

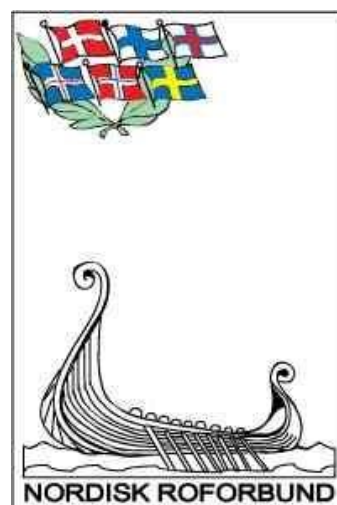


Östra Roddistriketsförbundet

Farstarodden 2023

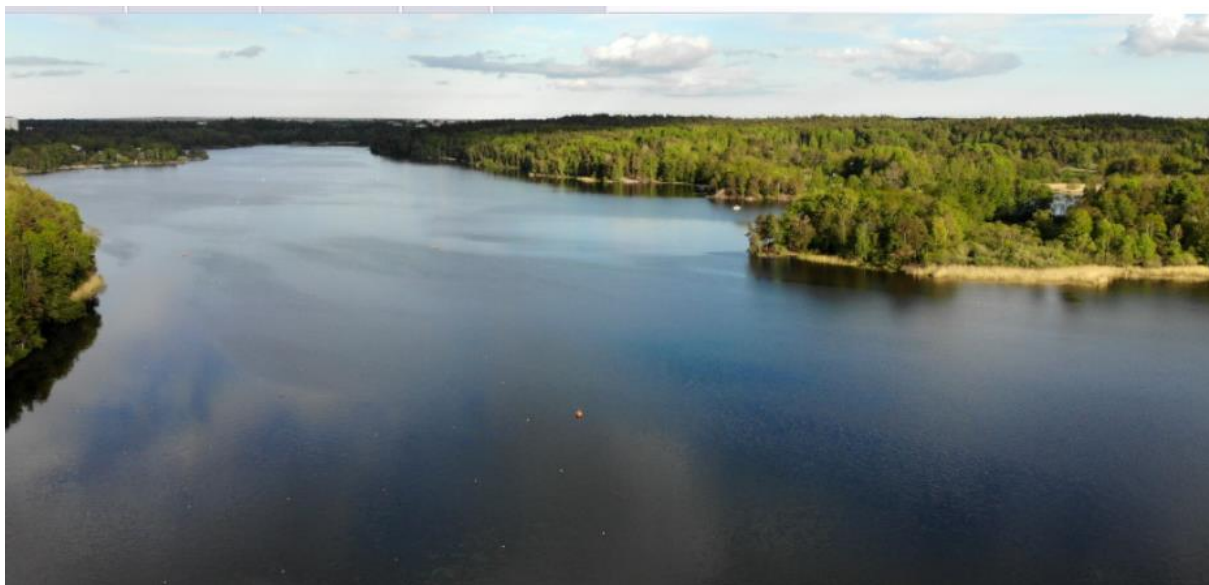
Open Nordic Rowing Championships

17th - 18th June



Östra Roddistriktsförbundet is proud to have been entrusted with arranging the Open Nordic Rowing Championships for Junior on behalf of the Swedish Rowing Federation and the Nordic Rowing Federation during Farstarodden 2023. We welcome member nations and clubs to Stockholm's Rowing Venue Lake Magelungen to compete and socialize. We are hoping for good weather and good race conditions.

Welcome!



The race list can be found on the last page of this invitation.

Competition rules

The Swedish Rowing Federation's competition rules apply. The races start in the order specified in the invitation order. Danish preliminary rules are applied. The extra races will be put in place of races that expire, before the first race, or after the last race. The Nordic Handicap System for Masters is applied for master races (XM) and beginner races (XB). Races called X refer to both genders, W and M.

Trial races

If more than six teams have been registered for the same race, trial races are organized. All teams that are to participate in trial races must be at the start no later than 5 minutes before the specified start time. Trial races are held on the same day as the race is registered unless otherwise announced. Direct finals are applied for JD, JC, PR, Master and Beginners.

If there are trials in races that are part of JNM (Junior Nordic Championships), seeding of National teams to the trials will be applied. After the seeding, the club teams draw lots for participation in the trials.

Youth races

The results from Saturday's youth races in Junior C and Junior D form the basis for seeding for Sunday's direct finals. Registration must be made for both days.

All Junior B races on Saturday are 1000m and all Junior B races on Sunday are 1500m.

Para-Rowing races includes all classes.

Registration

Registration is done via time-team.nl and will be open from May 4th. The link will be on ostrarodd.se.

Registration must be received by the organizer no later than Sunday, **June 4th, 23:59**.

