



Rowing Sport Update

December 2020

About this Sport Update

Published in December 2020, the series of Sport Updates offer a summary of competition-related material about each sport at Tokyo 2020 and provide a variety of information to help teams in their planning and preparation for the Games.

General information such as accreditation, accommodation, transport, COVID-19 countermeasures, etc., is not included as it is still in the process of being finalised, but interim information relating to these areas is continually being published on Tokyo 2020 Connect as it is confirmed.

All information provided in this Sport Update was correct at the time of publication, but some details may have changed prior to the Games.

NOC representatives are advised to regularly check the IOC's NOCnet and Tokyo 2020 Connect for the latest updates, especially regarding competition schedules.

Team Leaders' Guides explaining Games-time plans for sports in greater detail will be distributed to NOCs in May 2021.

WELCOME



On behalf of the Tokyo Organising Committee of the Olympic and Paralympic Games, I am delighted to present the Rowing Sport Update for the Games of the XXXII Olympiad.

We have been working diligently to provide facilities, services and protocols which will allow everyone involved in the Games to achieve all three of Tokyo 2020's core concepts: achieving personal bests, unity in diversity, and connecting to tomorrow.

Included is information about:

- processes relating to competition and training
- key dates and personnel
- competition schedule, format and rules
- venue facilities and services

We trust it will assist you with your planning for the Olympic Games Tokyo 2020. If you require any additional information that is not found in this guide, do not hesitate to check Tokyo 2020 Connect or contact the sport manager.

Please rest assured that the Olympic flame will not go out and will continue to burn in our hearts until the Olympic Games Tokyo 2020 next summer.

We look forward to welcoming you all with our unique Japanese hospitality when you arrive in Tokyo in July 2021.

Kind regards,

小谷 実可子

KOTANI Mikako
Sport Director, Tokyo 2020

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Rowing overview

Rowing at the Olympic Games

The history of Rowing dates back centuries - so far, in fact, that no one truly knows when it began. The first representation of a Rowing boat was discovered in Finland and dates back to 5800 BC, while the earliest regatta took place in Venice in 1274 when gondoliers and boatmen competed in a variety of boats. However, Rowing only came of age as a competitive sport in the last 305 years.

Interest in the sport began to increase after Oxford and Cambridge Universities began their rivalry on the Thames in 1829, and they continue to face off to this day in the annual Boat Race. Rowing was included on the programme at the first modern Olympic Games, Athens 1896, but rough seas forced the cancellation of the races. The sport was staged successfully at Paris 1900 and has featured at every Games since. Women's races were introduced at Montreal 1976, from which time the Olympic programme has always featured 14 medal events, but Tokyo 2020 will be the first time there will be an equal number of men's and women's events, and an equal number of male and female athletes.

Key personnel

World Rowing

President:	Jean-Christophe ROLLAND (FRA)
Vice President:	Tricia SMITH (CAN)
Executive Director:	Matt SMITH (SUI/USA)
IF Technical Delegates:	Svetla OTZETOVA (BUL), Eva SZANTO (HUN)

Tokyo 2020 competition management

Rowing Sport Manager:	Nathalie PHILLIPS (GBR/SUI)
Rowing Services Manager:	Lotte VLOEDMANS (NED)
Rowing Technical Operations Manager:	Benedicte DORFMAN (FRA)
Rowing Equipment and Facilities Manager:	SAHARA Hideyuki (JPN)



Nathalie PHILLIPS **Rowing Sport Manager, Tokyo 2020**

Nathalie Phillips was born and raised in Switzerland to British parents. She pursued her university studies in Sport Science at Loughborough University, England, where she first got involved with rowing. This led her to work for the British Rowing Federation as a Henley Steward Scholarship Coach whilst completing a Masters in Sports Development. Phillips then returned to Switzerland to work for the United Nations Office for Sports Development and Peace in Geneva. In 2011 she joined the World Rowing Federation (FISA) events team to manage World Rowing Cups, World Rowing Championships, and rowing events at the Olympic and Paralympic Games as well as managing the FISA event attribution process. She joined the Tokyo 2020 Olympic and Paralympic Organising Committee in July 2019.

International Technical Officials (ITOs)

50 ITOs

National Technical Officials (NTOs)

[JPN unless otherwise stated]

AZUMA Otohiko	KURIYAMA Toshihisa
Phillip Leslie FRASER (AUS)	Ruth Chisnell MACNAMARA (USA)
FUJII Hiromi	MATSUDA Masahiko
FUJITA Takashi	Kirsten MEISNER (USA)
FUKUYAMA Akiko	MIYAZAKI Yasuyuki
YOUNG Sang Hwang (KOR)	NG See Hung (HKG)
ICHIKAWA Manami	Ana NIKOLIC (SRB)
INOUE Kazunori	OIZUMI Kazuhisa
IWAO Hirotohi	OKI Nobuhiro
KATO Hironori	OKITA Shoen
KAWASAKI Kenji	Lucia RAMIREZ (ARG)
KIMURA Yukio	SASAKI Hideyuki
KITAMURA Michinori	SASUGA Junko
KITAMURA Tomo	TANAKA Maki
KUMAMOTO Koji	TATEISHI Kei
KUNIMITSU Masahiro	TSUKADA Hideki

