

What is competing virtually?

Essentially virtual racing is where you connect your rowing machine to your laptop and race people from around the country or internationally 'live'.

Rowing Australia is proud to continue our relationship with Time Team to manage the racing software and results. The Time Team platform Homerace <https://time-team.nl/en/info/products/homerace-virtual-ergometer-rowing-> will be used to support our competitors and community racing virtually.

What equipment do I need to compete in the AIRC virtually?

Hardware

- Concept2 ergometer with PM3, PM4 or PM5 monitor
 - [Updated Concept2 Performance Monitor firmware](#)
- Laptop, PC, or Mac
- USB A-B cable a.k.a Printer Cable (Fig 1)
- Internet connection wired (preferable) or WiFi

Operating System (any of the following)

- MacOS
- Windows
- ChromeOS

Software (any of the following)

- Google Chrome version 78 or higher
- Opera version 66 or higher
- Microsoft Edge version 79 or higher

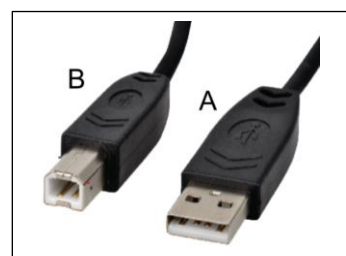


Fig 1.

What happens on race day?

On or before the 25th October you will receive an email from Rowing Australia AIRC event and Time Team. In this email you will receive your 'participant secret' which is the race link for each of your races. Each link will be unique to you, and to the event you are competing in e.g. separate links for 2km, 1000m, 500m, relay events. These links will take you through to the race lobby for each event. We advise you arrive in the lobby **40 minutes** prior to your race start time.

Competitor timeline

- **40 minutes** prior to race start – enter the race lobby via your 'participant secret'
- Up to **30 minutes** prior to race start – deadline for lightweight weigh-in (see below for procedure)
- **5 minutes** prior to race start – race lobby locked for entry, no further admittance allowed*
- **2 minutes** prior to race start – competitors must be in position and ready to race.
- **1 minute** prior to race start – stop rowing, put your handle down and watch your monitor and/or computer screen for race start instructions.

Whilst in the race lobby you can continue to use your machine to warm up at any point until you are directed to stop rowing through a message that will appear on your computer screen. During this time your rowing machine monitor may change screens a number of times – this is normal and you do not need to do anything whilst this is happening.

A race official will be monitoring the race lobby for each event, and any updates from them will come through the lobby. These messages will be visible on your computer screen.

What happens if I miss my race?

If you miss your race for whatever reason, you can contact us via emailing indoorrowing@rowingaustralia.com.au with full name, and race information to race in the 'Better

Late Than Never' event at the conclusion of that day's racing. You will be granted a place if a place is available but will not be eligible to win a medal.

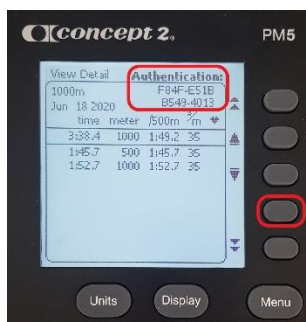
No competitor will be allowed to change events on the day of racing. This includes lightweight competitors who do not make their weight.

What happens if my internet goes down during my race?

If you have already started your race your monitor will tell you to "Keep Rowing". Keep rowing while you see this message! Complete your race and the system will send your data as soon as the internet connection is restored. If we are unable to process your results automatically we will ask you to submit your results manually.



Go to Memory, List by Date and select your workout you've just completed. Press the 4th button twice. This will include an Authentication code on the screen so we can verify your result. Send a picture to the requested contact address.



How do I weigh in if I am competing as a lightweight?

Lightweight limits are 75kg (Men) and 61.5kg (Women) There are no lightweight division for under 19years.

If you are entering as a lightweight;

You are required to 'weigh-in' from two hours before the start of the racing day and no later than **30 minutes** prior to the start of your race.

To verify your weight you will be required to submit a photo of your weigh-in on scales at home with weight reading visible along with a date (this could be by including a newspaper or the home screen of a phone showing the date) on the day of competition. Photo evidence must be submitted by email to indoorrowing@rowingaustralia.com.au.

If you do not make weight or are unable to confirm your weight as per above before the cut off time you will still be able to race. Results will be listed but they **will not** be placed and **not** eligible for

medals. Your time may be included in the Concept2 Ranking, as a heavyweight time.

For those wishing to qualify for the **World Indoor Rowing Championships**, you should read and be aware of **their requirements**, particularly *3. Lightweight Weigh-in Verification*

https://www.wrichhamburg2022.com/en/participants/qualification_guide

Can I compete with friends at our Club/ School/ Gym.

If there are two or more of you in one race, you don't want to share machines, entered in the team relay, or only have one computer, you can connect multiple (up to 4 recommended) via a USB hub.

Can I compete at any time on the 30th October?

To have your results verified and counted as part of the AIRC official results you need to race as part of the Homerace software at your scheduled time on the 30th October.