

world rowing®



# SEASON 2019

WORLD ROWING FOCUS





155 Member Federations



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# 2019-20 World Rowing regatta season

## 2019 Calendar

| February       |                    |     |  |
|----------------|--------------------|-----|--|
| 24             | Long Beach         | USA | World Rowing Indoor Championships      |
| March          |                    |     |  |
| 6-10           | World-wide         |     | World Rowing Virtual Indoor Sprints    |
| 15 - 15 April  | World-wide         |     | World Erg Challenge                    |
| April          |                    |     |  |
| 9-16           | South Island       | NZ  | World Rowing Tour                      |
| May            |                    |     |  |
| 10-12          | Plovdiv            | BUL | World Rowing Cup I                     |
| 18-19          | Essen              | GER | European Rowing Junior Championships   |
| 31 May - 2 Jun | Lucerne            | SUI | European Rowing Championships          |
| June           |                    |     |  |
| 21-23          | Poznan             | POL | World Rowing Cup II                    |
| July           |                    |     |  |
| 12-14          | Rotterdam          | NED | World Rowing Cup III                   |
| 20-27          | Karelia            | FIN | World Rowing Tour                      |
| 24-28          | Sarasota-Bradenton | USA | World Rowing Under 23 Championships    |
| August         |                    |     |  |
| 7-11           | Tokyo              | JPN | World Rowing Junior Championships      |
| 25 - 1 Sep     | Linz-Ottensheim    | AUT | World Rowing Championships             |
| September      |                    |     |  |
| 7-8            | Ioannina           | GRE | European Rowing Under 23 Championships |
| 12-15          | Velence            | HUN | World Rowing Masters Regatta           |
| October        |                    |     |  |
| 25-27 Oct      | Shenzhen           | CHN | World Rowing Beach Sprint Finals       |
| November       |                    |     |  |
| 1- 3 Nov       | Hong Kong          | CHN | World Rowing Coastal Championships     |

## 2020 Calendar

| February      |                 |     |   |
|---------------|-----------------|-----|---|
| TBA           | World-wide      |     | World Rowing Indoor Championships             |
| March         |                 |     |   |
| 4-8           | World-wide      |     | World Rowing Virtual Indoor Sprints           |
| 15 - 15 April | World-wide      |     | World Erg Challenge                           |
| April         |                 |     |   |
| 10-12         | Sabaudia        | ITA | World Rowing Cup I                            |
| May           |                 |     |   |
| 1-3           | Varese          | ITA | World Rowing Cup II                           |
| 9-10          | Gavirate        | ITA | Final Paralympic Qualification Regatta        |
| 17-19         | Lucerne         | SUI | Final Olympic Qualification Regatta           |
| 22-24         | Lucerne         | SUI | World Rowing Cup III                          |
| 30-31         | Belgrade        | SRB | European Rowing Junior Championships          |
| June          |                 |     |   |
| 5-7           | Poznan          | POL | European Rowing Championships                 |
| July          |                 |     |   |
| 24-31         | Tokyo           | JPN | Olympic Games rowing regatta                  |
| August        |                 |     |   |
| 16-23         | Bled            | SLO | World Rowing Junior/U-23/Senior Championships |
| 29-30         | Tokyo           | JPN | Paralympic Games rowing regatta               |
| 27-29         | Zagreb          | CRO | FISU World University Championships           |
| September     |                 |     |   |
| 1-6           | Linz-Ottensheim | AUT | World Rowing Masters Regatta                  |
| 5-6           | Duisburg        | GER | European Rowing Under 23 Championships        |
| October       |                 |     |   |
| 2-4           | TBA             |     | World Rowing Coastal Championships            |

For more event information: <http://www.worldrowing.com/events/>

# Our planet depends on clean water

**Water is the lifeblood of our planet. But it's not just water it's clean water that is essential in supporting human life, nourishing vital habitats and supplying agriculture and industry. The amount and availability of clean water has become one of the greatest challenges of our time. World Rowing believes that we all have a responsibility to apply environmentally-sustainable practices to our use and management of water.**

Rowing is a clean water sport and everyone involved in rowing has reason to protect this vital resource.

In 2011 World Rowing and WWF, the World Wide Fund for Nature, formed a global clean water partnership. This engages all rowers, rowing clubs and national rowing federations to work towards safeguarding their freshwater environments.

