



2022

world rowing®

coastal championships
& beach sprint finals



Pembrokeshire
Great Britain

BULLETIN

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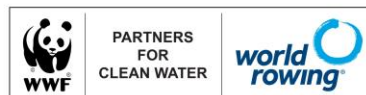
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WELCOME

DEAR ROWING FAMILY,

On behalf of everyone at British Rowing and Welsh Rowing, we are delighted to invite the world of rowing to Saundersfoot on the beautiful Pembrokeshire coastline for what promises to be a spectacular edition of the World Rowing Coastal Championships and Beach Sprint Finals in 2022.

The two formats of coastal rowing provide for exciting and exhilarating racing in a discipline of our sport that is accessible to more countries and people around the world than ever before. The coastline surrounding Saundersfoot will provide a fitting backdrop to this elite rowing competition and its with this beautiful, natural venue in mind that we have also set ourselves the challenge to be one of the most sustainable international rowing events ever held.

Pembrokeshire knows how to put on an event and we're extremely grateful for the support of a range of local and national partners, in particular UK Sport and the Welsh Government, helping us bring the event to Saundersfoot.

We are still in the early stages of some of our planning so please subscribe on our website to receive updates as our plans progress. I know our organising committee and the wider team of WaveMakers are excited to deliver an incredible event and experience for all of you whether you are a rower, official, supporter or spectator.

Wela I di wedyn! (See you later!)

JEREMY

Jeremy Wilton
Event Chair



GENERAL INFORMATION





SAUNDERSFOOT

SAUNDERSFOOT, PEMBROKESHIRE, WALES

Saundersfoot is a large village in Pembrokeshire, Wales - folded neatly into the outstanding Pembrokeshire Coast National Park and on the Pembrokeshire Coast Path. It is home to the recently completed Welsh International Coastal Centre and has a wide range of accommodation and cafes and restaurants.

We are sure that you will enjoy your visit.







