



PERSATUAN MENDAYUNG MALAYSIA
(MALAYSIAN ROWING ASSOCIATION)



2024 Asian Rowing Indoor Championships

Penang, Malaysia

10 – 11 August 2024

Bulletin #1

Asian Rowing Federation

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Senior Vice-Presidents: Ms. Fay Ho Kim Fai
Vice-Presidents: Mr. Semun Oh
Mr. Vahid Moradi
Radm. Praparnpongs Pochanasomburana
Mr. Masakuni Hosobuchi

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Events Committee: Mr. Edy Suyono
Umpiring Committee: Mr. Takao Senda
Competitive Committee: Mr. Wu Jining
Marketing &Promotion Committee: Ms. Wang Yan
Rowing Development Committee: Ms. Katayoun Ashraf Para
Rowing Committee: Mr. Seung-Hoon HAN
Rowing for All Committee: Mr. Fang Ling
Sports Medicine Committee: Mr. Mikio Hiura
E-mail: office@arfrowing.com (official email)
Website: www.arfrowing.com

Malaysian Rowing Association

President: Mr. Norhadi bin Ishari
Secretary General: Mr. Khoo Kah Beng
Address: Malaysian Rowing Association, 10a, Jalan 4/11b, Seksyen 4
Tambahan Bandar Baru Bangi, 43650 Bandar Baru Bangi, Selangor,
Malaysia
Tel: +6016 210 0468
E-mail: rowingmalaysia2023@gmail.com

Organizing Committee

Chairman : Mr. Norhadi bin Ishari
Vice Chairman : Mr. Sharudin bin Mohd Amin
Competition Manager : Mr. Khoo Kah Beng
Accommodation : TBC
Transportation/ Logistic : TBC

Event Contact Person : Mr. Khoo Kah Beng rowingmalaysia2023@gmail.com

International Jury

The International Jury will be appointed by the Asian Rowing Federation.

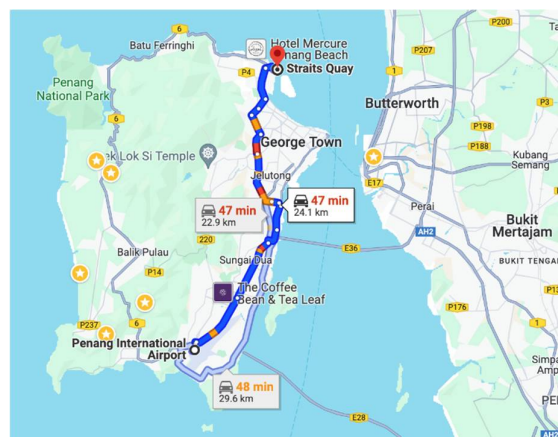
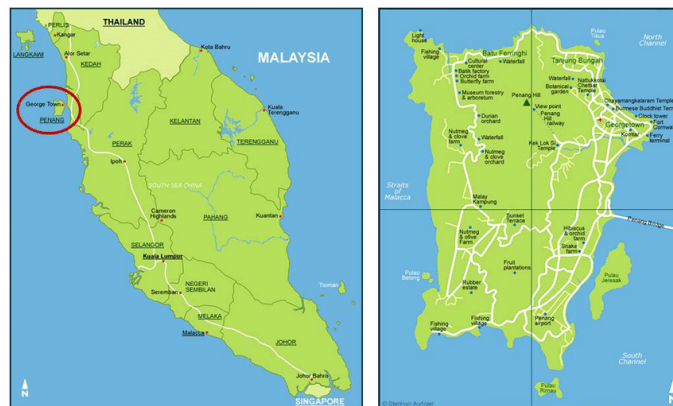
1. General Introduction of Penang, Malaysia:

1.1 Event Venue Information

Georgetown is the capital of Penang state, Malaysia, located on the northwest coast of Peninsula Malaysia. Penang state has two parts: Penang Island where the capital city is located, and Seberang Perai on the Malaysia Peninsula, both lands are connected by Penang Bridge and Second Penang Bridge (the longest bridge in Southeast Asia).

