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63rd Festival of Sport - Rowing Challenge (Virtual Indoor Rowing Challenge) 第 63 屆體育節 - 賽艇挑戰日 (網上室內賽艇挑戰)

1 Race Period

Result should be submitted within the below timeframe:

Start date: HK Time 08:00, 20 June 2020 (Saturday)

Due date: HK Time 23:00, 28 June 2020 (Sunday)

2 Venue

2.1 Anywhere, or

2.2 Sha Tin Rowing Centre* & Jockey Club Shek Mun Rowing Centre on reservation basis

Reservation of Rowing Centre facilities (Indoor rowing machine):

2.2.1 For **HKCRA's valid members**, please make your reservation through your Club representatives via the existing advance booking system (<https://qrgo.page.link/6AA4M>).

2.2.2 For **non-HKCRA's members**, please submit your reservation through the online platform (<https://www.surveycake.com/s/YAKbZ>) with a minimum of 2 working days in advance.

A confirmation email will be delivered to confirm your booking.

* with Official to provide technician support from 10:00am to 6:00pm on 20 to 28 June 2020

3 Fee

3.1 FREE of charge.

4 Souvenir & Prizes

4.1 Souvenir T-shirt and Certificate will be distributed to each participant on first-come-first-served basis. Multiple entries can receive one T-shirt only.

4.2 Medals will be given to top 3 rowers in each event.

4.3 Trophy will be given to top crew in Team Race event.

4.4 Medals and Trophy will be given out later after results announced. Winners will be informed by either phone or email.

5 Rules and Regulations

5.1 Race on the Concept2 Model A-E indoor rowers only (No Dynamic or with a slide) on a level surface.

5.2 The setting of resistance can be adjusted BEFORE the race and cannot be changed after the race has started.

5.3 You must start from a non-moving flywheel.

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For Lightweight events:

- 5.4 Lightweight Requirements: Lightweight Women: ≤ 61.5 kg; Lightweight Men: ≤ 75 kg
- 5.5 Lightweight competitors will be required to submit a photo of their weigh-in on scales 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.
- 5.6 Lightweight competitors who do not make their weight or are unable to confirm weight will be unable to race. Results will be listed but they will not be placed and not eligible for medals.

For Team Race:

- 5.7 Teams are made up of 2 Men and 2 Women.
- 5.8 Identify one of the team members as the Team Captain. The Team Captain is responsible to register his/her team. He/she will be the only person to submit the team score.
- 5.9 Each member can row in a separate indoor rowing machine in different locations and different time. The result is the sum of all 4 team members' scores. You may use an online time calculator by this link: <http://www.grun1.com/utills/timeCalc.html>

6 Submission of Results

- 6.1 Take a photo of your score **with 16-digit verification code*** from the memory section of your monitor and submit it through the online platform (<https://www.surveycake.com/s/LOLPP>) within the Race Period.

* step-by-step information on how to check verification code is provided as annex

7 Verification of Record

- 7.1 Take video recording throughout the race.
 - Submission of video is NOT required for everyone, but HKCRA may require you to submit for proof of performance if you have broken the Hong Kong Record or your position are at the top 3. If you are failed to submit the video for verification, the score may not be recognized.
 - The video must be a one continuous shot. The performance monitor screen & the participant movement must be shown clearly in the full duration of the race.
 - You must show (zoom in) the performance monitor screen at the beginning AND at the end of the race.

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7.2 Witnessed at club or by HKCRA Officials.

- Submission of witness information is NOT required for everyone, but HKCRA may require you to submit for proof of performance if you have broken the Hong Kong Record or your position are at the top 3.

7.3 HKCRA reserves the right to ask for proof or disqualify of result if they seem suspected.

8 Proof of Identity

If you have broken the Hong Kong Record or your position are at the top 3, HKCRA may ask you to submit the proof of your identity.

9 Announcement of Results

Results will be announced at the HKCRA's Facebook at: <https://www.facebook.com/hkrowing> within 20 days.

10 Enquiries

Mr. Tik WONG, Sports Executive
Hong Kong, China Rowing Association
Tel: 2699-7271 / 3841-7281
E-mail: tik.w@rowing.org.hk

Quick Steps:

Step 1: Anywhere, Anytime

Pick the events you wanna join, Grab an indoor rowing machine and ROW!

Step 2: Upload Results (See pt. 6)

Upload your results via <https://www.surveycake.com/s/LOLPP>
from 8:00am on 20 June to 23:00pm on 28 June 2020.

Step 3: Souvenir & Medals

After conclusion of the event, participants will receive notification on how to collect the souvenir t-shirt and certificate. Winners will be informed to collect medals or trophy.

