

COMPETITOR INFORMATION GUIDE

CANADIAN INDOOR ROWING CHAMPIONSHIPS 2021

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1.0 Overview

For the first time ever, the 2021 Canadian Indoor Rowing Championships (CIRC), will be staged as a virtual event. Competitors will have the opportunity to race for a Canadian Indoor Rowing Championship title from anywhere in the world.

CIRC will take place in 'real time' on Saturday February 6 and Sunday February 7, 2021. The time zone used for the race schedule will be Eastern Standard Time (EST).

CIRC has been designated by World Rowing as the Continental Qualifier for the Americas to the World Rowing *Virtual* Indoor Championships. WRICH will take place February 23-27, 2021. Rowers, paddlers, and other athletes are all welcome to compete in the virtual CIRC event. Only those with valid citizenship from a country in the Americas will be eligible to win a qualifying spot through the Continental Qualifier pathway.

This document is intended to provide relevant information and terms and conditions for competitors. By registering for CIRC all competitors acknowledge that they have reviewed and accepted these terms and conditions.

Excluded from this document are the technical details for competitors to set up a live race. These instructions can be found in the Live Race Set Up Manual.

For questions left unanswered by this document, please contact info@cdnindoorrowing.org

2.0 Race Format

CIRC is accessible to anyone with access to a Concept2 static rowing ergometer with a PM3, PM4 or PM5 monitor and stable connection to the internet. Races will be run in “real time” connecting individual competitors online in group races. Races will be displayed on screen. “Live” races can be watched anywhere in the world online.



3.0 Categories of Racing

3.1 Distances

Races are all individual races in two distances: **2000 metres** and **500 metres**.

3.2 Races Categories

List of Events (not shown here in the order of run on race weekend)
The final schedule will be posted after the close of entries based on number of entries.

Open Men 2000m
Open Women 2000m
Open Men 500m
Open Women 500m

Open Lightweight Men 2000m
Open Lightweight Women 2000m
Open Lightweight Men 500m
Open Lightweight Women 500m

U23 Men 2000m
U23 Women 2000m
U23 Men 500m
U23 Women 500m

U23 Lwt Men 2000m
U23 Lwt Women 2000m
U23 Lwt Men 500m
U23 Lwt Women 500m

U19 Men 2000m
U19 Women 2000m
U19 Men 500m
U19 Women 500m

U19 Lwt Men 2000m
U19 Lwt Women 2000m
U19 Lwt Men 500m
U19 Lwt Women 500m
PR1 Men 2000m

PR1 Women 2000m
PR2 Men 2000m
PR2 Women 2000m
PR3 Men 2000m
PR3 Women 2000m

U17 Men 2000m
U17 Women 2000m

Masters 30-39 Men 2000m
Masters 40-49 Men 2000m
Masters 50-54 Men 2000m
Masters 55-59 Men 2000m
Masters 60-64 Men 2000m
Masters 65-69 Men 2000m
Masters 70-74 Men 2000m
Masters 75-79 Men 2000m
Masters 80-84 Men 2000m
Masters 85-89 Men 2000m
Masters 90-94 Men 2000m
Masters 95-99 Men 2000m
Masters 100+ Men 2000m

Masters 30-39 Women 2000m
Masters 40-49 Women 2000m
Masters 50-54 Women 2000m
Masters 55-59 Women 2000m
Masters 60-64 Women 2000m
Masters 65-69 Women 2000m
Masters 70-74 Women 2000m

Masters 75-79 Women 2000m
 Masters 80-84 Women 2000m
 Masters 85-89 Women 2000m
 Masters 90-94 Women 2000m
 Masters 95-99 Women 2000m
 Masters 100+ Women 2000m
 Masters 30-39 Lwt Men 2000m
 Masters 40-49 Lwt Men 2000m
 Masters 50-54 Lwt Men 2000m
 Masters 55-59 Lwt Men 2000m
 Masters 60-64 Lwt Men 2000m
 Masters 65-69 Lwt Men 2000m
 Masters 70-74 Lwt Men 2000m
 Masters 75-79 Lwt Men 2000m
 Masters 80-84 Lwt Men 2000m
 Masters 85-89 Lwt Men 2000m

