

Coupe de la Jeunesse 2022

Castrelo de Miño
Ourense (ESP)



CASTRELO DE MIÑO | OURENSE
5 - 7 AUGUST | 2022

Team Manager Manual



Table of contents

A. ORGANISING COMMITTEE	3	G PARKING ARRANGEMENTS	8
A.1. ORGANISING COMMITTEE ADDRESS AND TELEPHONE NUMBERS Club Náutico de Castrelo de Miño	3	G.1. Boat trailers	8
A.2. ORGANIZING/EXECUTIVE COMMITTEE STRUCTURE	3	G.2. Team cars/buses	9
B. EXECUTIVE COMMITTEE		H ACCOMMODATION AND SERVICES	9
Coupe de la Jeunesse	3	H.1. GENERAL	9
C. GENERAL INFORMATION	4	H.2. OFFICIAL HOTELS AND ACCOMMODATIONS	9
C.1. IMPORTANT TELEPHONE NUMBERS	4	I. FOOD FACILITIES AND SERVICES	10
C.2. TEAM MANAGERS' INFORMATION	4	I.1. MEALS	10
C.3. GENERAL PROGRAM	4	I.2. MEAL TIMETABLE	10
D. TRAINING AND COMPETITION ON THE COURSE	5	J. MEDIA	10
D.1. Start procedure	6	K. GRANDSTANDS	11
D.2. Control Commission	6	K.1. GRANDSTANDS AND VIEWING AREAS	11
E. TEAM FACILITIES AND SERVICES	7	L. OFFICIAL CEREMONIES AND SOCIAL EVENTS	11
E.1. BOAT STORAGE	7	L.1. OPENING CEREMONY	11
E.2. LAUNCH PONTOONS	7	L.2. VICTORY CEREMONY	11
E.3. BOAT REPAIR - workshop and boat builders.	7	L.3. CLOSING CEREMONY	11
E.4. BOAT WASHING	7	L.4. SOCIAL EVENTS FOR DELEGATES AND UMPIRES	11
E.5. CHANGING ROOMS/SHOWERS	7	M. DESCRIPTION OF THE REGATTA COURSE	11
E.6. SANITARY FACILITIES	7	N. TRAFFIC RULES - TRAINING	12
E.7. TEAM TENT	7	O. TRAFFIC RULES - RACING	13
E.8. REST AREAS	7	P. MAP	14
E.9. COACHES VIEWING	8		
F. MEDICAL FACILITIES AND SERVICES	8		
F.1. MEDICAL CENTER	8		
F.2. FIRST AID SERVICE, AMBULANCE, LOCAL HOSPITAL	8		
F.3. RESCUE AND SAFETY	8		

A. ORGANISING COMMITTEE

A.1. ORGANISING COMMITTEE ADDRESS AND TELEPHONE NUMBERS Club Náutico de Castro de Miño

OC 2022 Coupe de la Jeunesse
Avenida do Concello, 2
32430 Cortiñas, Ourense
<https://goo.gl/maps/PpxH914smyfv2VUc8>

Tel: +34-988493114
Mobile: +34-676484150; +34-627233166
Mail: coordinadortecnico@federemo.org

A.2. ORGANIZING/EXECUTIVE COMMITTEE STRUCTURE

President José Manuel BALTAR
Executive Director José Manuel RODRÍGUEZ

The heads of the following departments:

Competition Felipe GARCÍA
Gabriel FERNÁNDEZ
Andrés FERNÁNDEZ
Volunteers Héctor Manuel REGUEIRO
Santiago CARVAJAL
NTO Daniel GUTIÉRREZ
Accommodation Vincent BOYER
Promotion Caldaria Termal S.L.U.

B. EXECUTIVE COMMITTEE Coupe de la Jeunesse

B.1. PRESIDENT Gary HARRIS
B.2. GENERAL SECRETARY Gwenda STEVENS
B.3. TECHNICAL DELEGATE(s) Bas LABORDUS Judith MESZAROS
Daniel DE WEERT (replacing Judit Meszaros this year)
B.4. HONORARY PRESIDENT Patrick ROMBAUT
B.5. JURY PRESIDENT Daniel GUTIÉRREZ (ESP)

C. GENERAL INFORMATION

C.1. IMPORTANT TELEPHONE NUMBERS

General Alarm via Mobile Phone: 112
Fire: 080
Police: 091
Ambulance: 061

C.2. TEAM MANAGERS' INFORMATION

C.2.1. All information (start lists, results, etc.) for Team managers will communicated via WhatsApp, there is no regatta-office available, please enter to this group with the following link (only for team managers!): <https://chat.whatsapp.com/CmpVKrWhp9G20dtmKNFwK3>

C.2.2. Mailboxes will not be available.

