



Australian Rowing Team

Media Guide

for the

2006 World Rowing Championships

20 to 27 August

Eton, Great Britain



Australian Government

Australian Sports Commission

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LINKS

The official website of Rowing Australia

www.rowingaustralia.com.au

The World Rowing (FISA) website

www.worldrowing.com

The 2006 World Rowing Championships website

www.wrc2006.com

ABOUT ROWING AUSTRALIA

Rowing is one of the world's last remaining international amateur sports and recognised for its tradition and appeal to athletes of all ages.

Rowing is one of the cornerstone Olympic sports and Rowing Australia enjoys the benefits of having close working relationships with the Australian Sports Commission and Australian Olympic Committee.

On the water, Australian rowing has a long and proud history of success and wins multiple medals at most major international competitions.

At the 2003 FISA World Championships in Milan, Australia won six medals and qualified 12 boats (out of a possible 14) to compete at the Athens Olympics in 2004. The only other country to equal this achievement was Germany.

At the 2004 Olympic Games, Australia won one gold medal, one silver medal and two bronze medals. Australia finished as the top men's nation at the Games, being the only country to win three medals in men's events. In the overall tally, Australia was one of only four nations to win four medals. Following the 2004 Olympic Games and World Championships, Australia was ranked as the 3rd leading rowing nation in the world.

In 2005, Australia won six medals at the FISA World Championships in Gifu, and again finished near the top of the medal table.

Rowing Australia is the national governing body for the sport of rowing. Formed in 1925, it is the only organisation recognised by the Federation Internationale des Societies d'Aviron (FISA), the Australian Sports Commission (ASC) and the Australian Olympic Committee (AOC) to conduct rowing activities in and on behalf of Australia.

Rowing Australia and its affiliates represent in excess of 15,000 active members ranging from young rowers at school through to those at universities and in the wider community right through to veterans rowing.

Rowing Australia member associations operate in seven States with over 185 schools and 156 clubs offering rowing programs.

Sponsors

The Australian National Team is supported by Malaysia Airlines, the official international airline of Rowing Australia, and SKINS, Official Suppliers of Compression and Therapeutic Wear for Rowing Australia.



Official International Airline of Rowing Australia



ITINERARY

- Depart Australia 5 August
- Europe Training Camp (Varese) 6 to 15 August
- Eton World Championships 20 to 27 August

PROVISIONAL PROGRAM

World Championships – Eton, Great Britain

20 to 27 August 2006

| | | |
|-------|---------------------|-----------------------------------|
| Day 1 | Sunday 20 August | Heats — Group A |
| Day 2 | Monday 21 August | Heats — Group B |
| Day 3 | Tuesday 22 August | Repechages — A |
| Day 4 | Wednesday 23 August | Repechages — B |
| Day 5 | Thursday 24 August | Semi-Finals A |
| Day 6 | Friday 25 August | Semi-Finals B, Adaptive Heats |
| Day 7 | Saturday 26 August | Finals A & B, Adaptive Repechages |
| Day 8 | Sunday 27 August | Finals A & B, Adaptive Finals |

RACE TIMES

All times are Australian Eastern Standard Time (AEST)

Check www.worldrowing.com for confirmed program

Day 1 Sunday 20 August

Heats

| | |
|----------------------------------|----------------|
| Women's Coxless Four (W4-) Heats | 18:30 to 18:42 |
| Women's Single Scull (W1x) Heats | 20:00 to 20:18 |
| Women's Coxless Pair (W2-) Heats | 21:00 to 21:18 |
| Men's Coxless Pair (M2-) Heats | 21:18 to 21:48 |
| Women's Double Scull (W2x) Heats | 21:48 to 22:06 |
| Men's Double Scull (M2x) Heats | 22:06 to 22:36 |
| Men's Coxless Four (M4-) Heats | 22:36 to 22:54 |

Day 2 Monday 21 August

Heats

| | |
|---|----------------|
| Men's Lightweight Coxless Pair (LM2-) Heats | 18:42 to 19:00 |
| Women's Lightweight Double Scull (LW2x) Heats | 19:30 to 19:48 |
| Men's Lightweight Double Scull (LM2x) Heats | 19:48 to 20:24 |
| Men's Lightweight Coxless Four (LM4-) Heats | 20:30 to 20:48 |
| Women's Quad Scull (W4x) Heats | 20:48 to 21:00 |
| Men's Quad Scull (M4x) Heats | 21:00 to 21:18 |
| Women's Eight (W8+) Heats | 21:18 to 21:30 |
| Men's Eight (M8+) Heats | 21:30 to 12:42 |

