

Memo for Farstarodden/ONRC 2023

Links

On the website www.ostrarodd.se you will find the invitation and other information.

On Time [Team](#). You will find entries, draw lists and results.

Time schedule Saturday

Training ends	08.50
Trial races	09.20
Opening ceremony ONRC	10.30 – 10.50
Finals	11.00 – 16.55
After Row	17.00 – 19.00
Training allowed	17.00 –

Time schedule Sunday

Training ends	8.00
Trial races	8.30
Finals	9.50 – 12.50
Closing ceremony ONRC	13.10 – 13.30
Finals	14.00 – 15.20

For exact times see Time-Team.

Ceremonies ONRC

For the opening ceremony, we wish that each participating club will provide one participant in club clothes with a sculler oar in club colours. Participating nations are represented with two rowers from each nation hoisting their national flag. Gathering behind the food tent at 10.20.

The award ceremony in 8+ MJA and 8+ WJA takes place in connection with the closing ceremony. After finishing, we want the medallists in these races to go to the boat site to participate in the award ceremony.

Starting list

Changes will be published on an ongoing basis on Time-Team before the team leaders' meeting and during the regatta. The starting list will be published on **Friday 16 June** after the draw. Start and result lists are posted at the boat site.

Team leader meeting

The team leader meeting will be held on Teams [Click here to join the meeting](#) **Thursday 15 June at 18.00**. Participants are at least one representative from each registered association and nation as well as judges and competition management.

Regatta office

The regatta office is located at Ågestagården near the boat area. See map below. The office is staffed Friday from 10.00 to 19.00. Saturday and Sunday 07.30 to 18.00.

Email: regatta@ostrarodd.se

Race management:

Patric Hörner +46 70-782 12 57

John Börjesson +46 72-402 51 87

Paramedic

Philip Ohlén +46 76-787 15 19

First aid is available in the regatta office. Defibrillators are available in Ågesta Folkhögskola above the boat site. Contact regatta office for access.

Weigh-in

Weighing of lightweight rowers and coxes takes place at the regatta office no earlier than two hours and no later than one hour before the rower's/coxswain's first start each race day.

Starting number

Picked up and returned by the respective team on the pitch at the exit piers.

Start

We will apply fixed start for all 2000-meter races. Boat holders and starting lights will be available. For other races, loose start is applied.

In master's classes, the start takes place according to the calculated handicap and first in the finish wins.

Traffic rules

Are posted near the exit piers. Training on the water is not allowed during competition. Training must end no later than 30 minutes before the first race and may begin after the last race has finished. The same times apply during breaks. Warm-up before races takes place according to posted traffic rules. Lane 1 is closest to the piers.

During Sunday, some races are 1500m. Pay attention to this when warming up.

Award ceremony

Medals are awarded after each A-final race at the finish on the Farsta side of the bridge where the prize pontoon is located. In races 214 and 215, the award ceremony takes place at the boat site in connection with the closing ceremony.

Results

Will be posted on notice board at the boat site. Results are updated continuously on [Time Team](#).

Photo and live stream

During the competition, photographers will be present. The pictures will be published on our [website](#) afterwards.

The races will be streamed and can be watched on [YouTube](#) [Farstarodden](#)

Serving

Food tickets for pre-booked lunches and After Row are picked up at the regatta office.

Café	10.00 – 16.00
Lunch	11.30 – 14.00
After Row	17.00 – 19.00

- *Mingle and food*
- *Live music + music*
- *Games*
- *Trading area of pins and clothes*

If you want to perform, please report it to regatta@ostrarodd.se

Make sure that all rubbish ends up in designated garbage bags. Then we are welcome back to Ågesta.

Toilet/shower/water

Toilets and shower trolleys are set up at Ågestagården. There is a water tap at the pump house next door. There is a disabled toilet at the regatta office.

Car parking and entry and exit to the boat and trailer area

Entry and exit to the boat site must be via the gravel road at the end of the parking lot (7.). If the barrier is closed or if you need pilotage, contact +46 70-493 22 46 or the race management. Cars and buses must be parked in the large car park after unloading (6.).

It is not allowed to park cars or buses on the boat site, only trailers are allowed to stand there!

Map

Address: Bonäsvägen 9, Farsta <https://goo.gl/maps/cza2kvU88TH2G9j5A>

