



2025 Asian Rowing Indoor Championships

Pattaya, Thailand

26 – 31 May 2025

Bulletin 1

Asian Rowing Federation

President:	Mr. Chen Chunxin
Senior Vice – President:	Ms. Fay Ho Kim Fai
Vice President:	Mr. Semun Oh
	Mr. Vahid Moradi
	Radm. Praparnpongs Pochanasomburana
	Mr. Masakuni Hosobuchi
Secretary General:	Mr. Liu Dehai
Chair, Events Committee:	Mr. Edy Suyono
Chair, Umpiring Committee:	Mr. Takao Senda
Chair, Competitive Committee:	Mr. Wu Jining
Chair, Marketing & Promotion Committee:	Ms. Wang Yan
Chair, Rowing Development Committee:	Ms. Katayoun Ashraf
Chair, Para Rowing Committee:	Mr. Seung-Hoon Han
Chair, Rowing for All Committee:	Ms. Wimonrad Bootsathien
Chair, Sports Medicine Committee:	Mr. Mikio Hiura
Chair, Athletes Committee:	Ms. Kariman Abuljadavel
Intern Chair, Coastal Rowing Committee:	Mr. Wong Chi Wai
Email:	office@arfrowing.com (official email)
Website:	www.arfrowing.com

The Rowing and Canoeing Association of Thailand (RCAT)

President:	Adm. Chainarong Charoenruk
Secretary General:	VAdm. Narupon Kerdnak
Address:	The Rowing and Canoeing Association of Thailand (RCAT) 18 th floor Chalermprakeat Bldg. 286 Sport Authority of Thailand, Ramkhamhang Rd. Huamak, Bangkapi, Bangkok 10240
Email:	office@rcat.or.th
Tel/Fax:	+66 2 170 9235-6

RCAT Organizing Committee

President:	Adm. Chainarong Charoenruk
Competition Manager:	Capt. Wiwat Khwansungnern
Event Contact Person:	Capt. Sanitwong Wongsanit (Tukky)
Event Email:	rcatarfevents@gmail.com

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1. President Greetings



Dear Asian Rowing Member Federations,

It is our pleasure to invite your national federation to the 2025 Asian Rowing Indoor Championships at our indoor venue in Pattaya, Thailand.

RCAT is glad to be the host and organize the Asian Rowing Indoor Championships in Thailand again in this year.

RCAT is excited to be able to gather the junior, senior, masters, and para athletes from all over Asia for this indoor rowing competitions.

The participating teams will have good opportunity to challenge themselves and we hope that your athletes enjoy competing on at the indoor venue facility in Thailand.

RCAT is committed to successfully staging this international competition, and it will be an honor to have you as part of it.

Lastly, we hope all participants will gain more of happiness and joyfulness in every moment while staying in Thailand.

Admiral Chainarong Charoenruk

President,

The Rowing and Canoeing Association of Thailand (RCAT)

2. General information of Pattaya City, Thailand



Pattaya City

Pattaya city is one of the most famous destination of tourists around the world. This is a beach resort area that is very popular with tourists and expatriates. It is located on the east coast of the Gulf of Thailand, about 165-180 km southeast of Bangkok. Just around one and a half hours from Suvarnabhumi International Airport. Pattaya always presents the lively beaches and fantastic scenic that invite visitors from around the world. With activities that include a wide array of water sports, golf, shopping, cabaret shows, an elephant village, and fascinating museums, it is impossible not to have an action-packed Pattaya holiday. Pattaya is certainly a Thai beach resort that meets the needs of any visitor on any budget.



3. Venue Information



Baan Sukhawadee

A European style mansion by the sea houses a statue of Kuan Yin and other sculptures that express the philosophy of living.

Sukhawadee House is a mansion by the Pattaya Sea owned by Mr. Panya Chotitawan, the owner of Saha Farm, one of the biggest agricultural product exporters of Thailand. Sukhawadee House is located on Sukhumvit Road at 129 kilometres stone. It covers the 128,000 square metres with 400 metres long beach and consists of group of pink and blue contemporary buildings. The interior decoration and the gardens are all beautifully designed and also convey hidden abstract values.

