

COMPETITOR INFORMATION GUIDE

SUNDAY
JANUARY 30, 2022
VIRTUAL RACE



* Updated January 15, 2022

1.0 OVERVIEW

The 39th edition of the Canadian Indoor Rowing Championships (CIRC), will be staged as a virtual (online) event on Sunday **January 30, 2022**. Competitors will have the opportunity to race for a Canadian Indoor Rowing Championship title from anywhere in the world. International competitors are welcome to compete. Racing will take place in 'real time'. The time zone used for the race schedule will be **Eastern Standard Time – EST (TORONTO)**

CIRC 2022 is a sanctioned Event in the Qualification for the
2022 World Rowing Indoor Championship.

Access to a static **Concept2 RowErg** and stable internet connection is required. Affiliation with a club, gym or association is not required. This document provides race details and terms and conditions for competitors. By registering for CIRC all competitors acknowledge that they have reviewed and accepted these terms and conditions.

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

2.0 Race Format

Races in the 2022 program are all individual races in two distances: **2000 metres** and **500 metres** and two-timed events **4 minute** and **1 minute** for Invictus and Soldier On. CIRC is accessible to anyone with access to a **Concept2 static rowing ergometer with a PM3, PM4 or PM5 monitor**. No other rowing machine is allowed for the competition. A stable connection to the internet is required. A device with a camera is also recommended. Races will be run in “real time” connecting individual competitors online in group races. Races will be displayed on screen including video of athletes. “Live” races will be streamed on the CIRC YOUTUBE Channel.



3.0 Categories of Racing

3.1 Race Categories, Eligibility & Distances

The chart below indicates the race categories, eligibility criteria and distances.

Category	Eligibility	Race Distances
Open Men	Open, no age limit or weight restrictions	2000 metres 500 metres *
Open Women	Open, no age limit or weight restrictions	2000 metres 500 metres *
Lightweight Men	Maximum weight in racing uniform 75 kg	2000 metres 500 metres
Lightweight Women	Maximum weight in racing uniform 61.5 kg	2000 metres 500 metres
U23 Men	Must be age 22 or younger. Not yet turned age 23 on January 30, 2022.	2000 metres 500 metres
U23 Women	Must be age 22 or younger. Not yet turned age 23 on January 30, 2022.	2000 metres 500 metres
U23 Lightweight Men	Maximum weight 75 kg and must be 22 or younger. Not turned age 23 on Jan 30, 2022.	2000 metres 500 metres

U23 Lightweight Women	Maximum weight 61.5 kg and must be age 22 or younger. Not yet turned age 23 on January 30, 2022.	2000 metres 500 metres
U19 Men	Must be age 18 or younger. Not yet turned age 19 on January 30, 2022.	2000 metres 500 metres
U19 Women	Must be age 18 or younger. Not yet turned age 19 on January 30, 2022.	2000 metres 500 metres
U19 Lightweight Men	Maximum weight 75 kg and must be age 18 or younger. Not yet turned age 19 on January 30, 2022.	2000 metres 500 metres
U19 Lightweight Women	Maximum weight 61.5 kg and must be age 18 or younger. Not yet turned age 19 on January 30, 2022.	2000 metres 500 metres
U17 Men	Must be age 16 or younger. Not yet turned age 17 on January 30, 2022.	2000 metres
U17 Women	Must be age 16 or younger. Not yet turned age 17 on January 30, 2022.	2000 metres
Para Men	PR1, PR2, and PR3. Refer to classification requirements below.	2000 metres
Para Women	PR1, PR2, and PR3. Refer to classification requirements below.	2000 metres
We Are Invictus & Soldier On Men	Individuals who are current or former members of the military of any country who are permanently injured or ill. E.g. We Are Invictus or Soldier On team members.	4 Minute 1 Minute
We Are Invictus & Soldier On Women	Individuals who are current or former members of the military of any country who are permanently injured or ill. E.g. We Are Invictus or Soldier On team members.	4 Minute 1 Minute
Masters Men	Must be age 30 or older on January 30, 2022. Refer to race groupings.	2000 metres 500 metres *
Masters Women	Must be age 30 or older on January 30, 2022. Refer to race groupings.	2000 metres 500 metres *
Masters Lightweight Men	Maximum weight 75 kg and must be age 30 or older on January 30, 2022. Refer to age groupings.	2000 metres
Masters Lightweight Women	Maximum weight 61.5 kg and must be age 30 or older on January 30, 2022. Refer to age groupings.	2000 metres

* Masters 500m races for age 40+ will be run all together at end of the day.