A joint action project, the Kafue River & Rowing Centre is a manifestation of this partnership. This project was inspired by the confluence of many pressures and problems in the Kafue River in Zambia and the need to bring all stakeholders together to discuss and help find solutions.

The development of a multi-purpose facility for water management education and research and the advancement of rowing in the region is underway. The global rowing community is at the forefront of a fundraising campaign to help establish the centre.

## **Donations are welcome**

To find out more: [www.worldrowing.com/environment](http://www.worldrowing.com/environment)

**Because to help Kafue is to help the world.**



# The adventure that is coastal rowing

**From afar coastal rowing might look quite similar to flat water rowing – sculls, sliding seats and people in lycra. While it is in the same family, this could not be further from the truth. Coastal rowing throws a new spin on the traditional 2000m flat-water race. In addition to physical stamina and technical skills, coastal rowers are affronted with a myriad of other challenges – waves, buoyed turns, potential crashes and navigating tides.**

**The boats** are designed to handle all sorts of conditions. This has taken rowing to all new parts of the globe where flat-water rowing is not possible. The boats are wide and self-bailing, meaning the stern of the boat is flat to allow water to flow out. In wavy conditions, experienced crews will be able to use the surf to increase speed.

**Racing** varies in distance from sprints to 6000m races and beyond. The longer the race, the more buoyed turns involved. The absence of lanes gives free reign to creative strategies and upfront duels, especially around the turns. As many as 20 boats can take off together from the start – all racing as fast as possible to profit from a direct line around the turn. Racing is usually on sea but can also be on lakes, like the 2017 World Rowing Coastal Championships on Lake Geneva in Thonon, France.

**The start** and finish lines can even vary in coastal racing. In locations with sandy beaches, the beach is often used for launching or finishing. For coastal beach sprints a member of the crew runs down the beach to their boat, then repeats this at the finish of the race. In port cities, on-water starts and finishes are used, demarcated with large orange buoys and refereed.

**The rowers** are men and women of all ages and experience levels. Some come from flat-water events while others are solely coastal rowers. The one thing they have in common – they relish the unpredictability. It's the adventure that is coastal rowing.

# 2019 Rowers to watch



## ALEXANDER HILL

Australia  
Men's four

Alexander Hill boasts quite the pedigree in men's sweep rowing. His international career started in 2011 and he quickly climbed the ladder to win silver at the 2016 Olympic Games in the men's four. In 2017, his crew won the World Championship title. Then, in a stunning sprint finish, they managed to retain their world championship title in the men's four last year. Hill is the only remaining member of the 2016 Olympic silver-medal crew in this boat. He will certainly be leading his team forward in the 2020 Olympic Cycle and is one to watch in 2019.

“ I'm motivated by the journey and all it entails (keep the faith) ”

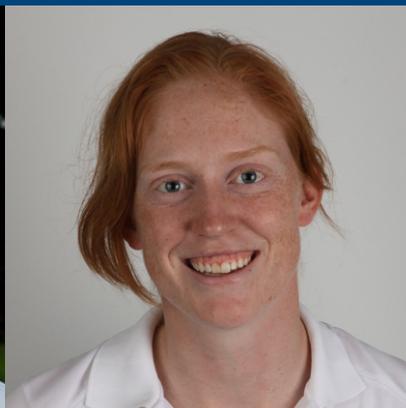


## HANNES OCIK

Germany  
Men's eight

Hannes Ocik sits in Germany's top boat, the formidable eight. Ocik has been a part of the boat since 2013 and has earned a long list of impressive results. The eight claimed silver at the 2016 Olympic Games. Since then Ocik has been part of winning every major event they have entered and along the way they set a new World Best Time. In 2018 Ocik finished second on World Rowing's Top 10 list. Follow Ocik on Instagram for his stylish rowing posts and watch as he leads his crew through the 2019 season.

“ As a rower, stamina is essential, you must never give up - on and off the course ”



## EMILY REGAN

United States  
Women's eight

Emily Regan is one of the mainstays in the flagship women's boat for the United States. Regan is ranked number one on World Rowing's Top 10 list for 2018 and has been a part of the US women's eight since 2013. Regan's list of medals includes World Championship titles in 2013 and 2015 as well as Olympic gold in 2016. The crew fought back from a 4th place finish in 2017 to claim the top of the podium again in 2018 at the World Rowing Championships. Regan is now aiming for her second Olympic gold and is one to watch in 2019.

