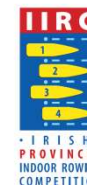


ROWfit Virtual Indoor Rowing Race Series
– RULES, TERMS AND CONDITIONS



1. Event dates for the Series are available on www.iirc.ie & www.ROWfit.ie
2. Entries must be made online at www.iirc.ie/resgister prior to 11pm on the Saturday preceding an event. The confirmed entry list & schedule will be posted online following close of Registration. Entry fees are non-refundable.
3. **ROWfit** is the event Organiser & event Judge. Their decision is final. No correspondence will be entered into.
4. The Organiser reserves the right to limit the size of entry.
5. By entering the competition, a competitor agrees to be bound by the rules, terms & conditions. All entry instructions form part of the rules.
6. Rowers must compete under their own names.
7. **Age** is as defined in the 'IIRC Age & Race Categories' info sheet available online at www.IIRC.ie
8. Junior Entrants may only be entered by their parent/guardian/carer and must be accompanied prior to, during and immediately after their race.
9. Concept2 Indoor Rowers will be used. Competitors may use the resistance (drag factor) of their choice. Drag factors may not be altered during a race
10. To compete in the Virtual Race Series a competitor must have access to:
 - a. Concept2 Rowing machine with updated PM3, PM4 or PM5 (Firmware Updates <https://www.concept2.co.uk/service/monitors>)
 - b. A long enough USB A to B cable
 - c. Windows or MacOS Laptop/Computer
 - d. **Updated Chrome Browser installed. Nothing else will do!**
 - e. A stable internet connection.
11. There can be FIVE types of categorised **individual** race:
 - a. 5000m (5k)
 - b. 2000m (2k),
 - c. 1000m (1k)
 - d. 500m sprint
 - e. Set time – Jun 13 (3 mins) , Jun 14 (4 Mins) & Jun 15 (5 mins)
12. Lightweight event upper limits are Men 75kg and Women 61.5kg. Lightweight competitors must submit a photo of their weigh-in on scales at home with weight reading visible along with a date (include a newspaper or the home screen of a phone showing the date) on the day of competition.
13. Lightweight competitors who do not make their weight or are unable to confirm weight will be able to race and their results will be listed but they will not be placed and not eligible for medals.
14. The format for the Series is **Finals Only unless otherwise noted**. Competitors may row only once per category distance. Many categories require multiple races to accommodate all athletes. **The best overall time will win each category distance.**
15. Medals will be awarded to 1st, 2nd & 3rd of each category raced as determined by classification of age, weight, and gender. Competitors are only eligible to win a prize for the category in which they are entered.
16. If a competitor misses their race, they may only be allowed to reschedule *if* the Organisers can accommodate it.
17. No competitor will be allowed change entry on the day of racing. This includes lightweight competitors who do not make their weight. A confirmation email with the race title each competitor has entered will be sent to all entrants. Mistakes should be notified as soon as possible before race day. If a mistake is discovered on race day rendering the competitor ineligible for the category they had entered they may no longer be able to race.
18. The organisers reserve the right to contact you via email in connection with this event; however your email will not be passed on to third Parties.

IMPORTANT MEDICAL INFORMATION

If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort and the Organiser takes no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

WAIVER

Competitors must ensure their physical fitness is sufficient to undertake this event. Registration for the any ROWfit Indoor Rowing race confirms that you understand that participation involves risk of bodily injury, stroke, paralysis, heart attack & death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In registering for the ROWfit Virtual Indoor Rowing Race Series you agree that you, your executors, administrators & assignees hold harmless ROWfit, their respective directors, officers, employees, representatives, agent successors and assignees from all liability on account of injury, loss, claim, or damage to your health, well-being or property on account of your participation in the event.