

# 2009 Australian Youth Cup

## Bulletin 3

---

The 2009 Australian Youth Cup will be conducted in Sydney from 10<sup>th</sup> to 12<sup>th</sup> July 2009 at the Sydney International Regatta Centre (SIRC) in Penrith, NSW. Invitations are extended to all State Rowing Associations and Rowing New Zealand.

Please ensure you read Bulletin 1 and 2 for further information.

### CLOSE OF ENTRIES

Entries for the 2009 Australian Youth Cup have been extended and will now close at 5:00pm AEST on Friday, 19 June 2009. All entries including seating order must be completed by this date and made via ROMS (Rowing Online Management System). No further extensions to the close of entries will occur.

### RACE PROGRAM AND DRAW

The 2009 Australian Youth Cup will also host a mini regatta for the Australian Senior A and Under 23 National Team. This event will double as the pre-departure camp for the Under 23 Team who will depart the event in Sydney on route to the Czech Republic for the Under 23 World Rowing Championships. As a result of the inclusion of the National Team races, the original race program that was published in Bulletin 1 has had some minor amendments. An updated indicative program is provided in Appendix 1, this is likely to be the final program however it remains indicative until such time as it is approved, with the lane draw, by the Competition Manager.

The lane draw will occur at the venue on Thursday, 9 July under the direction of the Competition Manager. This will be published after the athletes briefing.

### ATHLETES BRIEFING

An athletes briefing will be conducted in the grandstand of the Sydney International Regatta Center at 3:00pm on Thursday, 9 July. All athletes and coaches are expected to attend.

### SWINE FLU PRECAUTIONS

The current Swine Flu pandemic has required Rowing Australia to consider precautions to minimize the risk of transmitting the disease through the athletes and officials. The Melbourne metropolitan area has been identified by the World Health Organisation as a "hot spot" for transmitting swine flu and as such many State Governments and the AIS have placed restrictions on people traveling from Melbourne. The following precautions have been put in place and must be followed by all athletes and officials attending the 2010 Australian Youth Cup:

## Travel to Sydney

- All State teams and officials are to avoid traveling through Melbourne Airport
- Any individual that does travel through Melbourne Airport will be required to be quarantined for seven days prior interaction with other teams, this includes racing

## During the Event

- The Victorian team will be allocated Wallacia Hotel and will be the only team to use this accommodation venue
- Any athlete that presents with flu like symptoms once in Sydney must be isolated immediately
- Any person who has had direct contact with any individual that shows flu like symptoms (crews, coaches, room mates etc) are to be provided with Tami flu immediately
- Any team that has a member who presents flu like symptoms will be quarantined immediately and will not be able to participate until the individual is cleared of Swine flu
- In the event that an athlete does test positive to Swine flue, the team will be withdrawn from the Australian Youth Cup and remain in quarantine until such time as they are able to travel back to their home state

These precautions have been put in place on the advice of Rowing Australia and AIS medical staff. As we will be sharing the venue with the Under 23 and Senior A National Team, it is imperative that all States adhere to these precautions to minimize the risk of transmitting the disease to the National Team prior to their departure for their respective World Championships.

Until such time as medical advice states otherwise, these procedure are mandatory for all team attending the Australian Youth Cup.

## ACCOMMODATION

Teams staying at the University of Western Sydney, Hawkesbury Campus will be allocated rooms from two block of the university. The details of each of these blocks are as follows:

### **A-Block will house Queensland and New Zealand**

- 48 single rooms over 3 floors.
- Each floor has a kitchen/common room
- Common Room: oven, microwave, fridge & freezer, dining table with 6-8 chairs, TV, lounge
- Each floor has amenities block: 4 showers and 4 toilets – unisex
- Guests are required to bring their own cooking utensils
- Each room has small sink, desk and chair, wardrobe, heater and a single bed
- Linen is provided but rooms are not serviced each day

### **Southee will house ACT and South Australia**

- 86 rooms over 2 floors – 52 allocated to rowing, the rest occupied by students
- 2 kitchens/common rooms on each floor
- Common Room: oven, microwave, fridge & freezer, dining table with 6-8 chairs, TV, lounge
- Each floor has 2 amenities blocks: 8 showers and 4 toilets – unisex

- Guests are required to bring their own cooking utensils
- Each room has small sink, desk and chair, wardrobe, heater and a single bed
- Linen is provided but rooms are not serviced each day

If you need to contact the campus during your stay you can do so during office hour (9am – 4.30pm) by contacting Jackie Forrell or Silvia Perri on 02 4570 1243 or 02 4570 1831. After Hours enquires can be dealt with by Duty Resident contactable via phone outside the office or on 0416 122 714. Security is available 24 hours on campus if required.