C.3. GENERAL PROGRAM

C.3.1. Official opening of the Regatta Venue: Thursday, 4th August 2022 – 09:00 a.m.

C.3.2. Training Timetable before the first races:

Course is open for training.

- Thursday, 4th August 2022 between 09:00 a.m. to 01:00 p.m.
 between 04:00 p.m. to 08:00 p.m.
- Friday, 5th August 2022 between 09:00 am to 02:00 p.m.
 between 06:00 pm to 08:00 p.m.

C.3.3. Training Timetable during racing days

Training is permitted from the time the course is opened, 1 hour before the first race on the relevant day, until 30 minutes before the first race. Note, that 30 minutes before the first race EVERY training crew must be out of the water.

On Saturday, training will be permitted again 10 Minutes after the last race of the day has passed the finish line till 08:00 p.m. latest.

There will be a signal in launch and arrival pontoons that they will allow or not to go into the water for training.

During the training timetable there will be big red buoys at the start and the end blocking the access to lane 1 and 5.

NO PRACTICE START!

C.3.4. **Racing Timetable – see Appendix**

C.3.5. **Meetings**

Draw

Meeting room, Town Hall (<https://goo.gl/maps/iZ3PuPxmQ2xgsQao7>)

Friday, 5th August 2022 - 1:30 p.m.

Team Managers Meetings

Meeting room, Town Hall (<https://goo.gl/maps/iZ3PuPxmQ2xgsQao7>)

Friday, 5th August 2022 - 1:30 p.m.

Saturday, 6th August 2022 - 06:00 p.m.

General Assembly Coupe

Meeting room, Town Hall (<https://goo.gl/maps/iZ3PuPxmQ2xgsQao7>)

Friday, 5th August 2022 - 3:00 p.m.

Jury

Meeting room, main building Venue (<https://g.page/nauticocastro?share>)

Friday, 5th August 2022 - 3:00 p.m.

Saturday, 6th August 2022 - 07:45 a.m.

Sunday, 7th August 2022 - 07:15 a.m.

D. TRAINING AND COMPETITION ON THE COURSE



Provisional Race Timetable

20220728

V1

			Friday	Saturday					Sunday				
Event No	Event	No of Boats	Final	Heats*		Final C	Final B	Final A*	Heats\$		Final C	Final B	Final A*
117 - 217	JW8+	6/5					14:00				11:00		
106 - 206	JM 4+	8		9:00	9:05		14:10	14:15	8:30	8:35		11:10	11:15
105 - 205	JM 4-	8		9:10	9:15		14:25	14:30	8:40	8:45		11:25	11:30
104 - 204	JM 2-	11/10		9:20	9:25		14:40	14:45	8:50	8:55		11:40	11:45
101 - 201	JM 1x	10		9:30	9:35		14:55	15:00	9:00	9:05		11:55	12:00
102 - 202	JM 2x	8/7		9:40	9:45		15:10	15:15	9:10	9:15			12:15
103 - 203	JM 4x	13/12		9:50	9:55	10:00	15:25	15:30	9:20	9:25		12:25	12:30
111 - 211	JW 1x	10/11		10:05	10:10		15:40	15:45	9:30	9:35		12:40	12:45
112 - 212	JW 2x	9/10		10:15	10:20		15:55	16:00	9:40	9:45		12:55	13:00
113 - 213	JW 4x	9/10		10:25	10:30		16:10	16:15	9:50	9:55		13:10	13:15
114 - 214	JW 2-	4					16:30				13:30		
115 - 215	JW 4-	8		10:35	10:40		16:40	16:45	10:00	10:05		13:40	13:45
116 - 216	JW 4+	4					17:00				14:00		
107 - 207	JM 8+	6/8					17:15		10:10	10:15		14:10	14:15
121 - 221	JM 1x Res*	4	17:00										12:20
131 - 231	JW 1x Res*	5/6	17:05										13:50
124 - 224	JM 2- Res*	1	17:00										12:20
134 - 234	JW 2- Res*	1	17:05										13:50
Team Manager's Meeting			13:30	18:00									

Heats* Start time of sequence will depend on number of entries

Heats\$ Sunday heats start time depend on number of events that have heats

Res* Reserve races - can be mixed 1x, 2x; JW, JM - time handicap applied - starttime depending on availability

Final A* Start times are set - no compression of timing

D.1. Start procedure

All the crews must go to the warm up zone using lane 1 until the first 500 meters, where they must cross to the warm up zone.

