



JÖNKÖPING 2019

EUROPEAN UNIVERSITIES
ROWING CHAMPIONSHIP



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EUROPEAN UNIVERSITIES ROWING CHAMPIONSHIP TECHNICAL HANDBOOK

4-7 September 2019

Jönköping





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ROWING CHAMPIONSHIP



11th European Universities Rowing Championships

4-7 September 2019 on Lake Munksjön in Jönköping, Sweden

Organizer: European University Sports Association (EUSA)

Hosts:

- Jönköping University
- Jonkoping University Rowing Association
- Destination Jönköping
- Jönköping and Huskvarna Rowing Clubs

Partner:

- Swedish University Sports Federation (SAIF)
- Swedish Rowing Federation
- City of Jönköping

Sponsors:

- Gold
 - Svenska Spel
- Silver
 - Concept AB
 - Invid AB
 - ITAB
 - Jönköping Energi AB
 - Södra Munksjön Utvecklings AB
 - WEROW UK
- Bronze
 - Lindströms Bil AB
 - Pålssons Bygg i Huskvarna AB
 - Staples-solutions A
 - Rowshop
 - Dina Försäkringar AB

 **Website:** www.rowing2019.eusa.eu

 **E-mail:** rowing2019@eusa.eu

 **Facebook:** [@eusarowing](https://www.facebook.com/eusarowing)

 **Instagram:** [@eusarowing](https://www.instagram.com/eusarowing)

 **Twitter:** [@eusarowing](https://twitter.com/eusarowing)

Follow the action live via our Facebook account and on EUSA Result!

Available on the [event website](#).

I. Welcome Messages



1.1. Message from EUSA President

Dear Friends,

I am happy to greet you at the 11th European Universities Rowing Championship in Jönköping, Sweden!

On behalf of the whole EUSA community, I would like to express my gratitude for inviting European student-athletes here. It's a wonderful occasion to be together and experience the beauty of sport. I am pleased to see so

many sport lovers, who share values of fair play, equal opportunities and education, promoted by EUSA.

European Universities Championships 2019 organized in 23 sports make it possible for student-athletes to get to know each other and challenge their skills in a friendly atmosphere. During such events we do more than just sport – we broaden our horizons, get to know other cultures, we promote healthy mind in a healthy body.

Being an organizer of such an event is challenging but rewarding. I know it's a hard task, and I want to express my appreciation to the Organizing Committee and its partners for the great job they have done. And of course, my gratitude to the authorities for their auspices of this event.

I believe that this Championship will bring the participants positive experiences and good results. I am sure that the athletes will compete in a fair play manner, respecting the rules and their opponents and please the spectators with their performance.

I hope you will enjoy your stay, your achievements and your time spent in Jönköping!

Good luck!

Adam Roczek
EUSA President

1.2 Message from NUSA President

Dear Student Rowers!

The Swedish University Sports Federation is happy and proud to welcome you to Sweden and Jönköping. The city of Jönköping is situated in the southern end of Sweden's second largest lake, Vattern, in the province of Småland.

We can assure you that the EUSA Rowing 2019 Championship is organized on highest standards and in a manner that ensures your best performance. May these days in Jönköping also inspire you and give you all experience for upcoming races in the future. And you might also be aware of the strong rowing tradition of Sweden, not only as a host for world class rowing events, but also with success in the youth Olympics winning silver medal 2018 (Elin Lindroth).



For more than hundred years, the Swedish University Sports Federation has been promoting a balance between body and mind. Since the beginning, the local university sports clubs (today 105 of them) have promoted sports activities, both at the amateur level and the elite level. Sweden take part in the international university sports family by participating in Universiades and many of the University Championships. Excellence in body and mind also means for us that we strive to make it possible for the most talented student to combine elite sports and academic studies in Sweden. Our Federation has taken an active part in setting up the national model for dual careers in Sweden.

Our Federation regularly hosts World and European University Championships in various disciplines. We will continue to bid for new events within the university sports family.

May this competition not only enable you to give your best on the water but also let you make new friends from all over Europe and by that, strengthen our global university sports network! We, the Swedish University Sports Federation, wish you memorable days in Jönköping!

Sture Espwall

Swedish University Sports Federation President



1.3 Message from EUSA Technical Delegate



Dear Competitors and Guests,

I would like to welcome you to the 2019 European Universities Rowing Championships in Jönköping.

Rowing has a prominent Olympic history, and university rowing has played a key part in producing our sports finest athletes, both historically, and today.

It is training and competing at university clubs that has provided the stepping-stone and pathway from club to world class rowers.

I believe this regatta is just such a stepping-stone. The European Universities Championships has grown in recent years, whether standalone or as part of the EUSA Games.

In Jönköping, a thriving university town, this year is all about the athletes. Our rowers will get a chance to compete centre stage on a rowing course right in the centre of the city.

All facilities are within walking distance or a very short drive, so you will easily be able to compete, watch your teammates race, and make new friends. I trust these championships will form a lasting memory in your rowing career, and a great start to the autumn racing season.

Best of luck on the water.

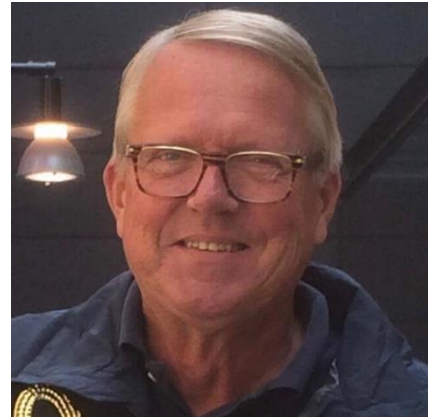
Luka Grubor
EUSA Technical Delegate

1.4 Message from OC Project Leader

The Organizing committee welcomes teams and visitors to Jönköping and EUC Rowing 2019.