Those teams staying at the Log Cabin (NSW and Western Australia) and Wallacia (Victoria) are to check in as per normal hotel arrangements. Facilities available at these venues are as per standard hotel accommodation.

## CATERING

Those teams staying at Hawkesbury are able to cater for themselves and use the common facilities available. Alternatively you can arrange meals directly with UWS, the options available are as follows:

**Continental Breakfast** - \$10.50 per person Thurs – Sat. \$12.10 per person Sunday

- Selection of Juice
- Cereal
- Fruit
- Milk
- Toast
- Yoghurt
- Tea & Coffee

**Dinner Buffet** - \$28.50 per person Thurs – Sat. \$32.30 per person Sunday

- 2 Hot Dishes\*
- Steamed jasmine rice
- Garden salad, pasta salad
- Bread basket & butter
- Sliced fruit
- Iced water and orange juice

\*Hot dish selection includes:

- Chicken in BBQ sauce
- Teriyaki beef
- Lasagne (beef or vegetable)
- Tortellini Carbonara
- Butter chicken
- Thai chicken curry
- Pasta Napolitana or vegetable Korma curry

**Dinner Plated Meals** - \$20.00 per person Thurs – Sat. \$23.00 per person Sunday

Catering at Hawkesbury requires a minimum of 20 people. Meals will be located in the Cafeteria building a short walk from the residential block with actual rooms to be advised closer to the date. If your team chooses to take up this option you can contact Petrina Sultana on 02 4570 1157 or [p.sultana@uws.edu.au](mailto:p.sultana@uws.edu.au).

Teams that are staying at the Log Cabin and Wallacia Hotel are able to organise catering directly with each venue. Menus and booking forms for each of these venues are attached for consideration. Please contact the hotels directly to organise catering on the following details:

Log Cabin  
Memorial Ave  
Penrith NSW 2750  
Ph: 02 4732 3122  
Email: [accommodation@logcabin.com.au](mailto:accommodation@logcabin.com.au)

Wallacia Hotel  
Lisa Brown  
1590 Mulgoa Road  
Wallacia NSW 2745  
Ph: 02 4773 8888  
Fax: 02 4773 8211  
Email: [reservations@wallaciahotel.com.au](mailto:reservations@wallaciahotel.com.au)

## LUNCH PACKS AND TEAM DINNER

All teams are asked to contact Rowing NSW to confirm lunch packs and attendance at the team dinner. Those teams who intend to take the offer are asked to complete the accompanying form and return as soon as possible. Lunch packs will be provided by the Regatta Kitchen and Bar for a cost of \$13.00 per pack while the team dinner will be at the Hawkesbury Race Club for a cost of \$45.00 per person. Those teams that intend to provide their own lunch, it should be noted that due to contractually arrangements between the Sydney International Regatta Centre and their contractors, no outside food is permitted at the venue.

## CONTACT DETAILS

For any further enquires please feel free to contact the following people:

Rowing New South Wales  
P.O. Box 722, Glebe NSW 2037  
Georgie Lee – 02 8116 9777  
Email: [georgie@rowingnsw.asn.au](mailto:georgie@rowingnsw.asn.au)  
Website: [www.rowingnsw.asn.au](http://www.rowingnsw.asn.au)

Rowing Australia  
PO Box 245, Belconnen ACT 2617  
Adam Horner – 02 6256 5999  
Email: [ahorner@rowingaustralia.com.au](mailto:ahorner@rowingaustralia.com.au)  
Website: [www.rowingaustralia.com.au](http://www.rowingaustralia.com.au)

# Appendix 1 – Indicative Program

## FRIDAY 10 JULY 2009

Race	Time	Event		Distance	Progression
1	9:00 AM	Men's Single Scull Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
2	9:06 AM	Men's Single Scull Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
3	9:12 AM	Men's Single Scull Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
4	9:18 AM	Men's Single Scull Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
5	9:24 AM	Women's Coxless Pair Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
6	9:30 AM	Women's Coxless Pair Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
7	9:36 AM	Women's Coxless Pair Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
8	9:42 AM	Women's Coxless Pair Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
9	9:48 AM	Men's Lightweight Double Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
10	9:54 AM	Men's Lightweight Double Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
11	10:00 AM	Men's Lightweight Single Scull (reserve)	Heat 1	2000m	1-3>Final A - Rest to Final B
12	10:06 AM	Men's Lightweight Single Scull (reserve)	Heat 2	2000m	1-3>Final A - Rest to Final B