CONDITIONS

FIVE-YEAR AVERAGE WEATHER FORECAST FOR PERIOD OF THE CHAMPIONSHIPS

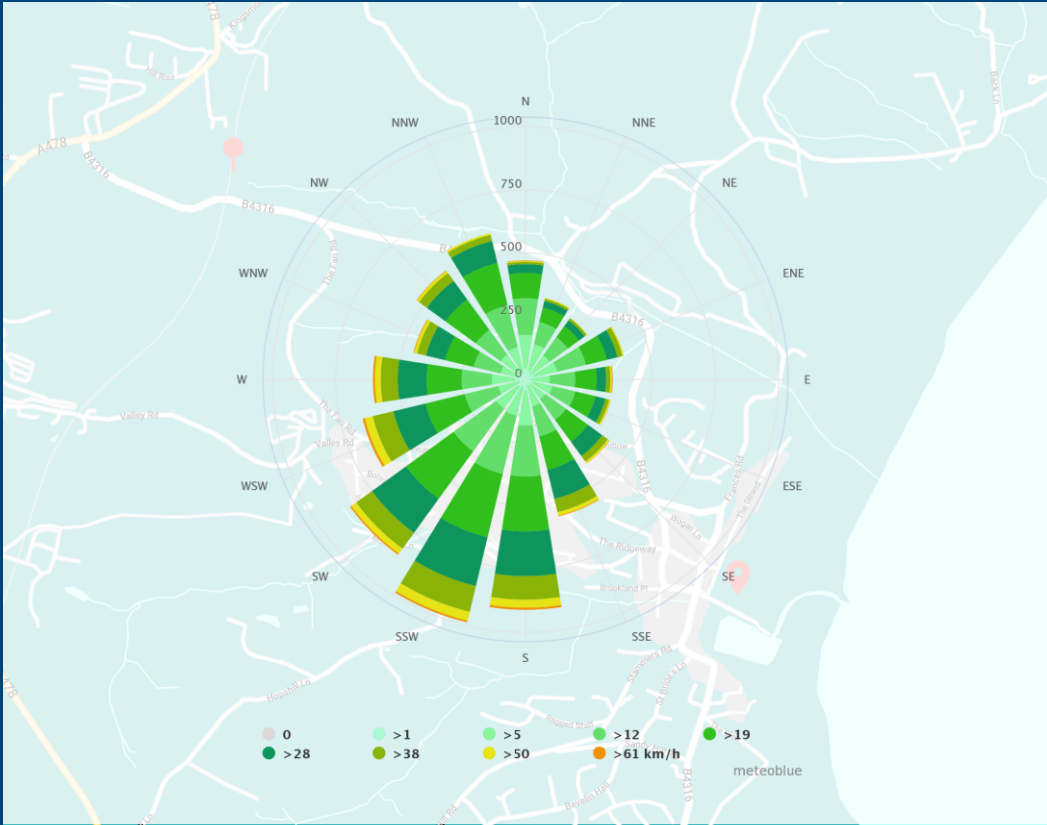
Time	Wind velocity (m/s)	Wind direction (degrees)	Temperature (°C)	Humidity (%)
06.00-07.00	6.0	162.4	11.0	90.8
07.00-08.00	6.1	166.5	11.5	89.8
08.00-09.00	6.6	169.2	12.4	87.1
09.00-10.00	6.7	169.3	13.2	83.9
10.00-11.00	6.8	171.7	13.8	80.3
11.00-12.00	7.0	178.7	14.2	78.0
12.00-13.00	7.2	185.5	14.4	76.6
13.00-14.00	7.1	181.7	14.4	76.4
14.00-15.00	7.0	186.5	14.3	76.8
15.00-16.00	6.7	182.6	14.0	77.7
16.00-17.00	6.4	182.5	13.5	80.7
17.00-18.00	6.0	176.4	12.8	83.8
18.00-19.00	5.8	161.1	12.4	85.7
19.00-20.00	5.9	169.8	12.1	87.0

The average water temperature is 15°C.



CONDITIONS

PREVAILING WIND CONDITIONS (ANNUAL)



The prevailing wind in Saundersfoot is south westerly in October.



CONDITIONS

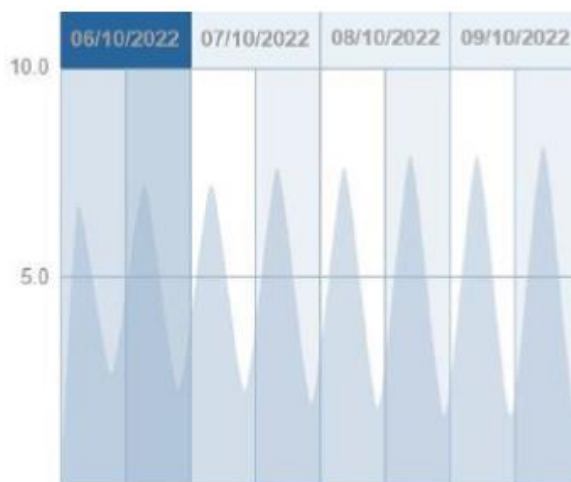
TIDAL CURVES

COASTAL CHAMPS



^ Tide Height in metres

BEACH SPRINTS



^ Tide Height in metres

TIDE, DAWN AND DUSK TIMES

For the latest dawn, dusk and tide times for Saundersfoot, please see the Met Office website:

Met Office





COASTAL CHAMPIONSHIPS INFORMATION



COASTAL CHAMPIONSHIPS INFO

EVENT DATES

The World Rowing Coastal Championships (WRCC) will take place from 7 to 9 October 2022 (with a reserve day of 10 October).