It's an honour and privilege to host the biggest competition ever in EUSA history.

Our motto for the event is "catch the feeling". That motto is not only valid for the rower when putting the oar blade in to the water but also for all of us organizers, coaches, officials and athletes when having the opportunity to come together and get to know each other.



You will meet a unique venue in the city centre with the finish line just in front of several restaurants and café's in the heart of the city. You will be hosted by Jönköping University, with the largest number of foreign students in Sweden, hence you will probably meet students from your country during the stay.

The organizing committee have put a lot of effort in creating the best possible conditions for a great event. All participants are responsible to reach that goal.

Welcome to Jönköping to Catch the feeling!

Mats Almlöw

*President of Swedish Rowing Federation
Project Leader EUC Rowing 2019*



Local Organizing Committee

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Chair of the national rowing federation
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Rowing- competition
Jönköping University Rowing Club
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II. General info about Rowing

1. Rowing in Host Country

The club, Jönköping Rowing club, is the oldest club in Småland and one of the oldest rowing clubs in Sweden. Huskvarna Rowing club, established 1912, is also part of the OC. Jönköping and lake Munksjön is the training center for the national rowing team.

Sandagymnasiet, a sport-specific high school in Jönköping, is the special school for juniors that want to combine studies with rowing. Jönköping University is one of the universities in Sweden that has a special plan for studies for athletes that want to combine their studies with training, called dual career.

In Sweden there are about 5,000 members in 60 clubs actively rowing. Due to the climate in Sweden these clubs are mostly located in the southern part of the country.

2. About Swedish University Sports Federation

Swedish University Sports Federation develop, coordinate and represent Swedish university sports through competitions, education and impact work nationally and internationally. University sport in Sweden offers all students to exercise at their ambition level with the aim to create a community of joy and friendship. At present the federation has more than 55 000 members, associated in more than 100 clubs.

Swedish University Sports Federation is a member of the Swedish Sport Confederation. In 2013, the federation celebrated 100 years anniversary - as the obvious choice for students as athletes. Swedish University Sports Federation arranges several national university championships every year, which is determined in various sports and is aimed for athletes on all levels.

During the fall of 2018 and spring 2019, Swedish national university championships will be settled in American indoor football, floorball, futsal, ice hockey, horse riding, rowing and volleyball. Education and projects to inspire more students to be physically active is also a main function of the federation.

3. EUSA

“The European University Sports Association (EUSA) is an umbrella organization that comprises National University Sports Associations (NUSA) from 46 European countries, providing sporting activities, educational events, and expertise in policy making and programming. The organization is well known within the sector as a safe and strong voice for University sports in Europe, promoting fair play values, and supporting their membership by partnering with European Sports Federations and lobbying within the European Union, the



Council of Europe and other institutions for funding to improve the provision of sport. EUSA is a proud and active associated member of the International University Sports Federation (FISU) and works with other Continental University Sports Federations (CUSF)."

EUSA ACTIVITIES

SPORT EVENTS

European Universities Games

European Universities Games (EUG) is a multi-sport university sports competition governed by the European University Sports Association (EUSA). Participants in these events are European university teams and individuals.

The Games are organised on a biannual basis, starting with 2012, with the latest European Universities Games taking place in Coimbra, Portugal in 2018. The Games as such represent the largest European multisport student event.



European Universities Championships

European Universities Championships (EUC) are university sports competitions governed by the European University Sports Association (EUSA). Participants in these events are European university teams and individuals.



The championships have been organised annually since 2001, starting with two sports. EUSA sports programme as continued to grow, and currently the championships are organised with 23 sports taking place across Europe.

Cups, Patronage, Joint Events

EUSA Cups may be awarded to those sport events that are yet to be considered to be put on the list of sports for the European Universities Championships.

EUSA may grant its patronage to already established university sport events in Europe, helping to promote them through its networks.



EDUCATIONAL EVENTS

Conferences, Conventions & Seminars

As well as our General Assembly, EUSA supports and encourages educational activities in the field of student sport. These are mainly realised by the two events organised by EUSA: EUSA Seminars and EUSA Conventions.

EUSA General Assembly - the official meeting of the EUSA members and at the same time represents the highest authority and governing body of the organisation.

EUSA Seminars - organised biannually, and usually accompany the General Assemblies and focus on subjects which are of interest for the member organisations.

EUSA Conventions - organised annually as a training programme for the organisers of the European Universities Championships and European Universities Games.

PROJECTS

EUSA Projects & Partnership Projects

Apart from the Sports Competitions and other Educational Events, the European University Sports Association also runs independent projects, together with other partners. EUSA is currently engaged with a number of projects in the fields of Gender Equality, Dual Careers, Active lifestyle, Volunteering and more.

4. EUSA Rowing

The European Universities Rowing Championship 2017 took place in Subotica, Serbia. In the most prestigious category, the Eights, was conquered by the Oxford Brooks University (GBR) who took gold in the women's category, reconfirming themselves in first position, and repeating their success from the European Universities Games in 2016, winning against the University of Zurich (SUI). In the men's competition, the Oxford Brooks University (GBR) were once again in fine form, also gaining the gold medal, defeating the Delft University of Technology (NED).



At European Universities Games 2018 in Coimbra, the Imperial College London (GBR) took gold in the Eights in men's competition while University of Bristol (GBR) won the women's competition.