Rowing competition

The Rowing competition at Tokyo 2020 will be held from Friday 23 July to Friday 30 July 2021, with a reserve day on Saturday 31 July 2021. The competition will consist of 14 medal events, summarised below:

Medal Events

Men (7)	Women (7)
Men's Single Sculls	Women's Single Sculls
Men's Pair	Women's Pair
Men's Double Sculls	Women's Double Sculls
Men's Lightweight Double Sculls	Women's Lightweight Double Sculls
Men's Four	Women's Four
Men's Quadruple Sculls	Women's Quadruple Sculls
Men's Eight	Women's Eight

A total of 526 athletes, 263 men and 263 women, will take part in the Rowing competition.

Key dates

5 JULY 2021	Sport entries final deadline (23:59 JST)
13 JULY 2021	Olympic Village official opening
14 JULY 2021	Start of official training
21 JULY 2021	Draw
23 JULY 2021 (DAY 0)	Olympic Games Opening Ceremony
	Start of Rowing competition
30 JULY 2021 (DAY 7)	End of Rowing competition
31 JULY 2021 (DAY 8)	Rowing reserve day
8 AUGUST 2021 (DAY 16)	Olympic Games Closing Ceremony
11 AUGUST 2021	Olympic Village closes

Competition format

All events that are part of the Olympic Rowing competition are organised in a series of phases/rounds. The number of rounds and the progression from the first round to the finals depends on the number of boats entered in the event. Racing is conducted on a 2,000m course with a maximum of six boats in each race.

Draw

The draw for the Rowing competition will be conducted at Sea Forest Waterway by World Rowing officials on 21 July 2021 two days before the first racing day and the Tokyo 2020 Opening Ceremony.

The World Rowing Executive Committee will appoint a Seeding Panel, which will place up to two seeded crews in each heat to ensure that not all the best crews start in one heat. The seeding will only affect the placing of crews into the heats, not any of the later rounds of the competition.

Events with 12 or fewer boats

Events in which there are 12 or fewer crews will race in two heats, from which the best crews will qualify directly for final A. Unsuccessful crews from the heats will compete in the repechage round, which offers a second chance to qualify for final A, which will determine places 1-6 (including the medals). The crews not qualifying for final A will proceed to final B which will determine places 7-12.

Events with 13-18 boats

Events in which there are between 13 and 18 crews will begin with three heats, from which the best two or three crews from each heat will qualify directly for semifinals A/B. Unsuccessful boats from the heats will compete in the repechage round. The first three crews in each repechage will also advance to make up the 12 crews in two semifinals A/B.

If there are 14 or 15 entries, the remaining crews go forward to final C. The best three crews in each semifinal A/B will qualify for final A which, will determine places 1-6 (including the medals). The remaining crews from semifinals A/B will proceed to final B.

Events with 19-24 boats

Events in which there are between 19 and 24 crews will begin with heats, from which the best one or two crews will qualify directly for semifinals A/B. Unsuccessful crews from heats will compete in the repechage round. The first two crews of each repechage go forward to semifinals A/B; the remaining crews go forward to semifinals C/D.

The best three crews in each semifinal A/B will qualify for final A which will determine places 1-6 (including the medals). The remaining six crews from semifinals A/B will go forward to final B, which will determine places 7-12.

Unsuccessful crews from the repechage will go forward to semifinals C/D; from here, they will go forward to either final C, which will determine places 13-18, or final D, which will determine places 19-24. In the special case of 19 entries, the last placed crews in each semifinal C/D will go to final D.

Events with 25-30 boats

Events in which there are 25-30 crews will begin with heats, and the four best crews in each heat will qualify directly for quarterfinals. Unsuccessful boats from the heats will compete in the repechage round, which offers a second chance to qualify for quarterfinals.

The best three crews in each of the four quarterfinals will qualify for semifinals A/B; from here, the best three crews in each semifinal A/B will qualify for final A, which will determine places 1-6 (including the medals). Unsuccessful crews from semifinals A/B will go forward to final B, which will determine places 7-12.

Unsuccessful crews from quarterfinals will go forward to semifinals C/D, and then to either final C, which will determine places 13-18, or final D, which will determine places 19-24. Unsuccessful crews from the repechage round will go forward to final E, which will determine placings 25-30. In the special case of 25 entries, the last crew in each semifinal C/D goes forward to final E.

Events with more than 30 boats

Events in which there are 31 or more crews will begin with heats, and the three best crews in each heat will qualify directly for the quarterfinals. Unsuccessful crews from the heats will compete in the repechage round, which offers a second chance to qualify for the quarterfinals.

The first two crews in each repechage go to quarterfinals; the remaining crews go to semifinals E/F.

The best three crews in each quarterfinal will qualify for semifinals A/B; from here, the best three crews in each semifinal A/B will qualify for final A, which will determine places 1-6 (including the medals). Unsuccessful crews from semifinals A/B will go forward to final B, which will determine places 7-12.

