



## Welcome to the Open Nordic Indoor Rowing Championship on March 2, 2024!

eRowing and the Danish Rowing Association invite you to the Open Nordic Indoor Rowing Championship in eRowing. This is an online championship that will take place on March 2, 2024.

Anyone with access to a Concept2 rowing machine equipped with a PM3/PM4/PM5 monitor can participate. Membership in a rowing club is not required to participate.

This year, we offer races in 6K, 2K, 1K, 100m, 200m, and relay events.

**1. 6K Open** = If there are more than 8 women registered, the race will be divided into a women's and a men's category, each with its own winners.

**2. 6K Handicap** = Participants will be adjusted for age, gender, and weight. If there are more than 8 women registered, the race will be divided into a women's and a men's category, each with its own winners.

**3. Para Races** = Divided into categories for women and men, with both fixed and rolling seats.

**4. Relay** = 4 x 500m. 4 rowers + 1 rowing machine.

NOTE: If there are fewer than 3 participants in a masters race, the participant will be transferred to a masters race for either women or men, where they will be adjusted for age and weight.

### Race Schedule

The race schedule can be found here: <https://tilmeld.roning.dk/?regatta=nic2024&show=loebliste>

### Registration

Registration is done through <https://tilmeld.roning.dk/?regatta=nic2024> using the Danish registration system. It's possible to choose the language and get all information in English, German, Swedish, and Norwegian.

The screenshot shows the website interface for the Danish Rowing Association (DFFR). At the top, there is a navigation bar with the DFFR logo, a language dropdown set to 'Dansk', and links for 'Privatlivspolitik', 'Hjælp', 'Opret en konto', and 'Glemt kode'. There are also input fields for 'Email' and 'Kode' with a 'Log Ind' button.

The main content area is titled 'Regattahæftet' and includes a sidebar with 'Aktuelle Regattaer' listing 'Danske Mesterskaber', 'Åbne Fynske Mesterskaber', and 'Open Nordic Indoor Championship' (which is selected). The main content for the selected regatta includes:

- Open Nordic Indoor Championship 2021**
- Regatta Dato: 2021-03-20**
- Der er åben for tilmelding til denne regatta**
- 2 Tilmeldinger** (highlighted in yellow)
- Tilmeld** button
- Ordinær tilmelding slutter: 10. marts kl.:12:00**
- Eftertilmelding slutter: 12. marts kl.:22:00**
- Information:** Holstebro Roklub er arrangør af OpenNordic Indoor Championships
- Hjemmeside:**
- Reglement: Reglement for Ergometer**
- Mandskabsledermøde:** Der bliver ikke afholdt mandskabsledermøde.

| Flag         | Code | Country | Participants |
|--------------|------|---------|--------------|
|              | DEN  | Denmark | 1            |
| <b>Total</b> |      |         | <b>1</b>     |



## Age Categories and Participation Fees

| Betegnelse | Roerens alder      | Pris DK kr. | Sprint | Stafet |
|------------|--------------------|-------------|--------|--------|
| Junior E   | U11                | 80,-        | 60,-   | 200,-  |
| Junior D   | U12                | 80,-        | 60,-   | 200,-  |
| Junior C   | U14                | 80,-        | 60,-   | 200,-  |
| Junior B   | U16                | 110,-       | 80,-   | 300,-  |
| Junior A   | U18                | 110,-       | 80,-   | 300,-  |
| Senior B   | U23                | 150,-       | 80,-   | 300,-  |
| Senior     | Åben               | 150,-       | 90,-   | 400,-  |
| Para       | Roere med handikap | 150,-       |        |        |
| Masters    | +27                | 150,-       | 90,-   | 400,-  |

*All prices are excluding seat fees.*

### Important Race Information:

Payment must be made online at the time of registration. Participants who have not paid by February 28, 2024, will not be allowed to compete.

Late registration is not possible, and the deadline for registration is February 21, 2022, at 12:00 PM.

