

2022 ASIAN ROWING VIRTUAL INDOOR CHAMPIONSHIPS

15th Jan 22



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Organiser



Host



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2022 Asian Rowing Virtual Indoor Championships

Organised by Hong Kong, China Rowing Association

Saturday 15th January 2022 – Hong Kong Time
Race Day Information

Please read this information together with (1) the Event Bulletin and (2) Time-Team Homerace Manual both available on our website <http://www.rowing.org.hk/competitions/arvic/>.

1. Final Race Schedule

The Final Race Schedule is attached at Annex 1. **FURTHER CHANGES ARE NO LONGER POSSIBLE.**

All race and weigh-in times are Hong Kong-time. The first races is scheduled to start at **14:00 hrs.** and the last race will start at **20:00 hrs.** 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

- 2 hours to 1 hours prior to each lightweight race start – video and upload your weigh-in.
- From 40 minutes prior to race start – enter the race lobby via your ‘Participant Secret’ code.
- 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. The flywheel must STOP moving.**

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 your event only.** 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 only between **2 hours and 1 hour before their own race.** The maximum weights for lightweight competitors are 75kg for Men and 61.5kg for Women.

4.1. Lightweight weigh-in Protocol –

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 correct time (this could be including the home screen of a phone or computer screen showing the date and time). Your weigh-in will be rejected if outside of the correct 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_yx4M

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 compete in a lightweight category. Those competitors may still race and their time will be counted for the equivalent open event.

Note 2: You are advised 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 World and Asian rowing competition.

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 strong, stable internet connection. **If the connection is weak the race may have to start without you.**

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

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
 Sit ready	

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

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
 Attention	

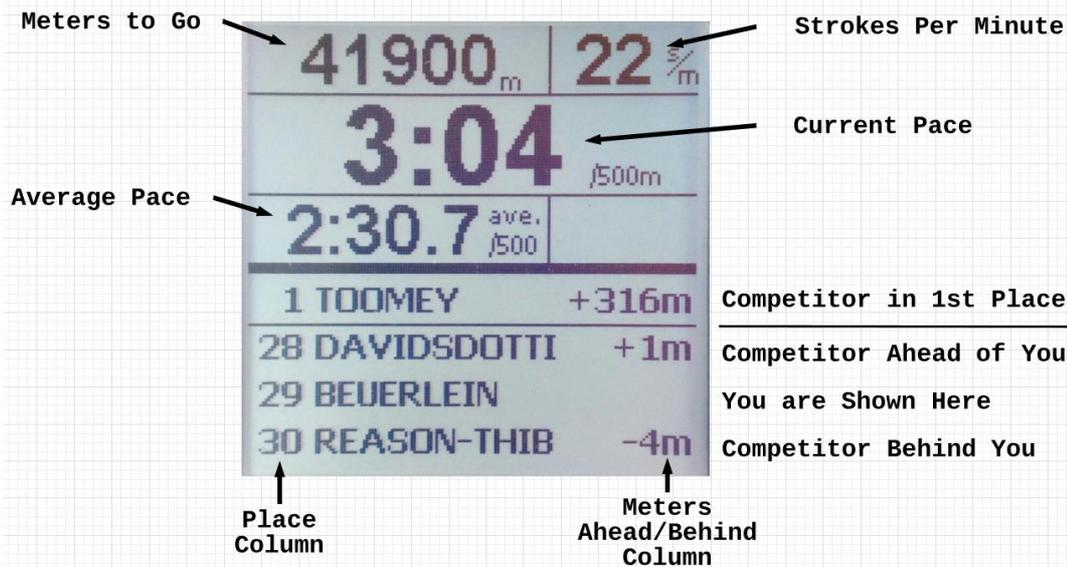
Followed pretty quickly by this one.

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

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
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 **Asian Rowing Federation, World Rowing, Hong Kong, China Rowing Association** and the Organising Committee have no liability for internet failure and other factors which do not allow you to finish your race and NO REFUND will be made for entry fees in such case.

8. Liability, Safety, Waiver and Commitment

Please read again through your *Commitment, Liability and Waiver Agreement* which you have digitally 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 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.*