Unsuccessful boats from quarterfinals will go forward to semifinals C/D, and then to either final C, which will determine places 13-18, or final D, which will determine places 19-24. The first three crews in semifinals E/F go forward to final E, which will determine places 25-30. The remaining crews go forward to final F. In the special case of 31 entries, the last crew in each semifinal E/F goes forward to final F; the remaining crews go forward to final E.

Rules

The Rowing competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

World Rowing Rules of Racing & Related Bye-Laws

www.worldrowing.com/fisa/publications/rule-book

The Olympic Charter

www.olympic.org/documents/olympic-charter

In accordance with Rule 46 of the IOC Olympic Charter, World Rowing will be responsible for the technical control and direction of Rowing at Tokyo 2020.

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Rowing competition at the Olympic Games must comply with the documents listed below:

World Rowing Rules of Racing & Related Bye-Laws

www.worldrowing.com/fisa/publications/rule-book

The Olympic Charter

www.olympic.org/documents/olympic-charter with particular reference to Rule 50: Advertising, Demonstrations, Propaganda and Bye-law to Rule 50

Guidelines Regarding Authorised Identifications for the Games of the XXXII Olympiad, Tokyo 2020
(distributed by the IOC to all NOCs)

The prohibition of any advertising and publicity in and above Olympic sites (as expressed in the Olympic Charter) is one of the aspects that differentiate the Olympic Games from other international events.

This is reflected in particular in Bye-law to Rule 50 of the Olympic Charter as follows:

No form of publicity or propaganda, commercial or otherwise, may appear on persons, on sportswear, accessories or, more generally, on any article of clothing or equipment whatsoever worn or used by the athletes or other participants in the Olympic Games, except the identification [...] of the manufacturer of the article or equipment concerned, provided that such identification shall not be marked conspicuously for advertising purposes.

Placing the national and Olympic identity of athletes at the forefront helps to further distinguish the Olympic Games, whilst respecting the significant contribution that sporting goods manufacturers provide.



Rowing

Competition Schedule Event Details

Version 2.01

Day 0 **Fri 23 Jul 2021**

Session	ROW01	Start: 8:30	End: 12:10	Sea Forest Waterway
Time	Duration	Event name		
8:30 - 8:40	0:10	Men's Single Sculls: Heat 1		
8:40 - 8:50	0:10	Men's Single Sculls: Heat 2		
8:50 - 9:00	0:10	Men's Single Sculls: Heat 3		
9:00 - 9:10	0:10	Men's Single Sculls: Heat 4		
9:10 - 9:20	0:10	Men's Single Sculls: Heat 5		
9:20 - 9:30	0:10	Men's Single Sculls: Heat 6		
9:30 - 9:40	0:10	Women's Single Sculls: Heat 1		
9:40 - 9:50	0:10	Women's Single Sculls: Heat 2		
9:50 - 10:00	0:10	Women's Single Sculls: Heat 3		
10:00 - 10:10	0:10	Women's Single Sculls: Heat 4		
10:10 - 10:20	0:10	Women's Single Sculls: Heat 5		
10:20 - 10:30	0:10	Women's Single Sculls: Heat 6		
10:30 - 10:40	0:10	Men's Double Sculls: Heat 1		
10:40 - 10:50	0:10	Men's Double Sculls: Heat 2		
10:50 - 11:00	0:10	Men's Double Sculls: Heat 3		
11:00 - 11:10	0:10	Women's Double Sculls: Heat 1		
11:10 - 11:20	0:10	Women's Double Sculls: Heat 2		
11:20 - 11:30	0:10	Women's Double Sculls: Heat 3		
11:30 - 11:40	0:10	Men's Quadruple Sculls: Heat 1		
11:40 - 11:50	0:10	Men's Quadruple Sculls: Heat 2		
11:50 - 12:00	0:10	Women's Quadruple Sculls: Heat 1		
12:00 - 12:10	0:10	Women's Quadruple Sculls: Heat 2		

Day 1 **Sat 24 Jul 2021**

Session	ROW02	Start: 8:30	End: 12:30	Sea Forest Waterway
Time	Duration	Event name		
8:30 - 8:40	0:10	Women's Single Sculls: Repechage 1		
8:40 - 8:50	0:10	Women's Single Sculls: Repechage 2		
8:50 - 9:00	0:10	Women's Single Sculls: Repechage 3		
9:00 - 9:10	0:10	Men's Single Sculls: Repechage 1		
9:10 - 9:20	0:10	Men's Single Sculls: Repechage 2		
9:20 - 9:30	0:10	Men's Single Sculls: Repechage 3		
9:30 - 9:40	0:10	Women's Double Sculls: Repechage		
9:40 - 9:50	0:10	Men's Double Sculls: Repechage		
9:50 - 10:00	0:10	Women's Pairs: Heat 1		
10:00 - 10:10	0:10	Women's Pairs: Heat 2		
10:10 - 10:20	0:10	Women's Pairs: Heat 3		
10:20 - 10:30	0:10	Men's Pairs: Heat 1		
10:30 - 10:40	0:10	Men's Pairs: Heat 2		
10:40 - 10:50	0:10	Men's Pairs: Heat 3		
10:50 - 11:00	0:10	Women's Lightweight Double Sculls: Heat 1		
11:00 - 11:10	0:10	Women's Lightweight Double Sculls: Heat 2		
11:10 - 11:20	0:10	Women's Lightweight Double Sculls: Heat 3		
11:20 - 11:30	0:10	Men's Lightweight Double Sculls: Heat 1		
11:30 - 11:40	0:10	Men's Lightweight Double Sculls: Heat 2		
11:40 - 11:50	0:10	Men's Lightweight Double Sculls: Heat 3		
11:50 - 12:00	0:10	Women's Fours: Heat 1		
12:00 - 12:10	0:10	Women's Fours: Heat 2		
12:10 - 12:20	0:10	Men's Fours: Heat 1		
12:20 - 12:30	0:10	Men's Fours: Heat 2		

