



OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

EVENT PROPOSAL
& EXPLANATORY HANDBOOK



OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

Logo and colours to be agreed and finalised.

Selected colours:

Ochre (#dc793a) - to represent Australia

Black (#00000) - to represent New Zealand (White as alternate)

Blue (#005288) - to represent the water, the Australian & New Zealand flags, and the Oceania region

Turquoise (#32c2b3) - to represent the water and the Oceania region



INTRODUCTION

WHAT IS IT?

A Teams competition for U22 Athletes representing their state (in the case of Australia), island (in the case of New Zealand), or country (in the case of visiting teams) to encourage collaboration, competition, and participation.

THE PURPOSE

To provide a key development opportunity for athletes, coaches, and administrators. The event is to be run purely in service of the participants with their experience being the central foundation the event is built upon.

THE HISTORY

This regatta draws on the long history of racing between Australia and New Zealand dating back to the late 1800's, the successful Youth Cup Events held between the states and New Zealand throughout the 2000s, and the more recent Trans-Tasman Regattas of the last decade.

INTRODUCTION

THE AIMS


The Oceania U22 Teams Rowing Championships will seek to:

- Encourage greater participation in the crucial 18-22 year old age bracket and keep more participants (athletes and coaches) in the sport longer.
- Create an underage development opportunity for lightweight and para athletes (which currently does not exist)
- Provide competitive racing opportunities for athletes in between Juniors and U23, and below the national representative level
- Provide participants with an opportunity to train and race in different boat types, and improve development of skill by rowing in both small and big boats
- Encourage greater collaboration within each State and with other States (learn to race and row with/against other people)
- Build relationships and racing experience with New Zealand through involvement of New Zealand North and South teams.
- Recognise individual and team successes through the awarding of a points trophy and medals (1st, 2nd, 3rd)
- Encourage more athletes to continue rowing during Winter and set themselves up for the next season
- Allow for preparation in crew boats (important for event to be appropriately spaced from Nationals)
- Provide coach development opportunities (by coaching multiple boats and athletes, and coaching through winter)

DATE & LOCATION

The proposed timeframe for the event is mid year with the first event to be held at West Lakes, South Australia on the **24th -27th of July, 2025.**

The event should be rotated among the states to ensure athletes have exposure to different venues and racing experiences, and that the travel burden is borne equally. Therefore consideration should also be given to the location of other National events where the participant group are likely to attend when considering locations for the Oceania U22 Teams Rowing Championships.



INTRODUCTION

THE FORMAT

RACING & COMPETITION

The format is similar to previous iterations of the Youth Cup and the Trans-Tasman Regattas:

Each participant body brings a team of athletes.



The team breaks down into crews and competes in three phases of events. Each phase has a heat & final to be completed on a single day.



Participants earn points for their results that go towards an overall team total, and are awarded medals for race results.



The team with the highest overall total (combining all points from mens, womens, mixed, and para races) are the winners of the Oceania U22 Teams Rowing Championship for that year.

OUTSIDE OF COMPETITION

Outside of racing there will be opportunities for additional training, development, and social events for all participants.

Teams will be able to train before or after the racing sessions (depending on conditions and course availability).

An Official Event Dinner will be held on the Saturday evening for all teams, officials, & volunteers. A suitable guest speaker should also be arranged.

An Official Zootie Exchange will be held following the final presentations as an opportunity for participants to trade kit.

While such a significant portion of the rowing community is together it would also be a good opportunity for additional functions or trainings for other groups involved. For example, a Coaches Dinner on Friday evening, or Officials Training events. These events will need to be worked through with the relevant groups.

COSTS

Below are the estimated costs per athlete.
This estimate does not include the following:

- Para athletes (as it is uncertain that each participating body would be able to fill para crews at this early stage).
- Additional Team Staff (3x Team Staff per Team are included in the equalisation/costs)
- Boat hire, trailering, or related arrangements (as these are likely to vary across participating bodies).