Crews have to remain in the warm-up zone and before their race they have to wait at the end of the warm up zone nearby to the start pontoons.

The crews will be waiting until the Marshall or Starter orders them to go to their lanes after the previous start.

From the time the crews enter the lanes the standard World Rowing starting procedure will be in operation.

- Traffic Light Starting System
- Blinking Light and tone for False Starts
- Adjustable fingers for the alignment of the boats.

Crews are advised to assume starting position during the alignment process (i.e. after the “2 Minutes” call) and not only when the Roll Call starts as this might make a re-alignment necessary.

D.2. Control Commission

The Control Commission “HeadQuarter” is a tent between the two paths leading down to the pontoons from the boat storage. A large sign “Control Commission” is affixed to it for identification.

D.2.1. Crew changes – describe “where and how”.

Crew Changes are to be registered via WhatsApp Group “CdIJ2022 – Team manager” (see C.2.1.). Managers will have to give all relevant Crew Changes according to Rules of Racing for the Crew Change.

D.2.2. Advertising

All Team Managers are advised to retrieve the latest and current information and rules on Advertising from WORLD ROWING’s website. Crews must comply with advertising rules to be allowed to compete.

D.2.3. Boat numbers

Bow Numbers will be issued by Control-Commission.

D.2.4. Cox weighing

Cox weighing will be in the Changing room building. A sign “COX WEIGHING” will mark the weighing zone. Cox weighing will occur exactly according to WORLD ROWING rules. Cox will be weighed in the racing suits.

E. TEAM FACILITIES AND SERVICES

E.1. BOAT STORAGE

When you arrive with your boat trailer, please proceed to the trailer parking area. You can leave your trailer in this parking area during the entire regatta. Your towing vehicle cannot be parked there. Please use the official park area.

IMPORTANT INFORMATION: All boats must be disinfected before fixing them on the racks. So, as soon as the boat trailer arrives at the trailer parking area, the first step will be to disinfect the boats one by one. You will not be allowed to train, and obviously compete, if the boat is not disinfected.

Please note only cars with boat trailers attached to it will be allowed to enter the area initially.

There are boat racks available in the boat storage area. All racks are marked with numbers of the type of the boat (i.e. 1X, 2, 4, 8). It will be defined boat storage place for each entry. There are volunteers available to inform you about the assigned location of your boats and strictly use only the assigned spots.

E.2. LAUNCH PONTOONS

Launch and arrival pontoons are available and clearly marked.

E.3. BOAT REPAIR - workshop and boat builders.

Boat repair facilities / boat builders are located next to the boat storage area.

E.4. BOAT WASHING

Boat washing is available in the boat storage area.

E.5. CHANGING ROOMS/SHOWERS

Changing rooms and showers are available in restricted access area for athletes.

E.6. SANITARY FACILITIES

Sanitary facilities are available within the regatta building.

E.7. TEAM TENT

There will be a free team tent for each country, allocated in a restricted access area for athletes, and near to the boat storage racks. Your own tents cannot be placed.

E.8. REST AREAS

An athlete's recreation tent is available. There will be another big tent for gym (warm up and cooling down).

E.9. COACHES VIEWING

A cycling trail is not available around the venue.

Visibility to the course is limited on various sections of the course due to vegetation, although in the final part it is perfectly visible

- **Cycle rental:**
Bicycles are not available for renting.
- **NO CYCLING WITHIN THE BOATHOUSE AREA!**

F. MEDICAL FACILITIES AND SERVICES

F.1. MEDICAL CENTER

The medical center is located inside of the athlete's area and is clearly marked. Medical Service is available on racing-days 1 hour before the first race till 1 hour after the last race of each racing-day and during the official training.

F.2. FIRST AID SERVICE, AMBULANCE, LOCAL HOSPITAL

First aid and ambulances are available at the venue.

