



3rd ASIAN OCEAN RACING
AND ASIAN CANOE MARATHON CHAMPIONSHIPS 2023

**3rd Asian Canoe Ocean Racing
Championships 2023**
and
Asian Canoe Marathon Championships

Phang-Nga, Thailand

15th – 18th June 2023

Bulletin 1

Welcome Message



Dear Canoe Friends,

It is our pleasure to invite your national federation to the 3rd Asian Canoe Marathon and Ocean Racing Championships 2023 at our plentiful nature place in Phang-Nga Bay, Thailand.

RCAT is honored to be the host country for announcing that RCAT is excited to be able to gather young athletes from all over Asia for competition in the area with surrounded by spectacular view and clear water in southern Thailand.

The participating teams will have a good opportunity to challenge themselves and we hope that your athletes enjoy competing on the flat water facility in Phang-Nga.

RCAT is committed to successfully staging this international competition, to make good memories together, and we will be honored to have you as part of it.

Adm. Chainarong Charoenruk

President, The Rowing and Canoeing Association of Thailand

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Federation information

Asian Canoe Confederation Committee

President: Adm. Chainarong Charoenruk

Vice President: Svetlana Kulikova
Lau Chung Ming, Benjamin
Nguyen Hai Duong
Li Xin
Masao Nakai

Secretary General: Luk Wai-Hung

Treasurer: Henry Sim

Chair of Ocean Racing: Hong Man Li

Chair of Canoe Marathon: Miki Bando

Organizing Committee

The Rowing and Canoeing Association of Thailand (RCAT)

President: Adm. Chainarong Charoenruk

Secretary: VAdm. Narupon Kirdnak
Capt. Wiwat Kwansoongnern

Venue Manager: Dr. Sakchai Atibodhi

Competition Manager: Capt. Sanitwong Wongsanit

Technical Delegate: Miki Bando

President of jury: -

Event Doctor: Dr. Seekaow Churproong

Address: The Rowing and Canoeing Association of Thailand (RCAT)
18th Floor, Chalearmprakeat Building, 286 Sport Authority of
Thailand Ramkhamhang Rd. Huamak, Bangkok, Bangkok
10240

Tel: +66 2170 9235

Fax: +66 2170 9236

Email: office@rcat.or.th

Website: www.rcat.or.th

General Information

Phang-Nga is a province equally renowned for its beautiful land, spectacular bay, and amazing islands; Phang-Nga national parks feature magnificent scenery with immensely different attractions. Most famous is Phang-Nga Bay National Park, a geological wonder filled with islets, sunken caverns, and startling rock formations rising vertically out of the sea. The bay is extremely sheltered and therefore ideal for expeditions on sea kayak that explore the many fascinating caverns and islands throughout the bay.

Phang-Nga's Andaman coast offers equally stunning national parks of a different kind; the island groups of Surin and Similan are renowned for their beautiful, unspoiled beaches and spectacular underwater scenery, attracting divers from around the world. On the Phang-Nga mainland, Khao Lak features a coastal park full of rare birds, exotic mammals, and scenic waterfalls, as well as many luxury and budget hotels along the spectacular coast that was devastated by the 2004 Tsunami but has since been completely rebuilt