ITEM	NOTES	AUSTRALIAN STATES ONLY	WITH NEW ZEALAND (NORTH & SOUTH ISLAND TEAMS)
FLIGHTS	Return flights Equalised across visiting states/NZ	\$446	\$558
ACCOMMODATION	3 x Nights Accommodation	\$350	\$280
SEAT FEE		\$290	\$230
MEALS	Official Event Dinner - included in Seat Fee	\$200	\$200
UNIFORM		\$230	\$230
TRANSPORT	Vehicle Hire & Fuel	\$230	\$230
TOTAL COST PER ATHLETE		\$1746	\$1728

WHY?

FLIGHT EQUALISATION

Flights for all teams should be booked and purchased well in advance along with all other logistical costs. All flight costs associated to athletes and 3 staff/coaches (29 tickets) only from all jurisdictions are to be accumulated as early as possible and an equalised cost per athlete is then determined. This is compiled and communicated by the host State.

It is important for the long-term participation of athletes from all travelling jurisdictions that flights are equalised. This ensures a balanced distribution of flight costs, so no athlete has significantly higher costs to compete due to the location of the regatta.

Three Team Staff per participant body are included in the equalisation costs. States wishing to bring additional staffing costs will absorb those costs themselves outside of the equalisation.



OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

GOVERNANCE

GOVERNANCE & MANAGEMENT

The event will be governed and managed by the following three groups. Each group will require a scope and task list to be finalised as the next steps of the event development. A robust review process should be in place following the conclusion of each years event to consider feedback from all three groups.

GOVERNANCE GROUP

The event will be governed by the CEO's of the Australian state rowing associations on behalf of the states - this group form the OTRC Governance Group.

It may also be advisable to have a representative of New Zealand participants on this group.

The scope and tasks of this group will need to be finalised.

MANAGEMENT GROUP


The event will be managed by the OTRC Management Group. This group will be comprised of a delegate appointed by each state to assist in managing the event.

It may also be advisable to have a representative of New Zealand participants on this group.

The scope and tasks of this group will need to be finalised.

OPERATIONS GROUP

Event Operations will be managed by the Host State.



RULES & ELIGIBILITY

ELIGIBILITY

The event will be open to athletes that meet the following eligibility criteria:

AGE

must have reached the age of 18 as at the first day of competition
must be 21 as at the 31st of December in the year of competition

Para athletes are exempt from the maximum age.

DOMICILE & REPRESENTATION

For athletes representing Australian States & Territories:

Athletes shall meet the representation requirements of rule 17.3 of the Rowing Australia with the 'Youth Rower' requirements of rule 17.3.2.1.2 applying to all athletes competing in the OTRC.

For athletes representing New Zealand North and South Islands:

A set of domicile & representation guidelines should be formulated in consultation with these bodies for use at the OTRC.

For athletes representing visiting countries:

A set of representation guideline should be formulated for visiting countries.

RULES

The remainder of the document outlines proposed structures, exceptions, & particulars specific to this event. These are likely to differ from any current rule set in place and will require an official set of rules to be adopted for this event. However the actual conduct of racing should not vary significantly from the Rowing Australia rules already in place.





OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

COMPETITION STRUCTURE

TEAM

EACH PARTICIPANT BODY
BRINGS A TEAM OF **28**



**ATHLETES PER
13 GENDER**
+ 2 x COXSWAINS

THE TEAM IS COMPRISED OF:

WOMEN

2 X LIGHTWEIGHTS
10 X HEAVYWEIGHTS
1 X PARA ATHLETE

MEN

2 X LIGHTWEIGHTS
10 X HEAVYWEIGHTS
1 X PARA ATHLETE

+

2 X COXSWAINS OF EITHER GENDER

+

COACHES | TEAM MANAGER | TEAM STAFF AS REQUIRED

TEAM

Reserves

There are no reserves. Each state brings a team, all members of that team are full participants that will earn points and contribute to their teams total.