Day 2 Sun 25 Jul 2021

Session	ROW03	Start: 9:00	End: 11:40	Sea Forest Waterway
Time	Duration	Event name		
9:00 - 9:10	0:10	Men's Single Sculls: Semifinal E/F 1		
9:10 - 9:20	0:10	Men's Single Sculls: Semifinal E/F 2		
9:20 - 9:30	0:10	Women's Single Sculls: Semifinal E/F 1		
9:30 - 9:40	0:10	Women's Single Sculls: Semifinal E/F 2		
9:40 - 9:50	0:10	Men's Pairs: Repechage		
9:50 - 10:00	0:10	Women's Pairs: Repechage		
10:00 - 10:10	0:10	Men's Lightweight Double Sculls: Repechage 1		
10:10 - 10:20	0:10	Men's Lightweight Double Sculls: Repechage 2		
10:20 - 10:30	0:10	Women's Lightweight Double Sculls: Repechage 1		
10:30 - 10:40	0:10	Women's Lightweight Double Sculls: Repechage 2		
10:40 - 10:50	0:10	Men's Quadruple Sculls: Repechage		
10:50 - 11:00	0:10	Women's Quadruple Sculls: Repechage		
11:00 - 11:10	0:10	Men's Eights: Heat 1		
11:10 - 11:20	0:10	Men's Eights: Heat 2		
11:20 - 11:30	0:10	Women's Eights: Heat 1		
11:30 - 11:40	0:10	Women's Eights: Heat 2		

Day 3 Mon 26 Jul 2021

Session	ROW04	Start: 9:00	End: 11:20	Sea Forest Waterway
Time	Duration	Event name		
9:00 - 9:10	0:10	Women's Single Sculls: Quarterfinal 1		
9:10 - 9:20	0:10	Women's Single Sculls: Quarterfinal 2		
9:20 - 9:30	0:10	Women's Single Sculls: Quarterfinal 3		
9:30 - 9:40	0:10	Women's Single Sculls: Quarterfinal 4		
9:40 - 9:50	0:10	Men's Single Sculls: Quarterfinal 1		
9:50 - 10:00	0:10	Men's Single Sculls: Quarterfinal 2		
10:00 - 10:10	0:10	Men's Single Sculls: Quarterfinal 3		
10:10 - 10:20	0:10	Men's Single Sculls: Quarterfinal 4		
10:20 - 10:30	0:10	Women's Double Sculls: Semifinal 1		
10:30 - 10:40	0:10	Women's Double Sculls: Semifinal 2		
10:40 - 10:50	0:10	Men's Double Sculls: Semifinal 1		
10:50 - 11:00	0:10	Men's Double Sculls: Semifinal 2		
11:00 - 11:10	0:10	Women's Fours: Repechage		
11:10 - 11:20	0:10	Men's Fours: Repechage		

Day 4 Tue 27 Jul 2021

Session	ROW05	Start: 8:30	End: 12:00	Sea Forest Waterway
Time	Duration	Event name		
8:30 - 8:40	0:10	Men's Single Sculls: Semifinal C/D 1		
8:40 - 8:50	0:10	Men's Single Sculls: Semifinal C/D 2		
8:50 - 9:00	0:10	Women's Single Sculls: Semifinal C/D 1		
9:00 - 9:10	0:10	Women's Single Sculls: Semifinal C/D 2		
9:10 - 9:22	0:12	Men's Lightweight Double Sculls: Final C		
9:22 - 9:34	0:12	Women's Lightweight Double Sculls: Final C		
9:34 - 9:46	0:12	Men's Quadruple Sculls: Final B		
9:46 - 9:58	0:12	Women's Quadruple Sculls: Final B		
9:58 - 10:10	0:12	Men's Quadruple Sculls: Final A		
10:10 - 10:22	0:12	Women's Quadruple Sculls: Final A		
10:22 - 10:30	0:08	Men's Quadruple Sculls: Victory Ceremony		
10:30 - 10:40	0:10	Men's Pairs: Semifinal A/B 1		
10:40 - 10:50	0:10	Men's Pairs: Semifinal A/B 2		
10:50 - 10:58	0:08	Women's Quadruple Sculls: Victory Ceremony		
10:58 - 11:08	0:10	Women's Pairs: Semifinal A/B 1		
11:08 - 11:18	0:10	Women's Pairs: Semifinal A/B 2		
11:18 - 11:28	0:10	Men's Lightweight Double Sculls: Semifinal A/B 1		
11:28 - 11:38	0:10	Men's Lightweight Double Sculls: Semifinal A/B 2		
11:38 - 11:48	0:10	Women's Lightweight Double Sculls: Semifinal A/B 1		
11:48 - 11:58	0:10	Women's Lightweight Double Sculls: Semifinal A/B 2		