5. EUC 2019 Programme

Sport	Location	Official dates
Rugby 7s	Orleans, France	June 12-15
Golf	Antequera, Spain	June 23-27
Badminton	Lodz, Poland	June 23-29
Handball	Bydgoszcz, Poland	July 4-10
Table Tennis	Camerino, Italy	July 15-20
Futsal	Braga, Portugal	July 15-23
Sport Climbing	Katowice, Poland	July 17-20
Basketball	Poznan, Poland	July 20-27
Football	Madrid, Spain	July 20-27
Beach Volleyball	Koper, Slovenia	July 21-26
Water Polo		July 21-27
Tennis	Podgorica, Montenegro	July 21-27
Orienteering	Olomouc, Czech Republic	July 24-27
EUSA-EHF Beach Handball	Zagreb, Croatia	July 24-27
Mind Sports: Bridge Chess	Budapest, Hungary	July 24-28
Volleyball	Lodz, Poland	July 26-August 2
3x3 Basketball	Porto, Portugal	July 31-August 3
Combat Sports: Judo Karate Kickboxing Taekwondo	Zagreb, Croatia	July 31-August 3
Rowing	Jönköping, Sweden	September 4-7

6. Schedule of the event

Time	Event	Location
3 September - Tuesday		
	Team Arrivals	Campus Arena
	Accreditation	Campus Arena
14:00 – 17:00	Training	Lake Munksjön
4 September - Wednesday		
	Team Arrivals	Campus Arena
	Accreditation	Campus Arena
08:00 – 18:00	Training	Lake Munksjön
16:00	General Technical Meeting	Forum Humanum
19:00	Opening Ceremony	Lilljsöplan
5 September, Thursday		
07:00	Weigh-in	Rowing Club
09:00 – 16:00	Competition	Lake Munksjön
17:00	Coaches' Meeting	Forum Humanum
19:30	Welcome Reception	El Gordo
6 September, Friday		
07:00	Weigh-in	Rowing Club
09:00 – 16:30	Competition	Lake Munksjön
17:00	Coaches' Meeting	Forum Humanum
7 September, Saturday		
07:00	Weigh-in	Rowing Club
09:00 – 17:00	Finals & Awards Ceremony	Lake Munksjön & Lilljsöplan
19:00	Closing Ceremony	Campus Arena
22:30	Farewell Party	Akademien
8 September, Sunday		
	Departures	

The above timetable may be subject to corrections depending on the weather and unforeseen events. Training may be cancelled in case of extreme weather conditions.



General Technical Meeting

The General Technical Meeting (GTM) will be held on Wednesday, 4 September at 16:00 at Forum Humanum lecture room at Jönköping University, within Health & Welfare building (in Swedish: Hälsohögskolan) on the ground floor (in Sweden it is the first floor). A minimum of one representative per each team must attend the meeting.

Opening Ceremony

The opening ceremony will be held on Wednesday, 4 September at 19:00 at Lilljsöplan, the square situated next to El Gordo restaurant. Team uniform or team tracksuits to be worn and attendance is mandatory for all participating teams. Please report to the tent by Lilljsöplan by 18:30.

Awards Ceremony

Awarding ceremony for each competition will be held on Saturday, 7 September after each final race at Lilljsöplan, the square situated next to El Gordo restaurant. Medallists must attend wearing their race uniform.

Closing Ceremony

The closing ceremony will be held on Saturday, 7 September at 19:00 at Campus Arena – it will be a sit-down gala dinner. All participants are expected to take part, wearing their team kits (if applicable).

Farewell Party

A farewell party will be held on Saturday, 7 September at 19:30 following the closing ceremony at Akademien - Jönköping University's student club. Let's celebrate the new European Universities Champions together – please make sure to wear your accreditation cards here as well.

7. Rowing Competition

Luka Grubor, TD EUSA

Kenneth Alfelt, OC Representative

Paul Buckley, CTC (Venue)

Magnus Ekros, CTC (Secretariat)

Maria Fredriksson, CTC (Umpires)

Joachim Brischewski Secretary General Swedish Rowing Federation

III. Competition Venues and Services

1. Competition and Training Venues



Jönköping Rowing Club (in Swedish: Jönköpings Roddsällskap) Klubbusgatan 7, Jönköping, 553 03

The length of the course from starting line to finish line is 1810 meters. There is a long history of rowing races on this lake with the club being established in 1884. More recently there has been large regattas every year of which the Baltic Cup in 2015 and the Swedish championships in 2017 were the most prominent.

Start:

- Held starts via starting pontoons
- Behind the starting line there isn't room for boats as the shoreline is close. The starting tower is located on land.
- To guarantee finest conditions, there will be a warm-up and cool-down area beside the course. Furthermore, the lake will be closed for any other activities during the event.

Finish:

- At the finish line there is maximum 95 meters stopping area (55 meters at the shortest point) – this is due to a scow boardwalk.
- It should be noted that there is a pier that sticks out in the middle of this boardwalk which creates a stopping distance of about 55 meters for one of the lanes.

Lanes:

- The course has 6 lanes. (It consists of 8 lanes, however lane 3 and 6 are what is called 'false' lanes as there is a bridge that has pylons in those 2 lanes, hence the course has a total of 6 lanes)
 - It can be noted that this bridge was built to facilitate for this rowing course and for that reason the symmetry and width of the lanes are very good.
 - The bridge acts as a great spectator podium and is an exciting rowing course to row on as the rowers get a clear landmark indicating 250m left to the finish line.
-



- All lanes are 14.2m wide including the 'false' lanes.
- The wires that go past the pylons of the bridge have a clearance of 2 meters.
- There are large buoys placed in the 'false' lanes in front of the bridge to avoid the risk of a rower being in that lane.