Incomplete Teams

If a team is unable or unwilling to fill a boat class they do not have to - they will miss out on points in that event for their team tally (and the event will be worth slightly less points - see POINTS SYSTEM).

Composite Crews

If a team suffers an injury during the event or in the immediate lead-up to the event (exact timeframe to be determined in Event Rules) they should be permitted to form composite crews with other teams in similar circumstances subject to the approval of the Management Group (or whichever organisational group has jurisdiction over this issue).

Para athletes should also be permitted to form Composite Crews where required to facilitate the Mix2x and Mix4x/4-.

If a composite crew is permitted to compete the athletes in that crew should earn points for their team tally on a pro-rata basis.

Coxswains

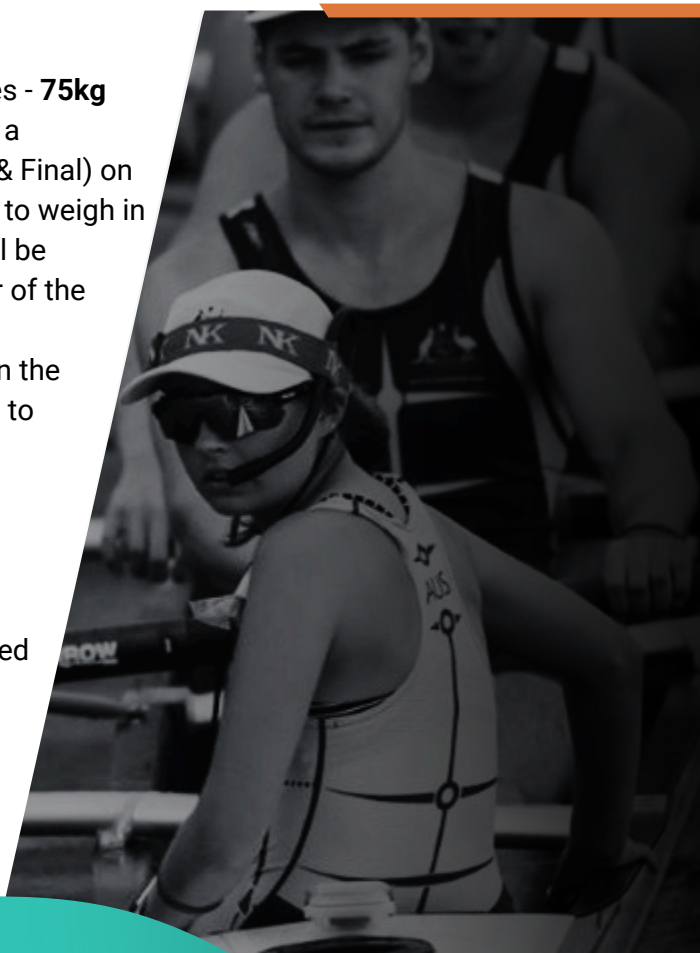
Any coxswain can cox male or female crews.

Lightweights

Off season weight limits shall apply to all lightweight athletes - **75kg for men and 62kg for women**. The only event designated as a Lightweight event will be the Lightweight Single Scull (Heat & Final) on Friday. This means lightweight athletes will only be required to weigh in once and following the conclusion of the LW Single Scull will be absorbed back into the teams athlete pool for the remainder of the regatta. Any lightweight unable to make weight at the time of weigh in should be, where lanes allow, permitted to race in the heavyweight single scull as an invitational entry progressing to the lowest final.

Para Athletes

At this early stage of the event para athletes do not need to conform to any particular category. Once states have finalised their para selections the Management Group (or whichever organisational group has jurisdiction over this issue) should meet and discuss the best way to provide a meaningful racing experience to those athletes.



EVENTS

THE EVENTS ARE BROKEN INTO PHASES

PHASE 1 FRIDAY

SINGLE SCULLS
(LW/HW/PARA)

PAIRS

DOUBLE SCULLS

PHASE 2 SATURDAY

COXLESS QUAD SCULLS

COXLESS FOURS

**PARA MIXED DOUBLE
SCULL**

PHASE 3 SUNDAY

EIGHTS
(MENS/WOMENS/
MIXED)

**PARA MIXED BIG
BOAT**

Athletes may only compete in one event per phase.