4. Weather information

The average weather condition in Pattaya City, Thailand in May as following table:

Average daily minimum air temperature (°C)	26 °C
Average daily maximum air temperature (°C)	36 °C
Average relative humidity (%)	75 – 80%
Average monthly rainfall (mm)	120 – 160 mm
Average rain days	13 – 15 days
Wind direction	North East

5. Events information

- **Event date:** 26 – 31 May 2025
- **Event location:** Pattaya City, Thailand
- **Event Schedule:**

Date Time	Day1 26 May 2025 MON	Day 2 27 May 2025 TUE	Day 2 28 May 2025 WED	Day 3 29 May 2025 THU	Day 4 30 May 2025 FRI	Day 5 31 May 2025 SAT
09:00	Team Arrival		2000m Single Open U23 U19	2000m Pair Open U23 U19 U17	4x500m Team Open U23 U19 U17	Team Departure
10:00						
11:00				500m Single Open U23 U19	2000m Pair Para	
12:00						
13:00			2000m Single U17 Para Masters	500m Single U17 Para Masters		
14:00		Team Manager Meeting				
15:00		Jury Meeting				
16:00						

Remark: This is tentative event schedule subject or any additional information to further changes.

- **Competition Format**
About this competition, all events will follow a direct final format.
- **Prize**
Medals will be presented to the first, second, third place winners in each event. Certificates of participating will be given to all participants.
- **Uniform**
All team/ athletes must wear the national team uniform during the event.
- **Rowing Machine Resistance**
All athletes may set any resistance of their choice before the race starts. However, this setting cannot be changed once the race has begun and must remain the same until the end.

In relay races, the resistance can be set before the first rower starts and during each change over it can be set ONLY before the next rower starts rowing.

6. Events Categories

Event No.	Categories	Single		Pair	Team
		500 m	2000 m	2000 m	4x500 m
1	U17 Men	√	√	√	√
2	U17 Women	√	√	√	√
3	U17 Mixed	-	-	√	√
4	U19 Men	√	√	√	√
5	U19 Women	√	√	√	√
6	U19 Mixed	-	-	√	√
7	U23 Men	√	√	√	√
8	U23 Men Lightweight	√	√	√	√
9	U23 Women	√	√	√	√
10	U23 Women Lightweight	√	√	√	√
11	U23 Mixed	-	-	√	√
12	U23 Mixed Lightweight	-	-	√	√
13	Senior Men	√	√	√	√
14	Senior Men Lightweight	√	√	√	√
15	Senior Women	√	√	√	√
16	Senior Women Lightweight	√	√	√	√
17	Senior Mixed	-	-	√	√
18	Senior Mixed Lightweight	-	-	√	√
19	Master Men 30-39	√	√	-	-
20	Master Men 30-39 Lightweight	√	√	-	-
21	Master Women 30-39	√	√	-	-
22	Master Women 30-39 Lightweight	√	√	-	-
23	Master Mixed 30-39	√	√	-	-
24	Master Mixed 30-39 Lightweight	√	√	-	-

Event No.	Categories	Single		Pair	Team
		500 m	2000 m	2000 m	4x500 m
25	Master Men 40-49	√	√	-	-
26	Master Men 40-49 Lightweight	√	√	-	-
27	Master Women 40-49	√	√	-	-
28	Master Women 40-49 Lightweight	√	√	-	-
29	Master Mixed 40-49	√	√	-	-
30	Master Mixed 40-49 Lightweight	√	√	-	-
31	Master Men 50-59	√	√	-	-
32	Master Men 50-59 Lightweight	√	√	-	-
33	Master Women 50-59	√	√	-	-
34	Master Women 50-59 Lightweight	√	√	-	-
35	Master Mixed 50-59	√	√	-	-
36	Master Mixed 50-59 Lightweight	√	√	-	-
37	Master Men 60+	√	√	-	-
38	Master Men 60+ Lightweight	√	√	-	-
39	Master Women 60+	√	√	-	-
40	Master Women 60+ Lightweight	√	√	-	-
41	Master Mixed 60+	√	√	-	-
42	Master Mixed 60+Lightweight	√	√	-	-
43	Para PR1 Men	√	√	-	-
44	Para PR1 Women	√	√	-	-
45	Para PR2 Men	√	√	-	-
46	Para PR2 Women	√	√	-	-
47	Para PR3 PD Men	√	√	-	-
48	Para PR3 PD Women	√	√	-	-
49	Para PR3 ID Men	√	√	-	-
50	Para PR3 ID Women	√	√	-	-

- **Lightweight, Pair, Team**

Lightweight

Lightweight men must be 75.0 kilograms and under.