Day 3 Tuesday 22 August

Repechages

| | |
|---------------------------------------|----------------|
| Women's Coxless Four (W4-) Repechage | 18:30 to 18:36 |
| Women's Single Scull (W1x) Repechages | 19:30 to 19:42 |
| Women's Coxless Pair (W2-) Repechages | 20:00 to 20:12 |
| Men's Coxless Pair (M2-) Repechages | 20:12 to 20:42 |
| Women's Double Scull (W2x) Repechages | 20:42 to 20:54 |
| Men's Double Scull (M2x) Repechages | 20:54 to 21:18 |
| Men's Coxless Four (M4-) Repechages | 21:18 to 21:30 |

Day 4 Wednesday 23 August**Repechages
Semifinals C–E**

| | |
|--|----------------|
| Men's Lightweight Coxless Pair (LM2-) Repechages | 18:36 to 18:48 |
| Women's Lightweight Double Scull (LW2x) Repechages | 19:12 to 19:24 |
| Men's Lightweight Double Scull (LM2x) Repechages | 19:30 to 19:48 |
| Men's Lightweight Coxless Four (LM4-) Repechages | 19:48 to 20:12 |
| Women's Quad Scull (W4x) Repechages | 20:12 to 20:24 |
| Men's Quad Scull (M4x) Repechages | 20:30 to 20:42 |
| Women's Eight (W8+) Repechages | 20:42 to 20:54 |
| Men's Eight (M8+) Repechages | 20:54 to 21:06 |
| Men's Coxless Pair (M2-) Semifinals C/D | 21:48 to 22:00 |
| Men's Double Scull (M2x) Semifinals C/D | 22:00 to 22:12 |
| Men's Lightweight Double Scull (LM2x) Semifinals D/E | 22:12 to 22:24 |

Day 5 Thursday 24 August**Finals C–E
Semifinals A & B**

| | |
|---|----------------|
| Men's Coxless Pair (M2-) Final D | 19:00 to 19:06 |
| Men's Double Scull (M2x) Final D | 19:06 to 19:12 |
| Women's Single Scull (W1x) Final C | 19:18 to 19:24 |
| Women's Coxless Pair (W2-) Final C | 19:30 to 19:36 |
| Men's Coxless Pair (M2-) Final C | 19:36 to 19:42 |
| Women's Double Scull (W2x) Final C | 19:42 to 19:48 |
| Men's Double Scull (M2x) Final C | 19:48 to 19:54 |
| Men's Coxless Four (M4-) Final C | 19:54 to 20:00 |
| Women's Single Scull (W1x) Semifinals A/B | 20:50 to 21:10 |
| Women's Coxless Pair (W2-) Semifinals A/B | 21:40 to 22:00 |
| Men's Coxless Pair (M2-) Semifinals A/B | 22:00 to 22:20 |
| Women's Double Scull (W2x) Semifinals A/B | 22:20 to 22:40 |
| Men's Double Scull (M2x) Semifinals A/B | 22:40 to 23:00 |
| Men's Coxless Four (M4-) Semifinals A/B | 23:00 to 23:20 |

Day 6 Friday 25 August**Adaptive Heats
Semifinals A & B
Finals C-E**

| | |
|--|----------------|
| Adaptive Men's Single (AM1x) Heats | 18:40 to 19:00 |
| Adaptive LTA Coxed Four (LTA4+) Heats | 19:20 to 19:40 |
| Men's Lightweight Coxless Pair (LM2-) Semifinals A/B | 20:00 to 20:20 |
| Women's Lightweight Double Scull (LW2x) Semifinals A/B | 20:20 to 20:40 |
| Men's Lightweight Double Scull (LM2x) Semifinals A/B | 20:40 to 21:10 |
| Men's Lightweight Coxless Four (LM4-) Semifinals A/B | 21:10 to 21:30 |
| Men's Quad Scull (M4x) Semifinals A/B | 21:30 to 21:46 |
| Men's Lightweight Double Scull (LM2x) Final E | 21:46 to 21:52 |
| Men's Lightweight Double Scull (LM2x) Final D | 21:52 to 21:58 |
| Men's Lightweight Coxless Pair (LM2-) Final C | 21:58 to 22:04 |
| Women's Lightweight Double Scull (LW2x) Final C | 22:04 to 22:10 |
| Men's Lightweight Coxless Four (LM4-) Final C | 22:10 to 22:16 |
| Men's Quad Scull (M4x) Final C | 22:16 to 22:22 |