EVENT CATEGORIES

There will be seven event categories in the 2022 World Rowing Coastal Championships:

- CM1x and CW1x (Solos)
- CM2x, CW2x, CMix2x (Doubles)
- CM4x+ and CW4x+ (Coxed Quads)

ENTRIES

Information on the process for entering the event will be published in the future in line with the entry date. To be notified of this process, please subscribe to our mailing list via the website.

Subscribe



Progression and National Ranking

The 2022 WRCC progression system will be published by World Rowing after the entry deadline as per World Rowing Rules of Racing.

ENTRY FEE

There is an entry fee of €35 per rowing seat. The fee will be used for a contribution towards the operational costs of the race organisation (for example, for safety cover, timing and results service, medals, volunteer insurance, boat stickers and race course infrastructure). €5 from each seat fee will be donated to support coastal rowing development programmes worldwide.

More information on the payment procedure will be released alongside the entry instructions.

ACCREDITATION & CREW REGISTRATION

Crew members and team officials will receive their accreditation at the registration desk. Team Leaders or Crew Captains will be required to bring photo identification (passport or international identification card) of all crew members to collect the accreditation for their crews. All competitors are required to carry their accreditation with them throughout the event.

COASTAL CHAMPIONSHIPS INFO

VENUE AND COURSE OPENING TIMES

The venue will be open for accreditation and registration from 09:00 on Wednesday 5 October 2022. The course will be officially open for training from 09:00 on Wednesday 5 October 2022. Training times will be arranged on a booking basis.

RACE COURSE

The rowing course will be in and around Saundersfoot Bay around turning points, with a mass beach start and water finish. The start beach is a fine sand beach with a sheltered spilling wave. Crews are encouraged to bring two experienced boat handlers for the start and finish, who shall wear matching kit that is predominantly different to the colour of the crew kit. The course length will be 4 km for Heats and B Finals and 6 km for A Finals. Racing will be run in accordance with the World Rowing Rules of Racing and Appendix R18 – Coastal Rowing Competition Regulations.

[Rules of Racing](#) ➡

UNIFORM

According to the World Rowing regulations, each team member/crew must display on their racing suit the three-letter country code and their family name (in Romanised text), following the format below:

Position	Font	Height (mm)	Width (mm)	Case	Example
Front: family name	Arial	50	120-150	Uppercase	EVANS
Front: country code	Arial	50	60-100	Uppercase	GBR
Back: country code	Arial	100	150	Uppercase	GBR

The boat handlers shall wear matched uniforms in a colour that is different from the crew. World Rowing may also issue the boat handlers with bibs to wear (see World Rowing Rules of Racing Appendix R18 – Coastal Rowing Competition Regulations).

RACE SCHEDULE

Once published, the latest version of the provisional race schedule will be available on the event page on the World Rowing website.

[Race Schedule](#) ➡

COASTAL CHAMPIONSHIPS INFO

BOATS & EQUIPMENT

Pool Boat Rental Procedure

There will be multiple official boat and oar suppliers from which equipment rental will be available.

Official suppliers will provide pool crew support on the beach. If you make a private hire arrangement with a non-official supplier your boat will be treated as a private boat and the supplier will not be able to have a support presence in the boat park or on the beach. Information on pool boat rentals suppliers and prices will follow soon.

All boats and other equipment shall comply with World Rowing Rules of Racing, including specified safety equipment. All pool boats & oars will be shared between teams, and the Official Suppliers cannot guarantee that crews will have the same equipment each day within their rental fleet.

If you decide to bring your own boats, you must notify the OC by email (worldrowingcoastals2022@britishrowing.org) before the closing date of entries to ensure that there is space in the boat park for you. If you miss the deadline to notify the OC regarding boats and equipment, a €100 beach boat parking fee will be charged.

As per World Rowing Rules, it is compulsory to carry in the boat a life jacket for all crew members. Teams may bring their own life jackets and if they are bringing their own boats they should also supply their own life jackets.

Boat weighing

All boats will be weighed outside the Sailing Club and registered by qualified umpires. During the competition days, verification procedures will take place (to verify the weight information, measurements, equipment, advertising and any other requirements) and there will be random boat weight screenings.

