

## Information for Competitors

### Schedule

- **Date:** Sunday, February 14<sup>th</sup> 2021
- **Heats:** starting at 9am CET  
Depending on the number of entries, heats may already take place on Saturday February 13<sup>th</sup>, 2021
- **Finals:** starting at 12:30pm CET

### Contact & Information

- **Mail:** [indoor2021@rudern.de](mailto:indoor2021@rudern.de)
- **Website:** [www.rudern.de/indoor2021](http://www.rudern.de/indoor2021)

### 25<sup>th</sup> German Indoor Rowing Championships

The German Indoor Rowing Championships will be held in the events 1 – 14c. These races are only open for members of a German rowing club.

### 1<sup>st</sup> Open German Indoor Rowing Championships

The Open German Indoor Rowing Championships include the races of the Masters category (events 15-32) as well as the crew events (events 33, 34, 112, 113) excluding the children's quad (event 111). In addition, the events of the German Indoor Rowing Championships (events 1 – 14c) will be opened for non-members of the German Rowing Federation as well.

These events will be started together and honored in an overarching ranking with the German Indoor Rowing Championships (single events) or the NW RV Indoor Cup (crew events).

### DRJ Talents Cup

The DRJ Talents Cup comprises all events of the children's age category (Under 15). This includes the single events (events 101 – 108) as well as the quad (event 111).

The single events will be opened for non-members of the German Rowing Federation as well and the results will be overwhelmingly ranked with the competitors of the NW RV Indoor Cup.

### NW RV Indoor-Cup

The Indoor Cup of the Rowing Association of North Rhine-Westphalia will be run for children up to 14 years of age (events 101-108) as well as the crew events (events 33, 34, 111-113). These events are limited to members of the North Rhine Westphalian Rowing Association (NW RV).

### Team Managers Meeting

On Saturday February 13<sup>th</sup>, 2021, a team managers meeting will be held online. The exact time will be published after the close of entries together with the dial-in information.

## Technical Requirements

In order to be able to participate you need a Concept2 rowing machine and a computer with a constant internet connection.

### *Minimum requirements rowing machine*

- **Rowing machine:** Concept2
- **Display:** PM3, PM4, PM5 (Firmware update recommended)

### *Minimum requirements computer*

- **Operation System:** Windows 8.1, MacOS 10.11, Chrome OS
- **Installed Software:** Google Chrome (Version 78 or higher recommended)
- **Interface:** USB 2.0
- **Internet connection:** wired (recommended), WiFi
- **Connection cable:** USB 2.0 A/B-cable to connect the rowing machine with the computer. Purchasing examples: [2m](#) / [3m](#) / [5m](#)



The manufacturer recommends to use the latest version of Google Chrome as well as to update the firmware of the Concept2 Performance Monitor to the latest version.

On their website Concept2 offers manuals for the firmware update of the performance monitor:

- PM5: <https://www.concept2.com/service/monitors/pm5/firmware>
- PM4: <https://www.concept2.com/service/monitors/pm4/firmware>
- PM3: <https://www.concept2.com/service/monitors/pm3/firmware>

## Entries

Members of rowing clubs associated with the German Rowing Federation (DRV) have to enter via the “Verwaltungsportal”.

All other participants are asked to use this [registration form](#).

