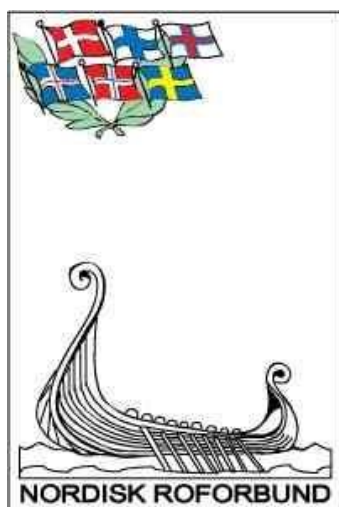


ÖSTRA Roddistriktsförbundet

Invitation

Farstarodden 2021

19-20 june



Junior NM
Nordic Open
Student NM

Welcome

Östra Roddistriktsförbundet is proud to have been entrusted with arranging JNM and Student-NM on behalf of Svenska Roddförbundet, Nordiska Roddförbundet and Studentidrottsförbunden. We welcome member nations and clubs to Stockholm city's Rowing Arena Magelungen to compete and socialize. We hope for good weather and good competition conditions so that the competition can be held with good fairness.



Rowing JNM, Nordic Open, Farstarodden and Student-NM

Date: *June 19th - 20th 2021*

Place: *Magelungen, Farsta*

Registration deadline: *Friday June 4th 2021 at 22.00*

Saturday June 19th 2021

Race no.	Time	Boat	Category	Final	Type of race	Distance	Comments
101	00:00	1x	XJD	Direct finals	Farstarodden	250	
102	00:10	1x	WJC	Direct finals	Farstarodden	500	
103	00:20	1x	MJC	Direct finals	Farstarodden	500	
104	00:30	1x	WJB	Danish A/B	Nordic Open	1000	
105	00:40	2x	MJB	Danish A/B	Nordic Open	1000	
106	00:50	8+	WS	Danish A/B	Nordic Open	2000	
109	01:20	2-	MS	Danish A/B	Nordic Open	2000	
110	01:30	1x	MSlw	Danish A/B	Nordic Open	2000	
Opening Ceremony							
111	01:40	2-	WJA	Danish A/B	JNM	2000	
112	01:50	2-	MJA	Danish A/B	JNM	2000	
113	02:00	1x	WJA	Danish A/B	JNM	2000	
114	02:10	1x	MJA	Danish A/B	JNM	2000	
115	02:20	1x	WS	Danish A/B	Nordic Open	2000	
116	02:30	1x	MS	Danish A/B	Nordic Open	2000	
117	02:40	2-	WS	Danish A/B	Nordic Open	2000	
120	03:10	4x	MJA	Danish A/B	Nordic Open	2000	
121	03:20	4-	MS	Danish A/B	Nordic Open	2000	
122	03:30	4-	MSlw	Danish A/B	Nordic Open	2000	
123	03:40	4x	WS	Danish A/B	Nordic Open	2000	
124	03:50	4x	WJA	Danish A/B	Nordic Open	2000	
125	04:00	2x	MJA	Danish A/B	JNM	2000	
126	04:10	2x	WJA	Danish A/B	JNM	2000	
127	04:20	2x	XJD	Direct finals	Farstarodden	250	
128	04:30	2x	WJC	Direct finals	Farstarodden	500	
129	04:40	2x	MJC	Direct finals	Farstarodden	500	
145/146	04:50	8+	MS/WS	Danish A/B	Student-NM	2000	
131	05:00	2x	WJB	Danish A/B	Nordic Open	1000	
132	05:10	1x	MJB	Danish A/B	Nordic Open	1000	
134	05:30	2x	MS	Danish A/B	Nordic Open	2000	
135	05:40	2x	WS	Danish A/B	Nordic Open	2000	
136	05:50	8+	WJA	Danish A/B	JNM	2000	