3. 2 Schedule

Competitors who wish to do so can compete in more than one race for which they are eligible. The final schedule will be posted after the close of entries based on the number of entries. The order of races posted on the CIRC website provide as an approximate schedule. There must be a minimum of (two) 2 competitors entered in a race for the race to be scheduled in the final program. Races with smaller numbers of competitors may be combined with other races into the same time slot, however will be presented separately on the race tracker and in the results.

4.0 Eligibility

4.1 Proof of Eligibility

Any competitor must be able to prove their age (if in an age category, listed above) or nationality by presenting an official document (passport or national identity card), when requested.

4.2 Gender

Competitors should choose either gender category (male or female) closest to the one they use to identify themselves.

4.3 Age Categories

Competitors' age eligibility is based on their age on race day of the Canadian Indoor Rowing Championships - January 30, 2022. Competitors must be a minimum age of 13 on January 30, 2022 to compete at CIRC.

4.4 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.

4.5 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 **75 kgs**, or an individual female indoor rower not weighing more than **61.5 kgs**. There are no lightweight events for Under 17 age groups.

- TIMING: Lightweight competitors must weigh-in between two (2) and one (1) hours before their race.
- SCALE: Lightweight competitors must weigh in on a digital scale in kilograms, showing the weight to 0.1 kilograms. If lbs (pounds) are shown on scales, the Race Official will use 2.2 to convert the lbs to kilograms.

Refer to the **Lightweight Procedure** document for more details about Weigh-ins.

All Lightweight competitors will be asked to weigh-in and provide verification to CIRC officials on Race day prior to racing. Two options are available for weighing in:

OPTION 1: Meeting with Race Officials in the virtual ZOOM for Weigh-ins.
A digital link to the **ZOOM Virtual Weigh-in** will be sent by email to all registered Lightweight competitors for this option.

or

OPTION 2: Send in a video by email to weighin@cdnindoorrowing.org

If sending in a video proof of weight the video needs to show:

- ✓ Visible and legible date and time stamp (such as a phone home screen, tablet or laptop)
- ✓ A view of the competitor's full body and face stepping on to a digital scale in their racing uniform clothes

A good example of the [video can be found here](#).

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 at the original timeslot scheduled but their score will be moved to the open category in the age group for this competitor. Competitors should inform the Chief Umpire ChiefUmpire@cdnindoorrowing.org of a change of lightweight status prior to racing if known. Final race results will not be "official" until all weigh-in submissions for a race have been verified and approved.

4.6 PARA

Medals will be awarded in 3 categories of classification: PR1, PR2 and PR3 for men and women competing at CIRC. [Refer to chart here.](#)

PR1: Use of arms and shoulders only. Upright seat rowing.

PR2: Use of trunk and arms only. Fixed seat rowing.

PR3: Use of legs, trunk and arms with a physical impairment or visual impairment. Rowing with sliding seat.

Para competitors with a physical impairment are only eligible for the category of classification for which they have been internationally classified. Canadian athletes who have not yet been classified should contact Rowing Canada Aviron (Samantha Heron sheron@rowingcanada.org) or their Provincial Rowing Association for the process. International competitors should contact their National Federation. Athletes taking part in these events who have not yet been internationally classified may request to be classified prior to competition. In order to do so, athletes must submit [Para Rowing Eligibility Assessment \(wufoo.com\)](#) and medical documentation to Rowing Canada Aviron (*or their own federation, if not Canadian*) and request a classification opportunity.

If classification is not completed due to COVID-19 or travel restrictions by race day January 30, 2022, athletes will be able to compete in the Para category they believe is correct but will be designated as "unclassified."