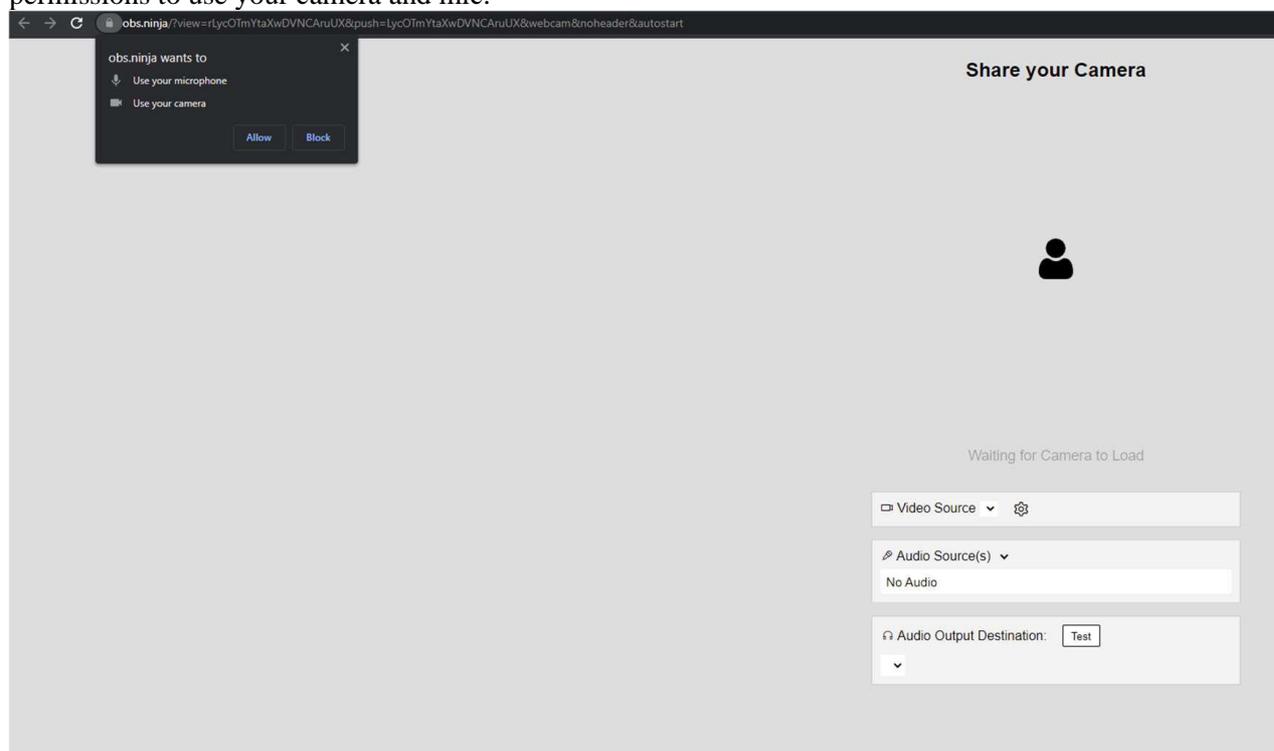
- **JUNIORS:** *If you are under 19 years of age, you must ensure you have a parent or legal guardian on site with you. If you are the parent or legal guardian of a competitor under the age of 19, you agree to be fully responsible for their safety.*
- **BE PREPARED:** *Competitors must warm up properly, 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 2022arvic@rowing.org.hk to confirm your situation.*

9. Live Streaming Race Verification During Racing.

In order to verify that the competitor racing is the same as the person listed in the entry system a video streaming link will be sent to you. You may use a mobile phone camera or other Internet device to video yourself continuously during your race. Umpires will check your video against the photo ID you submitted with your entry.

Video Setup

- 1) On the device you plan to use, open the Webcam Link provided with your race code document (which is a clickable link or by scanning the QR code if on a mobile).
- 2) The link will redirect you to a separate website called 'OBS ninja'. The page will ask you to allow permissions to use your camera and mic.



- 3) Click Allow and your feed will begin from your camera – your screen will show the output we will be getting from your camera. Please remember to follow the agreed terms you signed to appear on the live stream
- 4) Setup the position of camera and check that your face is in shot while on your rowing machine.

TIPS:

- **DO NOT USE** the same computer you plan to use for the HomeRace system.
- Ideally using a mobile phone on 4G / a different internet connection than you are using with the HomeRace system (to help reduce any latency on your internet connection while your race is running).
- Allow extra time to setup a location for where your webcam can be placed. Ideally setup your rowing machine and camera in plenty of time ahead of your race so you don't have to rush!
- In the event that the live stream fails, please record the race video and send it to us after the race for verification.

10. World Rowing Indoor Championship Qualification Process

ARVIC is a Sanctioned Event for the World Rowing Indoor Championships. This means that you can use your score from ARVIC to enter the World Rowing Indoor Championships. Please note that **there is no automatic qualification** – you will need to enter the World event by yourself but you can use your score from ARVIC without further verification. If your score is fast enough on the World Rowing Leader board, you may qualify for the event. PLEASE ALSO NOTE that your score from ARVIC can only be used in the events offered by World Rowing (i.e. not U16 or U13 events) and will only be approved if you have joined the live video stream to verify your identity.

The Asian Rowing Virtual Indoor Championships will go **LIVE** on **YouTube Channel** on 15th January 2022, stay tuned and follow our Facebook at: <https://www.facebook.com/2022ARVIC>

11. Our Contacts

If you need to contact the Organising Committee, before the race day please use this email address for ALL correspondence:-

By e-mail 2022arvic@rowing.org.hk

On RACE DAY you may use the following contact numbers IN CASE OF EMERGENCY

WhatsApp +852 56231872
WeChat HKRC_1978

Please be reminded however that we will not be able to delay races or change start times if a competitor is late or has difficulty connecting. Weigh-ins that are outside of the correct time slot will also not be accepted.

Welcome to the 2022 Asian Rowing Virtual Indoor Championships!

2022 Asian Rowing Virtual Indoor Championships

Asian Rowing Virtual Indoor Championships Organising Committee

Hong Kong, China Rowing Association