Local hospital: Centro Médico EL CARMEN, Av. da Habana, 52, 32004 Ourense, 988 22 34 00
<https://g.co/kgs/TyrYB4>

All medical services that require the assistance of off-site (non-regatta venue) doctors or hospitals are based on the availability of proper insurance or payment.

F.3. RESCUE AND SAFETY

Rescue service is available at the regatta course. In case of emergencies, the OC team leader for COMPETITION is in charge of initiating all necessary procedures. Please follow the instructions of OC members in case of emergencies. In case of emergency, you can use/go to the boathouse-hangars or to the meal tent.

G PARKING ARRANGEMENTS

G.1. Boat trailers

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IMPORTANT INFORMATION: All boats must be disinfected before fixing them on the racks. So, as soon as the boat trailer arrives at the trailer parking area, the first step will be to disinfect the boats one by one. You will not be allowed to train, and obviously compete, if the boat is not disinfected.

Please note only cars with boat trailers attached to it will be allowed to enter the area initially.

G.2. Team cars/buses

Team vehicles may be parked in the official marked parking section (area in front of the building and main entrance). Big Busses can be stopped in a specially marked area and follow the signs to park in a specially marked area.

H ACCOMMODATION AND SERVICES

H.1. GENERAL

H.1.1. Hospitality services -information desk

In the accommodation only, general information is available. Please use the organization-office at the venue as your information source.

H.1.2. Housekeeping, damages

Please refer to your hotel's information booklet

H.1.3. Washing and drying facilities

Please refer to your hotel's information booklet

H.1.4. Meeting rooms, TV

Please refer to your hotel's information booklet

H.2. OFFICIAL HOTELS AND ACCOMMODATIONS

H.2.1. Accommodation for officials and teams.

LAIAS CALDARIA HOTEL BALNEARIO

Ctra. Nacional 120, Km. 585,8. 32459 Laías - (Ourense SPAIN)

Phone: +34 988 28 04 09

Location on google maps: <https://g.page/hotel-laias-caldaria-balneario?share>

ARNOIA CALDARIA HOTEL BALNEARIO

C/Vila Termal,1 - 32417 - Arnoia - (Ourense - SPAIN)

Phone: +34 988 492 400

Location on google maps: <https://g.page/arnoia-caldaria-hotel-balneario?share>

EXE AURIENSE****

C/ Alto do Cumial,12 - 32915 - Ourense - (Ourense - SPAIN) -

Location on google maps: <https://g.page/hotel-eurostars-auriense-ourense?share>

BARCELÓ OURENSE****

Curros Enríquez,1 - 32003 - Ourense - (Ourense - SPAIN)

Location on google maps: <https://g.page/BarceloOurense?share>

PRINCESS****

Avenida de la Habana, 45 - 329003 - Ourense - (Ourense - SPAIN) -

Phone: +34 988 269 538

Location on google maps: <https://goo.gl/maps/VWxPQoj5Xu78xGU36>

FRANCISCO II****

Calle Bedoya, 17 - 32004 - Ourense - (Ourense - SPAIN) -

Phone: +34 988 242 095

Location on google maps: <https://goo.gl/maps/SdRGGmqawPa6rJaQ8>

I. FOOD FACILITIES AND SERVICES

I.1. MEALS

The accommodation is based on half board (breakfast and dinner at the hotel, and lunch at the venue). Only lunch will be served at the hotel on Thursday for those teams who arrive before.

For lunch at the venue the team manager will get vouchers for the whole crew upon arrival.

I.2. MEAL TIMETABLE

- Breakfast at the hotel - 07:00 a.m. to 10:00 a.m. (racing days the start time will be early; 06:30 a.m. on Saturday, and 05:30 a.m. on Sunday).
- Lunch time at the venue - 11:30 am to 02:30 pm.
- Dinner at the hotel- 07:30 pm to 09:30 p.m.

J. MEDIA

There is no Media-Center available.

K. GRANDSTANDS

K.1. GRANDSTANDS AND VIEWING AREAS

There will be a grandstand in the public area. The last 500 meters of the venue is perfectly visible from land.

L. OFFICIAL CEREMONIES AND SOCIAL EVENTS

L.1. OPENING CEREMONY

The Opening Ceremony will take place on Friday, 5th August 2022 – 5:30 p.m. at the regatta-venue. On this day, the venue will be closed at 2:00 p.m. for training. For the parading of the nations we ask two athletes per country (one man and one woman) who take place near the Finish Tower. Keep in distance from each other.

