



2022 Asian Rowing CUP I

Tehran Iran

9th – 11th JUN 2022

Bulletin -1



Asian Rowing Federation

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MESSAGE OF DR.ALIREZA SOHRABIYAN THE PRESIDENT OF IRAN CANOE,ROWING AND SAILING FEDERATION :



We are very pleased to host Asian Rowing Cup1 in Iran.

Undoubtedly, these competitions provide a valuable opportunity for the development of rowing canoeing in West Asia and we are very proud of hosting it.

It gives me great pleasure to welcome you On behalf of the Iran canoe federation.

Good luck to all athletes and teams participating in this event, we hope to have a worthwhile and memorable hosting of these competitions, and end of the competition there will be good and sweet memories for all of you.



1. Competition Information

1.1 Event: Asian rowing cup I

1.2 Dates: 6th Jun: Team arrival

7th and 8th Jun: Training

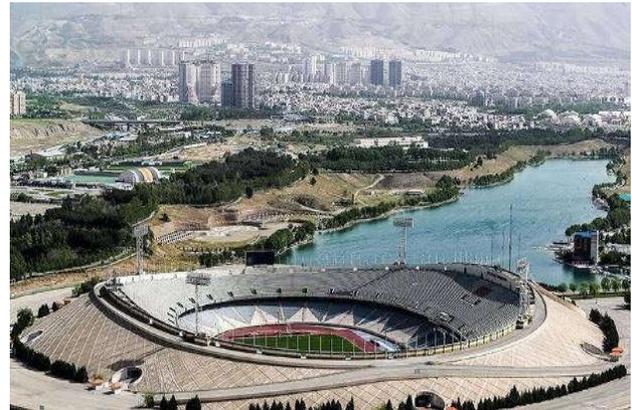
9th and 10th and 11th Jun: Competition

12th Jun: Team departure

2. Organizer: Iran Canoeing, Rowing & Sailing Federation

Venue: Azadi sport complex lake

On Google map: 35°43'47.4"N 51°16'10.2"E



2. Altitude of Venue:

Elevation:
1200 m width of 180 m and depth of 4
Racing Lanes 5
width of each Lane 13.5 m

3.

Proposed dates of the Asian Rowing Cup:

6th June: Team arrival
7th and 8th June: Training
9th and 10th and 11th June: competition
12th June: team departure

6th 7th 8th June the course is open for training.

4. Times of sunrise and sunset on the proposed regatta dates:

5:49 AM sunrise
8:14 PM sunset



5. Weather information:

Average daily air temperature	24.3 °c
Average daily maximum air temperature (°C)	33 °c
Average daily minimum air temperature (°C)	18 °c
Average relative humidity (%)	21%
Average monthly rainfall (mm)	14 mm
Predominant wind direction	Most often from west 270°
Average wind speed	9.4 km/h
Maximum wind speed	10.0 km/h
Average wind speed	9.4 km/h
Maximum wind speed	10.0 km/h

2. E EVENTS

Men	Events: 1x ,2x (500 m) 1x ,2x (1000 m)
Lightweight Men	Events: 1x (500 m) 1x (1000m)
Women	Events: 1x, 2x (500 m) 1x ,2x (1000 m)
Lightweight Women	Events: 1x (500 m) 1x, 2x (1000m)



SCHEDULE

Date(JUN)	6 JUN	7 JUN	8JUN	9JUN	10JUN	11JUN	12 JUN
Arrival & check in							
Boat rental and draw							
Course open							
Team manager meeting							
Jury meeting							
1000m Heats – Repechages							
1000 m semi-finals & finals							
500 m semi-finals & finals							
Closing ceremony							
Departure							

3 . BOATS & EQUIPMENT

1. Indicate proposed boat rental charges (including oars) (USD/per boat /per day):
Depend on swift company

single scull (1X)	\$60
double scull/ pair (2X)	\$70

2. Each team is highly recommended to bring their own oars and sculls as blades of all oars/sculls must be painted on both sides in colors of the respective federations.

4- TRAVEL TO IRAN:

1.1 By plane

Your team can travel to Tehran the capital of Iran by plane and they will be taken directly to Karaj from Imam Khomeini Airport

All international flights to Tehran land at the new **Imam Khomeini International Airport (IKA)** located 37 km southwest of Tehran.

Aeroflot Russian, Iran Air, Mahan Air, Turkish Air Emirate Air and Qatar Airways connect Tehran with some of the major Asian cities as well as destinations in Asia and Middle East. Mahan Air has flights to/from Kuala Lumpur and Bangkok.