Sunday June 20th 2021

Race no.	Time	Boat	Category	Final	Type of race	Distance	Comments
201	00:00	1x	XJD	Direct finals	Farstarodden	250	
202	00:10	1x	WJC	Direct finals	Farstarodden	500	
203	00:20	1x	MJC	Direct finals	Farstarodden	500	
204	00:30	1x	WSlw	Danish A/B	Nordic Open	2000	
205	00:40	1x	MJA	Danish A/B	Nordic Open	2000	
206	00:50	4x	MJA	Danish A/B	JNM	2000	
207	01:00	4x	WJA	Danish A/B	JNM	2000	
208	01:10	2x	WJB	Danish A/B	Nordic Open	1500	
209	01:20	1x	MJB	Danish A/B	Nordic Open	1500	
210	01:30	1x	WS	Danish A/B	Nordic Open	2000	
211	01:40	1x	MS	Danish A/B	Nordic Open	2000	
212	01:50	1x	WJA	Danish A/B	Nordic Open	2000	
213	02:00	4-	MS	Danish A/B	Nordic Open	2000	
214	02:10	4x	WS	Danish A/B	Nordic Open	2000	
215	02:20	8+	MJA	Danish A/B	JNM	2000	
Closing				Ceremony			
216	02:40	2x	XJD	Direct finals	Farstarodden	250	
217	02:50	2x	WJC	Direct finals	Farstarodden	500	
218	03:00	2x	MJC	Direct finals	Farstarodden	500	
219	03:10	2x	WSlw	Danish A/B	Nordic Open	2000	
220	03:20	2x	WSA	Danish A/B	Nordic Open	2000	
221	03:30	2x	WJA	Danish A/B	Nordic Open	2000	
222	03:40	2x	MS	Danish A/B	Nordic Open	2000	
223	03:50	2x	MJA	Danish A/B	Nordic Open	2000	
224	04:00	1x	WJB	Danish A/B	Nordic Open	1500	
225	04:10	2x	MJB	Danish A/B	Nordic Open	1500	
226	04:20	8+	MS	Danish A/B	Nordic Open	2000	

Extra races on Saturday June 19th (race 137-146 below) and Sunday June 20th (227-234 below). These races will replace any of the races above in case they are cancelled, or alternatively take place before or after the competition.

Race no.	Time	Boat	Category	Final	Type of race	Distance	Comments
137		4x	MS	Danish A/B	Nordic Open	2000	
138		4-	WS	Danish A/B	Nordic Open	2000	
139		1x	XN	Direct finals	Farstarodden	1000	Beginners race
140		2x	XN	Direct finals	Farstarodden	1000	Beginners race
141		4x	MJB	Danish A/B	Nordic Open	1000	
142		1x	XM	Direct finals	Farstarodden	1000	Masters race
143/144		2x/2-	XM	Direct finals	Farstarodden	1000	Masters race
227		2-	WS	Danish A/B	Nordic Open	2000	
228		4x	WJB	Danish A/B	Nordic Open	1500	
239		4x+	MJC	Direct finals	Farstarodden	500	
230		1x	XM	Direct finals	Farstarodden	1000	Masters race
231/232		2x/2-	XM	Direct finals	Farstarodden	1000	Masters race
233/234		4x/4-	XM	Direct finals	Farstarodden	1000	Masters race

Competition rules

Svenska Roddförbundets (SRs) competition rules apply to all races. The Danish heat system is applied except in races with direct finals. The races start in the order indicated in this invitation. Changes in the schedule can arise in case of B-finals or if certain races are not taking place. Trial heats (försökslopp) take place on the same day as the race unless otherwise stated. The time between finals is 10 minutes. The extra races 137-146 and 227-234 that do not yet have an indicated time will replace cancelled races or alternatively take place before the first or after the last race. For Masters and Beginners races, the Nordic Handicap System for Masters (XM) applies.

The organizer, Östra Roddistriksförbundet (ÖRDF), aims to satisfy SRs efforts to renew competitions through the following:

- All JB races will be 1000m on Saturday and 1500m on Sunday (like at Årungen).
- ÖRDF's medals will be awarded to the first three in each direct final of JD and JC races
- The Masters category is called "XM" (race 142-144, 230-234) and refers to both genders (W and M). The difference in starting time is calculated according to the Nordic Handicap System for Masters and takes into consideration boat type, age and gender. There are races for 1x, 2x/2- and 4x/4-.
- The senior beginner's category is called "XN" (race 139 and 140) and refers to both genders (W and M). The difference in starting time is calculated according to the Nordic Handicap System for Masters and takes into consideration boat type, age and gender. There are races for 1x and 2x.

Registration

Registration opens April 12th 2021 and the registration must be received by the organizer Friday **June 4th 2021 at 22.00** at the latest.

Registration Student-NM

To be eligible to participate in the Student NM, you must fulfil the following requirements:

- Be a student (i.e. conducting post-secondary studies at university, högskola, folkhögskola, KY-utbildningar or Komvux). This requirement is also met if you have completed a post-secondary degree during the same calendar year in which the competition takes place.
- Only associations that are affiliated with a Nordic student sports federation may participate in the Student-NM (= races 145 and 146).
- Combinations may occur between student sports associations within the same student city (for example Gothenburg).

Late registration

Late registrations are accepted if they do not change the heat order. Late registrations are accepted until **Friday 18 June 2021 at 20.00**. For late registrations, a double registration fee will be charged.

Draw

The draw for the races takes place digitally on Sunday **June 6th 2021 at 16.00**. A link for this will be send out later on.

Start list and team captain meeting

The start list will be available at www.ostrarodd.se from **June 7th 2021**. The time for the team captain meeting will be communicated together with the start list. The start list with the draw for the races will be available at the team captain meeting and on our website once the lots are drawn.