Day 5 Wed 28 Jul 2021

Session	ROW06	Start: 8:30	End: 11:40	Sea Forest Waterway
Time		Duration	Event name	
8:30	- 8:42	0:12	Women's Double Sculls: Final B	
8:42	- 8:54	0:12	Men's Double Sculls: Final B	
8:54	- 9:06	0:12	Women's Fours: Final B	
9:06	- 9:18	0:12	Men's Fours: Final B	
9:18	- 9:30	0:12	Women's Double Sculls: Final A	
9:30	- 9:42	0:12	Men's Double Sculls: Final A	
9:42	- 9:50	0:08	Women's Double Sculls: Victory Ceremony	
9:50	- 10:02	0:12	Women's Fours: Final A	
10:02	- 10:10	0:08	Men's Double Sculls: Victory Ceremony	
10:10	- 10:22	0:12	Men's Fours: Final A	
10:22	- 10:30	0:08	Women's Fours: Victory Ceremony	
10:30	- 10:40	0:10	Women's Eights: Repechage	
10:40	- 10:48	0:08	Men's Fours: Victory Ceremony	
10:48	- 10:58	0:10	Men's Eights: Repechage	
10:58	- 11:08	0:10	Women's Single Sculls: Semifinal A/B 1	
11:08	- 11:18	0:10	Women's Single Sculls: Semifinal A/B 2	
11:18	- 11:28	0:10	Men's Single Sculls: Semifinal A/B 1	
11:28	- 11:38	0:10	Men's Single Sculls: Semifinal A/B 2	

Day 6 Thu 29 Jul 2021

Session	ROW07	Start: 8:30	End: 11:50	Sea Forest Waterway
Time		Duration	Event name	
8:30	- 8:42	0:12	Men's Single Sculls: Final F	
8:42	- 8:54	0:12	Women's Single Sculls: Final F	
8:54	- 9:06	0:12	Men's Single Sculls: Final E	
9:06	- 9:18	0:12	Women's Single Sculls: Final E	
9:18	- 9:30	0:12	Men's Pairs: Final A	
9:30	- 9:42	0:12	Women's Pairs: Final A	
9:42	- 9:50	0:08	Men's Pairs: Victory Ceremony	
9:50	- 10:02	0:12	Men's Lightweight Double Sculls: Final A	
10:02	- 10:10	0:08	Women's Pairs: Victory Ceremony	
10:10	- 10:22	0:12	Women's Lightweight Double Sculls: Final A	
10:22	- 10:30	0:08	Men's Lightweight Double Sculls: Victory Ceremony	
10:30	- 10:42	0:12	Men's Pairs: Final B	
10:42	- 10:50	0:08	Women's Lightweight Double Sculls: Victory Ceremony	
10:50	- 11:02	0:12	Women's Pairs: Final B	
11:02	- 11:14	0:12	Men's Lightweight Double Sculls: Final B	
11:14	- 11:26	0:12	Women's Lightweight Double Sculls: Final B	
11:26	- 11:38	0:12	Women's Single Sculls: Final D	
11:38	- 11:50	0:12	Men's Single Sculls: Final D	

Session	ROW08	Start: 8:45	End: 10:55	Sea Forest Waterway
Time		Duration	Event name	
8:45 - 8:57		0:12	Women's Single Sculls: Final C	
8:57 - 9:09		0:12	Men's Single Sculls: Final C	
9:09 - 9:21		0:12	Women's Single Sculls: Final B	
9:21 - 9:33		0:12	Men's Single Sculls: Final B	
9:33 - 9:45		0:12	Women's Single Sculls: Final A	
9:45 - 9:57		0:12	Men's Single Sculls: Final A	
9:57 - 10:05		0:08	Women's Single Sculls: Victory Ceremony	
10:05 - 10:17		0:12	Women's Eights: Final A	
10:17 - 10:25		0:08	Men's Single Sculls: Victory Ceremony	
10:25 - 10:37		0:12	Men's Eights: Final A	
10:37 - 10:45		0:08	Women's Eights: Victory Ceremony	
10:45 - 10:53		0:08	Men's Eights: Victory Ceremony	

Pre-competition procedures

DATE	TIME	MEETING	LOCATION
20 July 2021	09:30	Venue familiarisation and inspection	Sea Forest Waterway
20 July 2021	15:30	Preliminary team leaders' meeting	Team leaders' meeting room, Sea Forest Waterway
21 July 2021	15:30	Team leaders' meeting and draw	Team leaders' meeting room

Daily team leaders' meeting

DATE: 23 – 30 July 2021

TIME: 30 minutes after the start of the last race

LOCATION: Team leaders' meeting room, Sea Forest Waterway

Competition draw

The draw for the Rowing competition will be conducted in the team leaders' meeting room at Sea Forest Waterway by officials from World Rowing at 15:00 on Wednesday 21 July 2021.