For details you will find information in the “CdIJ 2022 – Team manager” WhatsApp-Group.

L.2. VICTORY CEREMONY

For details you will find information in the “CdIJ 2022 – Teammanager” WhatsApp-Group.

L.3. CLOSING CEREMONY

For details you will find information in the “CdIJ 2022 – Teammanager” WhatsApp-Group.

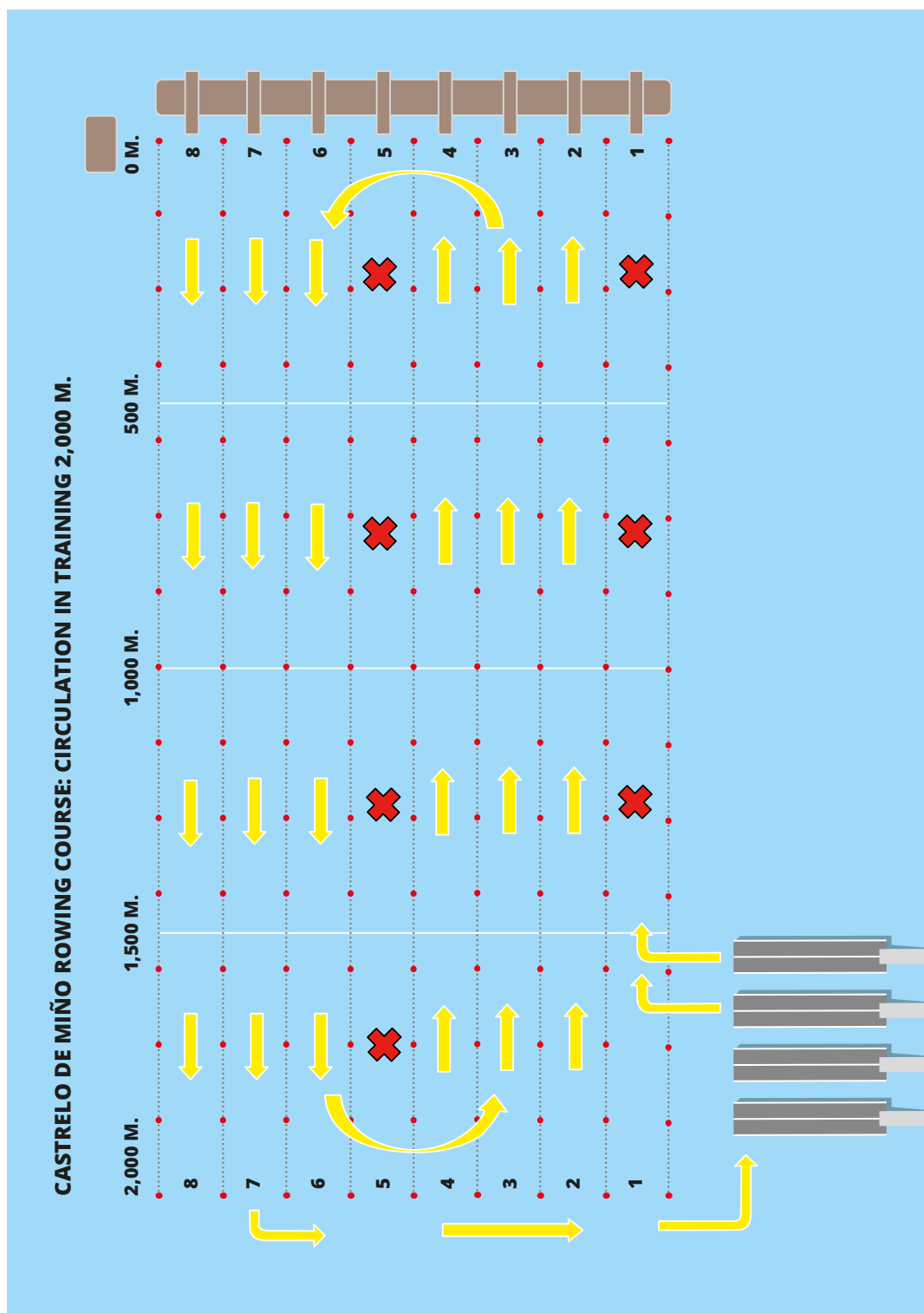
L.4. SOCIAL EVENTS FOR DELEGATES AND UMPIRES

There is a Nation’s Dinner planned on Saturday night.

