



## **BULLETIN No. 2**

### **Asian Continental Qualifier Virtual Indoor Rowing**

**SUNDAY 24<sup>th</sup> JANUARY 2021 – Hong Kong time**

**Qualification for the  
2021 World Rowing Virtual Indoor Championships**

## Welcome to Bulletin No. 2 for the Asian Qualifier for the 2021 World Rowing Indoor Championships!

Please read this Bulletin No. 2 together with (1) the Event Bulletin and (2) the World Rowing Competitors Information Guide, both available on our website <http://www.rowing.org.hk/competitions/acq/>.

### Contents of this Bulletin 2.

- Detailed Race Day instructions on connecting and using the race system;
- Draft Race Schedule for 24<sup>th</sup> January 2021;
- Exact weigh-in procedures required for lightweight competitors;
- How to upload race-day contact information so that we can contact you directly if there are problems with connections – details enclosed;
- All competitors are welcome to take photos or short video clips and send to us for use;
- We remind you of your safety responsibilities and the Waiver conditions which you have signed; and
- Please note that World Rowing, the Organising Committee, sponsors or partner of the event have no liability for internet or machine failure and other factors/accidents outside our control.

We are pleased to welcome entries from the following countries and regions of Asia

CHN HKG INA IND JPN KOR KSA KUW MAC MAS PHI SGP SRI THA

### 1. Preliminary Race Schedule

The Preliminary Race Schedule is attached at Annex 1. If you have any problems or issues regarding this schedule please contact the Organising Committee by email [2021acq@rowing.org.hk](mailto:2021acq@rowing.org.hk) immediately. The Final Race Schedule will be published on Thursday 21 January and **NO CHANGES CAN BE MADE AFTER 23:59 HK TIME ON WEDNESDAY 20 JANUARY.**

All race and weigh-in times are Hong Kong-time. The first Race Line is scheduled to start at 13:00 hrs. and the last Race Line will start at 17:45 hrs (subject to the confirmed Race Schedule on Thursday 21 January). Please note that each Race Line may combine several events racing at the same time but final results will be ranked separately for each event.

### 2. Competitor Timeline

- Up to 60 minutes prior to race start – deadline for lightweight weigh-in (see for procedure)
- From 40 minutes prior to race start – enter the race lobby via your ‘participant Secret’
- 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

### 3. Log-in Token Code

All competitors will shortly receive their individual, confidential, race log-in token code for their event. Each code will be unique to the competitor and to the event they are competing in (e.g. separate codes for 2000m and 500m events if entered in both) and cannot be shared. These links will give access to the race lobby for each event. Competitors must connect their rowing machine and log-in using a Chrome web browser, arriving in the virtual race lobby **40 minutes** prior to their race start time.

### 4. Lightweights

Competitors in the lightweight events must weigh in between **2 hours and 1 hour before their race**. The maximum weights for lightweight competitors are 75kg for Men and 61.5kg for Women.

#### 4.1 Lightweight weigh-in Protocol –

Competitors entered in a lightweight race category are required to weigh-in between two hours and one hour before the official start time of their race. **The video evidence must be uploaded to the race system under your profile to show the following in one continuous video:-**

1. The competitor's full body and face stepping onto a digital scale in their racing clothes
2. The digital scale reading visible in kilograms, showing the weight to 0.1 kilograms
3. A proof of date and time (this could be including the home screen of a phone or computer screen showing the date and time).
4. Competitors may use any video camera or camera phone to record this video on the condition that the quality is sufficient to see all of the above listed details.

Note: Your video evidence will be verified by comparing with the photographic identification you submitted at time of entry.

PLEASE SEE THIS VIDEO TO SHOW HOW THE PROCEDURE MUST BE CONDUCTED: -

[https://youtu.be/Q\\_0qar\\_vx4M](https://youtu.be/Q_0qar_vx4M)

Note 1: Any competitor who is not able to meet the above requirements appropriately, or who misses the weigh-in time or who fails to make weight, will not be eligible to qualify in a lightweight category. Those competitors may still race and their time will be counted for the equivalent open event.