There hasn't been any problems with the false lanes and the presence of the bridge during regattas. It has been a feature for both rowers and spectators.

System:

- The rowing course uses the 'albano system'.
- There is a pontoon area at the finish line for medal presentations.
- Finish line officials facility area is located in a wagon by the finish line.
- Beside the finish line wagon there is a regatta office in a temporary location.

Jönköpings Rowing Club area facilitates for:

- Boat storage
- Pontoons for getting boats in and out of the water
- Speed boats for umpires parking area and refuelling
- Meeting areas for crews and umpires
- Toilets
- Warming up and recovery gym
- Room with umpire for weigh in for lightweight rowers

1.1 Rules and Regulations

EUC Rowing 2019 is in accordance with "Rules and Regulations for EUSA Sport Events", which contains Regulations, Protocol, Disciplinary Protocol and Technical Regulations for Rowing.

The competition will be conducted as agreed with the Technical Delegate of EUSA and in adaption to the specific conditions of the venue. The competition will be based to the most recent technical regulations of International Rowing Federation - The Fédération Internationale des Sociétés d'Aviron (FISA). The Rule Book is accessible online:
<http://www.worldrowing.com/fisa/publications/rule-book>

Two exemptions will be applied as usual in University Rowing:

- coxswains may be of either gender
- lightweights will only be weighted once per day in case of double starts

Due to FISA standards, the umpires will accompany all races in umpire launches.

1.2 Training

Prior to the days of competition, the lake is open for training but also for public. Thus, the public traffic rules of Lake Munksjon will apply. Please take other boats than rowing boats into consideration.

1.3 Weigh-ins

Lightweight rowers and coxswains shall be weighed wearing only their racing uniform not less than one hour and not more than two hours before their first race of the, each day of the competition. Coxswains may be of either sex regardless of competing in a men's or women's event.

- 4 September: 14:00 – 16:00
- 5-7 September: 07:00 -

Notwithstanding the foregoing, if two rounds of the same event take place on the same day of competition and some rowers or coxswains in the second round do not have to race in the first round of that day, then these rowers in the second round shall be weighed at the same time as the rowers in the first round.

They shall present themselves as a crew at Rowing club wearing their racing uniform.

The Control Commission shall require presentation of each rower's or coxswain's Accreditation ID at the time of the first weighing of the rower or subsequently.

1.5 Bow Number

Bow numbers can be collected at the Rowing Club House of Lake Munksjon. On each competition number a deposit of €10 has to be paid.



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EUC Rowing 2019 - Provisional Competition Schedule, as of 5 August

				Wednesday, 4th Sept	Thursday, 5th Sept				Friday, 6th Sept						Saturday, 7th Sept			
	#	Event	# of entries	Training day	Heats				Repechages				Semi-finals		Event	Final C	Final B	Final A
BLOCK A	1	LW1x	11		09:00	09:10			09:00	09:10					LW1x		09:00	09:12
	2	LM2x	10		09:20	09:30			09:20						LM2x		09:24	09:36
	3	M2x	11		09:40	09:50			09:30	09:40					M2x		09:48	10:00
	4	LM4-	4		10:00										LM4-			10:12
	5	W2x	11		10:10	10:20			09:50	10:00					W2x		10:24	10:36
	6	M4-	14		10:30	10:40	10:50		10:10				15:00	15:12	M4-	10:48	11:00	11:12
	7	LW4x	4		11:00										LW4x			11:24
	8	M4x	4		11:10										M4x			11:36
	9	LM2-	4		11:20										LM2-			11:48
	10	M2-	6		11:30										M2-			12:00
	11	W8+	6		11:40										W8+			12:12
					Lunch break				Lunch break						Lunch break			
BLOCK B	12	LM1x	19		13:00	13:10	13:20	13:30	10:20	10:30			15:24	15:36	LM1x	13:30	13:42	13:54
	13	W1x	16		13:40	13:50	14:00		10:40	10:50			15:48	16:00	W1x	14:06	14:18	14:30
	14	M1x	22		14:10	14:20	14:30	14:40	11:00	11:10	11:20	11:30	16:12	16:24	M1x	14:42	14:54	15:06
	15	W2-	6		14:50										W2-			15:18
	16	LM4x	3		15:00										LM4x			15:30
	17	LW2x	8		15:10	15:20			11:40						LW2x		15:42	15:54
	18	W4-	5		15:30										W4-			16:06
	19	W4x	7		15:40	15:50			11:50						W4x			16:18
	20	M8+	11		16:00	16:10			12:00	12:10					M8+		16:30	16:42



2. Boat rental

- Hand-over of boats will be carried out 15:00 – 18:00 on Tuesday, September 3 at the rowing club.
- Return of boats will be right after the finals on Saturday, September 7 at the rowing club.

The following universities have rented a boat:

- Coimbra University
- Comenius University
- Kazimierz Wielki University in Bydgoszcz
- Magnitogorsk State Technical University
- Panthéon-Assas University
- Polytechnic Institute of Coimbra
- Riga Stradins University
- University of Belgrade
- University of Bergen
- University of Grenoble Alpes
- University of Helsinki
- University of Lyon
- University of Nantes
- University of Novi Sad
- Volga Region State Academy of Physical Culture, Sport and Tourism

The paid rental sum is for the hiring of the boats. In the case of major damage to a boat, a further €350 per damaged boat will need to be paid by your university for the insurance.