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11 Event List

編碼 Code	項目 Event	編碼 Code	項目 Event
青少年組 (1000 米) Junior (1000m)			
J01	男子 14 歲或以下 Boy's Aged 14 or Under	J02	女子 14 歲或以下 Girl's Aged 14 or Under
J03	男子 16 歲或以下 Boy's Aged 16 or Under	J04	女子 16 歲或以下 Girl's Aged 16 or Under
J05	男子 18 歲或以下 Boy's Aged 18 or Under	J06	女子 18 歲或以下 Girl's Aged 18 or Under
青少年組 (2000 米) Junior (2000m) ^			
J07	男子 16 歲或以下 Boy's Aged 16 or Under	J08	女子 16 歲或以下 Girl's Aged 16 or Under
J09	男子 18 歲或以下 Boy's Aged 18 or Under	J10	女子 18 歲或以下 Girl's Aged 18 or Under
輕量級組 (2000 米) Lightweight (2000m) ^			
L01	男子 19 至 29 歲 Men's Aged 19-29	L02	女子 19 至 29 歲 Women's Aged 19-29
L03	男子 30 至 39 歲 Men's Aged 30-39	L04	女子 30 至 39 歲 Women's Aged 30-39
L05	男子 40 至 49 歲 Men's Aged 40-49	L06	女子 40 至 49 歲 Women's Aged 40-49
L07	男子 50 至 59 歲 Men's Aged 50-59	L08	女子 50 至 59 歲 Women's Aged 50-59
L09	男子 60 至 69 歲 Men's Aged 60-69	L10	女子 60 至 69 歲 Women's Aged 60-69
L11	男子 70 歲或以上 Men's Aged 70 or above	L12	女子 70 歲或以上 Women's Aged 70 or above
公開組 (500 米) Open (500m)			
E01	男子公開組 500 米 Men's Open 500m	E02	女子公開組 500 米 Women's Open 500m
公開組 (2000 米) Open (2000m) ^			
E03	男子公開組 2000 米 Men's Open 2000m	E04	女子公開組 2000 米 Women's Open 2000m
大師組 (2000 米) Masters (2000m) ^			
M01	男子 30 至 39 歲 Men's Aged 30-39	M02	女子 30 至 39 歲 Women's Aged 30-39
M03	男子 40 至 49 歲 Men's Aged 40-49	M04	女子 40 至 49 歲 Women's Aged 40-49
M05	男子 50 至 59 歲 Men's Aged 50-59	M06	女子 50 至 59 歲 Women's Aged 50-59
M07	男子 60 至 69 歲 Men's Aged 60-69	M08	女子 60 至 69 歲 Women's Aged 60-69
M09	男子 70 歲或以上 Men's Aged 70 or above	M10	女子 70 歲或以上 Women's Aged 70 or above
展能組 (500 米) Para-Rowing (500m)			
P01	男子 AS (PR1) 級 Men's AS (PR1)	P02	女子 AS (PR1) 級 Women's AS (PR1)
P03	男子 TA (PR2) 級 Men's TA (PR2)	P04	女子 TA (PR2) 級 Women's TA (PR2)
P05	男子 LTA (PR3) 級 Men's LTA (PR3)	P06	女子 LTA (PR3) 級 Women's LTA (PR3)
P07	男子智障級 Men's ID	P08	女子智障級 Women's ID
隊際四人混合賽 (4 x 500 米) Mixed Team Race (4 x 500m)			
T01	工商機構 Corporates		
T02	紀律部隊 Disciplined Forces		
T03	專上院校 Higher Education Institutions		
T04	賽艇 / 龍舟 / 獨木舟體育會 / 團體 Rowing / Dragon Boat / Canoe Sports Clubs / Societies		
T05	其他體育會 Other Sports Clubs		

^ 2000 米賽事參加者可挑戰香港室內賽艇紀錄。如超過一名參賽者同時打破同一組別之香港紀錄，只會計算最快的紀錄保持者。大會或會要求參賽者提交錄影及相片。如未能出示，該成績將未能列入香港室內賽艇紀錄。大會將有最終決定權。

^ The participants of the 2000m events are eligible to challenge the Hong Kong Indoor Rowing Record. If more than one participant breaks the record, only the fastest record will be counted. The result in Open categories will be referred to "Aged 19-29" for record-breaking purpose. Hong Kong, China Rowing Association (HKCRA) may request the record breaker to submit video and photo record as a proof of performance. Result may not be recognized if fail to submit. The HKCRA reserves the right of final decision.