### Morning Break - National Team Races

13	10:20 AM	Senior A W2-, Senior A LW2X	Heat 1	2000m	
14	10:30 AM	U23 W4-, Senior W4-, U23 LW4X, U23 W4X, U23 WLM2X	Heat 1	2000m	
15	10:40 AM	U23 M4X, Senior A M4X, U23 M8+	Heat 1	2000m	
16	10:50 AM	U23 LM4-, Senior A LM4-, Senior A M4-	Heat 1	2000m	
17	11:00 AM	W1X	Heat 1	2000m	
18	11:10 AM	M1X	Heat 1	2000m	
19	11:20 AM	LTA4+, AM1X	Heat 1	1000m	

### Return to Australian Youth Cup

20	11:30 AM	Women's Single Scull Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
21	11:36 AM	Women's Single Scull Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
22	11:42 AM	Women's Single Scull Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
23	11:48 AM	Women's Single Scull Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
24	11:54 AM	Men's Coxless Pair Division 1	Heat 1	2000m	1-3>Final A - Rest to Final B
25	12:00 PM	Men's Coxless Pair Division 1	Heat 2	2000m	1-3>Final A - Rest to Final B
26	12:06 PM	Men's Coxless Pair Division 2	Heat 1	2000m	1-3>Final A - Rest to Final B
27	12:12 PM	Men's Coxless Pair Division 2	Heat 2	2000m	1-3>Final A - Rest to Final B
28	12:18 PM	Women's Lightweight Double Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
29	12:24 PM	Women's Lightweight Double Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
30	12:30 PM	Women's Lightweight Single Scull (reserve)	Heat 1	2000m	1-3>Final A - Rest to Final B
31	12:36 PM	Women's Lightweight Single Scull (reserve)	Heat 2	2000m	1-3>Final A - Rest to Final B

### Lunch Break

32	2:00 PM	Men's Single Scull Division 1	Final B	2000m	
33	2:06 PM	Men's Single Scull Division 1	Final A	2000m	
34	2:12 PM	Men's Single Scull Division 2	Final B	2000m	
35	2:18 PM	Men's Single Scull Division 2	Final A	2000m	
36	2:24 PM	Women's Coxless Pair Division 1	Final B	2000m	
37	2:30 PM	Women's Coxless Pair Division 1	Final A	2000m	
38	2:36 PM	Women's Coxless Pair Division 2	Final B	2000m	
39	2:42 PM	Women's Coxless Pair Division 2	Final A	2000m	
40	2:48 PM	Men's Lightweight Double Scull	Final B	2000m	
41	2:54 PM	Men's Lightweight Double Scull	Final A	2000m	
42	3:00 PM	Men's Lightweight Single Scull (reserve)	Final B	2000m	
43	3:06 PM	Men's Lightweight Single Scull (reserve)	Final A	2000m	

### Afternoon Break

44	4:00 PM	Women's Single Scull Division 1	Final B	2000m	
45	4:06 PM	Women's Single Scull Division 1	Final A	2000m	
46	4:12 PM	Women's Single Scull Division 2	Final B	2000m	
47	4:18 PM	Women's Single Scull Division 2	Final A	2000m	
48	4:24 PM	Men's Coxless Pair Division 1	Final B	2000m	
49	4:30 PM	Men's Coxless Pair Division 1	Final A	2000m	
50	4:36 PM	Men's Coxless Pair Division 2	Final B	2000m	
51	4:42 PM	Men's Coxless Pair Division 2	Final A	2000m	
52	4:48 PM	Women's Lightweight Double Scull	Final B	2000m	
53	4:54 PM	Women's Lightweight Double Scull	Final A	2000m	
54	5:00 PM	Women's Lightweight Single Scull (reserve)	Final B	2000m	
55	5:06 PM	Women's Lightweight Single Scull (reserve)	Final A	2000m	

