



2022 ASIAN ROWING VIRTUAL INDOOR CHAMPIONSHIPS

15th Jan 22



2022 Asian Rowing Virtual Indoor Championships

Organised by Hong Kong, China Rowing Association
15th January 2022

Bulletin -1

Asian Rowing Federation

President: Admiral Chainarong Charoenruk
Vice-Presidents: Mr. Nicholas Ee
Mrs. Ho Kim Fai
Mr. Yong Nam Jin
Mr. Vahid Moradi
Mr. Chen Chunxin
RAdm. Praparnpongs Pochanasomburana

Secretary-General:
Committee Chairs:
Events Committee: Mr. Edy Suyono
Umpiring Committee: Mr. Takao Senda
Competitive Committee: Mr. Chris Perry
Marketing & Promotion Committee: Capt. Jirames Wongsanittadech
Rowing Development Committee: Mr. Hassan Ahmad Bilal
Para Rowing Committee: Mr. Seung-Hoon HAN
Rowing for all Committee: Mr. Girish J Phadnis
Sports Medicine Committee : Mr. Mikio Hiura
Tel: +66 21709235
Fax: +66 21709236
E-mail: office@arfrowing.com
Website: www.arfrowing.com

Hong Kong, China Rowing Association

President: Mr. Mike TANNER
Chairman: Mr. NG Kong Wan
Executive Director: Mr. Michael WAN Chun Ting
Address: Jockey Club Shek Mun Rowing Centre,
No. 27 On King Street, Sha Tin. N.T., Hong Kong
Tel: +852 26997271
Fax: +852 26014477
E-mail: 2022arvic@rowing.org.hk
Website: www.rowing.org.hk/competitions/arvic/

Organizing Committee

Chairman: NG Wing Ning, Victor
Members: Mike TANNER
NG Kong Wan
YEUNG Yuk Man, Vick
CHEUNG Wai Lun, Warren
Chris PERRY
LO Wan Kei, Alex
WAN Chun Ting Michael
TO Kai Chung, Stanley
LAU Nga Ting, Ang
WONG Hoi Tik
CHAN Ka Wai, Momo
E-mail: 2022arvic@rowing.org.hk

International Jury

International Umpires based in HKG will be appointed by the ARF Umpires Committee to oversee the race management in conjunction with Time Team race system operators.

1. Introduction to Virtual Indoor Rowing

The Asian Rowing Indoor Championships (ARIC) is an important annual event in ARF calendar. The current regional and international travel restrictions mean that many national teams are not able to travel at this time.

The Hong Kong, China Rowing Association has been authorized by ARF to organize the 2022 ARVIC as a virtual event, with all competitors taking part from their own location, whether this be at home, at a gym, at their national federation centre or elsewhere. All that is needed to compete is a Concept 2 ergometer with PM3/PM4/PM5 monitor and latest firmware, a connection cable, and a computer with reliable wifi connection and Chrome or IE web browser.

Hong Kong is honoured to host this 2022 virtual event and welcomes all eligible participants!

2. Competition Information

Date: The 2022 Asian Rowing Virtual Indoor Championships will be held on 15th January 2022, with all events taking place live in Hong Kong Time.

Venue: The Championships will be held on-line, and all participating teams and rowers are able to compete from their own venue in their own country and region in real time based on Hong Kong time.

Events: Open, Lightweight, Para, U-23, Junior & Masters - 2000m and 500m (1,000m for U-13)
All events will be Asian Rowing Virtual Championship events and entries are welcome from eligible individual athletes who may enter directly, as well as from National Rowers entered by their respective Federations.

OPEN EVENTS		LIGHTWEIGHT EVENTS	
MEN	WOMEN	LWT MEN	LWT WOMEN
2000m	2000m	2000m	2000m
500m	500m	500m	500m
PARA EVENTS			
PARA MEN		PARA WOMEN	
2000m <i>Classes: PR1, PR 2, PR 3, PR 3-II, I</i>		2000m <i>Classes: PR1, PR 2, PR 3, PR 3-II, ID</i>	
JUNIOR EVENTS			
<i>UNDER-19 MEN 2000m</i>		<i>UNDER-19 WOMEN 2000m</i>	
<i>UNDER-19 MEN 500m</i>		<i>UNDER-19 WOMEN 500m</i>	
<i>UNDER-16 MEN 2000m</i>		<i>UNDER-16 WOMEN 2000m</i>	
<i>UNDER-13 MEN 1000m</i>		<i>UNDER-13 WOMEN 1000m</i>	
UNDER-23 EVENTS		UNDER-23 LIGHTWEIGHT EVENTS	
U-23 MEN	U-23 WOMEN	U-23 LWT MEN	U-23 LWT WOMEN
2000m	2000m	2000m	2000m
500m	500m	500m	500m