Masters 90-94 Lwt Men 2000m
 Masters 95-99 Lwt Men 2000m
 Masters 100+ Lwt Men 2000m
 Masters 30-39 Lwt Women 2000m
 Masters 40-49 Lwt Women 2000m
 Masters 50-54 Lwt Women 2000m
 Masters 55-59 Lwt Women 2000m
 Masters 60-64 Lwt Women 2000m
 Masters 65-69 Lwt Women 2000m
 Masters 70-74 Lwt Women 2000m
 Masters 75-79 Lwt Women 2000m
 Masters 80-84 Lwt Women 2000m
 Masters 85-89 Lwt Women 2000m
 Masters 90-94 Lwt Women 2000m
 Masters 95-99 Lwt Women 2000m
 Masters 100+ Lwt Women 2000m

3.3 Category Definitions

OPEN: An athlete of any age may compete in the open race.

	Classification	Details	Equipment
PARA:	PR1	Use of arms and shoulders only	Upright seat
	PR2	Use of trunk and arms only	Fixed seat
	PR3	Use of legs, trunk and arms with a physical impairment or visual impairment	Sliding seat

PARA competitors with a physical impairment are only eligible for the sport class for which they have already been internationally classified. Note: Due to the COVID-19 global pandemic, there will be no further international classification opportunities prior to the CIRC. The current list of classified athletes can be found on the [World Rowing website](#). Nationally classified Para Rowers will still be able to compete in the PR classification events but will not be eligible for qualification to the WRICH.

UNDER 23: Not yet turned age 23 on February 23, 2021

UNDER 19: Not yet turned age 19 on February 23, 2021

UNDER 17: Not yet turned age 17 on February 6, 2021

MASTERS: The age of a rower as of February 23, 2021

Health Status: (all rowers): Anyone rowing at this event shall be responsible for his or her own health and fitness. (Refer to FISA Rule 99 – Health of Rowers).

Proof of Eligibility: Any rower attempting to qualify must be in a position to prove their age (if in an age category, listed above) or nationality by presenting an official document (passport or national identity card).

4.0 Eligibility

Competitors who wish to do so can compete in more than one race for which they are eligible. Competitors should choose either gender category (male or female) closest to the one they use to identify themselves.

4.1. Nationality

Competitors will be asked to indicate their nationality at the time of registration. This cannot be changed after the competitor has submitted their entry, regardless of whether the competitor acquires a new passport between the date of entry and the event or carries multiple passports. Competitors who qualify for WRICH by finishing in the top qualifying ranking at CIRC must submit a copy of their passport (photo page) or identity card (with photo) to prove they are a citizen of a country in the Americas. A list of countries included in the Americas can be [found here](#).

Competitors who would like to compete at CIRC from anywhere in the world are welcome to participate. For the purposes of the World Rowing Continental Qualifying Pathway, only those with a valid passport from the Americas will be eligible to win a spot in the WRICH Finals.

4.2 Age Categories

Competitors must be a minimum age of 13 as of date of the start of CIRC February 6, 2021 to compete at CIRC. Competitors' age eligibility is based on their age on the day of the start of WRICH February 23, 2021.

4.3 Lightweight Category & Weigh-in Protocols

A lightweight for the purposes of Indoor Rowing is defined in the World Rowing Rules of Racing (Appendix R24) as an individual male indoor rower not weighing more than **75kgs**, or an individual female indoor rower not weighing more than **61.5kgs**.

There are no lightweight categories for Under 19 or Under 17 age groups.

Lightweight competitors may be randomly asked to weigh-in and provide verification to CIRC officials if asked. Any competitor who enters as a lightweight by close of entries but is not able to make weight on the day of their race, will still be able to race but their score will be moved to the open category in the age group for this competitor. Competitors or coaches should inform the Chief Umpire of change of lightweight status prior to racing ChiefUmpire@cdnindoorrowing.org.

Qualifiers to WRICH (those who rank as top finishers in qualifying races) will be asked to provide photographic proof of weight (picture to include scale, date, and competitor photo) at the time of the CIRC race February 6-7, 2021. The detailed lightweight weigh-in protocol can be found in the Lightweight Weigh-In Protocol section of the [WRICH Competitor Information Guide](#).