3. Transportation

Arrival:

For organisational means of shuttle buses, please make sure that you have announced your arrival times in your travel plan!

- Official airport – Gothenburg Landvetter (GOT)
 - Teams arriving to Landvetter airport in Gothenburg, will be picked up by shuttle bus.
 - *For organisational purposes of the shuttle, please make sure that you have announced your arrival times in your travel plan!*
- Official train and long-distance bus station: Jönköping Centralstation
 - Teams arriving to Jönköping Centralstation, will be picked up by shuttle bus
 - *For organisational purposes of the shuttle, please make sure that you have announced your arrival times in your travel plan!*

Departure:

- Check out: All participants need to check out on Sunday, 8 September until 12:00 at latest.
- Timetables with the individual departure times of shuttles will be provided at each accommodation and at Campus Arena.
- *For organisational purposes of the shuttle, please make sure that you have announced your arrival times in your travel plan!*

Local Transportation within Jönköping

- There will be shuttles transporting all EUC Rowing 2019 participants between Campus Arena and the Rowing Club House.
- *To access the shuttle service, participants must always wear their accreditation badge.*

Public transportation within Jönköping

- The cost of using public transportation is not covered by the OC. (An average single trip costs 30 SEK, which is approx. €3)
 - Please check the timetable at www.jlt.se
-

4. Parking Facilities

Trailers

- Trailers and large buses can park by the rowing house in a dedicated boat storage parking lot
- It is a secured and locked area



Public Parking

- There is a designated parking area by Campus Arena for your vehicle in case you would like to have access to it every day
- A parking ticket must be obtained during accreditation in order to park here

5. Accommodation

Participants will be accommodated in the following hotels:

- **Familjen Ericsson City Hotel**
Västra storgatan 25 A, 553 15 Jönköping
- **Scandic Portalen**
Barnarpsgatan 6, 551 16 Jönköping
- **Comfort Hotel Jönköping**
Klostergatan 28, 553 17 Jönköping
- **Hotel Savoy**
Brunnsgatan 13-15, 553 17 Jönköping
- **Best Western Plus John Bauer Hotel**
Södra Strandgatan 15, 553 20 Jönköping

All accommodations are in walking distance (10-20 minutes) to the Rowing club and Campus Arena (catering and accreditation). Regardless of the short distance, there will be shuttle services available between Campus Arena and the Rowing Club during competition days, for your convenience.

Room lists are prepaid by the local organizing committee, based on the individual entry forms. All onsite consumption must be paid directly in the hotel and not to be charged to the room.

The following principals has been used when creating room lists:

- Athletes and official do not share room.
- Athletes from same country can be accommodated in the same room even if they are not from the same university.
- EUSA personnel, VIP's and others will be accommodated in the same hotel.

Each Head of Delegation (HOD) plus one more person from the team are asked to come to the accreditation at Campus Arena, before checking in at the hotel. HOD will receive a list with all team members placed in rooms.

- Check in: Rooms are available from 15:00 the day of arrival
- Check out: At the latest 12:00

There is free Wi-Fi available at the hotels. Some of the hotels are cash free, you can only pay with credit\debit card.

EUC Accommodation Coordinator:

Helena Lindgren: +46 725-749403, between 08:00—16:00



Check your route to EUC Rowing venues from your accommodation by scanning the above QR code!

Every accommodation provides their own safety information. Please contact the reception at your accommodation for more information on safety issues.

6. Catering

Three meals will be provided to all participants during the championship, according to the schedules below:

- Breakfast is served at each hotel – breakfast time according to each hotel (earlier breakfast is possible if requested at the reception desk at least a day before)
 - Familjen Ericsson City Hotel
 - Comfort Hotel Jönköping
 - Scandic Portalen
 - Hotel Savoy
 - Best Western Plus John Bauer Hotel

Lunch and dinner are served at Campus Arena, catered by Stockmakeran Catering company.

- **Lunch:**
 - Tuesday, 3 September - Saturday, 7 September
 - 11:30 - 13:30
- **Dinner:**
 - Tuesday, 3 September - Friday, 6 September
 - Dinner: 17:00 - 19:00
 - Dinner on Saturday, 7 September
 - 19:00 – same location

During accreditation, all participants will receive daily meal coupons for lunch and dinner, attached to Accreditation Card – to access catering, athletes and officials must bring their accreditation badge and coupons at all times.

7. Medical and Security Services

- **Emergency numbers**

- Emergency service/fire brigade 112
- Police 114 14

- **Medical services**

- Medical support will be provided at the championship. There will be a medical tent set up by the rowing club and there will be medical support by the finish line.
- Medical support is be provided by the Red Cross of Sweden – phone number during the regatta: 0730- 400 896.

The closest hospital is *Länssjukhuset Ryhov* which is situated 7 minutes from the lake. Länssjukhuset Ryhov, Sjukhusgatan, Phone number to hospital reception: 010-241 00 00

The closest health center is *Hälsans vårdcentral 2* which is situated at Fabriksgatan 17, Jönköping, 5 minutes walking distance from Jönköping University. Phone number: 010-242 58 00

In Sweden you can also get medical support by phone, for this please dial: 1177

General information on health care

- *For EU citizen:*
 - If you get sick quickly during your stay, you are entitled to care that cannot wait until you get home. You have the same right to care as the residents of the country you visit. Bring your European health insurance card (EU card). It is a concrete proof that you are insured in an EU country. If you do not have an EU card or if you cannot use it (for example for private care), you cannot be denied care however you may have to pay on the spot and then seek compensation after returning home.
- *Non-EU/EEA citizen:*
 - If you come from a country that is not Switzerland or belongs to the EU, or EEA countries, you must pay the entire cost in case you need healthcare in Sweden.

