

Event Bulletin

Coupe de la Jeunesse Beach Sprints

Figueira da Foz

2026

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1. Organizing Committee

- Luis Faria – President Portuguese Rowing Federation
- Carlos Sousa – Event Coordinator
- Manuel Pita – Race Director
- Joana Freire – General Director Portuguese Rowing Federation
- Felisbela Fonseca – Hospitality and Accommodation
- Tatiana Rodrigues – Accreditation and Volunteers

General contact and event channels:

- Website: <https://www.couperowing.org/upcoming-events-coupe-beach-sprint>
- Facebook: <https://www.facebook.com/coupejeunesse>
- Instagram: <https://www.instagram.com/coupedelajeunesse>
- Email: info@couperowing.org

2. Executive Committee

- Gwenda Stevens – President Coupe La Jeunesse
- Richard Dennis – General Secretary
- Judit Meszaros – Technical Advisor (Facilities & Race Management)
- Marco Blauwhof - Technical Adviser (Logistics & Services)
- Fiona Dennis – Event Safeguarding and Welfare officer

3. General Information

When 1 October – 4 October 2026.

Where Praia do Forte de Santa Catarina, Figueira da Foz (Portugal)
<https://maps.app.goo.gl/wXVb1wbJAf9EYvCh7>

Event Beach Sprint Rowing.

Categories CJM1x, CJW1x, CJM2x, CJW2x, CJMix2x, Mix Relay

4. Expected Weather

Temperature 17–22°C.

Wind 7–8 knots N-NW.

Water Temperature 18–19°C.

Sunrise 07:30 **Sunset** 19:15.

5. Event Schedule

Wednesday	Accreditation / Training (10:00 to 17:00)
Thursday	Accreditation / Training (09:00 to 17:00) / Team Managers Meeting (17:30) / Opening Ceremony (18:00)
Friday	Competition (08:30 to 17:30)
Saturday	Competition (08:30 to 17:30)
Sunday	Mix Relay (9:00 to 12h30)

6. Eligibility

ELEGIBLE FEDERATION

Only member Federations of the 'Coupe de la Jeunesse' can participate with their athletes. Nations can make 1 entry in each event. Doubling up will be allowed.

REGULATIONS

Racing will be run in accordance with the World Rowing Rules of Racing - Beach Rowing Sprints, with the only exception that it is NOT mandatory the boat handlers will be one man and one woman (could be two men or two women).

RESPONSABILITY

The Federations will be responsible for their athletes: by registering their rowers, they ensure that they know how to swim in the event of capsizing. The organizing committee does not assume this responsibility.

7. Entries

REGISTRATION AND ENTRIES

Registrations and entries can be made through the online portal:

<https://www.cognitoforms.com/FPR2/FigueiraCoupe2026>

A copy of rowers' passport should be sent to technicaladviser@couperowing.org for age and residency confirmation. Entries will close at midnight CET on Friday 18th September

Team Managers, coaches, boat handlers and any other person involved in the team must be registered too. All competitors and team officials accept to be filmed, photographed and registered during the duration of the event in order to communicate and broadcast the event and ensure promotion of this and future editions.

TEAM MANAGERS INFORMATION

All team managers are obliged to sign into the OC WhatsApp group through this link: <https://chat.whatsapp.com/E57ukXtRYwiACZijDcbrOj> **2026 Team Manager Group Coupe de la Jeunesse Beach Sprint**. General information, start lists and results documents, programme changes etc... will be communicated through this WhatsApp group.

8. Timetable

RACING TIMETABLE

All event information will be published on the Federation Website event page. <https://www.fpremo.pt/eventos/197/coupe-la-jeunesse-beach-sprints> and in the TM WhatsApp group once registrations close.

Note that Coupe de La Jeunesse Beach Sprints 2026 will use the same format as flat water Coupe de La Jeunesse, with the same schedule on day 1 and day 2.

Teams are allowed to change their crews from day 1 to day 2.

Schedule v1						17/08/2026	
Wednesday 30/09	Thursday 01/10	Friday 02/10		Saturday 03/10		Sunday 04/10	
Training	Training	Morning Session		Morning Session			
		PTT		PTT			
10:00 – 17:00	09:00 – 17:00	09:00	CJM2x	09:00	CJM2x	09:00 – 13.00 Mix Relay / Spare Day	
		-	CJW2x	-	CJW2x		
		-	CJM1x	-	CJM1x		
		10:30	CJW1x	10:30	CJW1x		
		-	CJMix2x	-	CJMix2x		
		Knockouts		Knockouts			
	10:45	CJM2x	10:45	CJM2x			
	-	CJW2x	-	CJW2x			
	-	CJM1x	-	CJM1x			
	13:00	CJW1x	13:00	CJW1x			
-	CJMix2x	-	CJMix2x				
Last 8		Last 8					
14:30	CJM2x	14:30	CJM2x				
-	CJW2x	-	CJW2x				
-	CJM1x	-	CJM1x				
17:30	CJW1x	17:30	CJW1x				
-	CJMix2x	-	CJMix2x				
Medal Ceremonies		Medal Ceremonies					
Opening Ceremony							

ACCREDITATION

Teams must confirm their entries at registration at the regatta venue by 4pm on Thursday 1st of October 2026. Any crew which has not confirmed its entry by that time will be removed from the draw. Crew members and team officials will receive an accreditation badge. All competitors and team officials are required to wear their accreditation badge throughout all the days of the competition.