Final race results will not be official until all weigh-in submissions for a particular race have been verified and approved.

5.0 Medical Considerations

All competitors accept on entry that they will be competing in a very strenuous activity, and therefore are in good health and have been cleared by a medical doctor to participate in physical activity. As the competition is a virtual event it is required that competitors do not compete alone and that they have another person available to render assistance if necessary.

It is strongly recommended that competitors participating in CIRC undergo the [World Rowing Pre-competition Health Screening](#).

If a competitor has tested positive for COVID-19, has symptoms of COVID-19, or suspects COVID-19 without a test, or if a competitor feels unwell, has recently been suffering from a virus, or is on medication for acute illness, we recommend that they do not take part in the CIRC.

If completing your race at a club or in a gym where other people may be in attendance, racers should make sure to adhere to the relevant local/club/gym guidelines regarding social distancing and infection control. This may include bringing hand sanitizer and any required PPE being prepared to adhere to social distancing requirements.

The Canadian Indoor Rowing Association (CIRA) recommends the use of ergometers indoors for individual use only. **Indoor group erg training/ racing is not advised.** All ergometers should be fully sanitized between users and used in a well-ventilated area or outdoors with appropriate spacing in place (at minimum 2 metres elbow to elbow.)



If you experience any unusual pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, STOP rowing and immediately consult a medical expert or if experiencing continuing discomfort, call 911 or your countries' equivalent emergency number.

Participation in CIRC is entirely at your own risk. You must not race alone!

6.0 Equipment Requirements

Competitors will need to provide all equipment needed to compete in this event.

6.1 Equipment for Competition

To participate, each competitor must have:

- ✓ A Concept2 static rowing ergometer with a PM3, PM4 or PM5 monitor
- ✓ The PM3, PM4 or PM5 monitor should be updated with the latest firmware calibrated for use with the model to which the PM is connected. Details on how to update PM firmware can be found on the [Concept 2 website](#).
- ✓ A USB A-to-B cable (pictured here→)
- ✓ A Windows or MAC computer or laptop with Google Chrome installed.
- ✓ A stable internet connection.



Competitors should refer to the **Live Race Set Up Manual** found in the email of instructions sent prior to race day for technical instructions on how to set up their ergometer, and other pertinent race day information about the race software and live streaming.

6.2 Connection Test

The race system for the live virtual racing weekend will be run by Time-Team. To confirm that you will be able to access the race system, please visit <https://master.regatta-systems.com/homeroace> and follow the detailed instructions on the manual provided. Please note that passing the test at this stage does not necessarily guarantee the ability to participate on race weekend, but the result of your test is a very accurate indicator of your ability to do so.

6.3 Equipment Safety Considerations

It is the responsibility of the competitor to ensure the Concept2 ergometer used in the race is in good working order, free and with adequate space clear from interference of furniture nearby. If you have any maintenance or questions about your ergometer (also known as “rower”) contact the customer service team at Concept2 by email at info@concept2.com or telephone 1-800.245-5676 directly.

6.4 Proof of Result

All competitors should retain a photo of their distance, time, and 500m split average if verification is required.

7.0 Registration Process & IMPORTANT DATES

To register, log into the CIRC event page on the **Regatta Central** website at www.regattacentral.com Competitors may start by creating an account with Regatta Central to begin, then locate the 'Canadian Indoor Rowing Championships' among the events list to complete the entry.

7.1 Entry Deadline

Entries will be accepted starting December 3, 2020 and accepted up until:

Monday February 1, 2021 at 11:59 AM (NOON) Eastern Standard Time.

7.2 Entry Process

Name (to be displayed on race software), birthdate, contact details including email address, country affiliation and some basic information about rowing background will be collected at the time of entry. Entrants are also required to acknowledge their familiarity with using the Concept2 ergometer and confirm they are medically fit to participate in the race. Entrants must confirm they understand the Rules of Racing and agree to abide by them when signing the Waiver to complete the entry.

If under 18 years, a parent or guardian must digitally sign the waiver on behalf of the competitor.