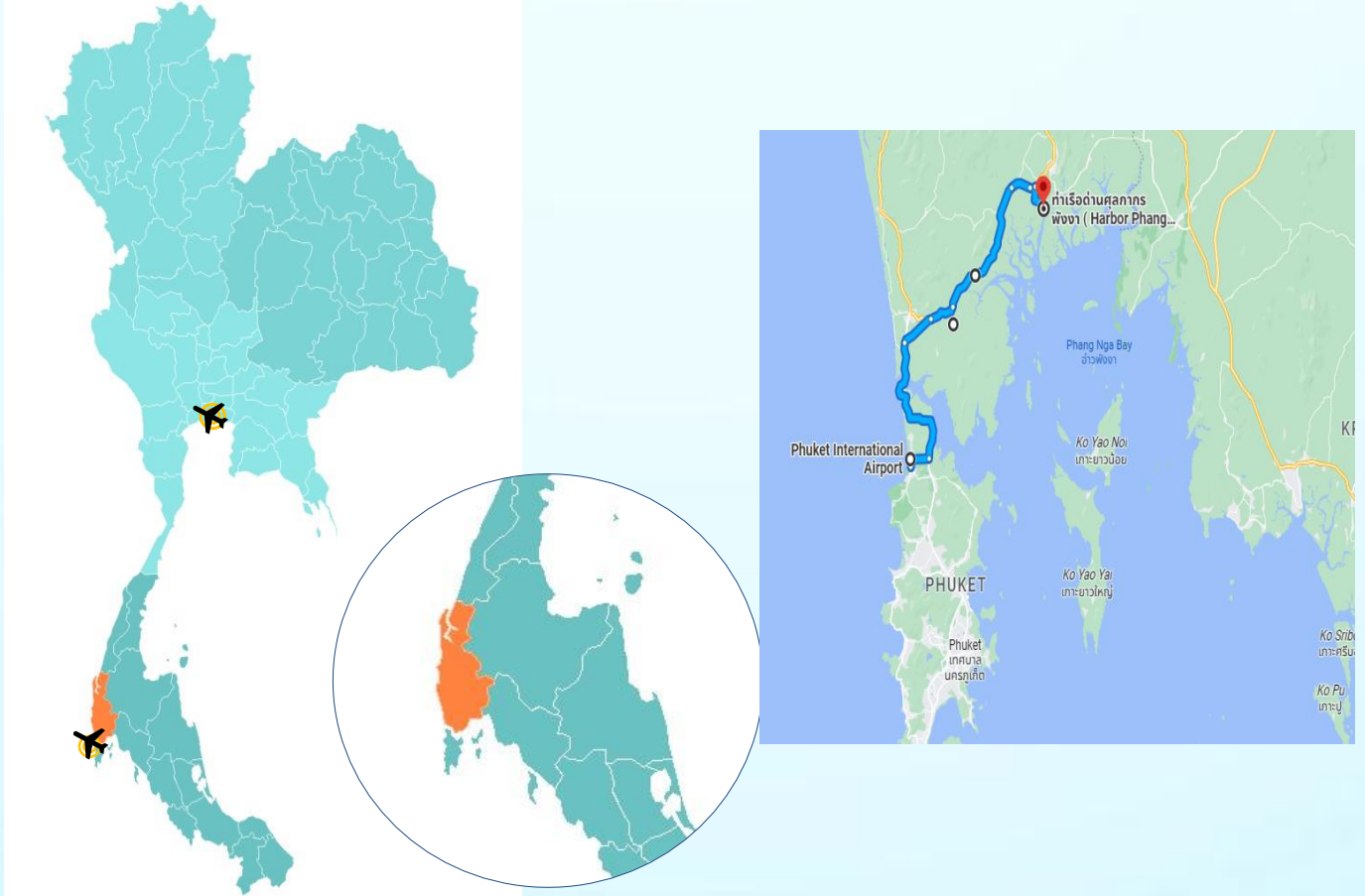
(Resource: Tourism Authority of Thailand)

Panyee Island or Koh Panyee is a small unique village in Phang-Nga province in the South of Thailand. This wide-peaked limestone mountain provides good protection from the ocean waves and features a sizable sandbank which has become a settlement containing four small villages surrounded by resplendent nature, shady mangrove forests, and the numerous islands of Phang-Nga National Marine Park. Panyee Island is well-noticed as the first football field on the water in Thailand, and this field is ranked as the third most beautiful field in the world because of the spectacular view. This village is surrounded by shady mangrove forests and limestone mountains. Citizens on this island mostly are the fisherman, doing the hospitality, and producing their products of seafood such as shrimp paste, or an accessory made from pearl.

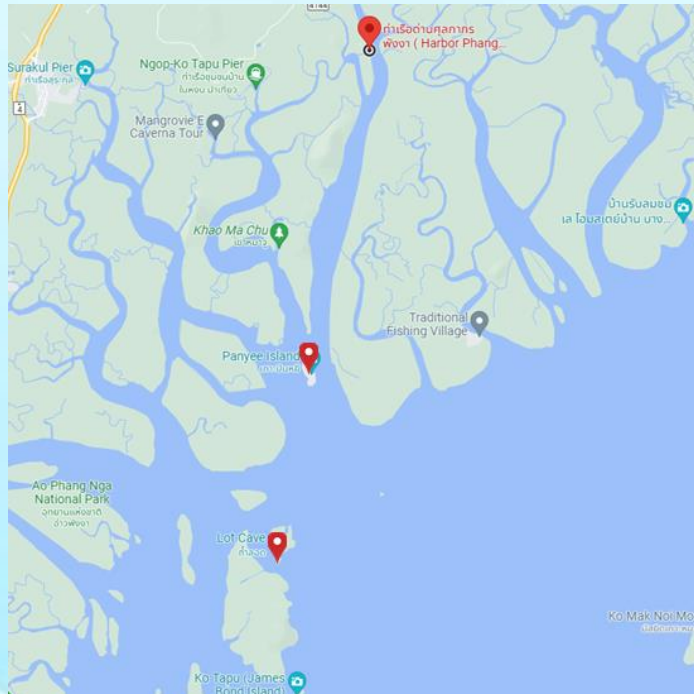
Location: Phang-Nga, Thailand

Venue: Harbor Phang-Nga Bay – Panyee Island – Lot Cave

Map



Venue route



Travel Information

Passengers will no longer be required to present COVID-19 related document such as the certificate of vaccination and COVID-19 test upon arrival in Thailand.