5.0 Medical & Health Status 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.

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 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.

The Canadian Indoor Rowing Association (CIRA) recommends 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

6.1 Equipment for Competition

To participate, competitors will need to provide all equipment needed to compete in this event.

- ✓ A Concept2 static rowing ergometer with a PM3, PM4 or PM5 monitor
- ✓ A USB A-to-B cable (pictured here→)
- ✓ A Windows or MAC computer or laptop with a browser such as Google Chrome installed.
- ✓ A stable internet connection.
- ✓ A camera set to video pointed at the erg and competitor. (recommended).



Competitors should refer to additional information in the [Time Team Set Up Manual found here](#). After entries close your unique login ID will be sent prior to race day with additional technical instructions on how to set up their ergometer, and other pertinent race day information about the race software and live streaming.

6.2 Competitor Visibility during Race *(New information added January 15, 2022)*

All Athletes racing at the 2022 virtual CIRC, will be bound by our collective honor system. That means, we expect *you* to perform your own race, at your designated race time, on the 30th January.

Those athletes wishing to submit a 'verified Qualification score' from CIRC - for the 2022 World Rowing Indoor Championships (WRICH), have a higher level of expectation and are encouraged to carefully read the guidelines at: <http://worldrowing.com/event/2022-world-rowing-indoor-championships> Note: entries close on the 2nd February and will require a verified score either through a performance at a 'sanctioned event' (e.g. CIRC, this event), or through the 'independent qualification' process.

We appreciate that technology, WiFi and bandwidth sometimes just doesn't work! We want to ensure that verification of your score is simple, stress free and possible with your existing technology.

Set up: All competitors will receive a unique log-in user code from Time-Team, to log in to your specific race. Once logged in, with your unique user code, there are two options to verify your score:

- Strongly recommended: use the Time-Team video connection to record your race. Races using the Time-Team video option allows competitors to be observed on screen through the Live Stream broadcast and ensures authentication of your race result. More information on ergometer and Time-Team set-up, can be found in the Competitor Info Guide - under Section 6 - 'Equipment Requirements'
- Whilst logged in to your race, ask someone else to film the entire race (from start to finish) with a Smartphone, iPad, video camera, etc. and then - take a close-up view of the Performance monitor - showing the score.

Note: At the discretion of CIRC Race Officials, you may be requested to send (or show us) that video - to authenticate your result. For example, where your connection to Time-Team drops or freezes, or is interrupted before it picks up again, or where there is an unusual rate change, or a score anomaly, etc.

6.3 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/homrace> and follow the detailed instructions. 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.

6.4 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.

7.0 Registration Process & IMPORTANT DATES

To register, log into the CIRC event page on the Regatta Central website at www.regattacentral.com Competitors must create an account with Regatta Central to begin, then locate the '**Canadian Indoor Rowing Championships**' JANUARY 30, 2022 among the events list to complete the entry. 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

7.1 Entry Deadline

Entries will be accepted using Regatta Central portal and accepted up until: **Monday January 24, 2022 at 11:59 AM (NOON) Eastern Standard Time.**

7.2 Late Entries

Late entries will not be accepted after the close of the entry deadline on **January 24, 2022 at 12 NOON**. *Please note this is mid-day during business hours not evening.*

7.3 Entry Process

Name, birthdate (YYYY-MM-DD), contact details including email address, country affiliation and some basic information about rowing background will be collected at the time of entry.

7.4 Acknowledgement

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. Only the competitors name will be displayed on screen on Race Day.

7.4 Race Fee

The entry fee is **\$25.00 CDN** (22.00 + HST) for each individual race. Fees are to be paid in full at time of registration to confirm entries using Regatta Central's secure payment system. Competitors are permitted to enter more than one race if eligible to race.

7.5 Refund Policy

Refunds will be issued for withdrawn entries if notification is given by the entry deadline on January 24, 11:59 AM NOON EST. Refunds will not be provided for any withdrawal or no show for any reason after the close of the entry deadline. Refunds issued will be the amount entered less online processing transaction fees (approx. \$4 CDN)

7.6 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 and shown on the Entry List on the Regatta Central website under this race.