General security

The lake is closed off for other boats than required for the championship. The local Police enforcement is notified so if anyone violates the ban please contact the OC or contact the Police 114 14.

The boat storage area has surveillance during the night, however. Please do not leave any valuables without supervision at the area, the OC does not take responsibility for leaving any personal belongings unattended.



8. Accreditation

- Address: Campus Arena, Jönköping University, Gjuterigatan 5, Jönköping
 - Email: rowing2019@eusa.eu
 - Opening hours:
 - Tuesday, 3 September 12:00 - 21:00
 - Wednesday - Saturday, 4-7 September 08:00 - 21:00
 - Sunday, 8 September 9:00 - 12:00
 - **Accreditation procedure**
 1. Upon arrival, each university shall send max two persons (Head of Delegation plus one) that is responsible for the accreditation of their university.
 2. They must have the following documents of the entire team:
 - List of team members
 - Passport/ID – the same document that was used for the individual entry
 - Certificate of Academic Eligibility
 - Transfer receipt of fees paid
 - Make sure that your responsible university or association has paid the participation fees in advance.
 - The accreditation procedure will be divided into three stages:
 - 1. First stage: Registration desk**
 - a. It will be checked if all participants are declared correctly
 - b. It will be checked if all payments have been settled. If payments are incorrect, the payments will be resolved at this stage.
 - c. It will be checked if we have the correct rowing discipline from your team – there will be an opportunity for amendments here
 - d. *Needed documents and information:*
 - i. List of all team members
 - ii. Races your team is registered for
 - iii. Transfer receipt as proof of payments
 - 2. Second stage: Finance and Accommodation desk**
 - a. Participants will receive their designated accommodation information.
 - b. Participants must double check their departure times to make sure the Organizers have the correct information.
 - i. Departure time
 - 3. Third Stage: Allocation of the Accreditation Cards**
 - a. Identity check with the passports or IDs (bring originals!) and verification of photos
 - b. Payment of the EUSA Entry fee – if has not been settled prior
 - c. *Needed documents and information:*
 - i. Passports of all team members
 - ii. Certificate of Academic Eligibility of all athletes
 - iii. Cash to pay the EUSA fee (30 € per person) if not paid by bank transfer
-



Only if all three stages are approved by signature and stamp, the Accreditation IDs will be handed out!

- If you lose your Accreditation ID, you can get a new one at Campus Arena. We reserve the right to charge a handling fee of €50 for it.
- Photographs and videos will be taken throughout the event for documentation purposes. These photographs may be used by the organizing partners for future promotion and information purposes. Participants who do not wish to appear in such materials should notify the OC at accreditation.




9. Insurance

Each team must have their own insurance when travelling to EUC Rowing 2019.

10. Information Centre

There will be information tent set up by the fan area, as well as an info kiosk by the rowing club house.

11. Online Information

- a. Webpage
 - i. www.rowing2019.eusa.eu
- b. Social Media
 - i. Channels
 -  Facebook – [EUSA Rowing](#)
 -  Instagram – [EUSA Rowing](#)
 -  Twitter – [EUSA Rowing](#)
 - ii. Hashtags
 1. #EUCRowing2019
 2. #CatchTheFeeling19
 3. #studyatjönköpinguniversity
- c. Live streaming – via the championship's [Facebook account](#)
- d. EUSA Result Management System

IV. Rules and Regulations

1. Technical Regulations

“EUSA Rules and Regulations 2019 can be found on the EUSA webpage. This includes all general rules and regulations, as well as sport specific rules and regulations.”

2. International Regulations and Exceptions

The organization of the EUC Rowing shall be mainly based on the most recent Technical Regulations of International Rowing Federation (FISA).

3. Eligibility to Play

REG 55 Only the following may participate as competitors:

REG 55.1 Students who are officially registered for and pursuing a course of study at: university, or similar institute with the status as an institution of higher education recognised by the appropriate national authority of their country. Participation of university teams from disputed territories is possible only for universities recognized either by the European University Association or the International Association of Universities. Such Universities will compete under University and EUSA flag. A student shall confirm his status by delivering completed, signed and sealed EUSA Certificate of Academic Eligibility (Individual Entry).

REG 55.2 Former students of the institutions mentioned above who obtained their academic degree or diploma in the academic year preceding the EUC.

REG 55.3 Competitors shall not be younger than 17 (seventeen) and older than 30 (thirty) years (by formula: the EUC Year –competitor’s year of birth = age).

REG 56 If the official(s) of a delegation deliberately misinform the SCAC Chair about the eligibility of a competitor(s), the participant and the team of the sport concerned will be excluded from further participation in the current event: such fraud may give grounds for the termination of that country’s membership of EUSA.

v. Competition Information

1. Competition Format
2. Competition and Training Program - appendix
3. Match Countdown
4. Sport Info Desk

There will be a sport info desk location at the rowing club house.

5. Protest on non-technical matters

REG 31 The SCAC is the highest authority of the EUC and controls overall organizational and technical aspects of the EUC. The SCAC main functions, but not limited to, are: the supervision and smooth running of the EUC, settling any dispute, dealing with complaints or protests of a non-technical nature, taking emergency sanctions against participants (teams or individuals) who violate the EUSA Regulations, deciding on any other matters not covered in these Regulations, at the time of the EUC.

6. Protest on technical matters

REG 36 CTC supports SCAC and is responsible for: confirming the competition system (format) and daily schedule, dealing with any complaints or protests of technical nature and taking sanctions of a technical nature, appointing additional bodies and allocating responsibilities which might be required by rules of the concerned ISF/ESF or by necessities of the competition.