Phang-Nga is one of provinces that located in the Southern part of Thailand. It is far away from Bangkok (the capital city of Thailand) around 788 kilometers.

Airport information:

1. Suvarnabhumi Airport

There is no direct flight to Phang-Nga, but participating team can book the flight from Suvarnabhumi Airport to Phuket International Airport that will take time approximately 2 hours.

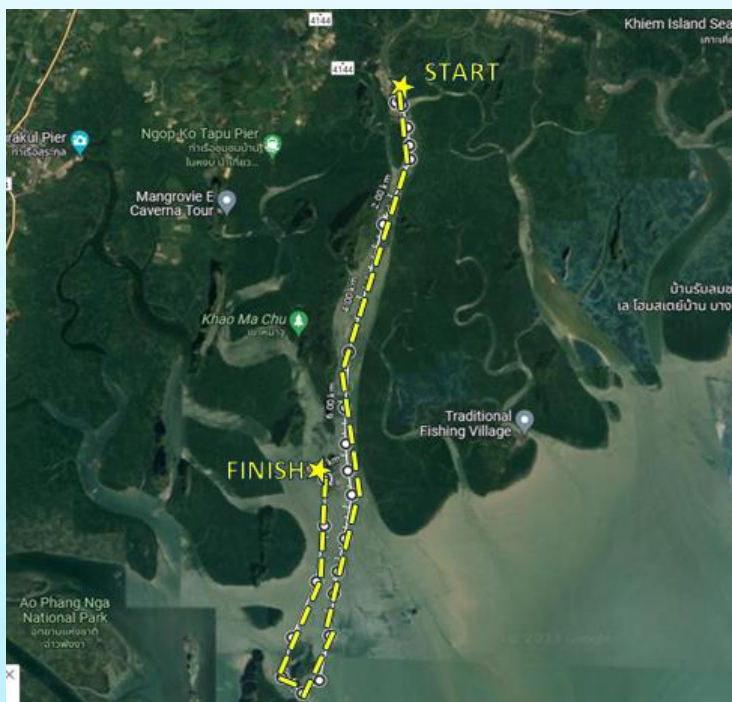
2. Phuket International Airport

Driving from Phuket International Airport to the venue is approximately 1 hour.

Course

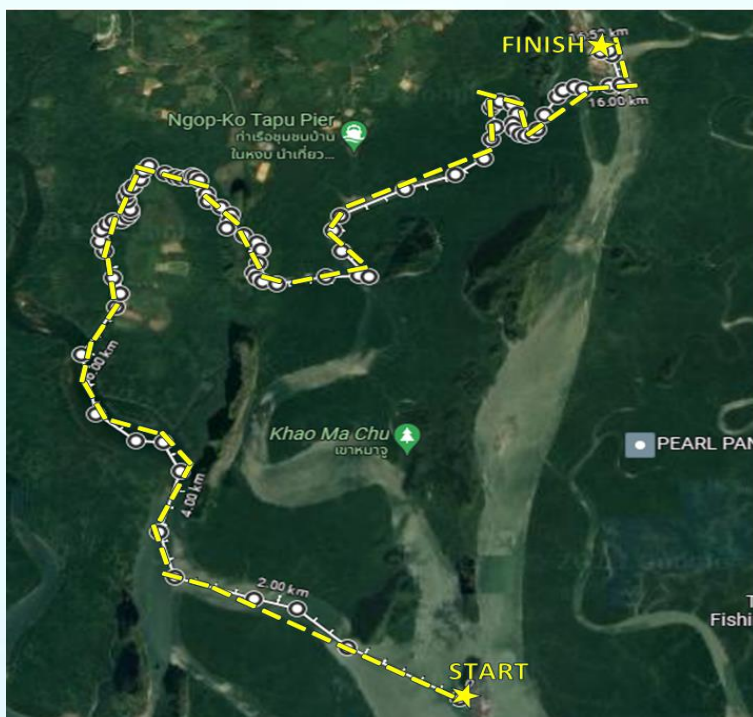
Ocean Racing: For all type boats (OC1, SS1, SUP)

COR Day 1: Friday, 16 June 2023 (17 kilometers)



1. Starting from Harbor Phang-Nga Bay pier along the Panyee River to Panyee Island.
2. Going down south to Phang-Nga Bay make a u-turn at Lot cave in the Thalu Ok Island
3. Turning bang to the football field at Panyee Island is the finish point for the first day of competition.

