

# COMPETITOR PRE-RACE BULLETIN

## CANADIAN INDOOR ROWING CHAMPIONSHIPS 2021

This bulletin covers additional information for competitors racing at CIRC virtually on February 6-7. Also refer to the Competitor Information Guide for more details.

### BEFORE YOU RACE

#### 1.0 Race Day Schedule and Lane Draw

After the close of registration (February 1, 11:59 AM EST) the weekend race schedule will be set. If there are more than 50 competitors in a category, the race will be divided into two separate flights and time slots. The results of the two flights will be combined in the final race results. The schedule will follow closely the same order of races in the preliminary race schedule.

By **February 4 2021**, the final draw will be published on Regatta Central under the [Heat Sheet tab](#) and on the CIRC Website [www.cdnindoorrowing.org](http://www.cdnindoorrowing.org)

**Please note all times posted on any information or schedule associated with this event use the EASTERN STANDARD TIME ZONE (Toronto, CANADA). You should not assume what you are sent auto- translates to your time zone. You will need to make the conversion where you are to EST.**

#### 2.0 Your Secret Participant Login Code

Watch in your inbox for an email sent from “cdnindoorrowing.org” on February 4, 2021 that includes a private unique secret participant code for each race you have entered. Example link with code: <https://homerace.nl/s/AAA-BBB-CCC> If you entered more than one race you will get a secret code for each race. Competitors should follow the [Time-Team Homerace manual](#) found here Competitors will use the secret code to login into the **race lobby**.

**We strongly recommend you test your secret Time-Team participant code connection prior to race weekend and follow the steps in advance, not just before your race.**

If you have not received your EMAIL containing your unique secret login code, by end of the day Thursday February 4, you can contact us at [entries@cdnindoorrowing.org](mailto:entries@cdnindoorrowing.org). Please include your name and the race you entered to make it easier for us to track it down and resend.

### 3.0 Connection Testing

Prior to receiving your secret login code email, you can confirm that you will be able to access the race system by visiting [homerace.nl](http://homerace.nl) and follow the detailed instructions in the manual provided.

### 4.0 What should I do before I race if I am aiming to set a World Record?

Competitors who believe that they may break a world record during CIRC & Americas Qualifier should contact Concept2 in advance of competing to indicate this possibility. In addition to following all of the score verification protocols (as outlined on [Concept2's website](http://Concept2's website)), lightweights must be weighed-in no earlier than two hours before their race, under independent supervision, on approved scales. Using personal scales with a family member present will not count. Weigh-in should satisfy the same level of scrutiny as at a venue race. Competitors should contact Concept2 in advance of competition in order to ensure that their planned weigh in strategy is approved and would be accepted by Concept2. You can also find World Records on the Concept2 website.

### 5.0 Drag Factor / Damper Settings

There are no specific damper settings or drag factor. The choice of setting is up to the person racing. You are not allowed to change the drag factor or damper setting during your race.



### 6.0 When should you login to your race?

You should login **40 minutes before your race start time**. Please note carefully time zone differences where you are. All times sent to participants will be in Eastern Std Time (EST) (Toronto, Canada). Once logged in you will be able to continue with your warmup, until you are told to stop rowing by race officials who will set the Start Sequence. You must be connected and ready to go 5 minutes prior to your start time. Rowers who are not connected at the start of the race may be excluded from the race.

### 7.0 How do I link up my webcam display to share my race with everyone during the live stream? (This is optional)

First you must be 19 years of age or older. Webcam links are managed by Time-Team and will allow viewers to see you racing in video picture. You can activate if you choose to set up your camera in your laptop or on a smartphone to allow your friends and family to watch you compete. The process of connecting the camera works really simple.

### ***More on Webcam setup continued...***

If you would like to be included in the live stream presentation rowing on your erg, send an email to [webcam@cdnindoorrowing.org](mailto:webcam@cdnindoorrowing.org) An extra link will be sent to you in your EMAIL along side the draw as for the secret codes. This means that they will be included in the CSV file with participants' secrets.

Using the link allows Time-Team to have access to the microphone and camera and set it up for the race. If you do not use this link we can not see or hear you. You must give permission and signup for this option.