Rowers and coxswains must be members of an association affiliated to the Swedish Rowing Federation and hold a racing license or belong to another national association affiliated to World Rowing.

Registration fee and payment

XJD:	1x	150 SEK
	2x	180 SEK
Other classes:	1x	275 SEK
	2x/2-	330 SEK
	4x/4-	440 SEK
	8+	550 SEK

The regatta organizer prefers to invoice registration fees and other costs afterwards. The invoice will be sent by e-mail. If the association or federation wants to pay the registration fee in advance, this is done at Östra Roddistriketsförbundet's plusgiro number 25 35 26-8.

For foreign payments:

BIC = NDEASESS

IBAN = SE95 9500 0099 6026 0253 5268

Account holder: Östra Roddistriketsförbundet

Late entries

Late entries are accepted unless it involves changing heat order or start times.

Post-registration must be made in writing, either directly to the regatta office or by email to regatta@ostrarodd.se no later than 18.00 the day before the current race. For post-registrations, a double registration fee will be charged.

Cancellations and name changes

Must be done in writing, either directly to the regatta office or via email to regatta@ostrarodd.se

After 18.00 on June 16th, an additional registration fee will be charged for cancellations.

Draw and starting list

The list of participants will be available on www.ostrarodd.se from Friday **June 9th**.

The draw will take place at Time-Team on Friday after the team leader meeting, after which the first version of the starting list will be published.

Team leader meeting

The team leader meeting will be held at the regatta office on **Friday 16th June at 18.00**. One representative per registered association is expected to attend the meeting.

Opening and closing ceremonies JNM

The opening ceremony takes place on Saturday 30 minutes before the start of the first final race. The closing ceremony takes place right after the final JNM race. The President of NOR reads out the results of the Nordic Cup and awards the Victor Hjorts trophy to the winning nation. The ceremonies take place at the flagpoles of the mooring.

Prices

Victorious teams in JNM are awarded the Nordic Rowing Federation award while second and third place receive silver and bronze medals.

In other races, victorious teams are awarded Farstarodden's medal in gold. For more than four registered teams, the second team receives medals in silver and for more than six teams, the third team receives medals in bronze.

In races for Junior B and Junior C, prizes are awarded to the first three teams.

In the junior D race, prizes are awarded to all participants.

The award ceremony takes place at the finish immediately after each race except in races 214 and 215 where the award ceremony takes place at the mooring in connection with the closing ceremony.

Regatta office

The regatta office is located at Ågestagården by the mooring. The office is staffed Friday from 12.00 to 18.00 and during the race days 2 hours before the first start to 1 hour after the last start.

Email: regatta@ostrarodd.se

The course

The course is located on lake Magelungen in Farsta, south of Stockholm. It has 6 lanes, no current and is 2000 m long. Fixed start with starting light at the start for 2000 m.

Serving

Light serving is available at the competition venue. For the competition days, it is possible to pre-order lunch that is picked up at the boat site where there is also a food tent with the possibility to sit.

Cost lunch 125 SEK/day. Pre-order lunches are made to regatta@ostrarodd.se no later than **June 4th**. Please write the number of lunches per day.

After Row

Take the opportunity to stay at the boat site after Saturday's races and take part in a barbecue, socialize with other nations and clubs at 17:00 – 19:00.

Hamburgers with drinks for 110SEK. Pre-order made to regatta@ostrarodd.se no later than **June 4th**.

For our planning, we would like you to book lunch and barbecue as early as possible.

Suggestions for accommodation

Scandic Kungens Kurva or Scandic Talk

When booking state **PRO15SE** which gives 15% on regular flex prices.

Up to 4 rooms are booked via the [Scandic Hotels](https://www.scandichotels.com) website. By phone +46 8 517 517 00 up to 9 rooms.

Groups of at least 10 rooms or 15 people are made on request to sport.sweden@scandichotels.com

Mark with dates, requested hotel, number of rooms, number of people, association name, age of the active, contact person and contact information.

Information

The memo will be published in connection with the publication of the list of participants.

Information is published on an ongoing basis on www.ostrarodd.se and is also highlighted via our [Facebook](#) and [Instagram](#) We will post information about the preparation work and happenings for the competition.