With 1.74 million residents, Penang is one of Malaysia's most densely populated and urbanized states. Penang is culturally diverse with a population that includes Chinese, Malays, Indians, Eurasians, Siamese and expatriates. Established by Francis Light in 1786, it is now one of the Malaysia's most developed economic powerhouses, leading exporter through Penang Port and Penang International Airport (the nation's third busiest).

Georgetown was the first British settlement in Southeast Asia, described by UNESCO as having a "unique architectural and cultural townscape" shaped by centuries of intermingling between various cultures and religions. It has also gained a reputation as Malaysia's gastronomical capital for its distinct culinary scene. The preservation of these cultures contributed to the designation of the city center of George Town as a **UNESCO World Heritage Site** since 2008.



Penang, Malaysia



1.2 Weather information

The average weather conditions in Georgetown, Penang in August over the past five years are as follows:

Average daily maximum air temperature (°C)	32	Wind direction	Southeast
Average daily minimum air temperature (°C)	24	Min-max wind speed (km/h)	3.5 – 14.3
Average relative humidity (%)	76	Heat Index (°C)	40
Average monthly rainfall (mm)	190	Average Rain Days	11 days
Sunrise Sunset	7.14am 7.35pm	Average UV Index	7

1.3 Medical and Rescue Support

During the event, an ambulance and professional emergency medical staff will be on standby at the venue throughout the race period to provide emergency medical support.

In case of emergencies, the nearest hospital (Penang General Hospital) is 7km away and can be reached in around 15 minutes.

2. Event information

2.1 Event date
10-11 August 2024

2.2 Event location
Straits Quay Seafront Retail Marina, Penang, Malaysia



2.3 Event schedule

	Day 1 9-Aug Fri	Day 2 10-Aug Sat	Day 3 11-Aug Sun	Day 4 12-Aug Mon
0630		Breakfast at Hotel	Breakfast at Hotel	Breakfast at Hotel
0800	Team Arrival	2000m Single	2000m Pair	Team Departure
1300		Lunch at Hotel	Lunch at Hotel	
1400		500m Single	4x500m Team	
1500	Team manager meeting			
1600	Jury & ITO meeting			
1700		Prize Giving Ceremony	Prize Giving Ceremony	
1800	Dinner at Hotel	Opening Ceremony Nations Dinner	Dinner at Hotel Team Departure	

This is a tentative event schedule subject to further changes.

2.4 Event Categories

	500M SINGLE	2000M SINGLE	2000M PAIR	4x500M TEAM
U17 Men	X	X	X	X
U17 Women	X	X	X	X
U17 Mixed			X	X
U19 Men	X	X	X	X
U19 Women	X	X	X	X
U19 Mixed			X	X
U23 Men	X	X	X	X
U23 Men Lightweight	X	X	X	X
U23 Women	X	X	X	X
U23 Women Lightweight	X	X	X	X
U23 Mixed			X	X
U23 Mixed Lightweight			X	X
Open Men	X	X	X	X
Open Men Lightweight	X	X	X	X
Open Women	X	X	X	X
Open Women Lightweight	X	X	X	X
Open Mixed			X	X
Open Mixed Lightweight			X	X
PARA PR1 Men	X	X	X	
PARA PR1 Women	X	X	X	
PARA PR2 Men	X	X	X	
PARA PR2 Women	X	X	X	
PARA PR3 PD Men	X	X	X	
PARA PR3 PD Women	X	X	X	
PARA PR3 ID Men	X	X	X	
PARA PR3 ID Women	X	X	X	
Masters Men 30-39	X	X		
Masters Men 30-39 Lightweight	X	X		
Masters Women 30-39	X	X		
Masters Women 30-39 Lightweight	X	X		
Masters Men 40-49	X	X		
Masters Men 40-49 Lightweight	X	X		
Masters Women 40-49	X	X		
Masters Women 40-49 Lightweight	X	X		
Masters Men 50-59	X	X		
Masters Men 50-59 Lightweight	X	X		
Masters Women 50-59	X	X		
Masters Women 50-59 Lightweight	X	X		
Masters Men 60+	X	X		
Masters Men 60+ Lightweight	X	X		
Masters Women 60+	X	X		
Masters Women 60+ Lightweight	X	X		