Day 7 Saturday 26 August**Adaptive Repechages
Finals A, B & C**

| | |
|---|----------------|
| Adaptive Men's Single (AM1x) Repechage | 18:30 to 18:38 |
| Adaptive LTA Coxed Four (LTA4+) Repechage | 18:46 to 18:52 |
| Men's Lightweight Double Scull (LM2x) Final C | 18:52 to 18:58 |
| Women's Coxless Four (W4-) Final B | 18:58 to 19:04 |
| Women's Single Scull (W1x) Final B | 19:22 to 19:28 |
| Women's Coxless Pair (W2-) Final B | 19:34 to 19:40 |
| Men's Coxless Pair (M2-) Final B | 19:40 to 19:46 |
| Women's Double Scull (W2x) Final B | 19:46 to 19:52 |
| Men's Double Scull (M2x) Final B | 19:52 to 19:58 |
| Men's Coxless Four (M4-) Final B | 19:58 to 20:04 |
| Women's Coxless Four (W4-) Final A | 20:10 to 20:25 |
| Women's Single Scull (W1x) Final A | 21:25 to 21:40 |
| Women's Coxless Pair (W2-) Final A | 21:55 to 22:10 |
| Men's Coxless Pair (M2-) Final A | 22:10 to 22:25 |

| | |
|------------------------------------|----------------|
| Women's Double Scull (W2x) Final A | 22:25 to 22:40 |
| Men's Double Scull (M2x) Final A | 22:40 to 22:55 |
| Men's Coxless Four (M4-) Final A | 22:55 to 23:10 |

Day 8 Sunday 27 August

Adaptive Finals A & B Finals A & B

| | |
|---|----------------|
| Adaptive Men's Single (AM1x) Final B | 19:00 to 19:07 |
| Adaptive LTA Coxed Four (LTA4+) Final B | 19:07 to 19:14 |
| Men's Lightweight Coxless Pair (LM2-) Final B | 19:21 to 19:28 |
| Women's Lightweight Double Scull (LW2x) Final B | 19:42 to 19:49 |
| Men's Lightweight Double Scull (LM2x) Final B | 19:49 to 19:56 |
| Men's Lightweight Coxless Four (LM4-) Final B | 19:56 to 20:03 |
| Women's Quad Scull (W4x) Final B | 20:03 to 20:10 |
| Men's Quad Scull (M4x) Final B | 20:10 to 20:17 |
| Women's Eight (W8+) Final B | 20:17 to 20:24 |
| Men's Eight (M8+) Final B | 20:24 to 20:31 |
| Adaptive Men's Single (AM1x) Final A | 21:00 to 21:15 |
| Adaptive LTA Coxed Four (LTA4+) Final A | 21:30 to 21:45 |
| Men's Lightweight Coxless Pair (LM2-) Final A | 22:00 to 22:15 |
| Women's Lightweight Double Scull (LW2x) Final A | 22:45 to 23:00 |
| Men's Lightweight Double Scull (LM2x) Final A | 23:00 to 23:15 |
| Men's Lightweight Coxless Four (LM4-) Final A | 23:15 to 23:30 |
| Women's Quad Scull (W4x) Final A | 23:30 to 23:45 |
| Men's Quad Scull (M4x) Final A | 23:45 to 00:00 |
| Women's Eight (W8+) Final A | 00:00 to 00:15 |
| Men's Eight (M8+) Final A | 00:15 to 00:30 |