Note 2: World Rowing advises that any competitor found to have improperly carried-out the weigh-in procedure or to have falsified any of the weighing procedures faces disqualification and possible bans on future competition opportunities.

#### **5. Hardware and Software Set-up**

If you need support setting up your hardware and software, please refer to the guidelines at:

<https://docs.google.com/document/d/1xESuIa6TyPy25QcsUPXddksckuJkhJxXrkyXCoaMD2Y/edit>

#### **6. Entering the "Race Lobby"**

Competitors must log-in and arrive in the race lobby **40 minutes** prior to their race start time.

You will do this by logging on with the unique 9-digit token code which will be sent to each individual competitor (separate codes for 2,000m and 500m events if you have entered both). Please do not be late or you will risk missing the start.

Once in the Waiting Room, please warm up and wait for further instructions. This video, shared by British Rowing, may help you in getting set up properly:

<https://youtu.be/Ru2Gr2rByeM>

#### **7. Connection to Computer**

You are reminded that only a maximum of 2 ergometers should be connected to any one computer. Make sure you have a stable internet connection.

## RACE START SEQUENCE

### PM3/PM4/PM5 VIEW DURING THE START SEQUENCE

When all rowers are at the sit ready position, the starter will begin the START SEQUENCE



This is the first screen that will show on your PM3/PM4/PM5 display.



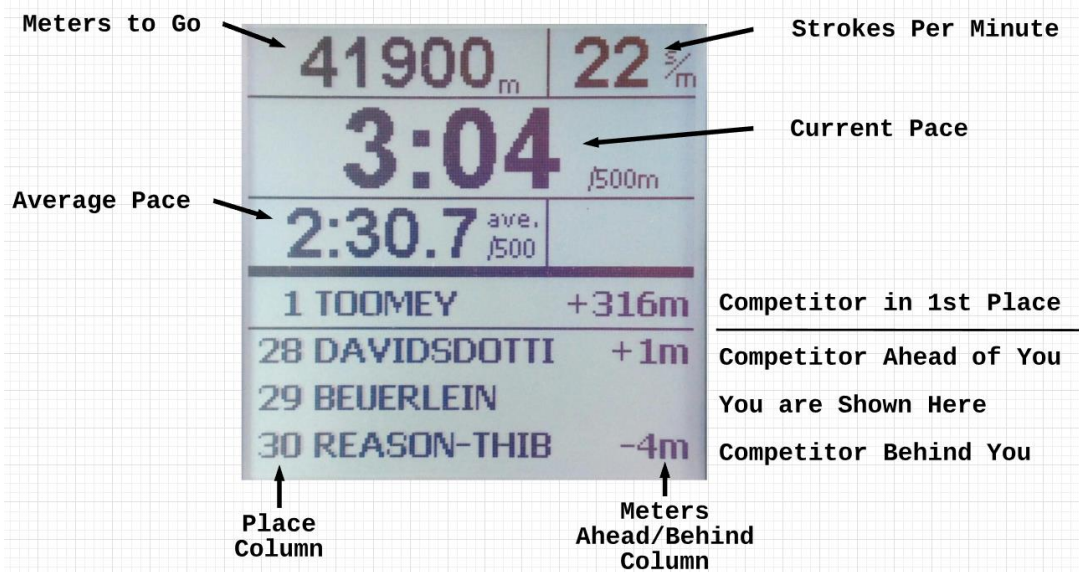
Followed pretty quickly by this one.

There is a random time delay of one to two seconds between **Attention** and **ROW**.



Begin rowing when **ROW** is visible on your display. If you start early the computer will false start you.

## RACE DISPLAY



If you see this on your screen: **Keep Rowing** don't stop, keep rowing!

### Important

The time between "Attention" and "ROW" is different for each race to prevent people from trying to predict the start.

If a false start occurs, the monitor will display "False Start" and will list the lanes responsible. Stop rowing and put the handle back in the handle hook.

