-13 October

Europe

- ❖ European Rowing Indoor CH, Copenhagen, Denmark, 26 January
- ❖ FISA/FIC Training Camp 07-12 April and FIC Memorial Paolo D'Aloja Regatta, Piediluco, Italy, 13-14 April
- ❖ Ghent International Regatta, Ghent, Belgium, 11-12 May
- ❖ FISA Para-Rowing Training Camp 12-16 May & International Regatta, Gavirate, Italy, 17-19 May
- ❖ European Rowing Junior Championships, Essen, Germany, 18-19 May
- ❖ European Rowing Championships, Lucerne, Switzerland, 01-02 June
- ❖ Bled International Regatta, Bled, Slovenia 21-23 June
- ❖ FISA TC Coastal Rowing 02-05 September & IMGC Mediterranean Beach Games, Patras, Greece, 06-07 September
- ❖ European Rowing U-23 Championships, Ioannina, Greece, 07-08 September

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ANNEX I - 2019 ROWING EVENTS CALENDAR

Date	Events / Location	World Rowing/ FISA	Asia-Oceania	Africa	Americas	Europe
JANUARY						
6	Tunis, Tunisia			Indoor Rowing CH		
07-12	Pune, India		ARAE-FEARA Regatta			
10-16	Cerrillo, Puerto Rico				FISA TC	
22-26 27	Tunis, Tunisia			Tunis Int Regatta		
26	Copenhagen, Denmark					ER Indoor CH

FEBRUARY						
3-10	Tunis, Tunisia			FISA Africa, Agitos Para TC		
15-16	Bahrain		3rd Indoor Arab CH			
23-24	TBC	World Indoor CH				
23-28	Tigre, Argentina				FISA Copa America TC	

MARCH						
1-3	Tigre, Argentina				Copa America	
3 rd /4 th Week TBC	Tipazza, Algeria		FISA TC & 12th Arab Rowing Jr/Sr Ch	FISA TC & 12th Arab Rowing Jr/Sr Ch		

APRIL						
01-07	Rio de Janeiro, Brazil				2018 FISA Americas Para Rowing TC & Regatta	
7-12 13-14	Piediluco, Italy	FISA/FIC TC and Memorial Paolo D'Aloja				
26-28	São Paulo, Brazil				South American TC- Jrs. & U-23	

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MAY

10-12	Plovdiv, Bulgaria	WR Cup I				
12-16 17-19	Gavirate, Italy	FISA Para- Rowing TC & Gavirate International Regatta				
18-19	Essen, Germany					ER Jr CH
25-31	Lago Ilopango, El Salvador				FISA CAC TC	

JUNE

1 st Week	Moscow, Russia		Moscow Regatta			
1-2	Lago Ilopango, El Salvador				I CAC Cup	
1-2	Lucerne, Switzerland					ER CH
14-23	Sal, Cape Verde			African Beach Games		
21-23	Poznan, Poland	WR Cup II				

JULY

12-14	Rotterdam, Netherlands	WR Cup III				
14	Tunisia			BNA Beach Games		
24-28	Sarasota, USA	WRCH U-23				
16-25 26-31	Lima, Peru				FISA TC for Pan Am Games & Pan Am Games	

AUGUST

TBC	Casablanca, Morocco			2019 All African Games		
07-11	Tokyo, Japan	WR Junior CH (prior TC planned)				
16-17	Djerba Island, Tunisia			Coastal CH		
25-1 Sept	Linz- Ottensheim, Austria	WRCH (prior TC planned)				

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SEPTEMBER

02-05 06-07	Patras, Greece		Coastal TC & Med Beach Games	Coastal TC & Med Beach Games		Coastal TC & Med Beach Games
07-08	Ioannina, Greece					ER U-23 CH
11-15	Lake Velence, Hungary	WR Masters Regatta				
27-02 Oct	Tunis, Tunisia			OS/FISA TC for Africa OQR/PQR		

OCTOBER

TBC	TBC		Asian CH			
03-05	TBC			African OCQR/PCQR- Tokyo 2020		
08-10	Tunis, Tunisia			13th African Rowing CH		
05-11 12-13	Amatitlan, Guatemala				FISA TC & II CAC Cup	
26-27	Hong Kong		Hong Kong CH			

NOVEMBER

TBC	TBC		Asian Jr CH			
9-13 14-16	Tunis, Tunisia			FISA TC & 13th Arab Jr&SR Rowing CH		
02-03	Hong Kong	WR Coastal CH				
15-17	Tigre, Argentina				Argentinian CH	
29Nov 10Dec	Clark, Phillipines		SEA Games			

DECEMBER

29Nov 10Dec	Clark, Phillipines		SEA Games			
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ABBREVIATIONS

TC: Training Camp; WR: World Rowing; ER: European Rowing; Jr.: Juniors; U-23: Under 23's; Sr: Seniors

OCQR: Olympic Continental Qualification Regatta; PCQR: Paralympic Continental Qualification Regatta

CH: Championships; TBC: to be confirmed; OC: Organising Committee