For any questions or difficulty completing the entry, technical support is available from Regatta Central by **Email** support@regattacentral.com or **Telephone** +1 (614) 360-2922

7.3 Payment

Payment must be paid in full to complete the entry process. A confirmation email will be sent immediately following when entry is successfully submitted.

7.4 Late Entries

Late entries will not be accepted after the close of the entry deadline on February 1, 2021.

7.5 Race Schedule Draw

The draw and final race schedule will be posted no later than **February 5, 2021** on the CIRC and Regatta Central websites. An email with an individual race login code and instructions will be emailed to each competitor in the days prior to racing.

If a registered competitor does not receive the login instructions in an email by Friday February 5, 2021 at 12:00AM EST they can follow up by email to entries@cdnindoorrowing.org

8.0 Fees & Refund Policy

8.1 Race Fee

The entry fee is **\$21.00 CDN** for each race. Fees are to be paid in full at the time of registration to confirm entries using Regatta Central secure payment processing system.

8.2 Refund Policy

Refunds will be issued for withdrawn entries if notification is given by the entry deadline on February 1, 11:59 AM NOON E.S.T. Refunds will not be provided for any withdrawal or no show for any reason after the close of the entry deadline.

9.0 Race System and Results

CIRC will use the TIME-TEAM Race system from the Netherlands. to host its event. To connect racers where they live TIME-TEAM's HOMERACE platform will be used.



On race day, race progress will be displayed on Time-Team Race Tracker for real-time viewing of progress. When connected during the race, competitors will also see their progress against the competition directly on their ergometer monitor.

9.1 Race Day Procedure: In advance of race day, competitors will receive an email with the scheduled time and unique link for each race they entered. The unique link will allow entry into the waiting room on the Home Race server. On the computer screen competitors will see communication from the CIRC Race Control Team. Competitors are free to row and warm up until the expected start time. At the schedule Start Race Time when it appears all competitors are connected and ready, the start sequence will be triggered. "*5 Minutes to Start*" is an example of a message from Race Control. Ergs will be set into race mode and a message will appear on the PM to **STOP ROWING**. From this point pay attention to the instructions on your PM. Once all flywheels have stopped the sequence will continue **READY**; then **ATTENTION**, then **ROW**. A False start will trigger a race stoppage for all competitors and the race will be re-started. Note: The ergometer must be fully stopped before starting your race to ensure an accurate time.

9.2 Official Results

Results will be made official with verification by the CIRC Chief Umpire. All race results, ranking and individual race details will be made public and shared immediately following the completion of each race on the CIRC Results page. The link for CIRC 2021 race results will direct everyone to the TIME-TEAM Regatta System database.

9.3 Medals & Prizes

All competitors will be rewarded with a certificate from CIRC to commemorate their race completion at CIRC. Winners in 1st, 2nd and 3rd in each race will be celebrated and recognized on the results page of the CIRC website as well as being issued a digital certificate. Winners will be sent an invitation to compete at the 2023 World Rowing Indoor Championships in Mississauga, Canada on February 25-26, 2023.

The CIRC Organizing Committee has decided to re-direct a portion of its 2021 budget that otherwise would be spent on medals and mailing costs to assist with development and start-up of new indoor rowing clubs/teams in remote communities. Visit the CIRC website www.cdnindoorrowing.org for more information on this program and other prize opportunities to be announced.

10.0 Continental Qualification Pathway to 2021 WRICH

CIRC has been designated as one of the five Continental Qualifier Events for the World Rowing Virtual Indoor Championships. Countries included in the [AMERICAS are listed here](#).




























Competitors can be considered for a qualification place in the WRICH and must meet all eligibility requirements as outlined in the [2021 World Rowing Indoor Rowing Championships, Terms & Conditions](#) including being a citizen of one of the countries in the Americas.

Not all race categories at CIRC include an option to qualify for the Final using the Continental Qualification Pathway. Please review the list of races below that match a qualifying race category at WRICH. CIRC winners of a qualifying spot in the final at WRICH will not need to pay the entry fee at WRICH 2021 nor need to participate in the Open Pathway.

Competitors of other nationalities from a country that is NOT in the Americas are allowed to compete at CIRC but will not be eligible for a qualification opportunity.