“ My motivation is the challenge of trying to be the best rower I can possibly be and pushing the barriers of what I think I am capable of ”



## AGNIESZKA KOBUS-ZAWOJSKA

Poland, Women's quadruple sculls

Agnieszka Kobus-Zawojka first competed internationally in 2008. In recent years, she has been a part of the successful Polish women's quad. The boat burst onto the scene in 2016, finishing the year with a bronze medal at the Olympic Games. Their momentum grew from there, winning a silver medal at the 2017 World Rowing Championships. Finally, in 2018, the crew hit the top spot. They beat the Germans and the Dutch to the line in the final at the World Rowing Championships. Kobus-Zawojka leads her boat across the finish line, sitting in the skilled bow position.

“ After the World Championships in Plovdiv, there are already beautiful memories that motivate you to continue. It's for these moments it is worth working hard ”



## GRACE PRENDERGAST

New Zealand  
Women's pair

Grace Prendergast is an impressive force in women's sweep rowing. She began her international career with a bang by winning the junior women's four. As a young member of the senior team, Prendergast dominated the pair in New Zealand. In 2014 she won both the under-23 women's pair and the senior women's four and set the World Best Time in the four. In 2017, teamed up with Kerri Gowler, the pair was unbeatable, setting a new World Best Time and taking home the World Championship title. In 2018, they faced new competition from a young Canadian crew, but still managed to score silver at the World Championships. Prendergast is certainly not giving up on Olympic gold and will be back to prove it in 2019.

“ I'm motivated by seeing myself making progress on and off the water and wanting to keep improving ”



### PAUL O'DONOVAN

Ireland  
Lightweight men's double sculls



### HILLARY JANSSENS

Canada  
Women's pair



### BIRGIT SKARSTEIN

Norway  
Para PR1 women's single sculls



### MATTHIEU ANDRODIAS

France  
Men's double sculls



### MARTIN AND VALENT SINKOVIC

Croatia, Men's pair

Paul, along with his brother Gary, have risen to the top both in competition and popularity. Their fame following a silver medal at the 2016 Olympic Games – Ireland's first Olympic rowing medal – saw them create a renaissance for the sport in Ireland. In 2017, Paul claimed gold in the lightweight men's single when Gary was unable to row for health reasons. They were back together for the 2018 season and boasted some of the closest finishes we have seen in rowing. At the World Rowing Championships the duo earned their first- ever World Championship title.

“ Keep tipping away at it, don't be in any mad panic because it takes time ”

Hillary Janssens claimed the 10th spot on World Rowing's 2018 Top 10 list helped by an all-star performance in the women's pair. Janssens has only been rowing internationally since 2014, when she finished third in the under-23 women's four. In 2017, Janssens was part of the women's eight that took an impressive silver medal at the World Rowing Championships. In 2018, she teamed up with Caleigh Filmer and together the pair found unmatched speed. In their first season together, they toppled the reigning World Champions from New Zealand to take the world title.

“ The opportunity to work towards goals, push myself mentally and physically, and to have fun with like-minded people ”

Birgit Skarstein has been leading the world of women's para-rowing since the Rio 2016 Paralympic Games. The switch from 1000m to 2000m racing in 2017 suited her fitness and style and that year Skarstein set a new World Best Time and sewed up the season with a World Championship title. In 2018, it was a repeat performance with Skarstein winning every race she entered and beating her own best time at the World Championships. Skarstein splits her time between para-rowing and para cross-country skiing. She has competed at both the summer and winter Paralympics.

“ I love the fact that rowing is such an integrated sport. It's something that all sports can learn from, it really mirrors society and I think that rowing is the introduction to an ideal world! ”

Matthieu Androdias made a name for himself in 2018 by winning the World Rowing Championships in the men's double together with Hugo Bucheron. Androdias has been competing internationally since 2008. He participated in the 2012 and 2016 Olympic Games, finishing 10th and 6th respectively. But it was not until 2018 that Androdias and Bucheron really found their speed. It started when they won gold at the European Rowing Championships. That title helped spark them to win gold at the World Rowing Championships. Androdias is definitely one to watch for the 2019 season.

“ Work always pays off. That's what I have always said to myself and up until now it has worked pretty well ”

It is no surprise to see the Sinkovic brothers on this list. Following their incredible career in the men's quadruple sculls, then in the men's double sculls which culminated in Olympic gold, they have now successfully transitioned to the men's pair. In 2017, they picked up a silver medal at the World Rowing Championships, but they were not satisfied. They came back in 2018 ready to go for gold. They stood on top of the podium at the European Rowing Championships before they proved themselves on the world stage – winning the 2018 World Championship title. They will be looking to continue this winning streak through to Tokyo.