COR Day 2: Saturday, 17 June 2023 (20 kilometers)



1. Starting from the football field at Panyee Island along Khao Tok Nam canal to Lot Yai cave.
2. Going through Nai Ngob canal to Harbor Phang-Nga Bay pier is the finish for the second day of competition.

Canoe Marathon

CAM Day 3: Sunday, 18 June 2023 (Sprint 3.4 kilometers x 3)



1. K1 & C1 long distance race which starting from Harbor Phang-Nga Bay pier along Panyee River and along through Nai Ngob Canal to Harbor Phang-Nga Bay pier for finishing to Canoe Marathon competition.
2. Celebrating the Ocean Racing and Canoe Marathon Medal Ceremony at Le Erawon hotel.

The start and finish line and the portage (course detail will provide in Bulletin 2) All around the course the depth of the water will be at least 2 meters. 80 -100 meters portage is placed near the bank of the river near the finish line. Portage is according to the ICF rule.

Distance

Ocean Racing

COR Day 1: 16th June 2023: 17 kilometers.

COR Day 2: 17th June 2023: 20 kilometers.

Canoe Marathon

Long distance Day 3 18th June 2023: 3 kilometers x 3.

Boat	Class	Junior	U23	Senior
Canoe	Women	3(10km)	3(10km)	4(13km)
Canoe	Women	4(13km)	4(13km)	5(16km)
Kayak	Men	4(13km)	4(13km)	5(16km)
Kayak	Men	5(16km)	5(16km)	6(19km)

One Long Lap = 3 kilometers. Portages for all categories, only first lap no portage (first portage after approximate 6 kilometers), and after last portage an additional 1 short lap of 1 kilometer. Time schedule for Asian Championships will be provided in Bulletin 2.

Rules

ICF Ocean Racing Rule (2023)

ICF Stand Up Paddle Rule (2023)

ICF Canoe Marathon Rule (2023)

Competition Information

Date	day	Ocean Racing	Canoe Marathon
14 th June 2023	Wednesday	Arrival of COR Teams Accreditation Free training	
15 th June 2023	Thursday	Arrival of COR Teams Accreditation Free Training Team Leaders Meeting	
16 th June 2023	Friday	Day 1: COR & SUP 17 km.	Arrival of CAM Teams Accreditation Free training
17 th June 2023	Saturday	Day 2: COR & SUP 20 km.	Arrival of CAM Teams Accreditation Free Training Team Leaders Meeting
18 th June 2023	Sunday	Day 3: CAM: Long distance; K1 and C1	CAM: Long distance; K1 and C1

Accommodation

Hotel: Le Erawon Hotel

Transportation: Transportation details will be provided in the Bulletin 2.

Payment

(Bank Transfer Information)

RCAT Bank: Krungthai Bank, Thailand

Bank Address: Sports Authority of Thailand Branch, 286 Ramkhamhaeng Rd, Huamark, Bangkok, Bangkok Thailand 10240

Beneficiary Name: The Rowing & Canoeing Association of Thailand

Account Number: 989-8-52035-3

SWIFT or BIC: KRTHTHBK

E-Slip or any kinds of money transferring evidence should be sent to (further details information will be provided in Bulletin 2)

Boat Rental Services

The detail about boat rental services will be provided in the Bulletin 2.

Contact Person

The Organizing Committee

Contact address: COR.CAM2023@gmail.com

Contact person: Capt. Sanitwong Wongsanit (Tukky)

Technical Deligate

Ocean Racing: (If you have any question about rules, race and etc.)

ACC COR & SUP chair: Mr. Hong Man Li (HKG)

Email Address: hong_man_li@hotmail.com

Canoe Marathon: (If you have any question about rules race, and etc.)

ACC CAM: Ms. Miki Bando (JPN)

Email Address: mikibando4@gmail.com

Deadline

All entries, including athletes, coaches, officials and other staff, and other reservations, like boat rental, press forms, etc. must be submitted by email to the organization.