AUSTRALIAN ROWING CREWS

Men's Crews

Heavyweight Crews

Men's Eight

| | |
|-------------------------------|--------------|
| James Chapman (NSW) | Bow |
| James Marburg (VIC) | 2 |
| Matt Ryan (NSW) | 3 |
| Sam Conrad (QLD) | 4 |
| Tom Laurich (NSW) | 5 |
| Karsten Forsterling (VIC) | 6 |
| Cameron McKenzie-McHarg (VIC) | 7 |
| Jeremy Stevenson (WA) | Stroke |
| Marty Rabjohns (NSW) | Cox |
| <i>Brian Richardson (AIS)</i> | <i>Coach</i> |

Men's Coxless Four

| | |
|---|----------------|
| Stefan Szczurowski (WA) | Bow |
| Jaxon Rudduck (NSW) | 2 |
| David McGowan (WA) | 3 |
| Francis Hegerty (NSW) | Stroke |
| <i>Brian Richardson (AIS)/Chris O'Brien (VIS)</i> | <i>Coaches</i> |

Men's Coxless Pair

| | |
|----------------------------|--------------|
| Drew Ginn (VIC) | Bow |
| Duncan Free (QLD) | Stroke |
| <i>Chris O'Brien (VIS)</i> | <i>Coach</i> |

Men's Quad Scull

| | |
|-----------------------------------|--------------|
| James Gatti (WA) | Bow |
| Peter Hardcastle (NSW) | 2 |
| David Crawshay (VIC) | 3 |
| Dan Noonan (NSW) | Stroke |
| <i>Nick Garratt (Mosman, NSW)</i> | <i>Coach</i> |

Men's Double Scull

| | |
|-----------------------------------|--------------|
| Chris Morgan (SA) | Bow |
| Craig Jones (ACT) | Stroke |
| <i>Nick Garratt (Mosman, NSW)</i> | <i>Coach</i> |

Heavyweight Reserve

Christian Ryan (VIC)

Lightweight Crews

Men's Lightweight Double Scull

| | |
|-------------------------------------|--------------|
| Sam Beltz (TAS) | Bow |
| Tom Gibson (TAS) | Stroke |
| <i>Antonio Maurogiovanni (WAIS)</i> | <i>Coach</i> |

Men's Lightweight Coxless Four

| | |
|-------------------------------------|--------------|
| Michael McBryde (QLD) | Bow |
| Ben Cureton (WA) | 2 |
| Todd Skipworth (WA) | 3 |
| Tim O'Callaghan (VIC) | Stroke |
| <i>Antonio Maurogiovanni (WAIS)</i> | <i>Coach</i> |

Men's Lightweight Coxless Pair

| | |
|-------------------------------------|--------------|
| Tim Smith (VIC) | Bow |
| Cameron Wurf (TAS) | Stroke |
| <i>Antonio Maurogiovanni (WAIS)</i> | <i>Coach</i> |

Women's Crews

Heavyweight Crews

Women's Eight

| | |
|-------------------------------|--------------|
| Robyn Selby Smith (VIC) | Bow |
| Jo Lutz (WA) | 2 |
| Amber Bradley (WA) | 3 |
| Sarah Cook (ACT) | 4 |
| Kim Crow (VIC) | 5 |
| Sarah Heard (VIC) | 6 |
| Emily Martin (VIC) | 7 |
| Kate Hornsey (TAS) | Stroke |
| Elizabeth Patrick (VIC) | Cox |
| <i>Darren Balmforth (TIS)</i> | <i>Coach</i> |

Women's Coxless Four

| | |
|-------------------------------|--------------|
| Amber Bradley (WA) | Bow |
| Jo Lutz (WA) | 2 |
| Robyn Selby Smith (VIC) | 3 |
| Kate Hornsey (TAS) | Stroke |
| <i>Darren Balmforth (TIS)</i> | <i>Coach</i> |

Women's Coxless Pair

| | |
|-------------------------------|--------------|
| Emily Martin (VIC) | Bow |
| Sarah Heard (VIC) | Stroke |
| <i>Darren Balmforth (TIS)</i> | <i>Coach</i> |

Women's Quad Scull

| | |
|-----------------------------|--------------|
| Catriona Sens (VIC) | Bow |
| Sonia Mills (ACT) | 2 |
| Dana Faletic (TAS) | 3 |
| Sally Kehoe (QLD) | Stroke |
| <i>Lyall McCarthy (AIS)</i> | <i>Coach</i> |