2.4.1 Lightweight, Pair, Team

Lightweight men must be 75.0 kg and under
Lightweight women must be 61.5 kg and under.

For the individual and team events, all individual lightweight competitors must meet the weight limits above. There is no averaging allowed like weighing for boat events. There will be designated area for weighing at the venue.

The format of the Pair's events will be 2 rowers each rowing 2,000m at the same time on separate machines, with the result assessed as the cumulative average score of the two rowers.

The format of the 4 x 500m Team Relay event for Men, Women and Mixed (2 men and 2 women) Four, each athlete will row and switch every 500m on a single machine with the result assessed as the total score of the four rowers. Teammates can assist with foot straps, handle and seat.

2.4.2 Competition Format

For this competition, all events will follow a direct final format.

2.4.3 Prizes

Medals will be presented to the first, second, third place winners in each event and participation certificates will be given to all participants.

2.4.4 Uniform

All athletes must wear the national team uniform during the event.

2.4.5 Rowing Machine Resistance

All athletes may set any resistance of their choice before the race starts. However, this setting cannot be changed once the race has begun and must remain the same until the end.

2.4.6 ARF President's Friendship Cup

Rowers from different nations and regions will be mixed together and drawn randomly into teams to compete in a 4 x 500m relay friendly race. The draw will be announced during the event.

2.5 Entries

2.5.1 Eligibility

The 2024 Asian Rowing Indoor Championships is strictly open to Asian Rowing Federation (ARF) affiliated member federations only.

Each nation is allowed to enter a maximum of two (2) entries per event.

In accordance with the World Rowing and ARF rules of racing, all competitors must be citizens of the country or region they represent and be able to prove this through showing an official

document (passport or identity card).

2.5.2 Deadline

The preliminary entry deadline is **30th June, 2024**, and the final entry documents shall be submitted **by 15th July, 2024**.

The preliminary entry must include events to be entered, the total number of athletes in the team, and the number of officials and the number of accompanying teams.

The final entry documents must include all necessary information of all participants, including the names and date of birth of each athlete, substitute and official. The final entry form is attached to this bulletin.

Please fill in relevant forms and send them to the OC (rowingmalaysia2023@gmail.com) via email with a copy to the ARF (office@arfrowing.com).

2.5.3 Entry Fee

There is an entry fee of **USD 10 per person per event**. The entry fee includes one (1) event T-shirt only for each person regardless of how many events he or she may enter.

2.5.4 Liability Insurance

Participants are responsible for the insurance costs for their own equipment and persons.

3. Equipment

Concept2 brand rowing ergometer with standard legs (formerly known as Model D) will be used as the official race machines. Athletes will be allocated randomly to different machines numbering according to the start list. Athletes cannot request a change of machines unless there is a mechanical or electronics failure occurring before the start of the race.

There will be a separate warm-up area with rowing machines available throughout the event.



4. Transportation

Penang International Airport

This is the nearest airport to the venue, located 25km away, approximately a 50-minute drive. Currently, Penang International Airport has 13 direct international flights to cities such as

Singapore, Bangkok, Phuket, Guangzhou, Shanghai, Xiamen, Hong Kong, Medan, Jakarta, Surabaya, Banda Aceh, Taipei, Ho Chi Minh City, Dubai and Doha.

Participants may also reach Penang through connecting flights from other domestic airports such as Kuala Lumpur International Airport, Subang, Langkawi, Johor Bahru, Kota Kinabalu, Kuching and Kota Bharu.