MASTERS EVENTS		MASTERS LIGHTWEIGHT EVENTS	
MEN 2000m	LWT MEN 2000m	WOMEN 2000m	LWT WOMEN 2000m
<i>Masters 30-39</i>	<i>Masters 30-39</i>	<i>Masters 30-39</i>	<i>Masters 30-39</i>
<i>Masters 40-49</i>	<i>Masters 40-49</i>	<i>Masters 40-49</i>	<i>Masters 40-49</i>
<i>Masters 50-54</i>	<i>Masters 50-54</i>	<i>Masters 50-54</i>	<i>Masters 50-54</i>
<i>Masters 55-59</i>	<i>Masters 55-59</i>	<i>Masters 55-59</i>	<i>Masters 55-59</i>
<i>Masters 60-64</i>	<i>Masters 60-64</i>	<i>Masters 60-64</i>	<i>Masters 60-64</i>
<i>Masters 65-69</i>	<i>Masters 65-69</i>	<i>Masters 65-69</i>	<i>Masters 65-69</i>
<i>Masters 70-74</i>	<i>Masters 70-74</i>	<i>Masters 70-74</i>	<i>Masters 70-74</i>
<i>Masters 75-79</i>	<i>Masters 75-79</i>	<i>Masters 75-79</i>	<i>Masters 75-79</i>
<i>Masters 80-84</i>	<i>Masters 80-84</i>	<i>Masters 80-84</i>	<i>Masters 80-84</i>
<i>Masters 85-89</i>	<i>Masters 85-89</i>	<i>Masters 85-89</i>	<i>Masters 85-89</i>
<i>Masters 90-94</i>	<i>Masters 90-94</i>	<i>Masters 90-94</i>	<i>Masters 90-94</i>
<i>Masters 95-99</i>	<i>Masters 95-99</i>	<i>Masters 95-99</i>	<i>Masters 95-99</i>
<i>Masters 100+</i>	<i>Masters 100+</i>	<i>Masters 100+</i>	<i>Masters 100+</i>
MEN 500m	WOMEN 500m	LWT MEN 500m	LWT WOMEN 500m
<i>Masters 30-39</i>	<i>Masters 30-39</i>	<i>Masters 30-39</i>	<i>Masters 30-39</i>
<i>Masters 40-49</i>	<i>Masters 40-49</i>	<i>Masters 40-49</i>	<i>Masters 40-49</i>
<i>Masters 50-59</i>	<i>Masters 50-59</i>	<i>Masters 50-59</i>	<i>Masters 50-59</i>
<i>Masters 60+</i>	<i>Masters 60+</i>	<i>Masters 60+</i>	<i>Masters 60+</i>

3. Eligibility

Entry is open to any individuals who are nationals of countries and regions which are recognised by the Olympic Council of Asia as being within the Asian continental grouping. The list of eligible countries and regions in Asia can be found here: <https://ocasia.org/noc/countries/>.

NOTE: All competitors must produce a current valid copy of their passport (or national identity card confirming nationality) at the time of entry to verify their nationality.

4. Entries

All entries must be made online through the TimeTeam portal (see para. 5).

Entries may be made by eligible individual rowers or by national federations for their national team rowers.

- Entry Fee will be charged as follows:

2000m events	US\$15
1000m events	US\$10
500m events	US\$10

Entry fees must be paid by credit card at the time of entry and are not refundable, even in the case of withdrawal or failure to connect/start at the designated start time. Payment should be made only through the TimeTeam entry portal (see para. 5).

- Final Entry (by name) deadline is **midnight (Hong Kong time) Sunday 9th January 2022**.
- Individual rowers may enter a maximum of 2 events - i.e. ONLY ONE 2K (or 1K for U.13) EVENT AND ONE 500M EVENT.

5. Entry Process

Entries, together with submission of all required documents and entry fee, should be made via the **Time Team web platform** <https://worldrowing.entries.regatta-systems.com/arvic/2022>. All entry requirements must be completed through this link or the entry will not be accepted.

If you have difficulties in making an entry, e-mail to 2022arvic@rowing.org.hk.

6. Competition Schedule and Doubling-up

- 6.1 Race Times will be confirmed after close of entries. It should be noted that all races will be raced in real time based on Hong Kong time. This race time will apply to all competitors across all time zones in Asia.
- 6.2 Athletes may only enter a maximum of 2 events. It is important to note that all events will be scheduled on one day. In order to facilitate any athletes doubling up in 2 events, the scheduling shall be to race all 2000m events first, followed by the 1,000m, followed by 500m events
- 6.3 Competitors should note that that races in several categories/events might be run simultaneously with competitors in those different categories racing at the same time. Where this is necessary for scheduling purposes, the two events will show separately in the Results.
- 6.4 The race schedule will be issued to all ARF member federations and individual competitors as soon as possible after entries close and will be available from that date on the **event website at www.rowing.org.hk/competitions/arvic/ and on the TimeTeam website at <https://worldrowing.entries.regatta-systems.com/arvic/2022>.**

7. Rules and Regulations

The competition will be governed by the Rules and Regulations of the Asian Rowing Federation and World Rowing.