Women's Double Scull

| | |
|----------------------------|--------------|
| Liz Kell (NSW) | Bow |
| Brooke Pratley (NSW) | Stroke |
| <i>Adrian David (SASI)</i> | <i>Coach</i> |

Women's Single Scull

| | |
|--|----------------|
| Claire Shield (TAS) | |
| <i>Lyall McCarthy (AIS)/Darren Balmforth (TIS)</i> | <i>Coaches</i> |

Heavyweight Reserve

| | |
|---------------------|--|
| Claire Shield (TAS) | |
|---------------------|--|

Lightweight Crews

Women's Lightweight Double Scull

| | |
|----------------------------|--------------|
| Marguerite Houston (SA) | Bow |
| Amber Halliday (SA) | Stroke |
| <i>Adrian David (SASI)</i> | <i>Coach</i> |

Adaptive Crews

Adaptive LTA Coxed Four

| | |
|----------------------------|--------------|
| Ben Vines (NSW) | Bow |
| Julia Veness-Collins (NSW) | 2 |
| Gene Barrett (NSW) | 3 |
| Kristin Mercer (NSW) | Stroke |
| Susie Edwards (NSW) | Cox |
| <i>Roxanne Vines (NSW)</i> | <i>Coach</i> |

Adaptive Men's Single

| | |
|-------------------------|--------------|
| Dominic Monypenny (TAS) | |
| <i>Rick Bryan (TAS)</i> | <i>Coach</i> |

SUPPORT STAFF

| | |
|----------------------------------|-----------------------------------|
| High Performance Director | Noel Donaldson |
| Team Manager | Dean Oakman |
| Assistant Team Manager | Ray Ebert |
| Doctor | Dr Ian Beltz Dr Greg Lovell |
| Physiotherapists | Susan Everett Henry Wajswelner |
| Masseur | Tanya Thornton |
| Physiologist | Tony Rice |
| Boatman | Urs Graf |

AUSTRALIA'S MEDAL RECORD AT WORLD CHAMPIONSHIPS

Men's boats – from 1974

| Boat | Gold | Silver | Bronze | Total |
|--------------------------------|-------------|---------------|---------------|--------------|
| Men's Single Scull | 0 | 0 | 0 | 0 |
| Men's Double Scull | 0 | 0 | 2 | 2 |
| Men's Quad Scull | 0 | 0 | 1 | 1 |
| Men's Coxless Pair | 2 | 2 | 1 | 5 |
| Men's Coxed Pair | 2 | 2 | 1 | 5 |
| Men's Coxless Four | 2 | 1 | 0 | 3 |
| Men's Coxed Four | 1 | 0 | 0 | 1 |
| Men's Eight | 1 | 0 | 2 | 3 |
| Men's Lightweight Single Scull | 1 | 1 | 0 | 2 |
| Men's Lightweight Coxless Pair | 0 | 0 | 0 | 0 |
| Men's Lightweight Coxless Four | 3 | 3 | 3 | 9 |
| Men's Lightweight Eight | 1 | 1 | 4 | 6 |
| Men's Lightweight Double Scull | 2 | 1 | 1 | 4 |
| Men's Lightweight Quad Scull | 1 | 1 | 1 | 3 |
| <i>Overall total</i> | | | | 44 |

Women's boats – from 1974

| Boat | Gold | Silver | Bronze | Total |
|----------------------------------|-------------|---------------|---------------|--------------|
| Women's Single Scull | 0 | 0 | 0 | 0 |
| Women's Double Scull | 0 | 0 | 1 | 1 |
| Women's Quad Scull | 1 | 0 | 1 | 2 |
| Women's Coxless Pair | 1 | 2 | 2 | 5 |
| Women's Coxless Four | 3 | 0 | 1 | 4 |
| Women's Eight | 2 | 1 | 0 | 3 |
| Women's Lightweight Single Scull | 2 | 0 | 0 | 2 |
| Women's Lightweight Double Scull | 1 | 1 | 1 | 3 |
| Women's Lightweight Quad Scull | 2 | 1 | 1 | 4 |
| Women's Double Scull | 0 | 0 | 0 | 0 |
| Women's Lightweight Coxless Pair | 1 | 0 | 0 | 1 |
| Women's Lightweight Coxless Four | 1 | 2 | 1 | 4 |
| <i>Overall total</i> | | | | 29 |