Oars Rental

Oar rental will be available from a range of official suppliers. More details will be published soon.

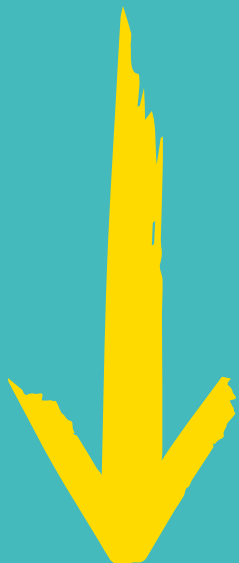
The Organising Committee encourages crews to bring their own oars with their respective club or country colours on.

RESPONSIBILITY OF TEAM MANAGERS AND CREW CAPTAINS

Teams are reminded that coastal rowing is an assumed risk sport and the Crew Captain shall be responsible to assess the risks and the ability of the crew to cope with the prevailing and forecast conditions (see World Rowing Rules of Racing Appendix R18 19.c.ii). Crews that feel that they are not competent or confident to train or race in the conditions, are expected to not go on the water and to inform the organising committee at the earliest opportunity of their decision.



BEACH SPRINTS INFORMATION



BEACH SPRINTS INFO

EVENT DATES

The World Rowing Beach Sprint Finals (WRBSF) will take place from 14 to 16 October 2022 (with a reserve date of 17 October if required).

EVENT CATEGORIES

There will be nine event categories in the 2022 World Rowing Beach Sprint Finals:

- Senior events
 - CM1x and CW1x (Solos)
 - CMix2x (Doubles)
 - CMix4x+ (Coxed Quads)
- Junior events
 - CJM1x and CJW1x (Solos)
 - CJM2x, CJW2x and CJMix2x (Doubles)

Member Federations are reminded that the rules for the coastal discipline require rowers to be responsible for making decisions in relation to their level of skills. Please make sure your teams have suitable experience of racing in waves alongside their rowing competency.

Teams are advised to bring two experienced boat handlers to support their crews during training and racing. Please note that teams should not bring boats since pool boats will be provided. However, teams are advised to bring their own oars. World Rowing's Coastal Commission is happy to advise Member Federations who are looking for good training locations.

ENTRIES

Information on the process for entering the event will be published in the future. To be notified of this process, please subscribe to our mailing list via the website.

Subscribe



ACCREDITATION

Crew members and team officials will receive their accreditation at the registration desk. Team Managers or Crew Captains will be required to bring photo identification (passport or international identification card) of all crew members to collect the accreditation for their crews. All competitors are required to carry their accreditation with them throughout the event.

RESPONSIBILITY OF TEAM MANAGERS

Teams are reminded that coastal rowing is an assumed risk sport and the Team Manager shall be responsible for assessing the risks and the ability of the crew to cope with the prevailing and forecast conditions. (see World Rowing Rules of Racing Appendix R18, point 19 on coastal safety). Crews that feel that they are not competent or confident to train or race in the conditions, are expected to not go on the water and to inform the organising committee at the earliest opportunity of their decision.

VENUE AND COURSE OPENING TIMES

The venue will be open for accreditation and registration beginning on Wednesday 12 October from 12:00. The course will be officially open for training from 12:00 on Wednesday 12 October. Training times will be arranged on a booking basis.

BEACH SPRINTS INFO

BEACH ORIENTATION

The Beach Orientation will include a swim or walk through the wave break, familiarisation of the beach features and how to call for assistance. Team managers should book their rowers and boat handlers onto a Beach Orientation slot at accreditation. The session will last 30 minutes. Participants should come in training kit, ready to get wet and have their accreditation ready to be stamped.

