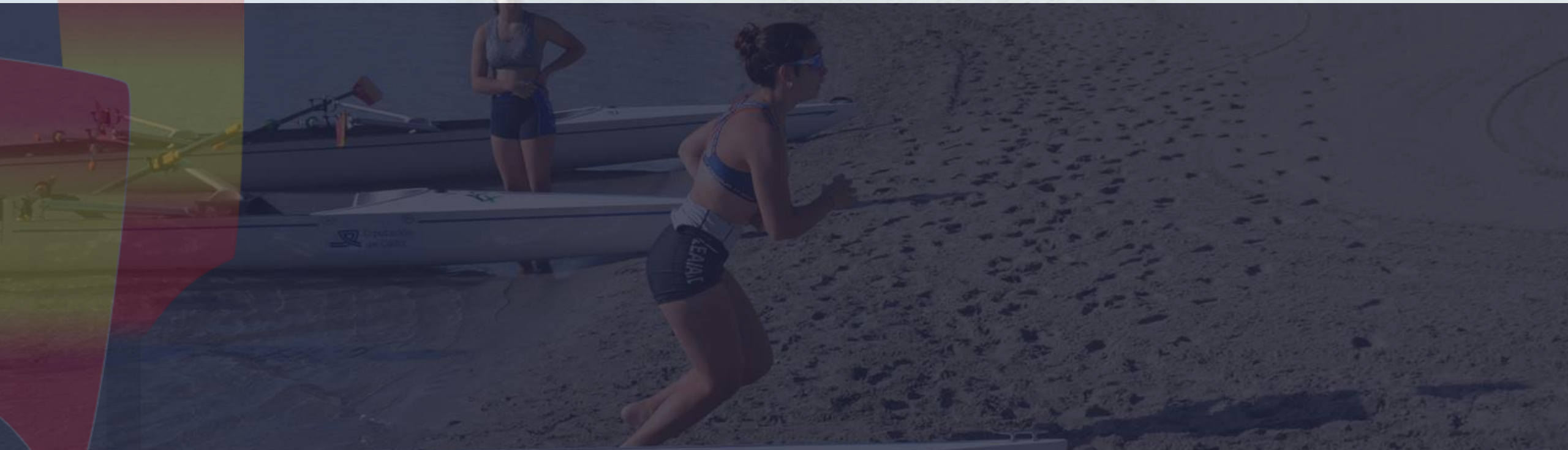


FEDERACIÓN ESPAÑOLA DE
REMO

COUPE DE LA JEUNESSE BEACH SPRINT SPAIN 2024



Beach Sprint

**Coupe
de la Jeunesse**

#RemoESP

01 ORGANIZING COMMITTEE



Asunción Lorient President

Felipe García Event Coordinator, Race Director

Andrés Fernández Entries, Programme Development

Margaux M. Pitarch Website, Social Media

GENERAL CONTACT

Website: <https://federemo.org/activities/coupedelajeunessebeachsprint2024>

Email: coordinadortecnico@federemo.org

Facebook: <https://www.facebook.com/fedespremo/>

Hashtag: [#CJBS24Spain](https://twitter.com/CJBS24Spain)

