

World Rowing Federation

16 May 2021
Lausanne, Switzerland

**World Rowing Development Support
2021 World Rowing Junior Championships
Plovdiv, Bulgaria, 11 – 15 August 2021**

Dear Member Federations,

In coordination with the 2021 Plovdiv World Rowing Junior Championships Organising Committee we have the pleasure to send you the development programme bulletin that targets particular nations who need support for their crews.

Please read this bulletin carefully and apply for support **no later than 27 May 2021**, using the **application form attached**.

Teams will be eligible based on the following requirements: Eligibility for development support (including regular training and compliance with the WR Test Performance programme – please see pages 3 and 4), having a national selection policy, own budgets (for travel, insurance, COVID-19 PCR tests, clothing kit, general extra costs) and no outstanding debts to World Rowing.

Invited rowers or coaches will be able to take part in the event from **11 to 15 August 2021 and plan the arrival to Plovdiv for the 9th August**. World Rowing will invite coaching experts to support the programme. There is limited space for **rowers and/or coaches**. Support consists of free accommodation in single and twin rooms (shared accommodation only for participants from the same team bubble), meals, and local transport from **9 to 16 August 2021 (max 7 nights support)**. Flight tickets will be at the cost of the participants. Each team can apply for support **for maximum two (2) male, two (2) female athletes and one (1) coach (male or female)**.

Regatta programme:

Please refer to the following links for the event:

<https://worldrowing.com/event/2021-world-rowing-junior-championships>

<http://www.wrjch2021.com>

[OC Bulletin](#)

Accreditations & Entries for the regatta must be submitted online at the World Rowing platform no later than **12 July and 30 July 2021, respectively**. Please communicate with **daniela.oronova@worldrowing.com** if you have any doubt.

Boats available for loan: Limited boat equipment is available on request and very kindly supported by several World Rowing Partners either free of charge or at a discounted rate. Please complete **this form** if you require equipment assistance in Plovdiv. For more than two boats per nation, teams will be asked to make a financial contribution.

STEPS TO FOLLOW:

1. **Information** – Please send an email including the adequate excel application form to **inas.hussein@worldrowing.com** with copy to **accommodation@wrjch2021.com** by **27 May 2021**. This email should include the size of the team you intend to send. A

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decision will be made by 31 May 2021 on which rowers or coaches will be offered the free accommodation and equipment.

2. **VISA Invitation Letter** - If you need a Visa Invitation Letter to provide to your embassy, please complete the form linked on the OC website <http://www.wrjch2021.com/teams/visa-requirements> and return by email to info@wrjch2021.com
3. **VISA applications** – Full list of countries whose citizens, holders of ordinary passports require/do not require visas to enter Bulgaria can be found [here](#).

Please ask the relevant consulate or embassy for the deadline to apply for a visa. You should make contact with the embassy as early as possible as it may take up to two (2) months or longer to acquire a visa for some countries. Please work with the Organising Committee for invitation letters (see step 2) and additional support to get visas.

4. Airport Transport

The Organising Committee will provide transfers from the airports below to the accommodation and will provide all transport between the accommodation and the regatta venue.

This service must be booked in advance by submission of [this form](#) not later than 11th July transport@wrjch2021.com
inas.hussein@worldrowing.com

Sofia International Airport: 90 minutes by car (120 km).

Plovdiv International Airport: 15 minutes by car (12 km)

5. International travel

The cost of travel to/from the home nation to Plovdiv is the responsibility of each team.

6. Accommodation

Please find below the address of the hotel in which you will be accommodated:

Puldin Coop Hotel

128 "Tsar Boris III boulevard" 4000 Plovdiv

Prices for additional participants are 70 Eur (single room), 90 Eur (twin room) per person, per day, on full board basis, airport transfers and local shuttle bus services included

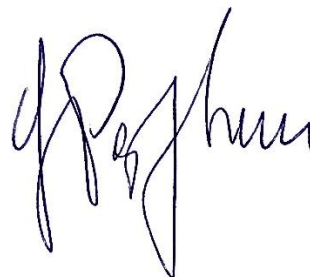
Kindly note that the accommodation request for teams applying for development programme support will need to be done directly with the Organising Committee via World Rowing.

If you have any questions, please do not hesitate ask us. We look forward to working with you and thank you for your ongoing collaboration.

Best regards,



Daniela Gomes
Development Director



Gianni Postiglione
Coaching Director

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TEST PERFORMANCE PROGRAMME

Teams wishing to be considered for development support are required to provide testing results during the pre-regatta season from December to March as per the below protocol. Please send your test performance results to the World Rowing Coaching Director Giovanni Postiglione at postiglione1gianni@gmail.com, if you have still not done so.

The teams to be supported/invited through the World Rowing Development Programme must have submitted results of the Test Performance Programme to the World Development Department for at least three months for all the athletes applying for Development support. The Test Performance Programme is a necessary document required by teams who have been identified as needing to complete. The final participant selection for the World Development Programmes remains solely at the discretion of the World Rowing Development team.

Instructions on drag factor and test preparation are provided in the protocol below.

The rowers participating at the test programme will be considered as in the following categories:

- **High Performance** rowers with six (6) and more years of rowing experience
- **Intermediate** rowers with three to six (3-6) years of rowing experience
- **Beginners** rowers with zero to three years (0-3) years of rowing experience

Test distances on ergometer for the rowers

Category	Years of rowing	Test distances on Ergometer			
		150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
High performance	6 & more	150m anaerobic	2 km Race distance	6 km anaerobic threshold SR 24	15 km aerobic SR 22
Intermediate	3-6	150m anaerobic	2 km Race distance	n.a.	10 km aerobic SR 22
Beginners	0-3	150m anaerobic	2 km Race distance	n.a.	6 km aerobic SR 22

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Test protocol on ergometer

Category	Drag factor: (Concept 2)
Open Senior Men	135
Light Weight Men & Junior Men	125
Open Senior Women	120
Light Weight Women & Junior Women	110

Day 1 - Morning

Warm up 30 minutes
1 x 150 meters max
Active recovery 20 minutes
1 x 2000 meters max
Aerobic regeneration light rowing 40 minutes

Day 1 - Afternoon

Warm up 30 minutes
1 x 6000 meters SR 24 or 10Km at SR 20-22
Aerobic regeneration light rowing 40 minutes

Day 2 (only for High Performance rowers) - Morning

Warm up 30 minutes
1x 15Km SR 20-22

* Kindly use the Test Performance excel report template as attached to submit testing results

World Rowing Statutes

It is a priority for World Rowing to preserve the health and safety of the athletes and coaches. Please read the World Rowing Statutes, Rules of Racing and kindly acknowledge Appendix S10, Bye-law to article 57 of the rules (World Rowing Commitment Form). Safety matters and safeguarding policy are referred to explicitly to help ensure awareness amongst participants, in terms of their responsibilities and their well-being.