The World Rowing executive committee will appoint a seeding panel, which will place up to two seeded crews in each heat to ensure that not all the best crews start in one heat. The seeding will only affect the placing of crews into the heats, and will not be taken into account for any of the later rounds of the competition.

Competition procedures

Traffic rules: training

Training traffic rules will be applied during all normal training periods, i.e. on training days and on racing days during the morning and afternoon training sessions.

The only exception to this is during the practice start sessions, on 21 July 2021 between 11:00 and 12:00 and on 22 July 2021 from 10:00 to 11:00, when the practice start traffic rules will apply.

Please note Canoe Sprint athletes will have exclusive use of the field of play as follows:

- From 24 to 30 July 2021, 14:00 -17:00

Racing

Racing traffic rules will be applied from 15 minutes before the start of the first race until 15 minutes after the finish of the last race of each racing session.

Control Commission

Control Commission is situated in front of the boat storage area near the water's edge. Control Commission will be open from 14 July 2021 and will remain in operation during the official opening times of the course.

NOC codes

NOC codes and Look of the Games stickers will be distributed through Control Commission and must be placed on the boat in the correct position before the crew first goes on the water for training. Instructions for placement on the boats will be issued with the stickers.

Boat weighing

Boat weighing will take place in the boathouse. Test scales will be available from 14 July 2021 during the official opening hours of the course. Crews are responsible for ensuring that their boats meet the minimum weight requirement.

Athlete weighing

Athlete weighing will take place in the boathouse. A test scale will be available from 14 July 2021 during the official opening hours of the course.

Spares' races

Spares' races will be held at 11:30 on 22 July 2021 in both time trial and side-by-side formats. All spare rowers are encouraged to participate in the spares' races. Those crews participating will be required to compete in both the time trial and the side-by-side race.

Entry forms for the spares' races will be distributed through the venue Sport Information Desk (SID). The forms for the spares' races must be returned to the World Rowing office by 17:00 on 21 July 2021.

Practice starts

Practice starts will take place on 21 July 2021 between 11:00 and 12:00 and on 22 July 2021 from 10:00 to 11:00.

GPS devices

All boats (including the boats for the spare rowers) will carry a GPS device during races. GPS devices will be fixed to a bracket 60cm from the bow of the boat. In order to have the GPS bracket fixed to the boat, crews should report to the boat weighing bay by 16:00 on Thursday 22 July 2021. The GPS devices will be fixed to the boats by race officials at the outgoing pontoon before each race.

Crew changes

Team leaders are asked to check their crew lists, which will be available at the SID. If there are any changes in crews or alterations required to the spelling of names, team leaders must complete the Crew Change form and submit it to the World Rowing office as soon as possible and no later than 12:00 on 21 July 2021.

Bow numbers

Bow numbers will be fixed on to boats by race volunteers before leaving the outgoing pontoon, no earlier than 45 minutes before the crew is due to race.

Warm-up

Crews in the warm-up lanes will be asked to move towards the start ten minutes before their race time. Crews are responsible to be at the start and under the control of the starter on time. Crews shall not enter the racing lanes until the start has attributed a lane to the crew. Crews must be attached to their positions on the start fingers two minutes before the scheduled start time of their race or they be awarded a penalty.

Water distribution

TBC

Technical filming

If a team wishes to do its own technical filming in a competition venue during competition, it may do so from the athlete or spectator seating areas using non-professional consumer video cameras. Teams may also film during training sessions using non-professional cameras.

Non-professional consumer cameras do not require stickers to be brought into venues, and clearance with OBS is not necessary. Any requests for positions outside of this area must be submitted in writing to OBS.

Post-competition procedures

Leaving the field of play

TBD

Mixed zone

TBD

Press conferences

TBD

Doping control

TBD

Competition venue

Sea Forest Waterway

3-6-44 Uminomori
Koto-ku Tokyo
Japan

The Rowing competition will be held at Sea Forest Waterway, one of the venues in the Tokyo Bay Zone. Sea Forest Waterway is a new rowing course in the waterway between two lush islands in Tokyo Bay. The dramatic urban landscape and the wonderful view of Tokyo Bay will form a spectacular backdrop for the Tokyo 2020 Rowing competition. The venue was also chosen to host the 2019 World Rowing Junior Championships.

For competition at Tokyo 2020, Sea Forest Waterway will have a gross capacity of 16,000 for Rowing with grandstand seating on either side of the course. Including standing areas, the venue will offer a range of viewing aspects for spectators to enjoy competition in the heart of Tokyo.

Field of play (FOP)

The field of play for the Rowing competition at Sea Forest Waterway is an eight-lane, 2000m course. The course and all equipment will be presented in accordance with the World Rowing Rules of Racing and Related Bye-Laws. The warm-up and cool-down areas are located along the south side of the course.