10.0 Qualification Standards

Category	Men	Women	2000m	500m	Lwt
Open					
U23					
U19					
Masters				--	
PR1, PR2, PR3				--	--
U17				--	--

Group 1 - 1st and 2nd place finishers will qualify for a spot in final of same race in WRICH 2021.

Group 2 - 1st place will qualify for a spot in the final of the same race category at WRICH 2021.

GROUP 1 - Top 2 eligible competitors from the following CIRC races will advance to and qualify for WRICH finals:

Open Men 2000m	Lwt Men 2000m	U19 Men 500m
Open Women 2000m	Lwt Women 2000m	U19 Women 500m
U23 Men 2000m	Open Men 500m	Lwt Men 500m
U23 Women 2000m	Open Women 500m	Lwt Women 500m
U19 Men 2000m	U23 Men 500m	
U19 Women 2000m	U23 Women 500m	

GROUP 2 - Top finisher (1st place) in the following CIRC races will advance to and qualify for WRICH finals:

U23 Lwt Men 2000m	Masters 90-94 Men 2000m
U23 Lwt Women 2000m	Masters 95-99 Men 2000m
PR1 Men 2000m	Masters 100+ Men 2000m
PR1 Women 2000m	Masters 30-39 Women 2000m
PR2 Men 2000m	Masters 40-49 Women 2000m
PR2 Women 2000m	Masters 50-54 Women 2000m
PR3 Men 2000m	Masters 55-59 Women 2000m
PR3 Women 2000m	Masters 60-64 Women 2000m
Masters 30-39 Men 2000m	Masters 65-69 Women 2000m
Masters 40-49 Men 2000m	Masters 70-74 Women 2000m
Masters 50-54 Men 2000m	Masters 75-79 Women 2000m
Masters 55-59 Men 2000m	Masters 80-84 Women 2000m
Masters 60-64 Men 2000m	Masters 85-89 Women 2000m
Masters 65-69 Men 2000m	Masters 90-94 Women 2000m
Masters 70-74 Men 2000m	Masters 95-99 Women 2000m
Masters 75-79 Men 2000m	Masters 100+ Women 2000m
Masters 80-84 Men 2000m	Masters 30-39 Lwt Men 2000m
Masters 85-89 Men 2000m	Masters 40-49 Lwt Men 2000m

Masters 50-54 Lwt Men 2000m
Masters 55-59 Lwt Men 2000m
Masters 60-64 Lwt Men 2000m
Masters 65-69 Lwt Men 2000m
Masters 70-74 Lwt Men 2000m
Masters 75-79 Lwt Men 2000m
Masters 80-84 Lwt Men 2000m
Masters 85-89 Lwt Men 2000m
Masters 90-94 Lwt Men 2000m
Masters 95-99 Lwt Men 2000m
Masters 100+ Lwt Men 2000m
Masters 30-39 Lwt Women 2000m
Masters 40-49 Lwt Women 2000m
Masters 50-54 Lwt Women 2000m
Masters 55-59 Lwt Women 2000m

Masters 60-64 Lwt Women 2000m
Masters 65-69 Lwt Women 2000m
Masters 70-74 Lwt Women 2000m
Masters 75-79 Lwt Women 2000m
Masters 80-84 Lwt Women 2000m
Masters 85-89 Lwt Women 2000m
Masters 90-94 Lwt Women 2000m
Masters 95-99 Lwt Women 2000m
Masters 100+ Lwt Women 2000m
U23 Lwt Men 500m
U23 Lwt Women 500m

11.0 Fair Play and Conduct

As host and organizing committee of CIRC, the volunteers of the Canadian Indoor Rowing Association take seriously policies and rules that ensure CIRC is held with integrity, fairness for all and with care from harm or injury. Our conduct in the delivery of this event will adhere to all applicable rules, laws and policies of governing bodies in the sport of rowing as well as adhering to legislative requirements from governments in Ontario and Canada.

11.1 Rules of Indoor Rowing

Competitors in the 2021 CIRC and the all corresponding World Rowing qualification pathway events agree to abide by the FISA (World Rowing) Rules regulating indoor rowing. [FISA Rules of Racing – Appendix 24 \(starts page 396\) can be found here](#). By entering and participating in the Championships, competitors recognize and accept these rules.

