

### **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'.

Virtual racing has been used for the British Virtual Indoor Rowing Championships in June 2020, ERG (Electronic Rowing Games) June 2020 and will be used for the Virtual Head of the Charles in October 2020 and FISA World Indoor Rowing Championships in February 2021.

The company all of these regattas have used is Time Team based in the Netherlands, with their platform Homerace <https://time-team.nl/en/info/products/homerace-virtual-ergometer-rowing-racing>

### **What equipment do I need to compete virtually?**

#### **Hardware**

- Concept2 ergometer with PM3, PM4 or PM5 monitor o
- Updated Concept2 Performance Monitor firmware
- Laptop, PC, or Mac
- USB A-B cable a.k.a Printer Cable
- 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

### **What happens on race day?**

Before the 5<sup>th</sup> December 2020 you will receive an email from Oceania Indoor Rowing Championships event team 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 2000m and/or 500m. 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?**

For the Oceania Championships and qualifying for the World Rowing Indoor Rowing Championship Finals, If you miss your race for whatever reason, we may have the potential to add you to a later race, but we would need you to contact us via email and we will endeavour to try and fit you into a later race should there be space. In this instance, it would be up to the event officials as if you would be eligible for any automatic qualifying positions.

Because there is no official weigh-in for lightweights, we will ask you to use your “honesty and ethics” to contact us, if you are in a WIRCH Finals qualifying event, and don’t make the required 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.

**Can I still compete with friends at our Club/ School/ Gym?**

Yes, you can compete together as long as you are following your state govt restrictions in relation to COVID-19.