



LITHUANIAN ROWING FEDERATION

Karaimų str. 73, LT-21104, Trakai, Lithuania; phone: +37067452688, e-mail: info@lif.lt http:// www.lif.lt

To national rowing federations, rowing coaches, clubs,
schools, centers

24-07-2023 No. S-151

INVITATION TO SUBMIT THE APPLICATIONS FOR THE BALTIC BEACH SPRINT CHAMPIONSHIP

I. GENERAL INFORMATION

We inform you that on 19 August 2023 (Saturday), the Baltic Beach Sprint Championship will be organized in Klaipėda, Lithuania.

II. GOALS AND OBJECTIVES

1. To popularize coastal rowing in Lithuania and the Baltic Sea region.
2. To select crews for the 2023 World Coastal Rowing Championship.

III. PLACE AND PROGRAM

Date: 19 August 2023

Place: Klaipėda, II Melnragė beach. Arrival from Audros str.

(https://maps.app.goo.gl/wfK253x3a71UAQGV8?g_st=ifm).

The location of the competition may change depending on weather conditions.

The decision on the exact location of the competition will be made on 18 August at 6:00 p.m., taking into account the current and forecasted weather conditions. Information about the exact location of the event will be sent to all participants by e-mail.

Preliminary program added as separate document.

IV. PARTICIPANTS AND DISTANCES

Boat classes

	C1x	C2x
Men	✓	
Women	✓	
Mix		✓

In the championship, the participants will compete in coastal rowing boats, as defined in the competition rules of the International Rowing Federation (Lithuanian Rowing Federation will take care of the inventory)

The participants of the competition must have their health checked and take into account the doctors' recommendations regarding physical exertion, and have an athlete's license.

Race course:

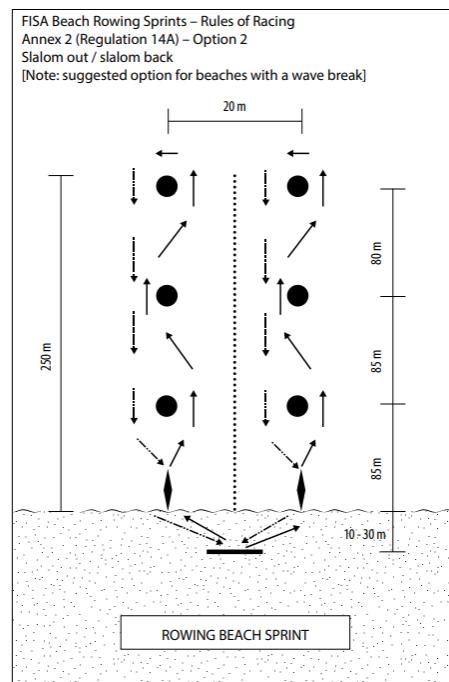
The race course consists of: (1) land section – (2) water section – (3) land section.

First part of the course: running from the start/finish line on the beach to the water 30 meters

Second part of the course: this part consists of rowing around three buoys in the water. The first buoy is 85 meters from the shore, the first and second buoys are 85 meters apart, and the third is another 80 meters away.

Third part of the course: after returning to shore, running 30 meters along the beach back to the start/finish line.

Annex 1 (Regulation 5) – Option 2



V. REGISTRATION

Applications are submitted in the electronic application system www.e-row.lt. If you have any questions about submitting applications, please contact us by e-mail entry@e-row.lt. Please check in the application submission system whether you have specified all data about the athletes and check whether the data is correct.

Applications through the **electronic application system** are submitted **until 1:00 p.m. on 16 August (Wednesday)**. New applications submitted after 1:00 p.m. on 16 August will not be accepted. After the application period, cancellations and **changes of crews are carried out** by submitting the completed “Crew Change” form and sending it by e-mail to entry@lif.lt. **New applications submitted less than an hour before the meeting of the team leaders will not be**

We remind you that athletes must be able to swim, have a doctor's permission to participate in competitions or have a valid LIF license. Please note that those athletes who have not paid for their licenses will be asked to submit valid medical certificates.

IV. AWARDS

The winners of the final rowing will be awarded with medals and prizes established by the sponsors. Prizes will be awarded 30 minutes after the last start.

If you have any questions, please contact us by e-mail info@lif.lt

Enclosed:

1. Preliminary program;
2. Progression system;
3. Crew Change form.

Secretary General

A handwritten signature in blue ink, appearing to read "Saulius", with a long horizontal flourish underneath.

Saulius Ritter