OFFICIAL TRAINING

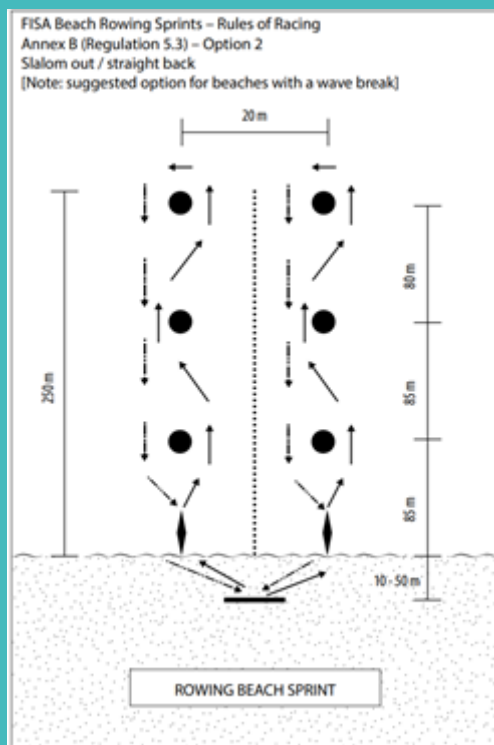
Teams will need to book onto official training slots on training days. To book a training slot, please contact the Athlete Service Manager: [add general email address here](#). Teams shall also confirm the training slots at accreditation with the OC. Competition Information. Only teams that have already attended a Beach Orientation session will be allowed to participate in official training.

COMPETITION RACE FORMAT

Time trials are the format for the first round of racing. Two crews will race side by side, racing for time only and not position. A new race will start every 5 minutes.

All the rest of the rounds, again two crews side by side, will be knock out racing (for some progression combinations fastest losers are used). A new race will start every 7 minutes. When down to the last 8 crews, the quarter finals, semi-finals and finals will run immediately after each other.

The start and finish are on the same line (as shown in the diagram below).



One person from the crew runs approximately 20 to 50m on the beach before rowing 250m out and 250m back, then one person jumps out of the boat (which is grabbed by boat handlers) and runs on the beach back to the start/finish line.

As the beach is gently sloping with a significant tidal range a single static course cannot be used for more than an hour or so.

To accommodate the water-line movements there will be parallel course(s). As course A is being used a second adjacent course B will be ready to use.

BEACH SPRINTS INFO

UNIFORM

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Front: country code	Arial	50	60-100	Uppercase	GBR
Back: country code	Arial	100	150	Uppercase	GBR

The boat handlers shall wear matched uniforms in a colour that is different from the crew. World Rowing may also issue the boat handlers with bibs to wear (see World Rowing Rules of Racing Appendix R19).

RACE SCHEDULE

Once published, the latest version of the provisional race schedule will be available on the event page on the World Rowing website.

Race Schedule



BOATS & EQUIPMENT

The Official Pool Boat Supplier for the 2022 WRBSF will be announced shortly. The Organising Committee (OC) will provide pool boats during training and competition. Teams are required to supply their own oars. Teams that need to rent oars should contact the official beach sprint boat provider which will be announced once entries open.

The pool boats will have standard rigging which cannot be changed. Teams are advised to use the measurements on their private oars to allow for personal preferences in gearing and angles. Personal seat pads and footwear may be used. The pool boats will be set at 5 degree of pitch, 0.5-1 degree of lateral and 158cm span, and set at the maximum height.



LOGISTICS



NIRVANA

Official Travel & Accommodation Partner

NIRVANA – OFFICIAL TRAVEL AND ACCOMMODATION PARTNER

Our official travel and accommodation partner, Nirvana are here to help you make your arrangements for the World Rowing Coastal Championships and Beach Sprint Finals in 2022. As well as helping organise your travel and accommodation, Nirvana will help ensure all those extra details you need as a competitor or spectator are sorted. They can even help arrange for you to spend a little extra time in Wales after the event.

