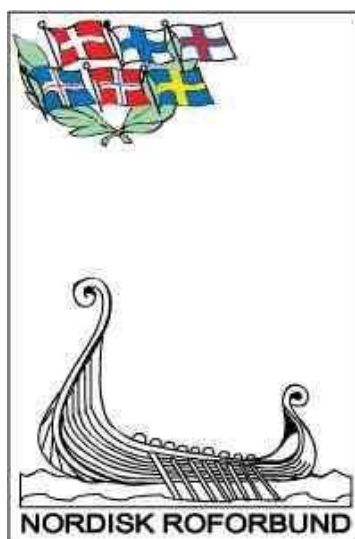


Årungregattaen

# Open Nordic Rowing Championships

21st - 22nd June 2025



Norske Studenters Roklub welcomes all Nordic rowers. We are proud to have been entrusted with arranging the Open Nordic Rowing Championships on behalf of the Norwegian Rowing Federation and the Nordic Rowing Federation during Årungregattaen 2025.

We welcome member nations and clubs to Norway national rowing arena at Lake Årungen to compete and socialize. We are hoping for good weather and good race conditions.



The race list can be found on the last page of this invitation.

### **Competition rules**

The Norwegian Rowing Federation's competition rules apply. The races start in the order specified in the invitation order. Danish preliminary rules are applied. The extra races will be put in place of races that expire, before the first race, or after the last race. The Nordic Handicap System for Masters is applied for master races.

### **Trial races**

If more than six teams have been registered for the same race in the ONRC, trial races are organized. All teams that are to participate in trial races must be at the start no later than 5 minutes before the specified start time. Trial races are held on the same day as the race is registered unless otherwise announced. Direct finals are applied for U15, U17, PR, Master and Beginners.

If there are trials in races that are part of JNM (Junior Nordic Championships), seeding of National teams to the trials will be applied. After the seeding, the club teams draw lots for participation in the trials.

### **Youth races**

The results from Saturday's youth races in U15 and U17 form the basis for seeding for Sunday's direct finals. Registration must be made for both days.

All U17 races on Saturday are 1000m and all U17 races on Sunday are 1500m.

Para-Rowing races includes all classes.



## Registration

Registration is done via [time-team.nl](http://time-team.nl) and will be open from May 4th. The link will be on [roklubben.no](http://roklubben.no) and [roing.no](http://roing.no). <https://regatta.roing.no/?regatta=nar2025>

Registration must be received by the organizer no later than Sunday, June 8th, 23:59.

Rowers and coxswains must be members of an association affiliated to the Norwegian Rowing Federation and hold a racing license or belong to another national association affiliated to World Rowing.

### Registration fee and payment

XB	325 NOK
1x	325 NOK
2x/2-	395 NOK
4x/4-	465 NOK
8+	595 NOK

The regatta organizer prefers to invoice registration fees and other costs afterwards. The invoice will be sent by e-mail.

## Late entries

Late entries are accepted unless it involves changing heat order or start times.

Post-registration must be made in writing, either directly to the regatta office or by email to [regatta@roklubben.no](mailto:regatta@roklubben.no) no later than 18.00 the day before the current race. For post-registrations, a double registration fee will be charged.

## Cancellations and name changes

Must be done in writing, either directly to the regatta office or via email to [regatta@roklubben.no](mailto:regatta@roklubben.no). After 18.00 on June 20th, an additional registration fee will be charged for cancellations.

## Draw and starting list

The list of participants will be available on <https://regatta.roing.no/?regatta=nar2025&show=startliste> from Friday June 13th. The draw will take place at Time-Team on Friday after the team leader meeting, after which the first version of the starting list will be published.

## Team leader meeting

The team leader meeting will be held online via Teams on Friday 16th June at 18.00. E-mail addresses for participants must be admitted to [regatta@roklubben.no](mailto:regatta@roklubben.no) in advance.

## Opening and closing ceremonies

The opening ceremony takes place on Saturday 30 minutes before the start of the first final race. The closing ceremony takes place right after the final ONRC race. The President of NOR reads out the results of the Nordic Cup and awards the Victor Hjorts trophy to the winning nation. The ceremonies take place at the flagpoles of the mooring.



## Prices

Victorious teams in ONRC are awarded the Nordic Rowing Federation award while second and third place receive silver and bronze medals.

In other races, victorious teams are awarded Årungsregattaen's medal in gold. For more than four registered teams, the second team receives medals in silver and for more than six teams, the third team receives medals in bronze.

In races for U17 and U15, prizes are awarded to the first three teams.  
In the Beginners race, prizes are awarded to all participants.

The award ceremony takes place at the finish immediately after each race.

## Regatta office

The regatta office is located at Årungen by the finish on the Eastern bank of the lake. The office is staffed Friday from 14.00 to 20.00 and during the race days 2 hours before the first start to 1 hour after the last start.

