

The **ROWfit Virtual Indoor Rowing Series (VIRC)** aims to help develop home- and club-based virtual Indoor racing to temporarily replace the usual **IIRC Race Series** of the PROVINCES IRC and the Irish Indoor Rowing Championships due to the Covid-19 pandemic.

There will be three Events in the race series:

1. **Event No.1 Saturday 3rd October 2020**
2. **Event No.2 Saturday 24th or 31st October 2020**
3. **Event No. 3 Weekend of 21st or 28th November 2020**

Anyone with access to a Concept 2 static rower with an updated PM3/4/5 (firmware), a basic understanding of IT, a printer cable (USB A-B) and a computer (Mac or PC) can access and compete in the Series. It is much easier than it sounds. But not the rowing bit. Still hard.

Viewing: Races will be LIVE on the Time-Team race server and viewable to anyone via a viewing link where they can watch the races as per the IIRC Races on their phones, laptops, PCs, TVs. Competitors will have all the info on their PMs as per the IIRCs (shown below)

This Race 'Tracker' is a live web feed showing both races along with commentary and media and will be accessible through the www.rowfit.ie and www.iirc.ie

Registration: You can register for the events at <http://www.iirc.ie/register/>

Terms & Conditions: Please review the new T&C's for Virtual Indoor Racing. Acceptance is mandatory to compete. <http://www.iirc.ie/rowfit-virtual-indoor-rowing-race-series-rules-terms-conditions/> Many questions are answered.

Medical Waiver: Included in the T&C's. **Do not race alone.** Do not race if recovering from an illness or suspected of having an illness. Follow HSE guidelines available at www.hse.ie at all times.

Race Setup: You must follow the step-by-step instructions detailed here www.homerace.nl

PLEASE READ THOROUGHLY. IT'S ALL THERE. If you really get stumped help is available at info@rowfit.ie but don't leave it too late. We recommend you check setup immediately.

Required Access Codes: You will be sent codes ('participant secrets') by mail 2 days prior to racing. They are specific to your entry alone and do not allow for swapping.

Race schedule: For up-to-date schedule <http://www.iirc.ie/schedule-of-events/>

Pod-Racing: To encourage access to as many competitors as possible to race we encourage and support clubs in setting up 'Pods' of socially distanced rowing machines adhering to HSE guidelines in their venue. The broadband signal however must be stable and strong enough to support the number of individual PC/Mac+Erg Connections. You can connect more than one erg via USB AB cables to a single computer but will have to open corresponding tabs in Google Chrome. **Be wise about this and bring in the club's IT hotshot!**

Categories: *Event No. 1* is predominantly 1k races with fixed time for J13 & J14. Future events may include 500m, 2000m, 5000m and Remote Relays.

1000m Distance			
Men		Women	
Age Category	Event Title	Age Category	Event Title
Open	MO_1000	Open	WO_1000
Masters A 27-33	M27-33_1000	Masters A 27-33	W27-33_1000
Masters B 34-42	M34-42_1000	Masters B 34-42	W34-42_1000
Masters C 43-49	M43-49_1000	Masters C 43-49	W43-49_1000
Masters D 50-54	M50-54_1000	Masters D 50-54	W50-54_1000
Masters E 55-59	M55-59_1000	Masters E 55-59	W55-59_1000
Masters F 60-64	M60-64_1000	Masters F 60-64	W60-64_1000
Masters G 65-69	M65-69_1000	Masters G 65-69	W65-69_1000
Masters H 70-74	M70-74_1000	Masters H 70-74	W70-74_1000
Masters I 75+	M75+_1000	Masters I 75+	W75+_1000
Junior 18	MJ18_1000	Junior 18	WJ18_1000
Junior 16	MJ16_1000	Junior 16	WJ16_1000
Junior 15	MJ15_1000	Junior 15	WJ15_1000
Fresher/Novice	MFR_1000	Fresher/Novice	WFR_1000
Para-Rowing Men		Para-Rowing Women	
Para-Rowing TA	MTA	Para-Rowing TA	WTA
Para-Rowing AS	MAS	Para-Rowing AS	WAS
Para-Rowing LTA	MLTA	Para-Rowing LTA	WLTA
Fixed Time			
Men		Women	
Junior 14 (4 mins)	MJ14	Junior 14 (4 mins)	WJ14
Junior 13 (3 mins)	MJ13	Junior 13 (3 mins)	WJ13

Results Will be provided once verified and published on <http://www.iirc.ie/virc-no1-results/>

Medals will be awarded to First Place only. ROWfit will follow up after Race Day.

Race Day: you will need to go through your own pre-race routine AND connect to www.homerace.nl where you will:

- 30 mins before your race starts, enter the **Race Lobby** using your 'participant secret'
- 5 minutes before your race starts the race lobby is locked – no further for entries.
- 2 minutes prior to race start you must **Prepare to race**. Relax.
- 1 minute prior to race start you must **Stop rowing**. Best to put your handle down. Follow the instructions on your PM. Do not follow the Web-Computer screen as there may be an initial and subsequent lag.

Your race: Give it socks! Race to your plan; No plan? You will learn. If you experience technical issues during your race, continue to row until you have completed the distance/time. Get your coach/companion to check the cable. If the connection comes back in this time the race system will be able to read your back up file and figure out your score. If it does not reconnect your monitor will still contain your score which can be manually added after the race.

Manually adding score: It is not ideal but works. Select More Options>Memory> List by Date on your PM and select the workout corresponding to your race. Press the 4th button twice to display an authentication code. Take a photo of that and send it through within 20 mins of the race to info@rowfit.ie or VIRC@rowfit.ie and we will ensure the data is manually added.

Post-Race: Well done!

No need to do anything until the race is closed whereupon your PM will return to normal. Go check

Lightweight Weigh-In

Competitors that are competing in a Lightweight Category (none in Event No.1) must weigh in between 2 hours and 30 minutes before their race. Please record your weight on the display with a newspaper or something like your companions' phone beside it. We trust you will abide by the requirements. Please send the proof of weight to VIRC@rowfit.ie. **You may not receive confirmation** but do not worry the email time and attachment will be sufficient when verifying results. You may still race if you do not make weight or cut-off time but will not be eligible to medal.

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 STARTSEQUENCE



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.

PM3/PM4/PM5 RACESCREEN

PM3/PM4/PM5 VIEW DURING A RACE

1530 m	32 ⁵ / _m
1:42 /500m	
1:53.2 ^{ave} / ₅₀₀	
1 Rob Waddel	+ 23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

The top half of the screen shows your personal information, as usual. You can press the **UNITS** button to reach your desired units.

- ◀ This line shows the rower in first place.
- ◀ This line shows the rower ahead of you.
- ◀ This line will always show you, even if you are in 1st place.
- ◀ This line shows the rower behind you.

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 meters behind him and Steve Redgrave is 9 meters ahead of Dick. Rob Waddel is leading the race and 23 meters ahead of Dick.