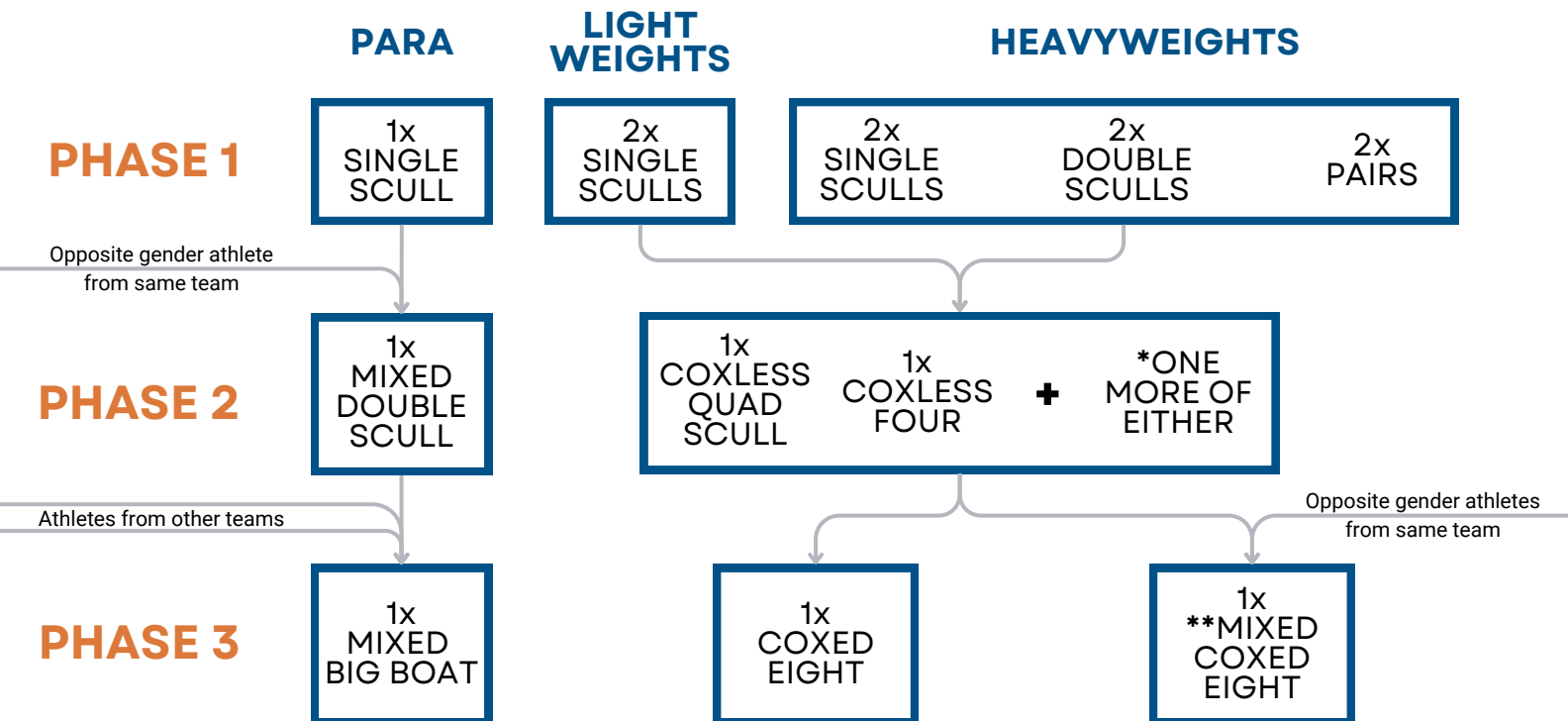
Each event has a heat (or preliminary/race for lanes) and a final to be completed on the same day.