ACCOMMODATION BOOKING

You will find a variety of accommodation ranging from 5* hotels to a small and friendly bed and breakfast or static caravan. As Wales opens up post-Covid, accommodation is continually being added.

For more information on accommodation for the event, please click on the link below or speak to Nirvana directly via +44 (0)191 257 1750 or coastals22@nirvanasportstravel.com.

Book Accommodation



EVENT TRANSPORTATION

There will be a shuttle bus operating from Tenby to Saundersfoot on training and race days.

RESTAURANTS

Saundersfoot has an increasing reputation as a gourmet resort, thanks to the high-quality restaurants and cafes and the local Pembrokeshire produce. The locally produced food not only tastes fantastic, but also reduces greenhouse emissions and carbon footprint. For more information please visit:

Welcome to Saundersfoot Bay



VISA INFORMATION

If you need a Visa Invitation, please send the name list showing passport details and nationality by email as soon as possible to coastals22@nirvanasportstravel.com.

Tourist Visas can be applied for three months before arriving in the UK. For the latest information please click below. The OC will not be responsible for teams unable to obtain Visas due to late application or any other reason. Nirvana are able to offer advice on managing Visa applications.

Visa information



COVID-19 RESTRICTIONS

Competitors and teams are responsible to adhering to both their own local COVID restrictions and any restrictions in the UK. At the time of writing, competitors for both events will not be eligible for any elite sport exemptions from restrictions in the UK.



SAUNDERSFOOT

**CARDIFF
AIRPORT**

**HEATHROW
AIRPORT**

TRANSPORT

Saundersfoot is easily accessible via road, air or rail. Please contact Nirvana for assistance with your travel logistics. More information on the best ways to get to Saundersfoot are available on our website.



FLY

The nearest international airport to Saundersfoot is Cardiff International Airport



DRIVE

145km from Cardiff Airport - 1 hour 45 drive
350km from London Heathrow - 4 hour drive



PUBLIC TRANSPORT

Saundersfoot is a stop on the Manchester Piccadilly - Pembroke Dock railway line. The station is a 28 min walk from the harbour.



SUSTAINABILITY

The event will be aspiring towards gaining ISO2012 certification and if achieved, will be the first rowing event in the world to be awarded it. In order to achieve such certification a rigorous and thorough process is being followed. Our sustainability aims are:

- **Responsible use of resources**
Objective – to use resources responsibly and wisely and in a way that reduces the carbon footprint of the event.
- **Participation and reach**
Objective – to ensure the event engages and enthuses the local community and world of rowing in offering a welcome to all.
- **Protecting people and the planet**
Objective – to ensure the event is environmentally responsible and ensures the wellbeing of the people who are impacted by it and the landscape that hosts it.
- **Operation and ethos**
Objective – to ensure the event has systems in place to monitor and account for its operations and governance.

In the spirit of transparency, our targets will shortly be published on the event website.

The event will be raising money for the World Rowing Kafue River & Rowing Centre and for the local Seasearch project managed by the Marine Conservation Society.



MEDIA

MEDIA ENQUIRIES

If you have an enquiry in advance of the event, please contact:

Rich Stock
Head of Communications & Marketing | British Rowing
richard.stock@britishrowing.org

EVENT ACCREDITATION

Media representatives wishing to attend the event are required to be accredited through World Rowing. Applications for accreditation specific to the 2022 WRCC will be opened in the beginning of 2022.

For further information, please visit the World Rowing's Media Centre
www.worldrowing.com/mediacenter or email media@worldrowing.com



CONTACT US

IF YOU HAVE ANY ENQUIRES ABOUT THE EVENT PLEASE CONTACT US:

worldrowingcoastals2022@britishrowing.org

FOR ENQUIRIES ABOUT TRAVEL OR ACCOMMODATION LOGISTICS, PLEASE CONTACT OUR PARTNER, NIRVANA EUROPE:

+44 (0)191 257 1750
coastals22@nirvanasportstravel.com