## **DURING YOUR RACE**

### **8.0 Start Sequence**

CIRC Officials who are operating the Time-Team system will send you messages about the time remaining before your race on your computer screen. There will be a 10 minute to start reminder followed by a 5 minute warning. At 2 minutes to go your ergometer will be put into race mode and you should follow the instructions on your performance monitor. Example: **STOP ROWING, ATTENTION, ROW**

Different than a live in-person race there is **no sound**. If you have trouble seeing your monitor, you can ask your race buddy to help watch the screen for instructions. **Don't miss the start !**

### **9.0 What do to if you lose your internet connection during your race?**

As long as you were able to start your race with a successful connection, we may be able to recover your score even if you lose your internet. **KEEP ROWING the full distance of your race.**

Within 30 minutes of completing your race take a photo of your score and the **C2 VERIFICATION CODE**. On the View Detail screen, for PM5s running the latest firmware the fourth grey button on the right has a V symbol in a circle. Press this button once. On PM5s running older firmware, or on PM3s and PM4s, the fourth grey button on the right has no action associated with it. Press this button twice. The 16-digit verification code will be displayed in the upper right hand corner of the monitor. Make sure this is in your photo and send it to [officials@cdnindoorrowing.org](mailto:officials@cdnindoorrowing.org)

With people connecting from different locations, the CIRC Organizing Committee and , World Rowing cannot be responsible for technical issues outside of our control.

## 10. Watch your Race Online

CIRC racing will be streamed on Youtube “live” and accessible to the public. Those watching will see on screen the Time-Team Live Race Tracker indicating the progress of each competitor including their name and country affiliation. A team of colour commentators will guide everyone watching over the entire racing program both days.

### [Canadian Indoor Rowing Championships YOUTUBE Channel](#)

Live streaming begins at **8:40 AM** Eastern Std Time and will end when races finish.

## AFTER YOUR RACE

### 11.0 Race Results

Official results will be presented on the Time-Team platform as soon as they are available immediately following completion of each race here: <https://regatta.time-team.nl/circ/2021/results/races.php>

A link to the final results for each race will be posted on Regatta Central where you

registered under the Results tab and on the CIRC website. Note a number of races have multiple flights which will be combined to provide an overall ranking.



### 12.0 WRICH Qualification Pathway – Americas Qualifier

#### WRICH Qualification – Opportunity to “Recycle” your score into the Open Qualification Pathway

Following the WRICH Americas Qualifier (6-7 February 2021) competitors, competing in the WRICH Qualification events who do not achieve qualification through the Continental qualification pathway, will have the opportunity to “recycle” their score and use this to attempt to qualify through the Open qualification pathway for the WRICH. More information can be found in the WRICH Competitor Information guide: [2021 World Rowing Indoor Rowing Championships, Terms & Conditions](#)



After racing in the Americas Qualifier, competitors will receive an email directly from World Rowing, with the special instructions and code to recycle your score. Please look out for this email from World Rowing on 08 February 2021 (*emails may go to spam/junk folders, so we would recommend checking these also*). Competitors will have **until 09 February 2021 at 23:59hrs CET** to use their unique code and recycle their score into the Open qualification pathway.



Refer to the Competitor Information Guide for more information about winning a spot in the final as a Continental Qualifier from the Americas. Results from the other four [Continental Qualifiers can be found here.](#)

### 13.0 Race Review Panel

A team of licensed RCA officials will be monitoring (remotely) each race throughout the event to ensure fairness and safety for all participants and will declare each race result “official.”. If you have a concern about the race in terms of fairness, eligibility or a discrepancy in the results, you should contact the Race Review Panel at [racereview@cdnindoorrowing.org](mailto:racereview@cdnindoorrowing.org) within one (1) hour of the race ending.

### 14.0. Opportunity to Purchase Hoodie and Special Racing Shirt



**RegattaSport**, the Official World Rowing Licensee for North America and Mexico, offers the opportunity to purchase an event-branded hoodie and a special racing shirt to all those entering the Americas Qualification event for the 2021 World Rowing Virtual Indoor Championships. This type of shirt is normally only worn by the Finalists in World Rowing Cup regattas and the European and World Rowing Championships.

The technical properties of these “Athletes Finalist Shirts” have been appreciated in the last twenty years by all top athletes who have reached the finals of these elite, international rowing events. The material is a highly breathable and flexible open Mesh-fabric with the official logo of the American Continental Qualifier Event printed on the sleeves. These products are produced exclusively for World Rowing and can only be purchased from the links below: **Price: C\$49.95.** (delivery costs not included)

<https://regattasport.com/products/4949-world-rowing-naq-tech-t-mens>

<https://regattasport.com/products/4952-world-rowing-naq-tech-t-womens>

<https://regattasport.com/products/4951-world-rowing-naq-t-shirt-mens>

<https://regattasport.com/products/4953-world-rowing-naq-t-shirt-womens>

<https://regattasport.com/products/4950-world-rowing-naq-hoodie>

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Additional questions about the event can be sent to [info@cdnindoorrowing.org](mailto:info@cdnindoorrowing.org)

**Good luck!**

**Thank-you for participating together in CIRC 2021 and the AMERICAS QUALIFIER (one in the same).**