Teams must submit the boat classes they intend to fill prior to the event start but are not required to finalise the crew members until the day of competition - this will allow teams to manage selections, performance, injuries as they go.

There may need to be some flexibility around the para events - it is acknowledged that this selection or progression of para events may not be ideal and that filling combined or mixed crews may be dependent on the varying ability levels of the selected athletes.

EVENTS

EACH TEAM FILLS THE FOLLOWING EVENTS & BOAT CLASSES



*Each team must fill **ONE** Quad Scull **AND** **ONE** Coxless Four before being able to make a second entry into either event.

**This is to be filled by the 4 athletes in each gender not selected for their states mens/womens coxed eight. It may be preferable for this event to be held over 1000m (to be confirmed).

The composition of Para crews/events may need to vary.

WHY?

This combination of events will allow all athletes to compete in 3 events each and to be involved across all phases.

Allowing teams to choose either a 4x/4- for their 3rd entry into Phase 2 will allow teams some flexibility to cater to their strengths (either sweep or sculling) and increase the likely entries in each category from 9 (which will make a more competitive field and a larger B Final).

The Mixed 8+ will provide participants not selected into the Mens/Womens Eights an opportunity to compete and contribute in an Eight.



**OCEANIA U22 TEAMS ROWING
CHAMPIONSHIPS**

**ENTRIES, DRAWS, &
POINTS**

ENTRIES

The likely maximum entries in the event of all states attending, or all states and New Zealand (N+S) attending, are as follows.

EVENT		WITH AUSTRALIAN TEAMS ONLY			WITH NEW ZEALAND (NORTH & SOUTH TEAMS)		
		MEN	WOMEN	MIXED	MEN	WOMEN	MIXED
P H A S E 1	LW1x	14	14		18	18	
	HW1x	14	14		18	18	
	P1x	7	7		9	9	
	2x	14	14		18	18	
	2-	14	14		18	18	
P H A S E 2	P2x			7			9
	4x	7 - 11	7 - 11		9 - 14	9 - 14	
	4-	7 - 11	7 - 11		9 - 14	9 - 14	
P H A S E 3	PMix4x/4-			3			4
	8+	7	7	7	9	9	9

DRAW & PROGRESSION STRUCTURE

The following draw and progression structure is based on the likely maximum entries and tries to minimise occasions where finals will only have a small number of crews. It is based on an 8 lane course but could easily be adapted for a 7 lane course.

Entries	Heats	Finals	Progression
0 - 7	Race for lanes	Final	All -> FINAL
8 - 14*	2x Heats	A Final (6) B Final	1,2,3 -> A Final Rest -> B Final
15 - 18	3x Heats	A Final (6) B Final (6) C Final	1,2 -> A Final 3,4 -> B Final Rest -> C Final
18+**	Time Trial	A Final (6) B Final (6) C Final D Final	TT Finishers 1-6 -> A Final TT Finishers 7-12 -> B Final TT Finishers 13-18 -> C Final Remainder -> D Final

*On a 7 Lane course with 14 entries this could be 1,2,3 + Fastest 4th Place -> A Final, Rest -> B Final to create 2 x 7 Lane Finals, OR utilise 15-18 progression and have a 2 crew C Final.

**If entries were to surpass 18 (with addition of visiting countries) the fairest way would be to extend the progression to an additional round (i.e Reps or Semis) but this would require an additional session of racing. Another option is to convert the Heats into a Time Trial for positions in the Finals (1-6 Fastest -> A Final, 7-12 Fastest -> B Final, etc)

The minimum number of participants in the lowest final should always be 2. If required, the progression can be altered to either: allow the next slowest qualifier from the heats to be placed into the lowest final to meet the 2 crew requirement OR, where lanes permit, have the lone entry moved into the final above.

WHY?

A 6 lane A Final is preferable as it will allow for the addition of a crew should unforeseen circumstances arise (i.e. a dead heat, or a protest resulting in the elevation of a crew), and allow some lanes to be available should conditions require a shuffling of lanes in use.