Venue access

Athletes staying in the Olympic Village will travel by air-conditioned bus in the bubble-to-bubble TA service, with priority access to the venue. The buses will enter the venue via the Vehicle Screening Area (VSA) and athletes will be dropped off at the athlete load zone located behind the permanent grandstand.

Venue transport

Time/distance from Olympic Village using Tokyo 2020 transport services: 23min/8km

On training days, buses between the Olympic Village and Sea Forest Waterway will run every hour. On competition days, buses will run every 30 minutes during peak times and every 60 minutes during non-peak times.

A complete bus timetable for the Rowing competition and training days will be available on Info and at the venue Sport Information Desk (SID), and at the transport desks at the Olympic Village.

Team leaders must schedule their teams' travel by submitting a transport request form to the Rowing desk at the Sport Information Centre (SIC) at the Olympic Village or at the venue SID by 14:00 on the day before the service is required.

Venue facilities and services

Food and beverage

The athlete dining facility is located on the second floor of the boathouse building. All Rowing athletes and team officials are expected to take their lunch at the Olympic Village or at their hotel if they are not staying in the Olympic Village. However, a second breakfast and a lunch consisting of buffet-style hot meals will be provided at the venue. These meals must be booked in advance and access to the athlete dining facility will be managed via a voucher system.

On their arrival at the venue for the first time, team leaders will be asked to complete a form at the Sport Information Desk (SID) confirming the number of breakfasts and lunches required every day for the training and competition period. Thereafter, any changes must be communicated to the SID 48 hours in advance. For special dietary requirements, a form is available at the SIC in the Olympic Village and at the venue SID and must be completed at least 48 hours in advance of the meal service and submitted to the venue SID.

Athlete dining will be open at the following times:

BREAKFAST	08:00 – 10:00	14 July - 22 July 2021
BREAKFAST	07:00 – 10:00	23 July - 30 July 2021
LUNCH	11:00 – 14:00	14 July - 30 July 2021

Sport Information Desk (SID)

The SID at Sea Forest Waterway is located on the first floor of the boathouse. The SID will be open during the venue opening times from 14 to 30 July 2021.

Changing rooms and showers

Changing rooms and showers for men and women are located on the first floor of the boathouse building. Separate changing room and shower facilities for men and women are also located in a building opposite the athlete facilities building.

Athletes' Lounge

The Athletes' Lounge at Sea Forest Waterway is located on the second floor of the athlete facilities building next to the boathouse. The lounge is equipped with seats, tables and stretching mats. A refreshment station serving whole fruits, cold snacks, Coca-Cola drinks and hot drinks will be available for athletes and team officials.

Towels

TBC

Athletes' rest area

TBC

Warm-up area

30 ergometers and 16 stationary bicycles will be available in the warm-up area.

Bag and equipment storage

Athletes and team officials may drop off their bags at the bag drop located next to the venue Sport Information Desk. The bag drop will be staffed during the official opening times of the course.

Team tents

An area for team tents is located between the boat repair area and the athletes' rest area. As the number of spaces is limited, these spaces are allocated by request only. Requests for spaces and tent rental have to be made through the Rate Card Non-Standard Requests. A specific booking form will be made available through Tokyo 2020 Connect.

Trestles

A limited number of trestles are available for teams to use. These trestles will be stored in the boathouse and should be returned to the same location after use.

Boat repair

Boat-builder tents are located behind the boathouse building. All boat repairs should be organised directly with the boat manufacturers.

Boat trailer/container storage

TBD

Boat washing

Taps for boat washing are located near to the outdoor boat racks. No detergents or other chemical products are permitted to be used in this area – boats should be washed using water only.

Coaches' viewing

No cycling is allowed during competition and a bus service following the race will enable coaches to watch the race. Coaches can otherwise watch the competition from the athletes' area in the permanent grandstand.

Bicycle rental

TBD

World Rowing office

The World Rowing office is located on the second floor of the permanent grandstand.

Race video footage

Team leaders may request one copy of the race video footage every day by completing a form at the venue SID by (deadline TBD) the day before. The race footage can be collected from the venue SID two hours after the end of the day's race. Race footage can also be viewed at the Sport Viewing Room (SVR) in the Olympic Village.

Radios

Teams will need a valid authorisation from Tokyo 2020 to use radios at the venue. Requests for this authorisation must be made via the Spectrum Order Portal (SOP) via the Rate Card website prior to the Games. Please note there will not be a Spectrum Desk at Sea Forest Waterway to validate radio equipment.

Medical services

The athletes' medical room is located on the first floor of the boathouse. The athlete medical team will provide services such as first aid, emergency care, sports medicine and physical therapy services to athletes, team officials and technical officials. The medical team will consist of at least one doctor and one physiotherapist. Ambulances will also be stationed at Sea Forest Waterway during medical services operational hours. Each ambulance is staffed with a crew of three trained medical personnel.

Doping control station

The doping control station is located on the first floor of the boathouse, near the changing rooms.