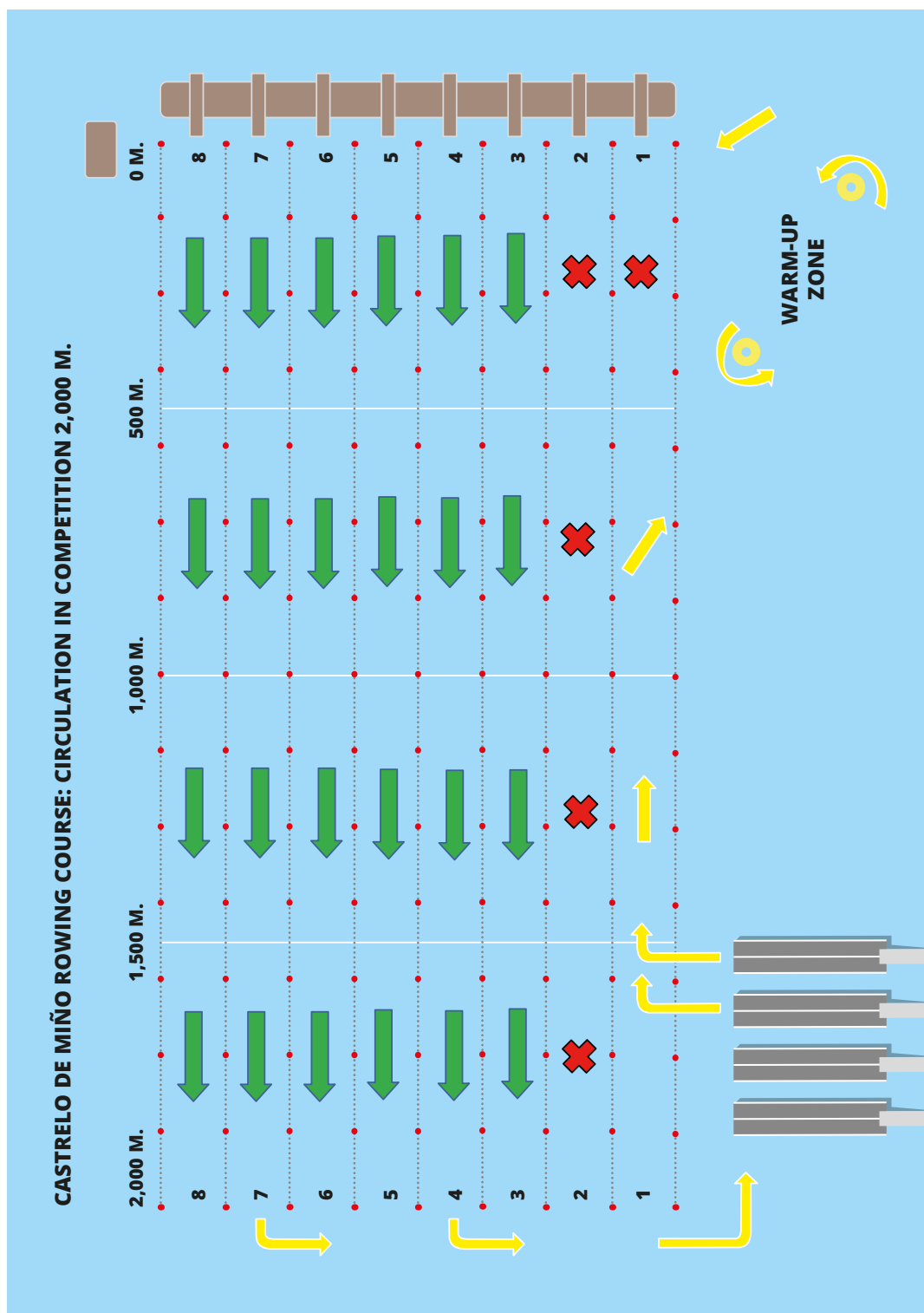
M. DESCRIPTION OF THE REGATTA COURSE

The regatta course at Castrelo de Miño was constructed on the river Miño in 2001, just before a lock and hydro- electric plant that it is nearby. The extension to eight lanes and the start platform was completed in 2022. Since 2001, national rowing regattas as the Spanish Rowing Championships have taken place here regularly. In this venue was previously organized an international regatta, the Ribeiro International Regatta. The Organizing Committee expects that this Coupe de la Jeunesse edition will be the first of future international regattas organized in Castrelo in the next few years.