## SATURDAY 11 JULY 2009

Race	Time	Event		Distance	Progression
56	9:00 AM	Men's Coxless Four	Heat 1	2000m	1-3>Final A - Rest to Final B
50	9:06 AM	Men's Coxless Four	Heat 2	2000m	1-3>Final A - Rest to Final B
51	9:12 AM	Women's Coxless Quad Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
52	9:18 AM	Women's Coxless Quad Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
53	9:24 AM	Mixed Double Scull (reserves)	Heat 1	2000m	1-3>Final A - Rest to Final B
54	9:30 AM	Mixed Double Scull (reserves)	Heat 2	2000m	1-3>Final A - Rest to Final B

### Morning Break - National Team Races

55	9:50 AM	Senior A W2-, Senior A LW2X	Heat 2	2000m	
56	10:00 AM	U23 W4-, Senior A W4-, U23 LW4X, U23 W4X, U23 WLM2X	Heat 2	2000m	
57	10:10 AM	Senior A M4X, U23 M8+, Senior A M8+	Heat 2	2000m	
58	10:20 AM	U23 LM4-, Senior A LM4-, Senior A M4-, U23 M4X	Heat 2	2000m	
59	10:30 AM	W1X	Heat 2	2000m	
60	10:40 AM	M1X	Heat 2	2000m	
61	10:50 AM	LTA4+, AM1X	Heat 2	1000m	

### Return to Australian Youth Cup

62	11:00 AM	Men's Coxless Four	Final B	2000m	
63	11:06 AM	Men's Coxless Four	Final A	2000m	
64	11:12 AM	Women's Coxless Quad Scull	Final B	2000m	
65	11:18 AM	Women's Coxless Quad Scull	Final A	2000m	
66	11:24 AM	Mixed Double Scull (reserves)	Final B	2000m	
67	11:30 AM	Mixed Double Scull (reserves)	Final A	2000m	

### Lunch Break

68	1:00 PM	Men's Coxless Quad Scull	Heat 1	2000m	1-3>Final A - Rest to Final B
69	1:06 PM	Men's Coxless Quad Scull	Heat 2	2000m	1-3>Final A - Rest to Final B
70	1:12 PM	Women's Coxless Four	Heat 1	2000m	1-3>Final A - Rest to Final B
71	1:18 PM	Women's Coxless Four	Heat 2	2000m	1-3>Final A - Rest to Final B

### Afternoon Break

65	3:00 PM	Men's Coxless Quad Scull	Final B	2000m	
66	3:06 PM	Men's Coxless Quad Scull	Final A	2000m	
67	3:12 PM	Women's Coxless Four	Final B	2000m	
68	3:18 PM	Women's Coxless Four	Final A	2000m	

## SUNDAY 12 JULY 2009

Race	Time	Event		Distance	Progression
69	9:00 AM	Men's Coxed Eight	Heat 1	2000m	1-3>Final A - Rest to Final B
70	9:08 AM	Men's Coxed Eight	Heat 2	2000m	1-3>Final A - Rest to Final B
71	9:16 AM	Women's Coxed Eight	Heat 1	2000m	1-3>Final A - Rest to Final B
72	9:24 AM	Women's Coxed Eight	Heat 2	2000m	1-3>Final A - Rest to Final B

### Morning Break - National Team Races

73	10:00 AM	Senior A W2-, Senior A LW2X, Senior A W2X	Heat 3	2000m	
74	10:10 AM	U23 W4-, Senior A W4-, U23 LW4X, U23 W4X	Heat 3	2000m	
75	10:20 AM	U23 M8+, Senior A M8+	Heat 3	2000m	
76	10:30 AM	Senior A M4-, U23 M4X, Senior A M4X	Heat 3	2000m	
77	10:40 AM	U23 LM2X, U23 LM4-, Senior A LM4-	Heat 3	2000m	
78	10:50 AM	M1X	Heat 3	2000m	
79	11:00 AM	M1X	Heat 3	2000m	
80	11:10 AM	LTA4+, AM1X	Heat 3	1000m	

### Return to Australian Youth Cup

81	11:20 AM	Mixed Coxless Quad Scull (reserves)	Final A	2000m	
74	11:28 AM	Men's Coxed Eight	Final B	2000m	
75	11:36 AM	Men's Coxed Eight	Final A	2000m	
76	11:44 AM	Women's Coxed Eight	Final B	2000m	
77	11:52 AM	Women's Coxed Eight	Final A	2000m	