REG 68 The HoD or a person authorized by him/her may protest on behalf of competitors or team. Each protest shall be accompanied by a deposit of fifty (50) EUR except for the following sports: Basketball, Handball, Football, Futsal, Rugby 7s, Volleyball, Beach Handball and Water Polo, where the deposit is 200 (two hundred) EUR. If the protest is upheld, the fee will be returned.

The protests shall be submitted:

- | | |
|----------|---|
| REG 68.1 | within twenty (20) minutes after the end of the match, to the TD, for the match issues, |
| REG 68.2 | before the start of next competition day, to the TD, if concerns results published by the OC, |
| REG 68.3 | during the competition to the CTC for technical issues, |
| REG 68.4 | during the competition to the SCAC for non-technical issues, |
| REG 68.5 | within 7 (seven) days after the EUC to the EUSA EC. |

VI. Participating Teams

1. Competition Entries

The final list of Competition Entries will be included within the appendix.

2. Athletes Sport Equipment and Clothing

Racing uniforms shall be in line with FISA regulations, including FISA advertising regulations. The racing uniform shall represent either the university of the team or of the NUSA responsible for coordinating their EUSA entry. The competition head umpire & EUSA representatives shall have power to decide to on & enforce the interpretation & implementation of these rules.

3. General Technical Meeting and Daily Briefings

The General Technical Meeting (GTM) will be held on Wednesday, 4 September at 16:00 at Forum Humanum lecture room at Jönköping University, within Health & Welfare building (in Swedish: Hälsohögskolan) on the ground floor (in Sweden it is the first floor). A minimum of one representative per each team must attend the meeting.

- Jönköping University
School of Health and Welfare (Hälsohögskolan)
Forum Humanum
- 4 September 2019
- 16:00 – 18:00

The participation at GTM is compulsory for all teams. A roll call will be conducted during the meeting.

- Agenda of General Technical Meeting
 1. Welcome
 2. Presentation of SCAC Members
 3. EUC description by OC Chair
 - Catering
 - Opening Ceremony Schedule
 - Welcome Reception
 - Closing Ceremony and Farewell
 - Traffic Rules on Lake Munjskön
 - Parking Facilities
 4. EUSA Technical Delegate's presentation of tournaments' regulations, referees, competition schedule - Luka
 5. Setting up a Technical Committee (composed of SCAC members, referees' representative, two representatives of participating universities)
 6. Roll call of rowing disciplines
-

7. Questions and answers

Daily briefing half hour an after last heat will be held at the same place.

- Jönköping University
School of Health and Welfare (Hälsöskolan)
Forum Humanum
17:00

4. Draw Procedure

The draw procedure will take place after the GTM. The results will be published on the championships official website.

5. Fair Play

Fair play is deeply embedded in the values of EUSA. The objective of promotion and encouragement of Fair Play is already set in the statutes of EUSA, as part of the core objectives of the organization. Partnership with the European Fair Play Movement in 2013 proves this even more. Since 2007, EUSA announces the best gesture of fair play in its sports event for the current year and awards the winners the special fair play recognition, Enno Harms Fair Play Award, named after the first EUSA President, a person very much devoted to fair play.

At every EUSA sport event, the organizers, EUSA representatives, and technical delegates pay special attention to the fair play gestures and attitude throughout the duration of the event. By participating at an EUSA sport event, participants are thereby swearing on an oath of respect and fair play. The oath is announced to the world by the student athletes, and by the officials before the official opening of any EUSA sport event.

A first in 2017, EUSA introduced the Fair Play green card at the European Universities Football Championship as a result of the close cooperation with the European Fair Play Movement. We are proud to see a successful introduction of this green card, which further promotes the values of Fair Play and good sportsmanship gestures on the field. As a result of these actions the people involved with the first showing of the Fair Play green card were welcomed at EUSA Gala 2018 in Madrid to collect the 2017 Enno Harms Fair Play award.

The prestigious annual EUSA Enno Harms Fair Play Award is awarded Athletes demonstrating fair play during the matches, following the rules and pursuing a “clean” game are awarded with a fair play recognition already during the event. EUSA Executive Committee members on its last meeting each year discuss the proposals received from all sporting events governed by EUSA in that year and select the team or individual to receive the Enno Harms Fair Play award which is formally handed to them at a special occasion – usually at EUSA Gala.

6. Anti-Doping

Doping is not a guarantee of success in sport. In fact, its effect is usually the opposite. A lot of elite sportsmen and sportswomen who did doping got caught. As a result, they lost pride and were banned for at least 2 years from participating in a sport they loved and lived for. An even bigger problem of doping are the effects on the body.

In elite sports, doping is defined as a violation of one or more anti-doping rules:

1. Presence of a prohibited substance in an athlete's sample
2. Use or attempted use of a prohibited substance or method
3. Refusing to submit sample collection after being notified
4. Failure to file athlete whereabouts information & missed tests
5. Tampering with any part of the doping control process
6. Possession of a prohibited substance or method
7. Trafficking a prohibited substance or method
8. Administering or attempting to administer a prohibited substance or method to an athlete

You can find the list of prohibited substances and methods on the internet. It's updated every year by the World Anti-Doping Agency (WADA) and it's valid for every sport. You should check every substance you are taking. Athletes need to completely avoid steroids, erythropoietin (EPO), stimulants, human growth hormone (HGH), marijuana and narcotics, and pay special attention also to dietary or nutritional supplements.

