

The **ROWfit Virtual Indoor Rowing Series** 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.

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.

PLEASE follow the basic instructions on www.homerace.nl for getting connected.

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/virc-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 - just don't leave it too late. We recommend you check setup 3 days before racing and don't assume it will be a breeze because of your doctorate in advanced computing.

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.

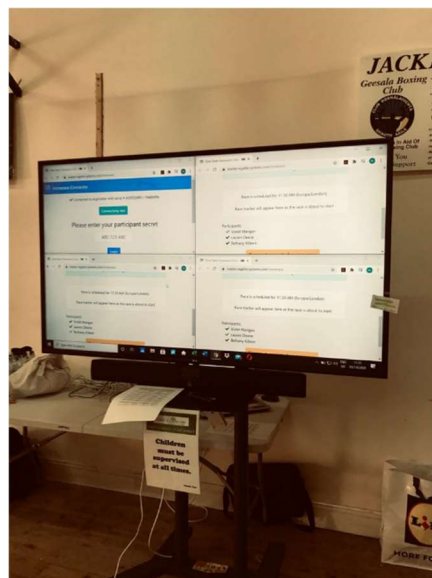
Race schedule: For schedule <http://www.iirc.ie/schedule-of-events/>

Draw and really up-to-date race schedule: <http://www.time-team.nl> & follow the ROWfit link

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!**

You may only connect FOUR ergs on one computer.

Get the club IT guru to separate the tabs into four individual windows so they are all simultaneously live on Google Chrome like this image:



Categories: VIRCs have the following race categories: 6k, 2k, 1k, 500m & Set times

Individual 6000m Distance			
Men		Women	
Age Category	Event Title	Age Category	Event Title
Men's Open 6k	MO_6000	Women's Open 6k	WO_6000
Junior Men's Open 6k	MJ_6000	Junior Women's Open	WJ_6000

Individual 2000m Distance			
Men		Women	
Age Category	Event Title	Age Category	Event Title
Open	MO_2000	Open	WO_2000
U23 years	MU23_2000	U23 years	WU23_2000
30-39 years	M30-39_2000	30-39 years	W30-39_2000
40-49 years	M40-49_2000	40-49 years	W40-49_2000
50-59 years	M50-59_2000	50-59 years	W50-59_2000
60-69 years	M60-69_2000	60-69 years	W60-69_2000
70+ years	M70+_2000	70+ years	W70+_2000
Junior 18	MJ18_2000	Junior 18	WJ18_2000
Junior 16	MJ16_2000	Junior 16	WJ16_2000

Fixed Time			
Men		Women	
Age Category	Event Title	Age Category	Event Title
Junior 14 (4 mins)	MJ14	Junior 14 (4 mins)	WJ14
Junior 13 (3 mins)	MJ13	Junior 13 (3 mins)	WJ13
Para-Rowing Men		Para-Rowing Women	
Age Category	Event Title	Age Category	Event Title
Para-Rowing TA	MTA	Para-Rowing TA	WTA
Para-Rowing AS	MAS	Para-Rowing AS	WAS

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+	M75-79_1000	Masters I 75+	W75-79_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 LTA	MLTA	Para-Rowing LTA	WLTA

500 m Sprint			
Men		Women	
Age Category	Event Title	Age Category	Event Title
Open	MO_500	Open	WO_500
40-49 years	M40-49_500	40-49 years	W40-49_500
50-59 years	M50-59_500	50-59 years	W50-59_500
60-69 years	M60-69_500	60-69 years	W60-69_500
70+ years	M70+_500	70+ years	W70+_500
Junior 18	MJ18_500	Junior 18	WJ18_500
Junior 16	MJ16_500	Junior 16	WJ16_500
Junior 15	MJ15_500	Junior 15	WJ15_500
Junior 14	MJ14_500	Junior 14	WJ14_500
Junior 13	MJ13_500	Junior 13	WJ13_500
Para-Rowing LTA	MLTA_500	Para-Rowing LTA	WLTA_500

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.

THE NEXT BIT IS HIGHLY IMPORTANT:

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

- 30 mins (or more) before your race, enter **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 vircsupport@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 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 vircsupport@rowfit.ie **You may *not* receive confirmation** but don't worry the email time and attachment will be sufficient when verifying results. You may still race if you don't 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 $\frac{s}{m}$
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.