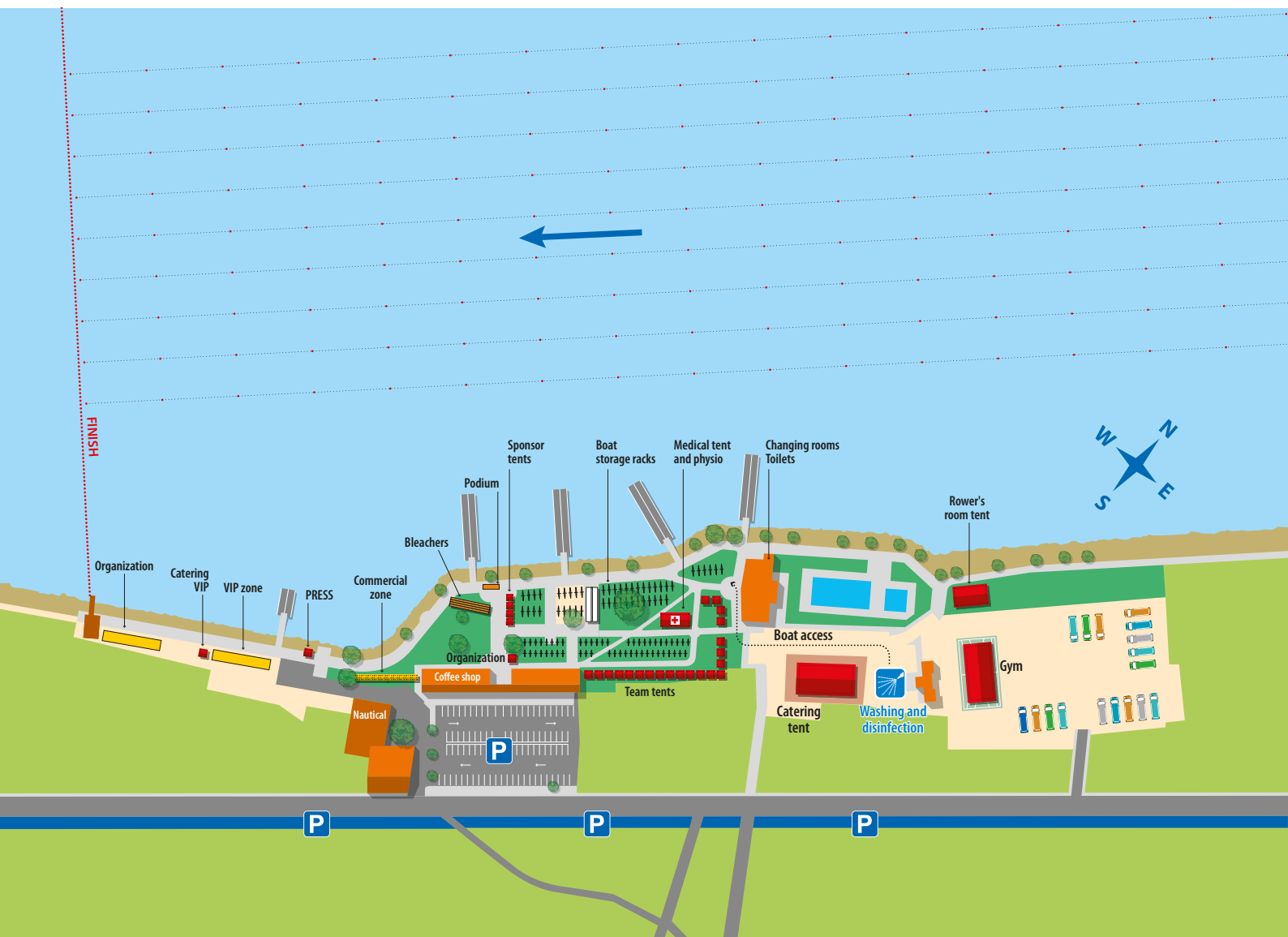
N. TRAFFIC RULES - TRAINING



O. TRAFFIC RULES - RACING



P. MAP



Coupe de la Jeunesse 2022

Castro de Miño
Ourense (ESP)



Rowing

ourense
the thermal province

15



Coupe de la Jeunesse 2022

Castrelo de Miño
Ourense (ESP)



ORGANIZAN



PATROCINAN



COLABORAN