The race schedule can be viewed from February 25, 2024, at 12:00 PM at:

<https://tilmeld.roning.dk/?regatta=nic2024&show=startliste>

The races will follow the Danish regulations for ergometer rowing, with additional rules for eRowing. <https://roning.dk/om-dffr/viden/dffrs-love/>

The event management can be contacted throughout the day via Søren Madsen at 6160 9000.

The technology for eRowing in the virtual rowing Open Nordic Indoor Rowing Championship is provided by the Dutch company TimeTeam and their platform Homerace.

User manuals are available in English: [here](#)



The event will be livestreamed on the Danish rowing Facebook page:

<https://www.facebook.com/danskroning>. Efforts are being made to assemble a Nordic commentary team, allowing commentary in a combination of Danish, Norwegian, English, and Faroese languages.

### **Important health recommendation**

Ergometer rowing puts your body under maximum strain, and the organization does not assume responsibility for any discomfort or injuries incurred as a result. If you are in doubt, seek medical advice before participating.

### **Race Distances:**

- 1,000 m: Races for para and masters.
- 2-minute race: Junior E, D
- 3-minute race: Junior CII
- 4-minute race: Junior C
- 2,000 m: Races for junior B through senior.
- Relay = 4x500m. 4 rowers + 1 erg.
- 100 m: Sprint race for under 13.
- 200 m: Sprint race for under 15 and older.
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### **Race Lobby**

Athletes must log into the "race lobby" immediately before the competition, no later than 10 minutes before the start. The race lobby opens 45 minutes before the start. Participants are recommended to log in well in advance of the scheduled start time. Late arrival in the lobby may result in disqualification. It is recommended to have the connected PC screen within the participant/coach's field of vision, as important messages may appear on the screen just before the start.

### **Start and During the Race**

Participants should be aware that the distance between the "Attention" and "Row" messages on PM5/PM4/PM3 is longer than usual, making it harder to false start. False starts will still be detected. Once the race has started and there is no false start, rowing should continue even if the connection is lost. If the connection is restored during the race, that's fine. If the connection is permanently lost and cannot be re-established before the race ends, take a picture of PM5/PM4/PM3 immediately after the race and send it to eKaproning@roning.dk.



## Coaching

Each rower is allowed to have a coach (or another person) sitting next to the ergometer to provide coaching during the race.

## Judges and Officials

A number of Danish judges and officials will oversee the event, and their instructions must be followed.

## Age Information

Age groups are determined as described at: [www.regatta.roning.dk/?l=aldersklasser](http://www.regatta.roning.dk/?l=aldersklasser)

## Lightweight (LW) Weigh-in

Can be done no earlier than 2.5 hours before and no later than 1 hour before the rower's first race on the race day. This must be documented with photo evidence of weight, date, and participant/rower, and sent to [eKaproning@roning.dk](mailto:eKaproning@roning.dk).

## Weight Limits

- Senior/masters women: 61.5 kg
- Senior/masters men: 75.0 kg

## Medals

Danish medal winners can collect their medals at the DFfR's annual general meeting on March 16 in Dalum. Medals for foreign medalists will be sent to the postal address provided by the team leader at registration. If address information is incomplete, medals will NOT be sent. Medals will be awarded for 1st, 2nd, and 3rd place in all races.

## Results

Results will be available throughout the event on [roning.dk](http://roning.dk) and [ergometertiders.dk](http://ergometertiders.dk).

## Protests/Complaints

Any protests or complaints regarding race conduct or other race-related issues should be submitted in writing as soon as possible and no later than 5 minutes after the end of the race to [eKaproning@roning.dk](mailto:eKaproning@roning.dk).

## Other Race Information

Depending on the number of participants, multiple races may be conducted simultaneously (in a block). Please refer to the race list with a preliminary schedule. The start list and schedule will be available no later than 6 days before the regatta. Each block will be run with a variable interval (10-20 minutes).



## **Doping Control**

Anti Doping Denmark's rules apply, and they may conduct doping control during the event.