“ I admire all hard-working rowers who give all they can for their dreams ” – Martin



# 2019 World Rowing Cup series

The World Rowing Cup is an annual series of three regattas that act as a lead-up to the World Rowing Championships. Each of the three World Rowing Cups includes the 14 Olympic boat classes and a selection of International boat classes. In 2019, para-rowing events will be contested at both the second and third World Rowing Cups. The Olympic boat classes earn points based on finishing order and at the end of each stage the country with the most points is declared the winner of that World Rowing Cup regatta. At the end of the three stages, the nation with the most points is declared the overall winner of the World Rowing Cup series.

## World Rowing Cup I Plovdiv, Bulgaria

10-12 May

The first event of the 2019 season is centrally located in the historic city of Plovdiv. This regatta course most recently hosted the successful 2018 World Rowing Championships. The course is an artificial canal with a total length of 2300m. The positioning of the course was determined to precisely fit with the surrounding natural forests, offering fair and equal conditions in all lanes. The warm water conditions in Plovdiv make it an excellent venue for new World Best Times, some of which were set at the 2018 World Championships.

## World Rowing Cup II Poznan, Poland

21-23 June

The Malta Regatta course in the Polish City of Poznan is a regular host for World Rowing events, most recently welcoming the 2018 World Rowing Under 23 Championships. Set in the midst of an active leisure park, the venue often attracts a crowd of spectators lining the banks. The City of Poznan is the 5th largest city in Poland with a town centre that boasts a picturesque market square full of bar and restaurant terraces. This World Rowing Cup includes para-rowing events.

## World Rowing Cup III Rotterdam, The Netherlands

12-14 July

The Willem-Alexander Baan regatta course is named after the Dutch King and is located near the port City of Rotterdam. It is an artificial lake that was built in 2011 and it has been used for rowing regattas since 2012. Its first major competition was the European University Games in 2014 followed by them holding the largest-ever World Rowing event – the combined junior, under-23 and senior international event World Rowing Championships in 2016. Rotterdam is the second largest city in the Netherlands and Europe's largest port. It hosts many of the Netherlands' large sporting events.



# European Rowing Championships

## Lucerne, Switzerland

31 May – 2 June

The European Rowing Championships has a long history having been staged almost annually from 1893 to 1973. Reintroduced in 2007, the championships has become an essential regatta for European rowing nations. All 45 European member national federations plus Israel are eligible to compete. There are 18 boat classes (14 Olympic and four international) on the programme.

In 2019, the European Championships will head to the stunning Rotsee regatta course. The Rotsee typically hosts the third World Rowing Cup regatta, but is shifting its role for the 2019 season. A natural lake, its size and shape enable Olympic-style six-lane racing over 2000 metres and its geographical position and tree-lined banks makes it one of the fairest courses in the world. The Rotsee is a nature reserve and to maintain its natural beauty and diversity, environmental considerations play a central role in regatta organisation.



## European Rowing Junior Championships

Essen, Germany  
18-19 May

In its ninth year the European Rowing Junior Championships continues to grow. In 2019 it heads to the Lake Baldeney at the south end of Essen. It is an eight-lane east-west facing course and is equipped to international standards including enough space to train during races. The European Rowing Junior Championships regularly attracts more than 30 nations with over 450 participants.



## European Rowing Under 23 Championships

Ioannina, Greece  
7-8 September

This event is in its third year and over 400 athletes are expected to compete. A full schedule of 22 boat classes, the under-23 championships is used as a stepping-stone for European athletes aiming for their senior national team. The regatta will be the first international event to take place on the newly constructed course in Ioannina. The course meets international standard with eight-lanes and 2,280m in length.





# World Rowing Under 23 Championships

**Sarasota-Bradenton, USA**

**24-28 July**

The regatta course at Sarasota-Bradenton in Southwest Florida is situated in Nathan Benderson Park. The area was recently transformed from a shell mining area to a 2180m long manmade lake. The course was designed to match FISA racing specifications and finalised in time for the 2017 World Rowing Championships. The 600-acre park around the venue is designed as a multi-use sports venue with other water sports also using the facility.

This will be the third World Rowing regatta staged here, following the 2017 World Rowing Championships and the 2018 World Rowing Masters Regatta. Under-23 racing showcases the up-and-coming rowers aged 23 and younger who are on the path to senior racing. The under-23 regatta has been going for more than four decades and in 2005 it was upgraded to a championship event. The event offers 22 boat classes including lightweight categories.