Accredited/team seating

Accredited seating for non-competing same discipline athletes will be allocated on a first-come, first-served basis (location TBD).

Mixed zone

There will be two mixed zones at Sea Forest Waterway where accredited media interview athletes after competition. Mixed zone one is located between the finish tower and boat storage area. Mixed zone two is located near the boathouse.

Venue Accreditation Office (VAO)

TBC

Heat countermeasures

During Games-time, the following countermeasures against heat will be taken to ensure the good health of athletes at Sea Forest Waterway:

- Athletes' Lounge with air conditioning
- Water/ice to be provided
- Heat insulation coating to be used for outdoor boat storage

Training venue

Sea Forest Waterway

3 Chisaki Aomi
Koto-ku Tokyo
Japan

Training for the Rowing competition will take place at the competition venue.

The competition venue will open for training at 08:00 on Wednesday 14 July 2021, and will be available for training from 07:30 to 19:00 every day from Thursday 15 July to Thursday 22 July 2021 (the day before the Rowing competition begins).

On competition days, teams will be able to train on the competition waters from 06:15 until 15 minutes before the start of the first race each day, and from after the finish of competition each day until 14:00, and then again from 17:00 to 19:00. Teams do not need to book training sessions in advance.

Training schedule

BEFORE COMPETITION - 14 JULY 2021	
TRAINING	08:00 until 19:00
BEFORE COMPETITION - 15 - 22 JULY 2021	
TRAINING	07:30 until 19:00
DURING COMPETITION - 23 - 30 JULY 2021	
TRAINING	06:15 until 15 minutes before the first race
	End of last race until 14:00
	17:00 until 19:00

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Directory

The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020)

Tokyo won the right to stage the Games of the XXXII Olympiad on 7 September 2013. The Tokyo Organising Committee of the Olympic and Paralympic Games (Tokyo 2020) is a private, not-for-profit sports association that was officially formed on 24 January 2014. Spearheaded by former prime minister of Japan, Yoshiro Mori, as president, the organising committee is composed of members from various organisations including the Japanese Olympic Committee (JOC), Japanese Paralympic Committee (JPC), Tokyo Metropolitan Government (TMG) and the national government of Japan.

Tokyo 2020 was assigned its mission by the International Olympic Committee (IOC) and International Paralympic Committee (IPC) and must follow their guidance, the Host City Contract, the Olympic Charter, the IPC Handbook, World Anti-Doping Agency (WADA) regulations and Japanese law.

Tokyo 2020 works in cooperation with Olympic and Paralympic Worldwide Partners, Gold Partners, Official Partners and Official Supporters.

Tokyo 2020

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International Olympic Committee (IOC)

The International Olympic Committee was created on 23 June 1894. Less than two years later, on 6 April 1896, the first Olympic Games of the modern era opened in Athens, and the Olympic Movement has not stopped growing ever since. The Olympic Movement encompasses organisations, athletes and other persons who agree to be guided by the principles of the Olympic Charter. The goal of the Olympic Movement is to contribute to building a peaceful and better world by educating youth through sport practised without discrimination of any kind, in a spirit of friendship, solidarity and fair play.

International Olympic Committee

Chateau de Vidy
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Tel: +41 21 621 6111
Fax: +41 21 621 6216
URL: www.olympic.org

President:
Thomas BACH

**Chairman of the Coordination
Commission for the Games of
the XXXII Olympiad:**
John COATES

**Olympic Games Executive
Director:**
Christophe DUBI

Sports Director:
Kit McCONNELL

NOC Relations Director:
James MACLEOD

World Rowing

The World Rowing was founded by representatives from France, Switzerland, Belgium, Adriatica (now a part of Italy) and Italy on 25 June 1892 and is the oldest international sports federation in the Olympic Movement. Its first headquarters office was established in Lausanne, Switzerland, in 1922, and after moving away for a period of time, it returned to the city in 1996. World Rowing is empowered by its 155 national member federations to set the rules and regulations for the practice of Rowing in all its forms, and to organise a wide variety of events around the world.

World Rowing Federation

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Tel: +41 21 617 8373
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email: info@fisa.org
URL: www.worldrowing.com

President:

Jean-Christophe ROLLAND

Vice President:

Tricia SMITH

Executive Director:

Matt SMITH

Japan Rowing Association (JARA)

Rowing was introduced to Japan by Frederick Strange, who was an English teacher at Tokyo University. Under the guidance of Strange, his students established the first rowing club in Japan in 1877. In 1920, the Japan Rowing Association (JARA) was founded as the first sport association in Japan and its first president, Seiichi Kishi, is known as the 'father of modern sports' in Japan for his efforts in helping promote the growth of all sports throughout the nation.

At Amsterdam 1928, the first Japanese rowers competed at the Olympic Games in the men's single and quadruple sculls, and Japan has sent rowers to every Games since. Rowing has grown significantly in Japan from the early days and currently there are about 700 clubs in the country, and over 900 athletes registered as JARA members. Athletes range from junior high school pupils and university students to members of corporate organisations.

Japan Rowing Association

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