Försökslopp/trial heat

If more than six teams have applied for the same race, a försökslopp/trial heat will be arranged. At the rollcall on the water, the judges divide all teams that will participate in trial races to its respective trial heat. All teams must be at the start no later than 5 minutes before the specified time for each trial heat.

For races that are part of JNM, the Danish heat regulations are applied in accordance with "Lov for Nordisk Roforbund " §16 med försök och A- och B-finaler. Seeding of national teams for different trials is applied. After the seeding, other club teams are drawn for these attempts.

Youth races

Youth races (Junior C and Youth D) are rowed in 1x and 2x as drawn direct finals on Saturday. The results from Saturday in 1x and 2x respectively are the basis for seeding before Sunday's direct finals. Registration must be done for both days.

Opening and closing ceremonies JNM

We expect the opening ceremony to take place 20 minutes before the first JNM race on Saturday. The ceremony takes place at the flagpoles near Strandhuset at Ågestagården (right where the boat site is) in accordance with "Seremonier under Nordisk Mesterskap" (dated January 8th 2012).

On Sunday, the flags will be hoisted at the finish line on the side of Farsta. The closing ceremony takes place after the last JNM race, with NOR's president announcing the result from the Nordic Cup and handing out Victor Hjort's Cup to the winning nation. For the ceremony, a gap of 20 minutes before the next race is planned.

Boat site and regatta office

The regatta office and boat site are located at Ågestagården (Bonäsvägen in Huddinge). This is also where the opening ceremony will take place.

Registration fee and payment

XJD: 1x 100 SEK, 2x 125 SEK

Other age categories: 1x 200 SEK 2x/2- 250 SEK, 4x-/4- 300 SEK, 8+ 400 SEK

After 20.00 on Friday June 18th, an additional registration fee will be charged for cancellation of registration. For late registration, a double registration fee will be charged. The regatta organizer prefers to invoice entry fees and other costs to associations/clubs and federations by e-mail after the event. If an association or union wants to pay its registration fee in advance then this is paid to Östra Roddistriktsförbundets plusgiro number 25 35 26-8. For foreign payments BIC = NDEASESS and IBAN = SE95 9500 0099 6026 0253 5268 (24 characters) must be specified.

Traffic rules

Traffic rules for *Magelungens regatta* course can be found on www.ostrarodd.se as well as at the boat site. For this year (2021), special rules apply for the storage of boats, traffic rules for cars, etc. This will be stated in the PM for the regatta, which will be published together with the start list.

Covid-19

The organiser will observe the current restrictions regarding Covid-19 that are applicable at the time of the regatta. Restrictions and other measures during the regatta will be announced in the regatta's PM.

Prizes

JNM's winning team is awarded NOR's championship medal. The second and third receive NOR's silver and bronze medal, respectively. Student-SM's winning team gets RF's championship badge. The second and third receive RF's corresponding medal in silver and bronze, respectively.

In the remaining races, winning teams are awarded ÖRDF's medals in gold. In the case of more than five registered teams, the second team gets a medal in silver and in case of more than seven registered teams, the third team receives a bronze medal.

Media/Communication

Go in and follow ÖRDF's Facebook (<https://www.facebook.com/svearodden>) and Instagram (<https://www.instagram.com/ostraroddistriktet/>), we will post information about the preparation work and happenings for the competition here. Feel free to tag us in your posts that are related to the competition. Please use the hashtag #nordicrowing to share your preparations and to follow other competitors.

Accommodation for clubs and national teams:

Simple accommodation

Zinkensdamm Vandrarhem, Ringvägen

Phone: +46 8 616 81 00

Lilla Tyresö Vandrarhem, Kyrkvägen 5

Phone: +46 8 770 03 04

Hotels (sorted by distance to the competition site)

Nordic Choice Hotels

Book via: <https://www.nordicchoicehotels.se/gosportive/>

Quality Hotel Winn Haninge, Rudsjöterrassen in Haninge

Phone: +46 20 666 000

q.winn.haninge@choice.se

Quality Hotel Globe, Arenaslingan 7, Johanneshov

Phone: +46 8 686 63 00

Other hotels

Clarion Hotel Stockholm, Ringvägen 98

Phone: +46 8 462 10 00

Maudeshotel, Svedmyraplan 3, 122 48 Enskede

Phone: +46 8 600 59 00

Hotell Scandic Kungens Kurva

Phone: +46 8 517 346 13

Refreshments

Lighter refreshments will be available at the competition site and lunch will be served at the boat site on competition days. Pre-order is required for this, more information will follow.

Further information

Further information about the competition is provided by:

Patric Hörner patric@andersbyggare.se +46 707821257

Per H Lundberg per.lundberg@lillsved.se +46 704932246

It is also possible to email: regatta@ostrarodd.se