Instagram: https://www.instagram.com/fed_esp_remo/



Gary Harrys

President

Gwenda Stevens

General Secretary

Richard Dennis

Technical Delegate

Michael Zwahlen

Technical Adviser

Judit Meszaros

Technical Adviser

GENERAL CONTACT

Website: <https://couperowing.org/>

Email: info@couperowing.org

Facebook: <https://www.facebook.com/coupejeunesse>

Instagram: <https://www.instagram.com/coupedelajeunesse/>



WHEN

From 31st October to 3rd November 2024

WHERE

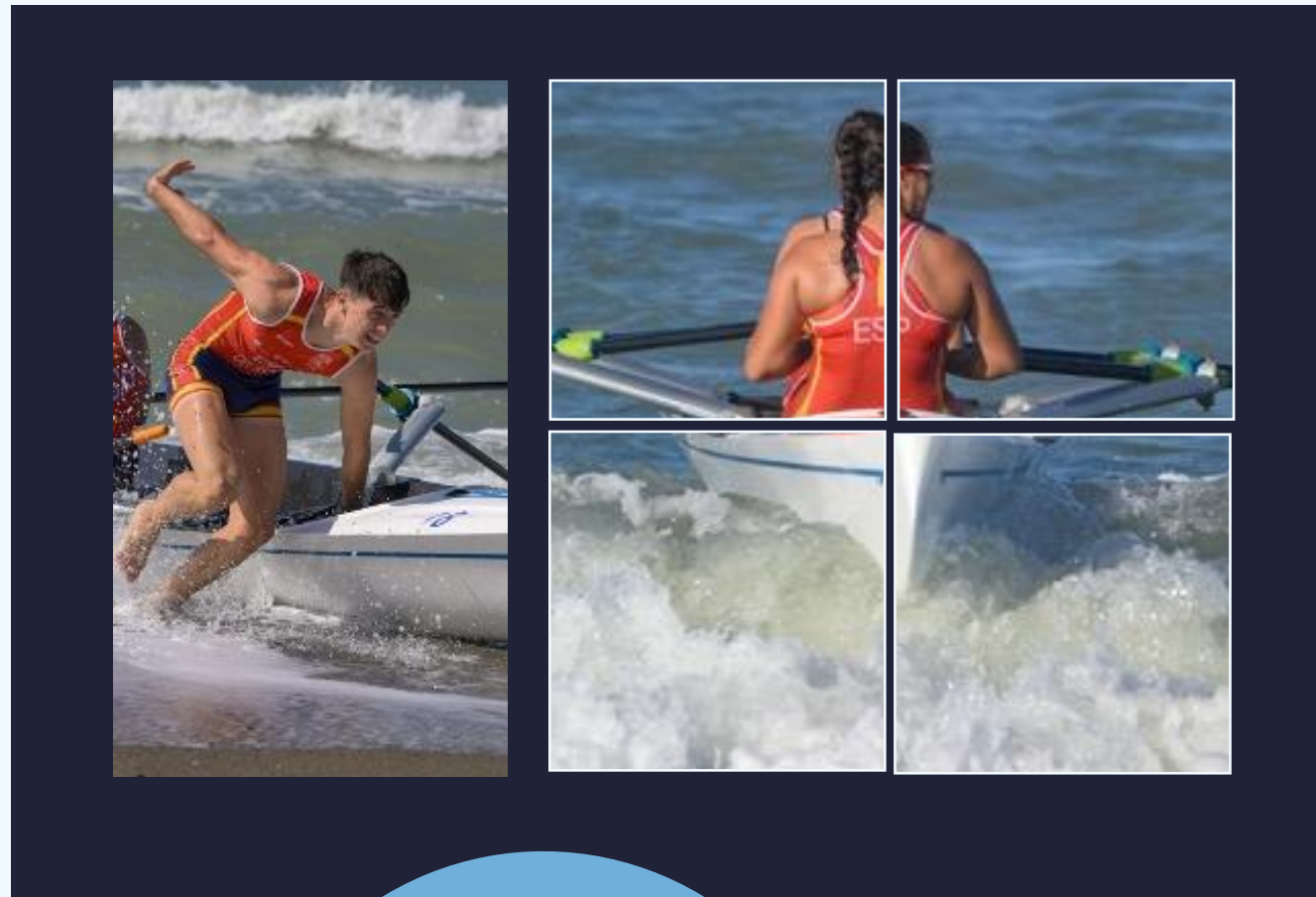
Los Alcázares (Region de Murcia, Spain),
[view on Google Maps..](#)

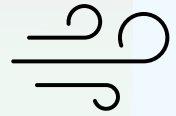
EVENT TYPE

Beach Sprint rowing

Categories: CJM1x, CJW1x, CJM2x, CJW2x,
CJMix2x

Participants: junior athletes selected by
the CdJ member Federations.





Average weather values during the week:

Temperature min 14,5°C - max 24°C

Water temperature 20°C

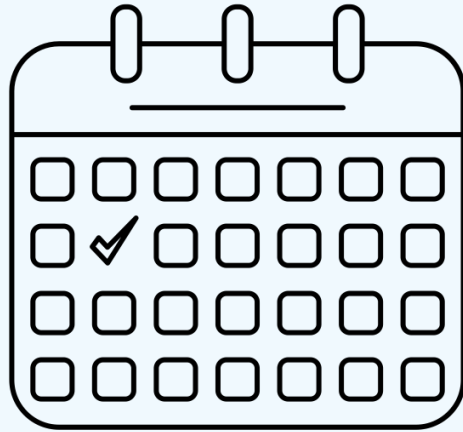
Wind min 1,5 m/s - max 9,6 m/s

Sunrise 7:30

Sunset 19:02



05 RACE SCHEDULE



Thursday 31
Accreditation, training

Friday 1
Competition day

Saturday 2
Competition day
Medal ceremony
Final ceremony

Sunday 3
Spare day





ELEGIBLE FEDERATION

Only member Federations of the 'Coupe de la Jeunesse' can participate with their athletes.

REGULATIONS

Racing will be run in accordance with the World Rowing Rules of Racing – Appendix 23 – Beach Rowing Sprints, with the only exception that it is NOT mandatory the boat handlers will be one man and one woman (could be two men or two women).