The progression system aims to limit the potential for B Finals with 2 crews or less - these do not create a good participant experience.

DRAW & PROGRESSION STRUCTURE

Where teams enter multiple crews the entries must be ranked, heats will have an equal (or as close to equal as possible) distribution of crew ranks.

Any composite crew would attract a #1 ranking.

For example, in an event with 18 entries where there are 9 crews **ranked #1** and 9 crews **ranked #2** the distribution into heats would be as follows:

Heat 1	Heat 2	Heat 3
#1	#1	#1
#1	#1	#1
#1	#1	#1
#2	#2	#2
#2	#2	#2
#2	#2	#2

OR

in an event with 12 entries where there are 7 crews **ranked #1** and 5 crews **ranked #2** the distribution into heats would be as follows:

Heat 1	Heat 2
#1	#1
#1	#1
#1	#1
#1	#2
#2	#2
#2	#2

WHY?

Given the limited progression system this would ensure teams #1 ranked crews would not all end up in the same heat and potentially preclude the progression of the fastest crews to the top finals.

POINTS SYSTEM

1 point for competing + 1 point for every place gained (based on entries at Final Start List for Event Heats)

With following multipliers in place:

Phase 1 events = x1 | Phase 2 events = x4 | Phase 3 events = x8

Where a race for lanes is required 1/3 of total event points to be awarded based on placings in the race for lanes, with the remainder being awarded based on results of the final (to be confirmed).

Points to be awarded pro-rata where composite crews have been permitted to compete.

Mix8+ to be worth Phase 2 points (could also be run over 1000m - to be confirmed).

ENTRIES	PLACING																	
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th
18	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1
17	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1	
16	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1		
15	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1			
14	14	13	12	11	10	9	8	7	6	5	4	3	2	1				
13	13	12	11	10	9	8	7	6	5	4	3	2	1					
12	12	11	10	9	8	7	6	5	4	3	2	1						
11	11	10	9	8	7	6	5	4	3	2	1							
10	10	9	8	7	6	5	4	3	2	1								
9	9	8	7	6	5	4	3	2	1									
8	8	7	6	5	4	3	2	1										
7	7	6	5	4	3	2	1											

points allocation continued to as few entries as required

WHY?

This points system means each athlete is racing for points and contributing to their team total regardless of what Final they are in or what finish position they end up in.

The multiplier is designed to account for the diminishing maximum entries as the size of the boats increase. For example in the Phase 1 events there will be up to 72 entries across the 4 boat classes, 27 in the Phase 2 events, and 9 in the Phase 3 events (plus the Mixed 8+)

Awarding 1/3 of the points where a race for lanes is required adds some importance to a race that can be a bit of a procession and ensures that every event held will be important to a teams final score (to be confirmed).

Reasonable to expect some composite crews would be required in certain circumstances. Pro-rata points for composite crews acknowledges the effort and contribution of the athlete regardless of their situation.

Desirable for teams to put their best athletes into the Mens/Womens 8+ races, therefore slightly less points available for the Mixed 8+ to encourage desired entry practices.

POINTS SYSTEM & EXAMPLES

Phase 1 Points based on maximum entries.

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th	15th	16th	17th	18th
x1	18	17	16	15	14	13	12	11	10	9	8	7	6	5	4	3	2	1

Phase 2 Points based on maximum entries (Multiplier x4)

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th	13th	14th
x4	56	52	48	44	40	36	32	28	24	20	16	12	8	4
If maximum entries equal 10					1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th

(This phase will have the most variability in entries and maximum could be 10 or fewer - this scenario is indicated above)

Phase 3 Points based on maximum entries (Multiplier x8)

	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
x8	72	64	56	48	40	32	24	16	8

Below is an example indicating the **maximum points** one gender within a team would be able to accrue. This example does not include para results, mixed crew results, assumes there are full fields in phase 1 events, and an even split of crews in phase 2 events.