1.2 Visa:

The Organizing Committee will assist for obtaining Iran Visa to all nationals. Please email the following details with copies of passport to iricrsf@gmail.com before 6th May the arrangement. (The approval period is about 10-14 working days.)

	Full Name as written in the Passport	Place and date of birth	Passport number	Date of issue	Date of expire	Position in the team (i.e. Athlete, Coach etc.)
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5- -ACCOMMODATION & MEALS

Entries and Accreditations

Each NF has to apply via FISA SIS system with a copy to HO.

- **PRINCIPLES**

Entries and accreditation requests must be made by the National Federation using the FISA's online entries system.

- * **Accommodation and Catering Services**

Rate of accommodation package including:

- ✓ The official hotel for championships is minutes by car from venue.)
- ✓ Meals (breakfast, lunch, dinner)
- ✓ Airport Transfer with; equipment

1- Hotel Olympic: 4 stars

Single room + food: 100\$ per person per night

Double room +food: 85\$ per person per night

Triple room +food: 70\$ per person per night



The reservation of accommodation will be based on the final entry names submitted by the respective federation to OC.

Transportation: Transportation (team and equipment's) from airport to venue will be included in the OC accommodation package.



2- Hotel BOSTAN 3 stars

Single room + food: 85 \$ per person per night

Double room + food: 70 \$ per person per night

Triple room + food: 55 \$ per person per night



(2) Distance of Hotels from course (driving time):

Hotel Olympic driving time: 1 minute

Hotel BOSTAN driving time: 12 minutes

6- Dead Lines

- 15th April Preliminary Entry
- 21st April Final Entry form
- 23rd April Final Hire Boat form
- 23rd April Final Entry by name form
- 30th April Hotel Reservation form
- 6th May Final Invitation form
- 6th Jun Opening the venue
- 8th Jun Opening Ceremony

7- Requirements

Please bring your national flags (120×180 in size) of your country.

Please bring CD or media file of your national anthem.

- ✓ When sending nominal entry & Invitation forms, please attach personal digital photo of each person indicating name /country /event. Photos send by E-mail preferred. Personal digital photos shall meet the following specification:

- a) Portrait ratio
- b) Resolution: 210 * 270 pixels
- c) File format jpg



8- Medical

- ✓ **Medical Insurance:** Organizing committee kindly asks all participants of the championships to ensure medical insurance policy in their countries.
- ✓ **Doping Control:** Doping control will be performed in accordance to the Anti-Doping requirements and WADA standards.
- ✓ **First Aid:** Emergency medical services will be located in spectator's area near finish.
- ✓ **Water safety:** Rescuing in competition area during the competition days will be organized.

9- General Introduction to Tehran, Iran

* **Tehran:** is the capital of **Iran** and **Tehran Province**. With a population of around 8.8 million in the city and 15 million in the larger metropolitan area of **Greater Tehran**, Tehran is the **most populous city** in Iran and **Western Asia**, and has the **second largest metropolitan area** in the **Middle East**. It is ranked 29th in the world by the population of its metropolitan area *(some photo from Tehran)*



Navab highway



Azadi Square



Milad Tower



Tabiat Bridge



***Azadi sport complex:** is the national sports complex of Iran based in [Tehran](#). It is the biggest sports complex in Iran, it was constructed for the 7th Asian Games in 1974 with international criteria. Its land measurement is 450 Hectares and it is located in West Tehran. This sports complex not only has the ability to put in effect different local sport fields, but also is a proper place to have sporting camps.

Though a simple bowl concrete structure, the stadium is a breathtaking site. Situated west of the capital, an arching, slightly raised outer shell appears to give way as sweeping stands sink down to pitch side, as if the ground collapsed during building.

In 2002, the lower level of the stadium had seats installed, the pitch was replanted along with the installation of an underground heating system. Stadium management also plans to later install seats in the upper level of the stadium. The renovations were completed in 2003, reducing the capacity of the stadium to 100,000 (Originally 120,000 capacity) as the lower level of the stadium was refurbished with 35,000 seats. In 2004 a large jumbotron television was added, replacing the original scoreboard. This giant screen with a total area of about 300 square meters and screen area of 104 square meters (20m by 7.5m) is one of the biggest in the world.

Azadi Lake is located in Azadi sport complex. <http://www.azadisportcomplex.com>