Lightweight women must be 61.5 kilograms and under.

Individuals and team events

Individual lightweight competitors must meet the weight limits above. There is no average allowed like weighing for boat events. There will be designated area for weighing at the venue.

Pair's events

Pair's events will be 2 rowers each rowing 2,000 meters at the same time on separate machines, with the result assessed as the cumulative average score of the two rowers.

4x500 Team Relay Event (Men, Women, Mixed)

Each athlete (4 athletes) will row and switch every 500 meters on a single machine with the result assessed as the total score of the four rowers. Teammates can assist foot straps throughout the entire race, they can assist with handle and seat ONLY during change over.

7. Entries

5.1 Eligibility

The 2025 Asian Rowing Indoor Championships is strictly open to Asian Rowing Federation (ARF) affiliated member federations only.

Each nation is allowed to enter a maximum of two (2) entries per event.

In accordance with the World Rowing and Asian Rowing Federation (ARF) Rules of Racing, all competitors must be citizens of the country or region they represent and must be able to prove this by presenting an official documents (passport or Identity Card), as well as relevant valid para certificates for para-rowing events.

5.2 Deadline

The Preliminary Entry

The preliminary entry deadline is **8th April 2025**

The final entry documents shall be submitted by **8th May 2025**

The preliminary entry must include events to be entered, the total number of athletes, official and accompanying person in the team.

The Final Entry

The final entry document must include all necessary information of all participants, (name, date of birth, substitute, official).

Please submit in the relevant form of Entry by Number and Entry by Name as the file attached, and please notify to the Organizing Committee via official event email address rcatarfevents@gmail.com and a copy to the ARF office@arfrowing.com

8. Equipment

Concept 2 brand rowing ergometer with standard legs (ErgRow) will be used as the official race machines. Athletes will be allocated randomly to different machines numbering according to the start list. Athletes cannot request a change of machines unless there is a mechanical or electronics failure occurring before the start of the race. There will be a separate warm-up area with rowing machines available throughout the event.

9. Official Accommodation

Tsix5 Phenomenal Hotel is the main official hotel for all National Federation in this event. <https://www.tsix5hotel.com/phenomenal>

Room Types and Rates

One Bedroom (Single)



Twin Bedroom (Sharing)



- Single room 100 USD/person/night with full-board for one person only
- Twins-sharing room 70 USD/person/night with full-board for two persons

Booking of Rooms

Reservation of the accommodations must be done directly to the HOC using the form and the payment must be made in advance by bank transfer. The availability of rooms is subject to the “first come first served” basis.

Once booking form is submitted and payment has been transferred, please notify the HOC via official event email address (rcatarfevents@gmail.com).

Payment Method

All the transaction please transfer to:

RCAT Bank Account details

Bank: Krungthai Bank, Thailand

Bank Address: 286 Ramkhamhaeng Rd, Huamak, Bangkapi, Bangkok 10240 (Thailand)

Beneficial Name: The Rowing and Canoeing Association of Thailand

Account Number: 989-8-52035-3

SWIFT Code: KRTHTHBK

10. Transportation

Airport Transfer Upon Arrival and Departure

Airport transfer fares (Airport – Official hotel – Airport) varied due to the distances as follows:

- Tsix5 Phenomenal Hotel, Pattaya

Airport	Distance	Fare/person/round trip	Meeting Point
Suvarnabhumi International Airport	122 km (1.2 hrs)	80 USD	Exit 3-4 in the Arrival Hall
Don Mueang International Airport	134 km (1.5 hrs)	100 USD	Exit 5 in the Arrival Hall
U – Tapao International Airport	47 km (40 mins)	40 USD	Exit 2 in the Arrival Hall

11. Visa

Please check with the Thai Consular Office or <https://consular.mfa.go.th> if teams need to have visa to enter the kingdom of Thailand. Any teams which require the supporting document i.e. invitation letter please fill in the form in the Attachment ... Request for Invitation Letter.

12. Accreditation

The accreditation fee for participants who is register at the site is 30 USD per person

13. Enclosed

Annex	Deadline
Annex 1: Entry Form by Number	8 th April
Annex 2: Final Entry Form by Name	8 th May
Annex 3: Accreditation Form – Athletes	8 th May
Annex 4: Accreditation Form – Team Officials	8 th May
Annex 5: Request for invitation letter	8 th May