Email: [regatta@roklubben.no](mailto:regatta@roklubben.no)

## The course

The course is located on lake Årungen, south of Oslo. It has 6 lanes, no current and is 2000 m long. Fixed start at 2000 m.

## Serving

Light serving, including grilled burgers, seafood among others is available at the competition venue.

## After Row

Take the opportunity to stay at the boat site after Saturday's races and take part in a delicious meal, socialize with other nations and clubs at 17:00 – 19:00.

Hot food and soft drinks for 150 NOK. Pre-order made to [regatta@roklubben.no](mailto:regatta@roklubben.no), no later than June 8th. For our planning, we kindly ask you to book the after row meals as early as possible.

## Suggestions for accommodation

Several hotels in Oslo, 35 minute drive from Årungen. Special prices for competitors and teams at <https://www.scandichotels.no/utforsk-scandic/sport>

Thon hotel Ski, 15 minutes drive from Årungen [www.thonhotels.no](http://www.thonhotels.no)

Vestby park, 12 min drive from Årungen [www.vestbyhyttepark.com](http://www.vestbyhyttepark.com)

## Information

The memo will be published in connection with the publication of the list of participants.  
Information is published on an ongoing basis on <https://regatta.roing.no/?regatta=nar2025>.



Saturday June 21							
Time	Race nr.	Boat	Category	Final	Type of race	Distance	Comments
	101	2X	W U15	Direct finales	Årungregatta	1000	
	102	1X	W U17	Direct finales	Årungregatta	1000	
	103	1X	M U17	Direct finales	Årungregatta	1000	
	104	2X	M U15	Direct finales	Årungregatta	1000	
	105	4X	W U17	Direct finales	Årungregatta	1000	
	106	2X	M U17	Direct finales	Årungregatta	1000	
	107	4X	W/M U 15	Direct finales	Årungregatta	1000	
	108		W/M PARA	Direct finales	Årungregatta	2000	20 min
					Break		
13.00					Opening ceremoni		
13.30	109	2-	W U19	Danish A/B	Open Nordic	2000	
	110	2-	M U19	Danish A/B	Open Nordic	2000	
	111	1X	W U19	Danish A/B	Open Nordic	2000	
	112	1x	M U19	Danish A/B	Open Nordic	2000	
	113	1X	WSlv	Danish A/B	Open Nordic	2000	
	114	1X	MSlv	Danish A/B	Open Nordic	2000	
	115	1X	WS	Danish A/B	Open Nordic	2000	
	116	1X	MS	Danish A/B	Open Nordic	2000	
	117	2X	W U19	Danish A/B	Open Nordic	2000	
	118	2X	M U19	Danish A/B	Open Nordic	2000	
	119	2X	WS	Danish A/B	Open Nordic	2000	
	120	2X	MS	Danish A/B	Open Nordic	2000	
	121	2-	W U23	Danish A/B	Open Nordic	2000	
	122	2-	M U23	Danish A/B	Open Nordic	2000	
	123	1X	W U23	Danish A/B	Open Nordic	2000	
	124	1X	M U23	Danish A/B	Open Nordic	2000	
	125	2X	W U23	Danish A/B	Open Nordic	2000	
	126	2X	M U23	Danish A/B	Open Nordic	2000	

These races will be put in place of races that expire, before the first race, or after the last race.

127	4x	M U17	Direct finales	1000
128	4-	W U17	Direct finales	1000



Sunday June 22							
Time	Race nr.	Boat	Category	Final	Type of race	Distance	Comments
	201	2X	M U15	Direct finales	Årungregatta	1000	
	202	1X	M U17	Direct finales	Årungregatta	1500	
	203	1X	W U17	Direct finales	Årungregatta	1500	
	204	2X	W U15	Direct finales	Årungregatta	1000	
	205	4-	M U17	Direct finales	Årungregatta	1500	
	206	2X	W U17	Direct finales	Årungregatta	1500	
	207	4X	W/M U15	Direct finales	Årungregatta	1000	
	208	4X	M U19	Danish A/B	Open Nordic	2000	
	209	4X	W U19	Danish A/B	Open Nordic	2000	
	210	4X	M U23	Danish A/B	Open Nordic	2000	
	211	4X	W U23	Danish A/B	Open Nordic	2000	
12:30			Break				
13:30	212	1X	PARA		Årungregatta	2000	20 min
	214	1x	W U15		Årungregatta	1500	
	215	1x	M U15		Årungregatta	1500	
14:30	216	2-	MS	Danish A/B	Open Nordic	2000	
	217	4x	WS	Danish A/B	Open Nordic	2000	
	218	8+	M U19	Danish A/B	Open Nordic	2000	
	220	8+	W U19	Danish A/B	Open Nordic	2000	
	221	8+	W/M U23	Danish A/B	Open Nordic	2000	
15:30		Closing Ceremony					

If there is a demand we are considering adding a couple of master races after the closing ceremony

222	1X	M Master	Direct finales	Årungregatta	1000
223	1 X	W Master	Direct finales	Årungregatta	1000