### During the race

If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in this time the race system will be able to read your back up file and extrapolate your score.

### After the race

Once the race has finished, the race official will approve the race at which point the race system will disconnect your monitor. You do not need to do anything whilst this is happening, but please do not disconnect your monitor from your computer until the rowing machine monitor has returned to the normal view.

**Please note that World Rowing and the Organising Committee have no liability for internet failure and other factors which do not allow you to finish your race.**

### 8. Send us Your Race-Day Contact Information.

Every competitor is requested to upload race day emergency contact information, race location and short bio to your race profile (if possible). The emergency number will only be used in urgent situations.

### 9. Submit Your own Photos and Video Clips – Be a Star!!

You are welcome to send us photos and video clips of you competing or training for post-event publicity and promotion. We will need to receive these by Tuesday 26<sup>th</sup> January. Photos and video clips should be sent to the Organising Committee via [Google drive](#), [Dropbox](#) or [WeTransfer](#) free to [2021acq@rowing.org.hk](mailto:2021acq@rowing.org.hk).

### 10. Safety, Waiver and Commitment

Please read again through your *Commitment, Liability and Waiver Agreement* which you have signed as a condition of your entry. We remind you that your safety is your own responsibility. In particular -

- **PARTICIPATION IN THIS EVENT IS ENTIRELY AT THE COMPETITOR'S OWN RISK:** Should you feel that you are no longer able to compete, you can withdraw your entry by emailing [2021acq@rowing.org.hk](mailto:2021acq@rowing.org.hk) in line with the published terms and conditions.

- **DO NOT COMPETE ALONE:** It is strongly recommended that you do not compete alone. At the very minimum, alert someone of your race time and check-in with them when you finish.
- **MEDICAL ISSUES DURING RACING:** If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, **STOP** rowing immediately and consult a medical expert.
- **JUNIORS:** If you are under 19 years of age, you must ensure you have a parent or legal guardian on site with you. If you are the parent or legal guardian of a competitor under the age of 19, you agree to be fully responsible for their safety.
- **BE PREPARED:** Competitors must warm up properly, have eaten and hydrated sufficiently, be wearing appropriate clothing and footwear and have the rowing machine in a cool and well ventilated location. Ensure you have practised your race distance before the event; the race should not be the first time you attempt it. If you stop rowing during your race for any reason and are unable to continue with the race, please email [2021acq@rowing.org.hk](mailto:2021acq@rowing.org.hk) to confirm your situation.

## 11. Live Streaming of the Asian Qualifier

You are invited to join our Live Streaming Broadcast via Zoom video conference on 24 January 2021. You may setup a video camera (mobile device or laptop with camera) shooting yourself during race, our commentators will may have a chance to do a quick interview with you after your race is finished.

### Zoom Conference Link

<https://us02web.zoom.us/j/89382647459?pwd=cHBmUzQ3T1JYZ3lJelRybC9VUjBCZz09>

Meeting ID: 893 8264 7459  
 Passcode: rower  
 Login time: At least 5mins before your race start – we will let you enter the room once when it is ready  
 Login name: Must be SAME as your entry name – nickname or others will not be approved  
 Language: English, Cantonese or Putonghua  
 Zoom app: Download at: <https://zoom.us/download>

The Asian Continental Qualifier will go LIVE on YouTube Channel on 24<sup>th</sup> January 2021, stay tuned and follow our Facebook at: <https://www.facebook.com/2021ACQ>

### Our Contacts

If you need to contact the Organising Committee, either before the race day or even during the competition, please use the following:-

**By e-mail**      [2021acq@rowing.org.hk](mailto:2021acq@rowing.org.hk)  
**WhatsApp**    +852 56231872  
**WeChat**        HKRC\_1978

## Welcome to the Asian Continental Qualifier for the 2021 World Rowing Indoor Championships!

2021 World Rowing Indoor Championships  
 Asian Continental Qualifier Organising Committee  
 Hong Kong, China Rowing Association