# World Rowing Junior Championships

**Tokyo, Japan**

**7-11 August**

In the pre-Olympic year the World Rowing Junior Championships serves as a test-event for the Olympic venue. This gives these young athletes the experience of a lifetime – to race on the 2020 Olympic regatta course.

The Sea Forest Waterway is newly constructed on Tokyo's harbour. Its West and East Dam separate the rowing course from Tokyo Bay. Water gates allow the water level to remain stable throughout the competition period. The venue includes an asphalt road running the length of the course.

Rowers must be 18 years of age or under to qualify as a junior. The intense competition means that the majority of the rowers are 18 by the time they make the junior national team which means often rowers have only one change of competing as a junior. There are 14 boat classes to contest.



# World Rowing Championships

**Linz-Ottensheim, Austria**

**25 August - 1 September**



The World Rowing Championships is the pinnacle of the rowing season and always is timed for the end of the international rowing season. For 2019 it takes on an added element as the main qualification regatta for the Tokyo 2020 Olympic Games. This means the added dimension of rowers not just going after medals, but going for Olympic qualification spots. B-finals, therefore, take on a whole new meaning.

The regatta course of Linz-Ottensheim has been especially chosen for these championships. It was originally constructed on an arm of the Danube River in early 1972. In 2006, an extension was completed to convert the venue to the international standard of eight lanes. Many international events have taken place on the course, most recently the 2018 World Rowing Cup and the 2013 World Rowing Under 23 Championships.

On the eight-day world championship programme are 14 Olympic boat classes, nine para-rowing boat classes and eight international boat classes. Entries are historically high in the Olympic qualification year with more than 1,200 competitors from over 70 countries expected.

# World Rowing Masters Regatta

## Lake Velence, Hungary

11-15 September

This is truly a unique event on the World Rowing calendar. It sees former Olympians racing with and against novices. It has rowers who have just discovered the sport taking on those with decades of experience. It has a social element with friends meeting up yearly to compete with or against each other.

The regatta is huge. It regularly attracts around 4000 participants, many of whom choose to compete in a number of boat classes including across-club and mixed gender racing. To make a regatta of this magnitude work, a new race starts every three to four minutes. There are no finals, only heats, with the winning boat in each heat receiving a medal. Rowers race over 1000m and are divided into age groups starting at A (minimum age 27). In 2018, the top age categories were increased to M (minimum age 89).

Rowers race for their respective clubs with a chance of winning the Masters Regatta Club Trophy. This is awarded to the club that earns the most points at the regatta.

Lake Velence, is situated at the heart of Hungary, 50km from the capital Budapest. It is the second-largest natural lake in Hungary and boasts wonderful natural surroundings. The average lake depth is 1.5m, meaning that it is one of the warmest lakes in Europe and also indicating that there will be fast racing times.



© Detlev Seyb

# World Rowing Indoor Championships

## Long Beach, CA, USA

24 February

Indoor rowing originally was used predominantly as a training and preparation tool for on-water rowers. But in recent years indoor (or ergometer) rowing has expanded its reach throughout the sport and fitness world. It has also served to spread the sport of rowing to further reaches of the world.

Indoor rowing has thus become a sport in its own right. Fitness enthusiasts, cross-fitters and other athletes of all ages have discovered the health benefits of the indoor rowing machine. It is low-impact, versatile and provides a full-body workout.

The growth of indoor rowing has also seen the introduction of indoor rowing competitions throughout the world. In 2016, World Rowing and Concept2 launched the World Rowing Virtual Indoor Sprints – the first-ever virtual indoor rowing competition. In 2018, World Rowing and Concept2 hosted the first-ever World Rowing Indoor Championships in Alexandria, Virginia, USA. The event has continued in 2019, taking place in Long Beach, California, USA on February 24.

The World Rowing Indoor Championships is now an annual event taking place every February. Future event locations are planned to move to different parts of the world.

# World Rowing Beach Sprint Finals

Shenzhen, China

25-27 October

World Rowing welcomes this exciting new event for 2019. Beach sprints are a popular format for coastal rowing and have been included in many coastal rowing events. The race starts on the beach with athletes having to sprint to their boats, jump in, race a sprint distance around a buoy, return to the beach, jump out of their boat and sprint to the finish line.