Requirements	Deadline
Final Hotel Reservation:	TBA
Preliminary hotel & boat rental booking from	31 st March 2023
Travel info Final:	TBA
Numerical Entry: (45 days before first racing day)	1 st May 2023
Nominal Entry: (10 days before first racing day)	5 th June 2023

Visa

Visa Exemption Scheme and Visa on Arrival

You may check the table for ordinary passport holders from countries or territories who are eligible for a visa exemption scheme or visa on arrival for short stay in Thailand. For further information about the visa to enter the Kingdom of Thailand, you may need to check with the Thai Consular Office near you.

Ordinary Passport						Diplomatic/Official Passport			
Passport holders of the following countries/ territories may apply for Visa on Arrival	Passport holders of the following countries/ territories may enter Thailand without a visa					Passport holders of the following countries/ territories may enter Thailand without a visa			
	Tourist Visa Exemption Scheme***			Bilateral Agreement		Bilateral Agreement			
Period of stay	Period of stay			Period of stay			Period of stay		
30 days ***	45 days ****			45 days****	45 days****	90 days	45 days****	90 days	
Bulgaria	Andorra	Norway	Brazil*	Cambodia	Hong Kong**	Argentina	<u>Bangladesh</u>	Albania	Nepal
Bhutan	Australia	Oman	Korea(ROK)*	Myanmar	Laos	Brazil*	(Diplomatic only)	Argentina	Panama
China	Austria	The Philippines	Peru*	<i>(International Airports only)</i>	Macau	Chile	Brunei	Austria	Peru
Cyprus	Belgium	Poland	Hong Kong**		Mongolia	Korea (ROK)*	Cambodia	Belarus	The Philippines
Ethiopia	Bahrain	Portugal	Vietnam**		<u>Russia (&VoA)</u>	Peru*	China	Belgium	Poland
Fiji	Brunei	Qatar			Vietnam**		Ecuador	Bhutan	Romania
Georgia	Canada	San Marino					Hong Kong	Brazil	Russia
India	Czech Republic	Saudi Arabia					Indonesia	Bulgaria	Serbia
Kazakhstan	Denmark	Singapore					Kazakhstan	Chile	Seychelles
Malta	Estonia	Slovak					Laos	Colombia	Slovakia
Mexico	Finland	Slovenia					Macau	Costa Rica	South Africa
Nauru	France	Spain					Malaysia	Croatia	<u>Spain</u>
Papua New Guinea	Germany	South Africa					Mongolia	Czech	<i>(Diplomatic only)</i>
Romania	Greece	Sweden					Mozambique	Republic	Sri Lanka
Saudi Arabia	Hungary	Switzerland					Myanmar	El Salvador	Switzerland
Taiwan	Iceland	Turkey					Oman	Estonia	Tajikistan
Uzbekistan	Indonesia	Ukraine					<u>Pakistan</u>	Finland	Tunisia
Vanuatu	Ireland	UAE					<i>(Diplomatic only)</i>	France	Turkey
	Israel	UK					Singapore	<i>(Diplomatic only)</i>	Ukraine
	Italy	USA					Timor-Leste	Germany	UAE
	Japan						Vietnam	Georgia	Uruguay
	Kuwait							Hungary	
	Latvia							India	
	Liechtenstein							Israel	
	Lithuania							Italy	
	Luxembourg							Japan	
	Malaysia							Korea (ROK)	
	Maldives							Kosovo	
	Mauritius							Kuwait	
	Monaco							Latvia	
	The Netherlands							Liechtenstein	
	New Zealand							Luxembourg	
								Mexico	
								Montenegro	
								Morocco	
								The Netherlands	

**Please make sure that your passport is valid for at least 6 months or check with your airline for the passport validity requirement.

Immigration during COVID-19

Since 1st October 2022 Thailand has lifted the requirement of the RT-PCR test before entry or proof of vaccination and fully re-opened to tourism. As a result, health insurance is not required.

We recommend travelers from China and India to study your respective country's rules of entry if the RT-PCR test is needed before travelling back. If yes, please inform the OC upon your arrival to arrange for the test. The hospital's charge for the test will be billed directly to you.

Insurances

All participants are strongly advised to have appropriate medical insurance policy from their respective countries.

ADEL Certification

For the ICF World Championships, ICF World Cups and ICF Ranking Races and Continental Championships, every athlete, coach, and support personnel must pass the relevant anti-doping online course on the Anti-Doping Education Learning platform (ADEL) corresponding to their role.

Athlete who has completed the online Anti-Doping education in the previous years is not required to complete again the course.

To access to the courses, please click <https://adel.wada-ama.org/learn>

Timing System and Entry System

The detail about timing system and Entry system will be provided in the Bulletin 2.