11.2 Sport Integrity

Protecting clean athletes and keeping sport fair are important to CIRC. The CIRC Organizers will take measures to protect the integrity of sport and prevent competition manipulation at indoor rowing races. CIRA is unequivocally opposed to the practice of cheating, competition manipulation and doping in sport. Any attempt to gain an unfair advantage by an individual or organization is prohibited and may lead to disqualification and possible bans on future indoor rowing competitions organized by CIRA or World Rowing. Reports can be made to the [IOC Integrity and Compliance Hotline](#). Learn more about [sport integrity here](#).

All information provided to CIRC by competitors entering for the purposes of this competition, either in registration submissions, video submissions, scores, timestamps, or any other information provided must be the complete truth. A lack of integrity, or any actions that indicate an intent to cheat or circumvent the rules or intent of the rules may result in disqualification and possible bans on future competition opportunities.

Doping is strictly forbidden under the Canadian Anti-Doping Program as administered by the Canadian Centre for Ethics in Sport (CCES). CIRC respects the designated authority of the CCES on all anti-doping matters. The [prohibited substance list](#) can be found here.

11.3 Safe Sport

CIRA believes that everyone in rowing has the right to enjoy the sport at all levels of participation and adheres to the [RCA Safe Sport Policy](#). Athletes, coaches, officials, umpires and volunteers have the right to participate in a safe and inclusive training and competitive environment that is free of abuse, harassment or discrimination.

12.0 Waiver, Competitor Agreement and Release

Participation in the event is entirely at your own risk. All individuals will be required to sign the **Waiver and Release of Claims and Liability Agreement** prior to participating in the event at the time of registering.

12.1 Competitor Undertaking and Agreement

Each competitor competes entirely at their own risk and confirms that they are in good health and have no medical or health condition that could endanger or limit their ability whilst participating in the event. Each competitor understands and has considered and evaluated the nature, scope and extent of the risks involved, and voluntarily and freely chooses to assume these risks.

Competitors accept and understand that CIRC/WRICH does not provide any insurance, whether life or medical or liability, for any illness, accident, injury, loss or damage that may arise in connection with participation in CIRC or WRICH.

In consideration of their acceptance of the entry form, competitors agree that neither CIRC, World Rowing nor its partners, their respective directors, officers, employees, representatives, agent successors and assigns are liable for any injury, loss, claim, or damage to the health, wellbeing or property of any participant or anyone else caused by or arising out of participation in this event.

Junior competitors should have a parent or legal guardian present during a qualification attempt or final race. Parents or legal guardians of a competitor participating in a Junior category are expected to be responsible for the safety of the competitor during a qualification attempt or final race. The decision to participate or to enter a Junior competitor in the event is made in full recognition of the associated risks outlined above and is entirely at the risk of the Junior competitor and their parent or legal guardian.

12.2 Data Collection and use of Results, Photos or Images

Any personal information is collected for the purpose of entry systems and will only be used by CIRC for organizing the event and communication purposes. CIRC and its partners and contracted third parties will take every measure to protect the privacy of

personal information. WRICH Qualifiers acknowledge their personal information will be shared with WRICH for purposes of the entry process at WRICH 2021.

Results, photos, or images that are captured or created during the hosting of CIRC online may be stored, reproduced, shared or transmitted by the CIRC organizers or its partner World Rowing for proper purposes in the promotion and development of the sport of indoor rowing without identification or compensation of any kind.

12.3 Social Media

When using social and digital media, competitors will not violate the privacy of third parties, infringe upon intellectual property rights or disclose any private information in relation to another person.

If a competitor publishes any comments, opinions and any other material in any way, including on social and digital media at or in relation to CIRC or WRICH, competitors acknowledge that they can be held personally liable and are solely responsible for the consequences of this action. They will ensure that these comments or opinions comply with applicable laws and that all necessary permissions have been obtained from any third parties whose image or property is used.

Additional questions about the event can be sent to info@cdnindoorrowing.org

Legal Note: CIRC 2021 is hosted and organized by the Canadian Indoor Rowing Association who claims and holds all rights to the intellectual property of this event.