The inaugural Beach Sprint Finals are in Shenzhen on the southern coast of China near to Hong Kong and take place just prior to the World Rowing Coastal Championships. Shenzhen has a population of 12.5 million people and has a subtropical climate. The average temperature in October is 24 degrees Celsius. Shenzhen has already hosted international marine events including the 2017 Asian Rowing Coastal Championships, 2017 National Windsurfing Championships and the 2018 Coastal Regatta.

The Dameisha International Water Sport Centre has an array of coastal boats for use and the area includes numerous hotels with a close international airport.



# World Rowing Coastal Championships

Hong Kong, China

1-3 November

Rowing is not just about flat water. The World Rowing Coastal Championships brings together the top coastal, or rough water, rowers in a regatta that is often described as the mountain biking of rowing. The discipline incorporates the fun of rowing with the excitement of riding waves, surfing and buoy turns. The boats used are designed to handle all sorts of conditions. The absence of lanes gives free reign to creative strategies and upfront duels.

The race distance can vary depending on the course, but is typically 4000m for the heats and 6000m for the finals. During the race there are 3-6 buoyed turns included. There are six boat classes for men and women: single scull (or 'solo'), double sculls and coxed quadruple sculls. In 2018 a mixed (one male, one female) double sculls was introduced bringing the total to seven boat classes.

As a championship event the World Rowing Coastals has been going for over a decade. This year marks the first time in Asia. The regatta course takes place in the centre of Hong Kong on Victoria Harbour.

# Filippi Spirit Award

**The award for university rowers, the Filippi Spirit Award encapsulates rowing's core values of fairness, teamwork, inclusiveness, timeless and natural. It recognises the achievements of the next generation of rowers.**

**The award is open to university student rowers worldwide and is given to the rower that best demonstrates the core values of rowing in his/her social, academic and sporting life.**

Filippi Boats has been involved with the award since its inception in 2013 and every year the university rowing club of the winner receives a custom-built, top-of-the-range Filippi eight racing shell. The boat recognises the winner's involvement in the club and is designed to help the club develop young rowers.

A call for nominations for the 2019 Filippi Spirit Award will open in September 2019. To qualify, the applicants must have attended university full-time in the 2019 year and row regularly for a university club.

Filippi Lido S.R.L. (also known as Filippi Boats) is a rowing racing boat manufacturer based in Donorotico, Italy. Since 1980 Filippi has produced top Olympic-class rowing boats.

For more information go to [worldrowing.com/athletes/filippi-spirit-award](http://worldrowing.com/athletes/filippi-spirit-award)

## Previous winners:

2018 Amidu Silva  
Chemical engineering student at University of Moratuwa, Sri Lanka and rowing club captain.

2017 Micheen Thornycroft  
Human kinetics and ergonomics student at Rhodes University, South Africa and Olympic rower.

2016 Nils Jakob Hoff  
Medical student at the University of Bergen, Norway and Olympic rower.

2015 Kirsten Van Fossen  
American PhD student studying engineering at the University of Cambridge, Great Britain.

2014 Franz Gravenhourst  
German national team rower and PhD student at Swiss Institute of Technology in Zurich, Switzerland.

2013 James Cook  
British student-athlete studying mechanical engineering at the University College of London



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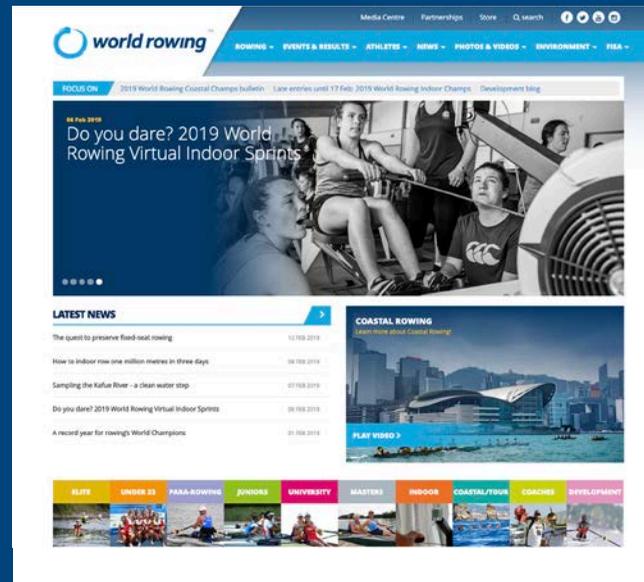


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