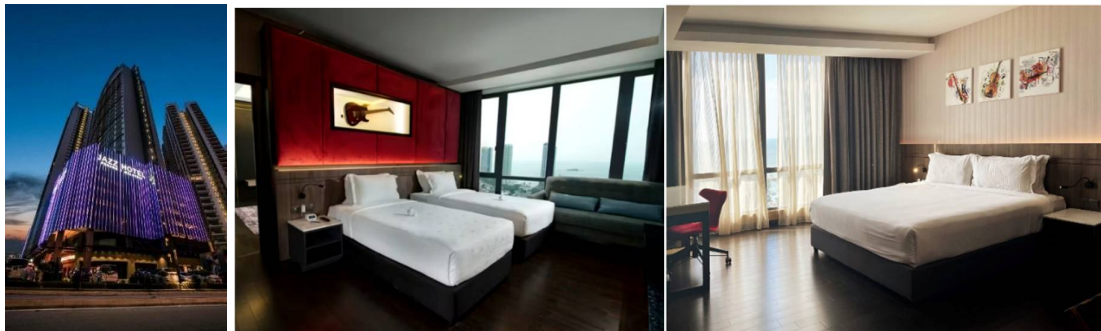
The OC arranges the round-trip transportation from Penang airport to the accommodation and back. The official hotel is within walking distance (500m) to the venue, therefore no transportation will be provided between the hotel and the venue.

The round-trip transportation fee is 15 USD per person.

5. Accommodation and Meals

Jazz Hotel Penang. (<https://www.jazzhotel.com.my/rooms.html>) is the official hotel. The OC provides full board accommodation and meals (breakfast, lunch, dinner). The 4-star hotel is just within walking distance (500m / 5 minutes) to the venue. The hotel features an infinity pool and a gymnasium available for hotel guests. Reservation must be made through the OC only no later than **30th June 2024.**

Twins-sharing room 69 USD per person per night
Single room 99 USD per person per night



6. Visa

All visitors to Malaysia require a visa except citizens of countries where an exemption has been granted. An Official Letter of Invitation will be sent via email to each National Federation upon requested. Please begin your visa process without any delay. Requests for Official Letters of Invitation can be made to the OC at rowingmalaysia2023@gmail.com

One invitation letter will be provided for the entire team. Please keep in mind that visa should be obtained before travelling to Malaysia

For details on visa application requirements for your country, please visit the website of the Immigration Department of Malaysia under the Ministry of Home Affairs : <https://www.imi.gov.my/index.php/en/main-services/visa/visa-requirement-by-country/>

You can also refer to the list of countries that require visa or do not require a visa as provided by the Ministry of Foreign Affairs Malaysia: <https://www.kln.gov.my//documents/34253/271722/Visa+Requirement+for+Malaysians.pdf/0345d7ba-53f4-44c5-aa32-c9d4b3206ebd?version=1.0>

7. Accreditation

Each individual (Jury, Team Officials & Participants) is requested to email a copy of his or her **passport and photograph** with a completed Entry Form by Name.

8. Organizing Committee

For all enquiries, submission of entries and other information, please contact the Organizing Committee at the following address:

Secretary (Contact Person): Mr. Khoo Kah Beng
E-mail: rowingmalaysia2023@gmail.com

Enclosed:

Annex 1 Entry Form by Numbers	Deadline: 30 June 2024
Annex 2 Hotel Reservation Form	Deadline: 30 June 2024
Annex 3 Arrival & Departure Form	Deadline: 10 July 2024
Annex 4 Accreditation Form - Officials	Deadline: 10 July 2024
Annex 5 Accreditation Form – Athletes	Deadline: 10 July 2024
Annex 6 Final Entry Form by Name	Deadline: 10 July 2024
Annex 7 Visa Invitation Letter Form	Deadline: 10 July 2024





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