9. Racing Uniform

RACING UNIFORM

According to World Rowing Rule Book each crew member shall also display on their racing shirt or equivalent the three-letter country code and their family name (in Romanised text).

BOAT HANDLERS

Boat handlers will receive a green bib, which they are required to wear during the competition.

10. Boats and Oars

BOAT SUPPLIER

Boat Supplier Filippi will be the exclusive boat supplier for the event. No rental boats is required to race. Each member federation will be responsible for the oars it will use.

BOAT WEIGHING

Filippi will ensure the correct boat weighing according to World Rowing rules and the same weighing among the boats involved in the event.

OAR RENTAL

Information about rental oars will be available soon.

11. Organizing Information

TEAM MANAGER'S MEETING

The TM meeting will be held at "TO BE CONFIRMED" on Thursday the 1st October at 5.30 pm, before the opening ceremony. All main information will be explained to the participants, including:

- Presentation of key people of OC and EC
- Explanation of Racing Program.
- Racing aspects.
- Safety rules.

TRAINING

Training will be available on Wednesday 30th September and Thursday 1st October, from 09:00 to 17:00.

Each Nation is allowed 60 minutes of training each day. Your training session may be shared with another team. To book your training slot, use the following link:

<https://coupebeachsprints2026.setmore.com/trainingbooking>

COMPETITION DAYS

Start lists, results and all the documents necessary for the conduct of competition will be shared through the TM WhatsApp group. They will also be printed and hung to a wall on the venue, visible to everyone.

SECURITY

Rubber boats and motor boats dedicated to the athletes' security will be ensured during training and competition days. For any immediate assistance there will be an ambulance from Red Cross with staff on the beach. In case of bad weather and temporary suspension of races, or in case of evacuation, first participants must go into the parking area on the top of the beach and then follow OC communications.

12. Venue Information

FORTE DE SANTA CATARINA BEACH

Located at the entrance to the Mondego River estuary in Figueira da Foz, Praia do Forte de Santa Catarina is one of the most iconic beaches on Portugal's central coast. The beach lies next to the historic Fort of Santa Catarina, offering wide sandy shores, excellent access, and panoramic views of the Atlantic Ocean, the fishing harbor, and the city waterfront. Its sheltered location and proximity to the town center make it an ideal venue for water sports and international beach rowing events.

See on Maps here: <https://maps.app.goo.gl/wXVb1wbJAf9EYvCh7>

13. Venue Information

BEACH SPRINT COURSE

Key Rules:

- GOVERNED BY: Coastal Rowing – Endurance and Beach Sprint Formats – Rules of Racing
- Safe boat handling required
- Swimming during the race is prohibited
- WORLD ROWING RULES OF RACING
- Boat Handlers: Support safe entry/exit; remain with the boats
- Timing System: Runners must hit the buzzer at the finish line to finish their race
- Preparation Zone: Crews will have approximately 3-4 minutes to prepare the boats.

14. Accomodation and Transport

HOTELS FIGUEIRA DA FOZ

Coupe de La Jeunesse - 30th to 4th October 2026

HOTEL	ROOM TYPE	PRICE PER NIGHT (€)	BOARD INCLUDED	VENUE DISTANCE
B&B Hotel Foz ★★ ★★	Single	70.00 €	Bed & Breakfast (B&B)	0.5 km
	Twin	85.00 €	Bed & Breakfast (B&B)	
EXE Wellington ★★ ★★ ★★	Single	84.00 €	Bed & Breakfast (B&B)	0.6 km
	Twin	94.00 €	Bed & Breakfast (B&B)	
Lazza Hotel ★★ ★★ ★★	Single	56.00 €	Bed & Breakfast (B&B)	0.65 km
	Double / Twin	70.00 €	Bed & Breakfast (B&B)	
	Triple	90.00 €	Bed & Breakfast (B&B)	
Sweet Atlantic Hotel & SPA ★★ ★★ ★★	Single	81.00 €	Bed & Breakfast (B&B)	0.7 km
	Twin	110.00 €	Bed & Breakfast (B&B)	
Vila Galé ★★ ★★ ★★	Single	135.00 €	Bed & Breakfast (B&B)	0.75 km
	Twin	155.00 €	Bed & Breakfast (B&B)	
Eurostars Oasis Plaza ★★ ★★ ★★	Double	170.00 €	Bed & Breakfast (B&B)	1.3 km
Malibu Foz Hotel ★★ ★★ ★★	Single	80.00 €	Bed & Breakfast (B&B)	1.8 km
	Double / Twin	90.00 €	Bed & Breakfast (B&B)	

Travel to Figueira da Foz

Airport	IATA Code	Distance to Figueira da Foz	Approx. Travel Time
Porto Airport	OPO	145 km	1h 30 min
Lisbon Airport	LIS	190 km	1h 50 min
Faro Airport	FAO	440 km	4h 55 min

Meals: Lunch will be provided by the OC during official training and competition days, next to the venue, by the price of **TBC**

15. Contacts

General Information:

geral@fpremo.pt | info@couperowing.org

Travel and Logistics:

felisbelafonseca@fpremo.pt

Meals:

tatianarodrigues@fpremo.pt

Website:

www.fpremo.pt / <https://www.couperowing.org>

See you soon in Figueira da Foz, Portugal