## Race setup

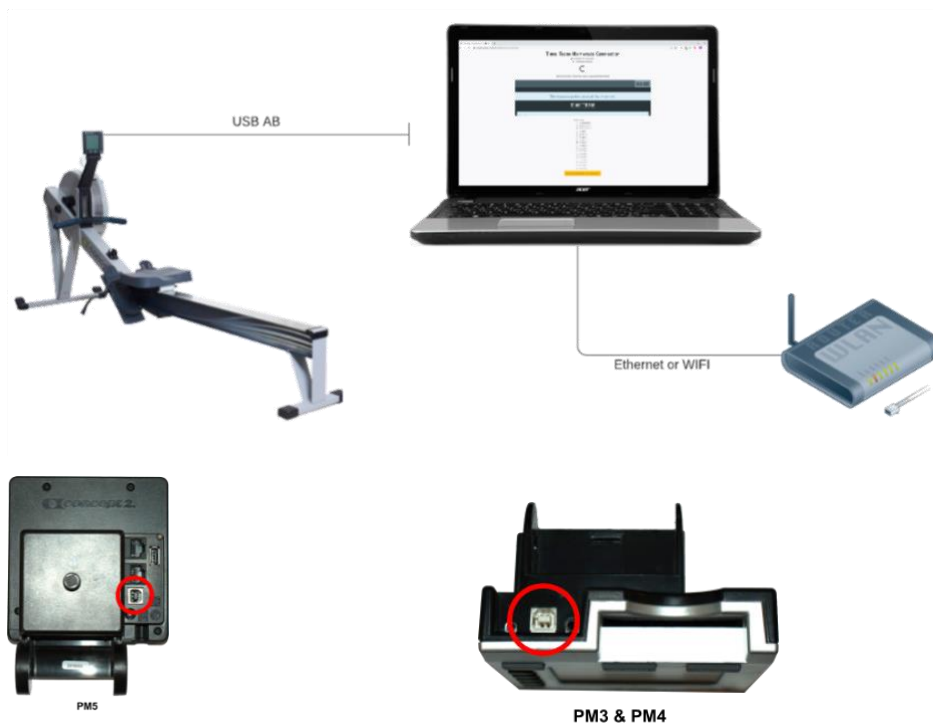
For the races the rowing machine has to be connected to the computer via a “USB A/B 2.0” cable. The “B-side” of the cable must be plugged into the performance monitor as shown on the pictures below.

Concept2 recommends not to connect more than 2 rowing machines to the same computer.

After the rowing machine and the computer have been connected, you have to open the individual link for the athlete on the computer. These links will be sent to you before the event.

Detailed instructions in English for this setup can be found here:

<https://docs.google.com/document/d/1xESula6TyPy25QcsUPXddksckuJkhJxXrkyXCoaMD2Y/edit>



## Connectivity Test

The setup and the connection of the rowing machine with the competition software can be tested before the event. To do that, you have to connect the rowing machine with the computer and call up the page [www.homerace.nl](http://www.homerace.nl). After that, follow the instructions given there.

## Dial in

Every athlete is obliged to **log onto the competition software at the latest 10 minutes before the published time of the start!** Otherwise a start cannot be guaranteed due to possible delays during the establishment of the connection. It is strongly recommended to already check in 20 minutes before the time of the start.

A detailed description of the dial-in process can be found at [www.rudern.de/indoor2021](http://www.rudern.de/indoor2021).

In case of connectivity problems you can contact the organizing committee via [indoor2021@rudern.de](mailto:indoor2021@rudern.de).

## Reusing rowing machines

Because of the lead time needed for each race (you have to dial-in at the latest 10 minutes before your start time) the same rowing machine can only be used in every second race. In the case of several athletes from the same club starting in the same race, these athletes will be spread evenly onto the different heats.

It is important to make sure that you have an adequate number of rowing machines available in case several of your athletes qualify for the same final. In this case it is not possible to use the same rowing machine as the athletes will start at the same time.

## Lightweights

For the weigh-in of the athletes a video recording of the individual weigh-in has to be sent to the regatta office by email.

The following sequence must be clearly visible on the video:

- The athlete first presents a photo ID to the camera, and then shows her/his face into the camera.
- Time and date of the weigh-in have to be proven by showing the time on the site [www.atomuhr.de](http://www.atomuhr.de). This is used to prove that the weigh-in has taken place at the given time.
- After these steps the athlete has to step onto the scale and show the weight.

This video has to be sent by email to the regatta office at the latest 30 minutes before the starting time of the athlete. Cloud systems or transfer services like [www.wetransfer.com](http://www.wetransfer.com) can be used.

## Video Transmission

To enable an improved interactivity the athletes will have the possibility of a live-video stream.

In order to be able to do this you need a smartphone which is connected to the internet. It is recommended not to use the same internet connection than the one used for the rowing machine.

Athletes interested in the live-video stream are asked to contact the organizing committee in advance ([indoor2021@rudern.de](mailto:indoor2021@rudern.de)).

## Live-Interviews

It is planned to enable live interviews, e.g. in place of a victory ceremony. In this case the team managers of the athletes concerned will be contacted as soon as possible after the final of the race.