The races courses will be in waters around turning points with on-beach starts and finishes.

RESPONSABILITY

The Federations will be responsible for their athletes: by registering their rowers, they ensure that they know how to swim in the event of capsizing.

The organizing committee does not assume this responsibility.



REGISTRATION AND ENTRIES

Registrations and entries can be made through the online portal: <https://www.rockthesport.com/en/event-access>

Each member federation will receive his password to access

Registrations are open from 19th September to 7th October.

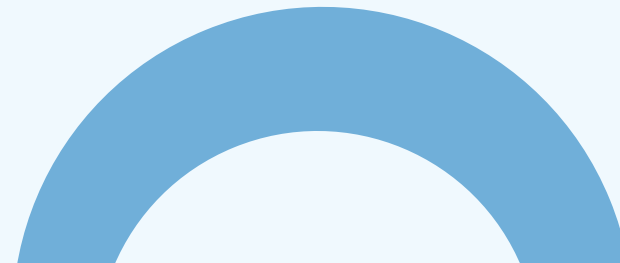
Team Managers, coaches and any other person involved in the team apart from the athletes must be registered too.

All competitors and team officials accept to be filmed, photographed and registered during the duration of the event in order to communicate and broadcast the event and insure promotion of this and future editions.

TEAM MANAGERS INFORMATION

All team managers are obliged to sign into the OC WhatsApp group through this link: [Coupe de la Jeunesse Beach Sprint 2024 Team Manager Group](#)

General information, start lists and results documents, programme changes etc... will be communicated through this WhatsApp group.





RACING TIMETABLE

Timetable will be published on the website <https://federemo.org/activities/coupedelajeunessebeachsprint2024> and on the TM WhatsApp group once registrations will close (on 7th October).

ACREDITATION

Crews have to confirm their entries at registration at the regatta venue by 5pm on Thursday 31st October 2024.

Any crew which has not confirmed its entry by that time will be removed from the draw.

Crew members and team officials will receive an accreditation badge.

All competitors and team officials are required to wear their accreditation badge throughout all the days of the competition.



RACING UNIFORM

According to 2018 World Rowing Rule Book (para. 18.1.2), each crew member shall also display on their racing shirt or equivalent the three-letter country code and their family name (in Romanised text) in the following manner and format:

<i>Racing shirt</i>	<i>Font</i>	<i>height</i>	<i>width</i>	<i>case</i>	<i>example</i>
FRONT: Family name (short)	Arial	50 mm	120-150 mm	Uppercase	WHITE
FRONT: Family name (long)	Arial	50 mm	150 mm	Lowercase	WHITE
FRONT: Country code	Arial	50 mm	60-100 mm	Uppercase	ITA
BACK: Country code	Arial	100 mm	150 mm	Uppercase	ITA



BOAT SUPPLIER

Filippi will be the exclusive boat supplier for the event.

No rental boats is required to race.

Each member federation will be responsible for the oars it will use. The organization can't provide the oars.

The logo for Filippi, written in a blue, cursive script font.

EXCLUSIVE BOAT SUPPLIER

BOAT WEIGHING

Filippi will ensure the correct boat weighing according to World Rowing rules and the same weighing among the boats involved in the event.





TEAM MANAGER'S MEETING

The TM meeting will be done at [CAR Región de Murcia](#) on Thursday 31st at 19:00. All main information will be explained to the participants, including:

- exhaustive explanation of whole program
- execution of races
- safety rules
- presentation of key people of OC and EC and their role

TRAINING

On Thursday 31st, from 9:00 to 12:00 and from 15:00 to 18:00 athletes can do the training. For each Nation are allowed 30 minutes of training. To book your training slot, write at gestiondeportiva@federemo.org

2 rubber boat and 1 motor boat will ensure safety during the training. No boat is expected for coaches: they must stay on land.



COMPETITION DAY

During competition days, 1 motor boat will always be on land ready to enter the water and support the athletes for any necessity or risk. Start lists, results and all the documents necessary for the conduct of competition will be shared as soon as they'll be ready through the TM WhatsApp group. They will also be printed and hung to a wall on the venue, visible to everyone. They will be uploaded on the RCC website too

SECURITY

Rubber boats and motor boats dedicated to the athletes' security will be ensured during training and competition days. For any immediate assistance there will be the box of the Red Cross in the regatta venue.

In case of bad weather and temporary suspension of races, or in case of evacuation, first of all participants must go into the [CAR Región de Murcia](#). Then will follow communication from the OC on how to proceed.