7.7 Race Schedule Draw

The draw and final race schedule will be posted on January 27th on the Regatta Central website. An email with an individual race **login code** will be emailed to each competitor in the days prior to racing. If a registered competitor does not receive the login instructions by Thursday January 27, 2022 at 12:00AM EST they can follow up by email to CIRCsecretariat@cdnindoorrowing.org

8.0 Race System and Results

CIRC will use the TIME-TEAM HOME RACE platform from the Netherlands to connect racers where they live. 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.

8.1 Race Day Procedure

In advance of race day, competitors will receive an email with the scheduled time and a unique link code for each race they entered. The unique link will allow entry into the lobby waiting room on the TIME-TEAM Home Race. 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 scheduled start 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 PM5 to STOP ROWING. From this point **pay attention to the instructions on your PM5**. 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. The ergometer must be fully stopped before starting your race. Refer to section 6.2 for recommendations for video recording.

All racing is a finals-only format, regardless of the number of entries in each event. If there is more than one heat for an event, the fastest time overall will determine the winner. If you miss your race and row on your own later, it will not be possible to submit your score to be included. You **must be connected at the start of your race**.

8.2 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 TIME-TEAM Regatta results database.

8.3 Medals & Prizes

Medals will be awarded in gold, silver and bronze to top finishers in first, second and third. Medals will not be awarded to competitors in races events where there are not enough competitors as follows: Four (4) competitors, three (3) medals awarded; three (3) competitors two (2) medals awarded, two (2) competitors then one (1) medal awarded. Winners in each category will be celebrated and recognized on the results page of the CIRC website and during the Live Stream broadcast.

9.0 Qualification for the 2022 World Rowing Indoor Championship (Virtual)

CIRC 2022 is a sanctioned Event in the Qualification for the 2022 World Rowing Indoor Championship. WRICH Hamburg 2022 will be held as a totally virtual event. Competitors who would like to submit their score attained by competing at CIRC on January 30, 2022 to qualify for a virtual place may do so.

Go to the link to the Virtual Qualification Guide:

<https://worldrowing.com/event/2022-world-rowing-indoor-championships>

A list of events at WRICH 2022 can be found here:

<https://worldrowing.entries.regatta-systems.com/wrich/2022>

Competitors who would like to be considered for a virtual place in the 2022 WRICH must meet all eligibility requirements for the WRICH, notwithstanding the event you entered at CIRC. There are no direct qualification events for the 2022 WRICH and all competitors wishing to qualify for a virtual place must pay the WRICH Entry Fee, even if they have competed at CIRC, a Sanctioned Event. The WRICH Qualification window will close at 23:59 UTC on 2 February 2022.

Competitors participating in the WRICH Qualification will be ranked by continental groupings, which will be determined by the verified nationality of the competitor. Continental regions are Africa, Americas, Asia, Europe, and Oceania. The top 3 ranked competitors in each race category from each of the 5 continental groupings will qualify for the 15 virtual places at the WRICH.

10.0 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 free of 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.

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.

10.1 Rules of Indoor Rowing

Competitors in the 2022 CIRC agree to abide by the RCA Rules for Indoor Rowing. By entering and participating in the Championships, competitors recognize and accept these rules.

10.2 Sport Integrity

Protecting clean athletes and keeping sport fair is paramount. The CIRC Organizers will 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. Reports can be made to the [IOC Integrity and Compliance Hotline](#). Learn more about [sport integrity here](#).

10.3 Doping

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 [banned substances and methods list](#) can be found here.

10.4 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.

11.0 Competitor Undertaking and Agreement

All competitors 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. 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.

11.1 Release and Parental or Adult Presence

Competitors accept and understand that CIRC 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.

Junior competitors should have a parent or legal guardian or coach present during a race. Parents, or coaches of a competitor participating in a Junior category are expected to be responsible for the safety of the competitor during a 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.

11.2 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. 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 for proper purposes in the promotion and development of the sport of indoor rowing without identification or compensation of any kind.

11.3 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, 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