Adaptive boats – from 2002

| Boat | Gold | Silver | Bronze | Total |
|---------------------------|-------------|---------------|---------------|--------------|
| Adaptive Single Scull | 3 | 0 | 0 | 3 |
| Adaptive Mixed Coxed Four | 2 | 0 | 0 | 2 |
| <i>Overall total</i> | | | | 5 |

BEGINNERS GUIDE TO INTERNATIONAL ROWING

Types of Boats

In international rowing competition, there are eight types of boat. Five are sweep oared (each rower uses one oar with both hands) and three are for sculling (two oars are used, one in each hand). Some boats carry a cox who sits either in the stern or the bow to steer the boat.

Scull Boats

| | Length | Weight |
|---------------------|----------------|-----------------|
| 1x=Single scull: | 8.2 m (27 ft) | 14 kg (30.8lbs) |
| 2x=Double scull: | 10.4m (34 ft) | 27 kg (59 lbs) |
| 4x=Quadruple scull: | 13.4 m (44 ft) | 52 kg (114lbs) |

Sweep Boats

| | | |
|------------------|----------------|----------------|
| 2-=Coxless pair: | 10.4 m (34 ft) | 27 kg (59 lbs) |
| 2+=Coxed pair: | 10.4 m (34 ft) | 32 kg (70 lbs) |
| 4-=Coxless four: | 13.4 m (44 ft) | 50 kg (110lbs) |
| 4+=Coxed four: | 13.7 m (45 ft) | 51 kg (112lbs) |
| 8+=Eight | 19.9 m (62 ft) | 96 kg (211lbs) |

The Oars

Oars are hollow to reduce weight and are attached to the boat by adjustable outriggers. The size and shape of the oars is unrestricted, the average length of a sweep oar being 3.81m (12ft 6") and of a scull being 2.98m (9ft 9").

The Stroke

The rowing stroke is made up of:

- ◆ Catch — where the oars are locked into the water;
- ◆ Pull or drive through the water in which the legs go down as the body opens up and the rower moves back along the slide to lever the boat forward;
- ◆ Finish - in which the oars come out of the water;
- ◆ Recovery whereby the rower moves towards the stern of the boat ready for the next stroke.

Oars are rotated onto the feather during the finish to minimise air resistance and to vertical at the catch to maximise water resistance.

Starboard/Port

The starboard is the right-hand side of the boat when viewed from the stern. All rowers whose oars are in the water on the starboard side are called Bowside rowers. The port is the left-hand side of the boat when viewed from

the stern. All rowers whose oars are in the water on the port side are called Stroke-side rowers. The Stroke is the rower seated nearest the stern.

Lightweight rowing

There is a separate class of races for Lightweight rowers.

In Lightweight rowing events the men cannot weigh more than 72.5 kg with the average crew weight to be 70kg. Women's cannot weigh more than 59 kg with the average crew weight to be 57kg.

The Regatta

Championship races are rowed over 2000 m (1mile 427 yds) in six lanes that are straight and buoyed. There are up to four rounds - heats, repechages, semi-finals and finals. The repechage round is for losing crews in the heats, meaning that every crew has a second chance before being eliminated. The draw is conducted round by round according to various systems. The first three crews in each semi-final compete in the A final and the last three in each semi-final compete in the B final for places 7-12.

The Race

The boats are held on starting pontoons by the stern and the bows are aligned on the start line by means of a hydraulic system called "Agsostart" which sets up a little "V" in the water that the bow fits into. The rower in the bow seat may raise his/her hand to indicate the crew is not ready, up until the time when the starter conducts a roll call of the crews. After the last crew has been named in the roll call, the starter switches on a red traffic light on each starting pontoon, gives the warning command "Attention" and after a pause presses a button which turns the traffic light to green and emits an audible beep to start the race.

In case of a false start a bell is rung and the starter waves a red flag to recall crews. Crews are allowed one false start each before being eliminated. A re-start can also be called for equipment breakage within 100m of the start. Straying from a lane is punishable by the umpire by disqualification if interference takes place with another boat. The winner is the boat whose bow touches the finish line first, monitored by judges and a photo-finish camera. The umpire must raise a white flag at the end of the race to signify that it has been completed in accordance with the rules and that there has been no protest.