Competitors should particularly note the following:

- Lightweight women must be 61.5kg or under and Lightweight men must be 75kg or under and must weigh **between 2 hours and 1 hour before the start of their own race**. Video evidence will be required for this weigh in. Further instructions will be given in Bulletin 2.
- The age for Masters and Junior (U-19, U-16, U-13) events shall be based on **age on the date of competition**
- For Para-rowing events, the sport class of “PR1”, “PR2”, “PR3” “PR3-II”, is based on the related rules and regulations of World Rowing. Para rowers should be on the World Rowing Para Master Classification List. For “ID” category events, rowers must be on the International Master Classification List of VIRTUS. (There will be no classification carried out for this event.).

For The World Rowing Regulations for Indoor Rowing and for Para Rowing can be found at <https://worldrowing.com/technical/rules/>

The World Rowing Para Master Classification List is at

<https://d2wmdlq830ho5j.cloudfront.net/worldrowing/wp-content/uploads/2021/03/27013536/Master-Classification-list-updated-August-2021-Automated-Website-Listing.pdf>

The VIRTUS Master Classification List is at

<https://www.virtus.sport/eligibility-master-list>

8. Prizes and Certificates

Special Asian Rowing Virtual Indoor Championships certificates will be available online to the first, second and third ranked rowers in each event. Online participation certificates will be available to all other competitors who complete their race.

9. Equipment Requirements and set-up

Competitors will need to provide all equipment needed to compete in this event. This must include:

- Concept 2 static rowing ergometer with PM3, PM4 or PM5 monitor with updated firmware. To update firmware refer to <https://www.concept2.com/service/software/concept2-utility>;
- USB A-to-B cable, Compatible Windows or MacOS Laptop/ Computer with “Google Chrome version 78 or higher”, or “Microsoft Edge version 79 or higher” installed.
- A stable internet connection.

Note 1: A maximum of 2 Rowing machines may be connected to one computer.

*Note 2: Full instructions on equipment set-up will be provided to competitors after close of entries. After close of entries, every competitor will receive their individual confidential race link for their event. Each link will be unique to the competitor and to the event they are competing in, e.g. separate links for 2000m and 500m events if entered in both. These links will give access to the race lobby for each event. Competitors must log-in and arrive in the race lobby **40 minutes** prior to their race start time.*

10. Health and Safety

Competitors will compete on-line in their own country/region and in their own venue. In this regard, all participants shall recognise that the Organisers have no responsibility for the venue or the equipment they use or their state of health and fitness. Accordingly, **competitors are wholly responsible for their own equipment, health, fitness and safety. ARF and the Hong Kong, China Rowing Association and its officers, staff and volunteers and the Organising Committee shall not be liable in any way whatsoever for the health and safety of competitors.** The following are strongly recommended but final decisions are the responsibility of participants and, where appropriate, their parents and guardians:

- 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 2022arvic@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 (U-19, U-16, U-13): Competitors who are under 19 years of age must have the approval of a parent or legal guardian for their entry. The parent or guardian of a competitor under the age of 19 agrees to be fully responsible for their safety and shall fully and properly supervise the athlete during the competition. (See also para. 11.)
- 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 2022arvic@rowing.org.hk to confirm your situation.

11. Competitor Commitment, Liability and Waiver Agreement

All competitors are required to sign and accept the *Competitor Commitment, Liability and Waiver* agreement which can be accessed via the link at (<http://www.rowing.org.hk/wp-content/uploads/2021/12/Appendix-1-Competitor-Commitment-Liability-Waiver.pdf>). As part of the entry process competitors must confirm their acceptance of these terms and conditions.

12. Anti-Doping

Doping is strictly prohibited in the Asian Rowing Virtual Indoor Championships. For information about prohibited substances and methods, please consult WADA's Prohibited List which will come into effect on 1st January 2022:

https://www.wada-ama.org/sites/default/files/resources/files/2021list_en.pdf

13. Enquiries to Organising Committee

All enquiries for the 2022 Asian Rowing Virtual Indoor Championships should be addressed to the Organising Committee, care of Hong Kong, China Rowing Association at <2022arvic@rowing.org.hk>

Organizing Committee:

Contact Person:

Mr. WONG Hoi Tik

E-mail:

2022arvic@rowing.org.hk

Telephone:

+852 38417218

WhatsApp / Signal:

+852 56231872

WeChat:

HKRC_1978

Postal address:

Jockey Club Shek Mun Rowing Centre, No. 27 On King Street,
Sha Tin. N.T

Welcome to the 2022 Asian Rowing Virtual Indoor Championships!