Saturday june 17th

Opening ceremony

Race no	Time	Boat	Category	Final	Type of race	Distance	Comments
101	00:00	1x	XJD	Direct Finals	Farstarodden	250	
102	00:10	2x	WJC	Direct Finals	Farstarodden	500	
103	00:20	1x	MJC	Direct Finals	Farstarodden	500	
104	00:30	1x	WJB	Danish A/B	Farstarodden	1000	
105	00:40	2x	MJB	Danish A/B	Farstarodden	1000	
106	00:50	2-	WJA	Danish A/B	ONRC	2000	
107	01:00	2-	MJA	Danish A/B	ONRC	2000	
108	01:10	1x	WJA	Danish A/B	ONRC	2000	
109	01:20	1x	MJA	Danish A/B	ONRC	2000	
110	01:30	1x	WSlv	Danish A/B	Farstarodden	2000	
111	01:40	1x	MSlv	Danish A/B	Farstarodden	2000	
112	01:50	1x	WS	Danish A/B	Farstarodden	2000	
113	02:00	1x	MS	Danish A/B	Farstarodden	2000	
114	02:10	2-	WS	Danish A/B	Farstarodden	2000	
115	03:10	4x	WS	Danish A/B	Farstarodden	2000	
116	03:20	4-	MS	Danish A/B	Farstarodden	2000	
117	03:30	2x	WJA	Danish A/B	ONRC	2000	
118	03:40	2x	MJA	Danish A/B	ONRC	2000	
119	03:50	2x	WS	Danish A/B	Farstarodden	2000	
120	04:00	2x	MS	Danish A/B	Farstarodden	2000	
121	04:10	2x	XJD	Direct Finals	Farstarodden	250	
122	04:20	1x	WJC	Direct Finals	Farstarodden	500	
123	04:30	2x	MJC	Direct Finals	Farstarodden	500	
124	04:40	2x	WJB	Danish A/B	Farstarodden	1000	
125	04:50	1x	MJB	Danish A/B	Farstarodden	1000	
126	05:00	8+	MS	Danish A/B	Farstarodden	2000	
127	05:10	8+	WS	Danish A/B	Farstarodden	2000	

These races will be put in place of races that expire, before the first race, or after the last race.

Race no	Time	Boat	Category	Final	Type of race	Distance	Comments
128		4x	MS	Danish A/B	Farstarodden	2000	
129		4-	WS	Danish A/B	Farstarodden	2000	
130		1x	XB	Direct Finals	Farstarodden	1000	Senior Beginner
131		2x	XB	Direct Finals	Farstarodden	1000	Senior Beginner
132		4x	MJB	Danish A/B	Farstarodden	1000	
133		1x	XM	Direct Finals	Farstarodden	1000	Masters
134		2x/2-	XM	Direct Finals	Farstarodden	1000	Masters
135		1x	XPR	Direct Finals	Farstarodden	2000	All Classes

Sunday June 18th

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	2x	MJC	Direct Finals	Farstarodden	500	
204	00:30	4x	MJA	Danish A/B	ONRC	2000	
205	00:40	4x	WJA	Danish A/B	ONRC	2000	
206	00:50	2x	WJB	Danish A/B	Farstarodden	1500	
207	01:00	1x	MJB	Danish A/B	Farstarodden	1500	
208	01:10	1x	WS	Danish A/B	Farstarodden	2000	
209	01:20	1x	MS	Danish A/B	Farstarodden	2000	
210	01:30	1x	MJA	Danish A/B	Farstarodden	2000	
211	01:40	1x	WJA	Danish A/B	Farstarodden	2000	
212	02:20	2-	MS	Danish A/B	Farstarodden	2000	
213	02:30	4x	WS	Danish A/B	Farstarodden	2000	
214	02:40	8+	MJA	Danish A/B	ONRC	2000	
215	02:50	8+	WJA	Danish A/B	ONRC	2000	

Closing ceremony

216	03:30	2x	XJD	Direct Finals	Farstarodden	250	
217	03:40	2x	WJC	Direct Finals	Farstarodden	500	
218	03:50	1x	WJC	Direct Finals	Farstarodden	500	
219	04:00	2x	WS	Danish A/B	Farstarodden	2000	
220	04:10	2x	WJA	Danish A/B	Farstarodden	2000	
221	04:20	2x	MS	Danish A/B	Farstarodden	2000	
222	04:30	2x	MJA	Danish A/B	Farstarodden	2000	
223	04:40	1x	WJB	Danish A/B	Farstarodden	1500	
224	04:50	2x	MJB	Danish A/B	Farstarodden	1500	

These races will be put in place of races that expire, before the first race, or after the last race.

Race no	Time	Boat	Category	Final	Type of race	Distance	Comments
225		4-	MS	Danish A/B	Farstarodden	2000	
226		2-	WS	Danish A/B	Farstarodden	2000	
227		4x	WJB	Danish A/B	Farstarodden	1500	
228		4x+/4x	XJC	Direct Finals	Farstarodden	500	Mix Junior C
229		1x	XM	Direct Finals	Farstarodden	1000	Masters
230		2x/2-	XM	Direct Finals	Farstarodden	1000	Masters
231		4x/4-	XM	Direct Finals	Farstarodden	1000	Masters
232		1x	XPR	Direct Finals	Farstarodden	2000	All Classes