EUSA is active in Anti-Doping promotion, and has been a partner in the European Anti-Doping Initiative (EADIn), project aimed at establishing an European-wide Anti-Doping mentality in the youth sector by establishing a moral tenor towards concepts such as Fair-play, sensitizing and raising awareness on all levels of the complex social environment surrounding the doping problematic and implementing strategies to motivate young people to pass on the message and create a strong multiplying effect. Also the International University Sport Federation (FISU) has been actively promoting sports without drugs, also on university sport level.

EUSA is currently not enforcing doping tests at our events. In accordance with the national legislation of the host countries, however, doping controls may be implemented by the National Anti-Doping Agencies. If such doping tests are executed, the WADA rules and regulations are applicable to all athletes. Please remember that testing can be conducted in-competition and out-of-competition. If you are identified in a Registered Testing Pool (RTP), you must provide current and accurate whereabouts information.

What can you do to be an excellent sportsman or sportswoman?

- Practice right and live healthy
- Get more information about consequences of Doping
- Play fair and be a good role model to younger athletes
- Be committed to sport without doping

Doping? No, thanks!

VII. Awards

1. List of Awards

- **Cups (Team)**
 - Achievement: 1st, 2nd, 3rd
 - Title: European Universities Rowing Champion
 - Category: Eights
- **Medals (Eights: Athletes and Officials, all other categories: Athletes)**
 - Achievement: 1st, 2nd, 3rd
 - Title: European Universities Rowing Champion

2. Rowing Regulations for Other Awards

- **Achievement: "Salver"**
 - Category: All Categories
 - Title: Best NUSA

3. Awards Ceremony (protocol, place, time etc.)

Awards Ceremony for each competition will be held on Saturday, 7 September after each final race at Lilljsöplan, the square situated next to El Gordo restaurant. Medallists must attend wearing their race uniform. Place 1-3 dock first, come to the ceremony area immediately after the respective race.

4. Diplomas and Certificates (Participants, Referees, Volunteers, Achievements)

Diplomas and certificates will be provided to the following:

- Participants
 - Volunteers
-

VIII. Protocol, Ceremonies, & Accompanying Programme

1. Opening Ceremony

The opening ceremony will be held on Wednesday, 4 September at 19:00 at Lilljsöplan, the square situated next to El Gordo restaurant. Team uniform or team tracksuits to be worn and attendance is mandatory for all participating teams.

- Please report to the tent by Lilljsöplan by 18:30.
- All teams are asked to take seat by the grandstand by 18:50.
- The ceremony begins at 19:00.

One representative of each teams is asked to gather behind the bleachers, next to the finish tower beforehand at 18:30 to be handed out signs of their university and to line up for the entrance of the Opening Ceremony– this person will participate in the opening ceremony by carrying the university signage across the stage.

Team uniform or team tracksuits to be worn and attendance is mandatory for all participating teams.

2. Closing Ceremony

The closing ceremony will be held on Saturday, 7 September at 19:00 at Campus Arena – it will be a sit-down gala dinner. All participants are expected to take part.

We appreciate if you come wearing your team kits.

3. Farewell Party

A farewell party will be held on Saturday, 7 September following the closing ceremony at Akademien - Jönköping University's student club. Let's celebrate the new European Universities Champions together – *please make sure to wear your accreditation cards here as well.*

4. Social and Cultural Activities

- **Public Lectures**
 - There will be a set of public lectures being held during the week of the championship – targeting different focus groups within each lecture.
 - **Master Program Exhibition**
 - During the championship, participants have the privilege to explore the opportunities of Jönköping University.
-



- At Campus Arena there is a master program exhibition – where participants have the chance to see if Jönköping University is the right match for the future
 - It will be at Campus Arena and will be available for everyone – participants, friends, family, university students, staff, etc.
 - **EUSA Exhibition**
 - European University Sports Association (EUSA) launched an Exhibition on University Sport in Europe in 2014.
 - The project, supported by the International University Sport Federation (FISU), enables an overview of the development of university sport, with a special focus on European context. In Europe, sport movement covering the field of higher education and involving university and college students has a strong and long tradition.
 - The exhibition features seven standalone panels in form of towers, grouping the contents according to topics:
 - University sport in Europe
 - European University Sports Association
 - European Universities Championships
 - European Universities Games
 - Education, social responsibility & partnerships
 - Honouring the best
 - This program will be available at the tent by Lillsjöplan for everyone – participants, friends, family, university students, staff, etc.
 - **VIP\Official Welcome Reception**
 - On Thursday, 5 September at 19:30, the City of Jönköping will host a reception for representatives of each of all participating universities, for representatives of the participating sports associations, of Jönköping University and of the Organising Committee.
 - One representative from each university are cordially invited to attend the reception. You are asked to dress smart casual or in your official team kit.
 - The reception will be held at the El Gordo at 19:30.
 - The Accreditation Card, together with the invitation, which will be handed out at the accreditation, is valid as an admission ticket to the event.
 - Address: El Gordo, Lillsjöraden 12, 553 20 Jönköping
 - **Farewell Party**
 - On Saturday, 7 September, after the closing ceremony, a Farewell Party will be organized at Jönköping University's student club "Akademien", to celebrate university rowing.
 - We kindly ask for your understanding that entry for people carrying bottles or people obviously under any influence will be rejected.
 - Entrance only with Accreditation Card
 - All participants must enter the venue until 23:00 to guarantee entrance.
 - Address: Akademien, Svavelsticksgränd 10, 553 15 Jönköping
-



JÖNKÖPING 2019

EUROPEAN UNIVERSITIES
ROWING CHAMPIONSHIP



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