	LW1x	1x	2x	2-	4x (10 entries total)	4- (11 entries total)	8+	TOTAL
Entry #1	1st = 18pts	1st = 18pts	1st = 18pts	1st = 18pts	1st = 40pts	1st = 44pts	1st = 72pts	336
Entry #2	2nd = 17pts	2nd = 17pts	2nd = 17pts	2nd = 17pts		2nd = 40pts		
Total	35	35	35	35	40	84	72	
Phase Total	140				124		72	

POINTS SYSTEM & EXAMPLES

Below are some examples of the points system with hypothetical results for one gender within the team. These examples do not include para results, mixed crew results, assumes there are full fields in phase 1 events, and an even split of crews in phase 2 events.

EXAMPLE 1								
with majority of crews finishing middle/back of each field								
	LW1x	1x	2x	2-	4x (10 entries total)	4- (11 entries total)	8+	TOTAL
Entry #1	4th = 15pts	2nd = 17pts	5th = 14pts	12th = 7pts	5th = 24pts	5th = 28pts	7th = 24pts	178
Entry #2	9th = 10pts	14th = 5pts	6th = 13pts	18th = 1pt		7th = 20pts		
Event Total	25	22	27	8	24	48	24	
Phase Total	82				72		24	
After Day 1	82							
After Day 2	154							
After Day 3	178							

EXAMPLE 2								
with majority of crews finishing middle of each field								
	LW1x	1x	2x	2-	4x (10 entries total)	4- (11 entries total)	8+	TOTAL
Entry #1	2nd = 17pts	7th = 12pts	3rd = 17pts	4th = 16pts	6th = 20pts	3rd = 36pts	4th = 48pts	222
Entry #2	3rd = 16pts	12th = 7pts	9th = 10pts	8th = 11pts		9th = 12pts		
Total	33	19	27	27	20	48	48	
Phase Total	106				68		48	
After Day 1	106							
After Day 2	174							
After Day 3	222							

EXAMPLE 3								
with majority of crews finishing middle/top of each field								
	LW1x	1x	2x	2-	4x (10 entries total)	4- (11 entries total)	8+	TOTAL
Entry #1	1st = 18pts	3rd = 16pts	2nd = 17pts	3rd = 16pts	2nd = 36pts	1st = 44pts	2nd = 64pts	295
Entry #2	5th = 14pts	9th = 10pts	4th = 15pts	6th = 13pts		4th = 32pts		
Total	32	26	32	29	36	76	64	
Phase Total	119				112		64	
After Day 1	119							
After Day 2	231							
After Day 3	295							



OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

EVENT SCHEDULE



SCHEDULE

THURSDAY

BUMP IN & TRAINING DAY

Teams arrive throughout Wednesday and Thursday, with all Teams due on site by 3:00pm Thursday.

6:30am - COURSE OPENS FOR TRAINING

3:00pm - TEAM MANAGERS MEETING

4:00pm - FULL TEAM MEETING

5:30pm - COURSE CLOSES FOR TRAINING

SCHEDULE

FRIDAY

PHASE 1 EVENTS

MORNING SESSION

Course open for training
6:30am - 8:30am

PHASE 1 - HEATS

9:00	LM1x	H1
05		H2
10		H3
15	LW1x	H1
20		H2
25		H3
30	M1x	H1
35		H2
40		H3
45	W1x	H1
50		H2
55		H3
10:00	M2-	H1
05		H2
10		H3
15	W2-	H1
20		H2
25		H3
30	M2x	H1
35		H2
40		H3
45	W2x	H1
50		H2
55		H3
11:00	PM1x	P
05		
10	PW1x	P

AFTERNOON SESSION

PHASE 1 - FINALS

12:20	LM1x	C Final
25		B Final
30	LW1x	C Final
35		B Final
40	M1x	C Final
45		B Final
50	W1x	C Final
55		B Final
1:00	M2-	C Final
05		B Final
10	W2-	C Final
15		B Final
20	M2x	C Final
25		B Final
30	W2x	C Final
35		B Final
40		
45	PM1x	A Final
50		
55	PW1x	A Final
2:00		
6	LM1x	A Final
12	LW1x	A Final
18	M1x	A Final
24	W1x	A Final
30	M2-	A Final
36	W2-	A Final
42	M2x	A Final
48	W2x	A Final