BAG DROP LOST & FOUND

Bag Drop and Lost & Found counter is open during official venue hours and will be located in a dedicated area. Teams are encouraged to leave all bags at the Bag Drop each day and not to leave belongings unattended. All bags must be collected each day before venue closing. The Organizing Committee will not take responsibility for any bags left overnight.

The venue location is next to a Beach Sprint Training Center, located in Los Alcázares Beach ([view on Google Maps](#)).

These facilities can be used by National Teams to set up their team tents, and use their bathrooms, changing rooms and recovery areas.





Beach Sprint Course





IN CASE OF ILLNESS

- First of all, keep calm and don't panic
- notify the personnel in charge (organization personnel, red cross)
- do not move or move the injured person, if the injured person is conscious help him to assume the position he deems most comfortable
- do not give drinks to injured and unconscious people
- do not carry out any type of intervention if not perfectly known, leave it to the most trained personnel or to external structures

IN THE EVENT OF RESCUE TO INJURED PEOPLE

- notify the personnel in charge (organization personnel, red cross)
- if the wound is serious, try to make the injured person lie down, bandage with a compression bandage (tightening), wait for help



IN THE EVENT OF ELECTRIC SHOCK

- remember that your safety is also in danger; notify the staff of the organization
 - if possible and easy to implement, cut off the electricity supply by turning the switch or pulling the plug before any intervention on the injured person
 - if this is impossible, each and every action must be performed by placing insulating material under your feet (wood, rubber, etc.)
 - then use insulating and non-wet means (wooden rods) to move the affected people or remove any electric cables that caused the discharge from them
 - place the victim on his side – in case of respiratory arrest, artificial respiration should be provided if able to perform it

The above must be done in case of extreme urgency and if there are no more prepared people than you



IN THE EVENT OF THE START OF FIRE

- keep calm and don't panic
- notify organization personnel to combat an incipient fire
- if in safety, remove combustible products from the outbreak and any flammable substances
- prevent the fire from getting between you and the escape route, move away from the place on fire

IN THE EVENT OF AN EVACUATION



The evacuation order is given through a verbal warning using the piped music present in the entertainment area:

- keep calm
- proceed in the opposite direction from where an accident occurred, if able to determine
- find the shortest route to quickly reach the nearest escape route
- leave the place quickly and orderly, avoiding running and screaming
- do not leave the designated collection points



IN CASE OF EARTHQUAKE OR SEAQUAKE

An earthquake comes suddenly; it manifests itself with violent initial shocks, followed by a few moments of pause:

- reach the 2 safe places on the beach
- do not stay near buildings, do not stay under structures, buildings, vegetation or power lines; always look for a place where there is nothing above your head

The seaquake is generated by an unpredictable event and the confirmation of its real trigger takes place in a limited time. The sudden retreat of the sea determines the need for rapid evacuation from the beach, looking for high points within the coast. Go to the [CAR Región de Murcia](#) and follow instructions



Teams can book their accommodation and transport through our travel agency, sending an email to dpto.tecnico@bcdme.es

The current prices for this event are showed in the next table:

HOTEL	DISTANCE TO VENUE	CATEGORY	SINGLE ROOM PRICE	DOBLE ROOM SINGLE USE PRICE	DOBLE ROOM PRICE
Hotel Costa Narejos	240 m.	****		83 €	109 €
Hotel Los Narejos	500 m.	**		70 €*	79 €*
Hotel 525	750 m.	****		141 €	205 €
Mar Acuatic Resort	240 m.	Hostel	59 €/person in rooms for 4, 6, 8 or 12 people		
Residencial Los Alcázares	1 Km.	Apartaments		77 €	128 €

*Without meals



Teams can ask to other type of accommodations and prices sending an email to dpto.tecnico@bcdme.es

We also offer transport prices from/to airport to the hotel.

In the following table you can see these prices from the nearest airport:

AIRPORT	DISTANCE TO VENUE	PRICE
Murcia (Corvera)*	40 Km	422 € one way
Alicante	91 Km	564 € one way

*Only low-cost airlines operate from this airport

To book any of these transports, must send an email to dpto.tecnico@bcdme.es

22 GETTING TO LOS ALCÁZARES



By plane:

- [Internacional Región de Murcia Airport](#), less than 40 kilometers away
- [Alicante-Elche Miguel Hernández Airport](#), 91 kilometers away



By road:

- Coming from Alicante, the A7 motorway is the fastest route
- Coming from Murcia, the A-30 motorway is the fastest route



By bus:

- The [bus station](#) is located 10 minutes' walk away, in Los Narejos

FEDERACIÓN ESPAÑOLA DE REMO

COUPE DE LA JEUNESSE
SPAIN 2024

For any other question, please send an email
to coordinadortecnico@federemo.org

#RemoESP