3:00pm - 3:15pm
MEDAL PRESENTATIONS

Course open for training
3:30pm - 5:30pm

SCHEDULE

SATURDAY

PHASE 2 EVENTS

MORNING SESSION

Course open for training
7:00am - 9:00am

PHASE 2 - HEATS

9:30	PMix2x	P
35		
40	M4x	H1
48		H2
54	W4x	H1
10:02		H2
10	M4-	H1
18		H2
26	W4-	H1
34		H2

Course open for training
11:00am - 12:30pm

AFTERNOON SESSION

PHASE 2 - FINALS

1:00	M4x	B Final
08	W4x	B Final
16	M4-	B Final
24	W4-	B Final
32		
40	PMix2x	A Final
50	M4x	A Final
2:00	W4x	A Final
10	M4-	A Final
20	W4-	A Final

2:35pm - 2:45pm
MEDAL PRESENTATIONS

Course open for training
3:00pm - 5:30pm

OFFICIAL OTRC DINNER
6:30pm - 9:00pm

SCHEDULE

SUNDAY

PHASE 3 EVENTS

Course open for training
7:00am - 9:00am

PHASE 3 - HEATS

9:30	M8+	H1
38		H2
46	W8+	H1
54		H2

PHASE 3 - FINALS

11:00	PMix4x/4-	Final
10	Mix8+*	Final
12:30	M8+	B Final
40	W8+	B Final
50	M8+	A Final
1:00	W8+	A Final

*Mix8+ should be timed to make it possible to utilise either the W8+ or M8+ (& coxswain) so an extra 8+ is not required to be transported for the event. With 8 or fewer entries this could be a random draw straight final. If a heat->final is preferred these should both take place in between the Heats & Finals of the Phase 3 events (particularly if the event is to be 1000m)

1:15 - 1:30
MEDAL PRESENTATIONS & OVERALL
WINNER PRESENTATION

1:30 - 1:45
OFFICIAL ZOOTIE EXCHANGE

From 2:00pm Teams Depart and
travel home.



DRAFT TEAM SCHEDULE

Below is a draft Trip Schedule for teams arriving on Thursday.
Some Teams may wish to arrive Wednesday and utilise an extra training day.

	Thursday	Friday	Saturday	Sunday	
6:00am	TEAMS TRAVEL FROM HOME STATES				6:00am
7:00am		BREAKFAST (Team)	BREAKFAST (Team)	BREAKFAST (Team)	7:00am
8:00am		Course Open for Training	Course Open for Training	Course Open for Training	8:00am
9:00am		RACING Phase 1 - HEATS	RACING Phase 2 - HEATS	RACING Phase 3 - HEATS	9:00am
10:00am					10:00am
11:00am			Course Open for Training	Pack up & load boats LUNCH (Team)	11:00am
12:00pm	LUNCH (Team)	LUNCH (Team)	LUNCH (Team)	RACING Phase 3 - FINALS	12:00pm
1:00pm	RIG BOATS & TRAINING (Team Managers Meeting @ 3:00pm)	RACING Phase 1 - FINALS	RACING Phase 2 - FINALS	Final Presentations & Zootie Exchange	1:00pm
2:00pm				Pack up & load boats	2:00pm
3:00pm					3:00pm
4:00pm	ALL TEAMS MEETING	Course Open for Training	Course Open for Training	TEAMS TRAVEL BACK TO HOME STATES	4:00pm
5:00pm			Depart Venue		5:00pm
6:00pm	Depart Venue DINNER (Team)	Depart Venue DINNER (Team)	OFFICIAL EVENT DINNER (ALL TEAMS)		6:00pm



OCEANIA U22 TEAMS ROWING CHAMPIONSHIPS

